

Watch Operation Guide 5757

CASIO®

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About This Watch

This section provides an overview of the watch and introduces convenient ways it can be used.

Watch Features

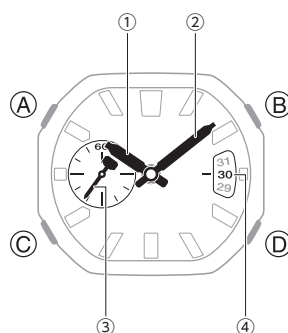
- **Stopwatch**

Measures up to 30 minutes of elapsed time in one-second increments.

Note

- The illustrations included in this operation guide have been created to facilitate explanation. An illustration may differ somewhat from the item it represents.

General Guide



- ① Hour hand
- ② Minute hand
- ③ Second hand
- ④ Day indicator

A button

Holding down this button for at least two seconds in the Timekeeping Mode displays the setting screen.

Pressing this button while any setting screen is displayed exits the setting screen.

B button

Press to turn on illumination.

Pressing this button while any setting screen is displayed changes the setting.

C button

Each press cycles between watch modes. In any mode, hold down this button for at least one second to return to the Timekeeping Mode.

D button

Pressing this button while any setting screen is displayed changes the setting.

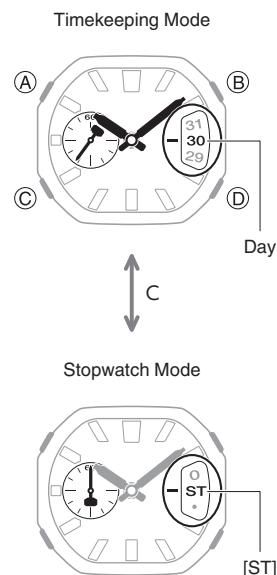
Important!

- The minute hand of this watch is designed to be normally fixed in place by magnetic force. Because of this, shock or vibration can cause the minute hand to oscillate. The minute hand may also become momentarily displaced by shock, vibration, or strong magnetism. However, it will return to its normal position within a few minutes.

Navigating Between Modes

Each press of (C) cycles between watch modes.

- Hold down (C) for at least one second to enter the Timekeeping Mode.
- When you enter the Stopwatch Mode, the date window first shows the mode name.



• Second Hand Sleep

Hold down (D) for at least three seconds in the Timekeeping Mode. The second hand stops at the 30-second position to reduce battery consumption.

Battery life (new battery)

Second Hand Sleep enabled:

Approximately 5 years

Second Hand Sleep disabled:

Approximately 2 years

To cancel second hand sleep, hold down (D) again for at least three seconds.

Shifting the Hands

In the Stopwatch Mode, you can temporarily shift the hands to make it easier to view measured values.

- While holding down (B), press (C).
 - This shifts the analog hands to allow easy viewing of display information.



- Press (C) while holding down (B) again, or press (C) to change the mode. This returns the hands to their normal timekeeping positions.

Note

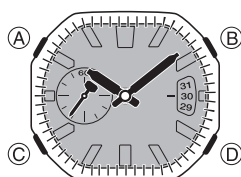
- If you leave the watch with its hands shifted and do not perform any operation for about one hour, the hands resume normal timekeeping automatically.

Viewing the Face in the Dark

The watch has an LED light that you can turn on for reading in the dark.

Turning On Illumination

Press (B) to turn on illumination.



- Illumination is disabled while the hands are moving at high speed.
- The light may flicker when it turns on or off.

Time Correction

Use the procedures in this section to adjust the date and time settings.



Adjusting the Current Time Setting

Use the procedures in this section to adjust the date and time settings.

- Enter the Timekeeping Mode.

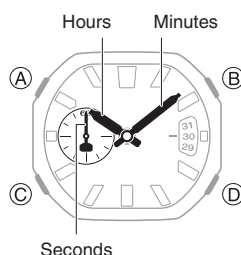
[Navigating Between Modes](#)

- Hold down (A) for at least two seconds.

This causes the second hand to move to the 0-second position.

After you release the button, the second hand points to the 0-second position for a.m. time, or the 30-second position for p.m. time.

This enables the hour and minute setting operation.



