

PULSAR

INSTRUCTION MANUAL FOR WATCH CALIBRE
VX3F



WARNING



THIS PRODUCT CONTAINS A BUTTON BATTERY

If swallowed or placed inside any part of the body, the battery can cause severe or fatal injuries within 2 hours or less.

Button batteries are hazardous whether new or used. Keep batteries out of reach of children.

If you think the battery may have been swallowed or placed inside any part of the body, seek immediate medical attention. Contact the Australian Poisons Information Centre immediately on 13 11 26 (New Zealand 0800 764 766) for 24 / 7 fast, expert advice.

PULSAR

CAL. V33J, VX3F ANALOGUE QUARTZ

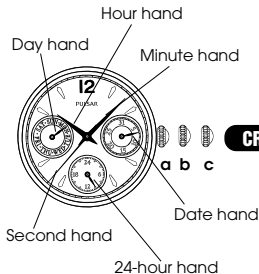
- Time display: Hour, minute and second
- Time display: Month (VX3F only), date, and day of the week
- 24-hour display

ENGLISH

DISPLAY AND CROWN/BUTTONS

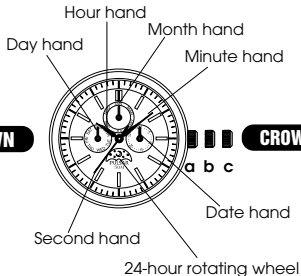
English

(V33J)



a: Normal position

(VX3F)



b: First click

c: Second click

SCREW DOWN CROWN

[for models with screw down crown]

Unlocking the crown

- 1 Turn Crown counterclockwise until you no longer feel the threads turning.
- 2 Crown can be pulled out.



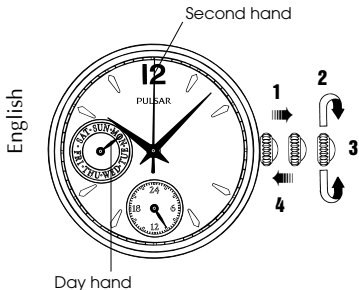
Locking the crown

- 1 Push Crown back in to normal position.
- 2 Turn Crown clockwise while pressing it lightly until tight.



TIME/CALENDAR SETTING

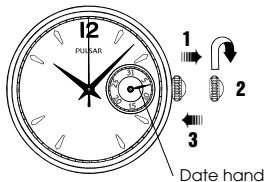
DAY AND TIME SETTING



CROWN

- 1 Pull out to second click when Second hand is at the 12 o'clock position.
- 2 Turn clockwise to advance Hour and Minute hands until Day hand is set to the desired day of the week.
- 3 Turn to set the time.
- 4 Push back completely in accordance with a time signal.

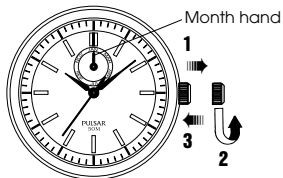
DATE SETTING



CROWN

- 1 Pull out to first click.
- 2 Turn clockwise to set Date hand to the desired date.
- 3 Push in.

MONTH SETTING (only for VX3F)



CROWN

- 1 Pull out to first click.
- 2 Turn counterclockwise to set Month hand to the desired month.
- 3 Push in.

NOTES ON OPERATING THE WATCH

DAY AND TIME SETTING

- To advance the day hand quickly, turn back the hour and minute hands 4 to 5 hours beyond the point the day normally changes, and then advance them again until the day hand is set to the next.

** The day hand will not move back by turning the crown counterclockwise.*

- When adjusting the day hand, turn the crown slowly.
- When the time is set, the 24-hour hand (or 24-hour rotating wheel) moves correspondingly with the hour and minute hands.
- When setting the hour hand, check that the 24-hour hand is correctly set.
- When setting the minute hand, advance it 4 to 5 minute ahead of the desired time and then turn it back to the exact minute.
- The 24-hour hand (or 24-hour rotating wheel) turns full circle in one day.

DATE SETTING

- Do not set the date between 10:00 p.m. and 1:00 a.m. Otherwise, it may not turn properly.
- While setting the date hand, check that it moves properly in one-day increments.
- It is necessary to adjust the date on the first day after a 30-day month and February.

MONTH SETTING

- The month hand can only be operated manually. Adjust the month hand by turning the crown every month.
- When the month hand is set, it turns only counterclockwise.

BATTERY CHANGE

3

Years

Battery life : Approx. 3 years

Battery : SEIKO SR916SW

- *As the battery is inserted at the factory to check the function and performance of the watch, its actual life once in your possession may be less than the specified period.*
- *When the battery expires, be sure to replace it as soon as possible to prevent any malfunction.*
- *We recommend that you contact an AUTHORIZED PULSAR DEALER for battery replacement.*

**WARNING**

- Do not remove the battery from the watch.
- If it is necessary to take out the battery, keep it out of the reach of children. If a child swallows it, consult a doctor immediately.
- Never short-circuit, tamper with or heat the battery, and never expose it to fire. The battery may burst, become very hot or catch fire.

**CAUTION**

- The battery is not rechargeable. Never attempt to recharge it, as this may cause battery leakage or damage to the battery.

TO PRESERVE THE QUALITY OF YOUR WATCH

WATER RESISTANCE

● Non-water resistant



If "WATER RESISTANT" is not inscribed on the case back, your watch is not water resistant, and care should be taken not to get it wet as water may damage the movement. If the watch becomes wet, we suggest that you have it checked by an AUTHORIZED PULSAR DEALER or SERVICE CENTER.

● Water resistance (3 bar)



If "WATER RESISTANT" is inscribed on the case back, your watch is designed and manufactured to withstand up to 3 bar, such as accidental contact with splashes of water or rain, but it is not designed for swimming or diving.

● Water resistance (5 bar)*



If "WATER RESISTANT 5 BAR" is inscribed on the case back, your watch is designed and manufactured to withstand up to 5 bar and is suitable for swimming, yachting and taking a shower.

● Water resistance (10 bar/15 bar/20 bar)*



If "WATER RESISTANT 10 BAR", "WATER RESISTANT 15 BAR" or "WATER RESISTANT 20 BAR" is inscribed on the case back, your watch is designed and manufactured to withstand up to 10 bar/15 bar/20 bar and is suitable for taking a bath, shallow diving, but not for scuba diving. We recommend that you wear a PULSAR Diver's watch for scuba diving.

- * Before using the water resistance 5, 10, 15 or 20 bar watch in water, be sure the crown is pushed in completely.
Do not operate the crown when the watch is wet or in water. If used in sea water, rinse the watch in fresh water and dry it completely.
- * When taking a shower with the water resistance 5 bar watch, or taking a bath with the water resistance 10, 15 or 20 bar watch, be sure to observe the following:
 - Do not operate the crown when the watch is wet with soapy water or shampoo.
 - If the watch is left in warm water, a slight time loss or gain may be caused. This condition, however, will be corrected when the watch returns to normal temperature.

NOTE:

Pressure in bar is a test pressure and should not be considered as corresponding to actual diving depth since swimming movement tends to increase the pressure at a given depth. Care should also be taken on diving into water.

TEMPERATURES

Your watch works with stable accuracy within a temperature range of 5° C and 35° C (41° F and 95° F).

Temperatures over 50° C (122° F) may cause battery leakage or

shorten the battery life. Do not leave your watch in very low temperatures below -5° C (+23° F) for a long time since the cold may cause a slight time loss or gain.

However, the above conditions will be corrected when the watch returns to normal temperature.

MAGNETISM



Your watch will be adversely affected by strong magnetism. Keep it away from close contact with magnetic objects.

SHOCKS & VIBRATION



Light activities will not affect your watch, but be careful not to drop your watch or hit it against hard surfaces, as this may cause damage.

CHEMICALS



Be careful not to expose the watch to solvents, mercury, cosmetic spray, detergents, adhesives or paints. Otherwise, the case, bracelet, etc. may become discolored, deteriorated or damaged.

CARE OF CASE AND BRACELET



To prevent possible rusting of the case and bracelet caused by dust, moisture and perspiration, wipe them periodically with a soft dry cloth.

PERIODIC CHECK



It is recommended that the watch be checked once every 2 to 3 years. Have your watch checked by an **AUTHORIZED PULSAR DEALER** or **SERVICE CENTER** to ensure that the case, crown, buttons, gasket and crystal seal remain intact.

PRECAUTION REGARDING CASE BACK PROTECTIVE FILM



If your watch has a protective film and/or a sticker on the case back, be sure to peel them off before using your watch.