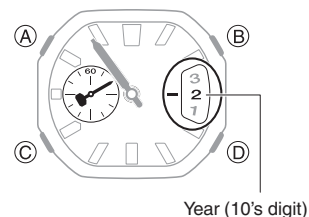
- Use (B) and (D) to set the hour and minute.

- The second hand points to the 0-second position for a.m. time, or the 30-second position for p.m. time. Make sure you set the correct a.m./p.m. time.
- Holding down (B) or (D) scrolls through settings at high speed.

- Press (C).

This enables the year 10's digit setting operation.

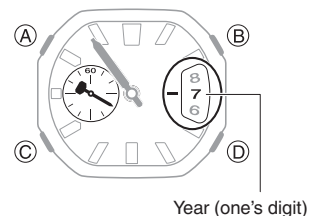
- Use (B) and (D) to set the year tens digit.



- Press (C).

This enables the year one's digit setting operation.

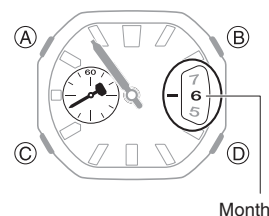
- Use (B) and (D) to set the year ones digit.



- Press (C).

This enables the month setting operation.

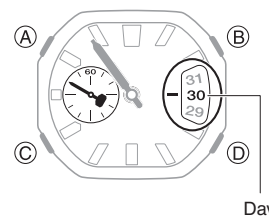
- Use (B) and (D) to set the month.



- Press (C).

This enables the day setting operation.

- Use (B) and (D) to set the day.



- On a time signal, press (A).

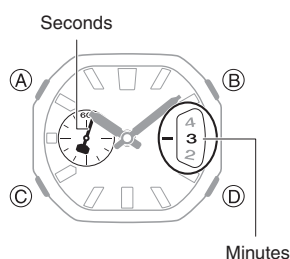
Stopwatch

Measures up to 30 minutes of elapsed time in one-second increments.



Measuring Elapsed Time

1. Enter the Stopwatch Mode.
↻ Navigating Between Modes
2. Use the operations below to measure elapsed time.



- ⓓ Start
- ↓
- ⓓ Stop
- ↓
- ⓓ Resume
- ↓
- ⓓ Stop

3. Press (A) to reset the measurement time to all zeros.

Note

- You can start timing in step 1 even while the date window is in the process of changing from the date to [ST].
- To return to the Timekeeping Mode while a stopwatch measurement is in progress or paused, hold down (C) for at least one second. This resets the stopwatch to all zeros.

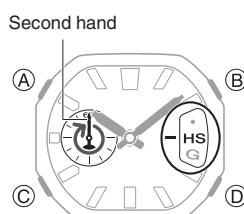
Hand and Day Indicator Alignment

Strong magnetism or impact can cause the hands and/or the day indicator to go out of alignment. If this happens, correct hand and day indicator alignment.

Correcting Hand and Day Indicator Alignment

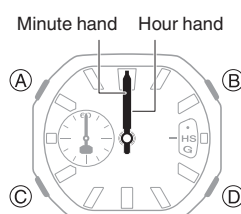
1. Enter the Timekeeping Mode.
↻ Navigating Between Modes
2. Hold down (A) for at least five seconds. Release the button after the second hand completes one full rotation.

This enables adjustment of second hand alignment.



3. Use (B) and (D) to align the second hand with the 0-second position.
4. Press (C).

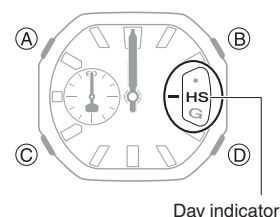
This enables adjustment of hour and minute hand alignment.



5. Use (B) and (D) to align the hour hand and minute hand with the 12 o'clock position.

6. Press (C).

This enables adjustment of day indicator alignment.



7. Use (B) and (D) to center [HS] in the date window.
8. Press (A).

Note

- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

Specifications

Accuracy at normal temperature :

±15 seconds per month

Timekeeping :

Hour, minute (20-second hand movement),
second, date (full auto-calendar from 2000
to 2099)

Stopwatch :

Measuring unit: 1 second
Measurement range: 30 minutes
Measuring functions: Elapsed time

Other :

LED light (afterglow)
Second hand sleep
Fixes the second hand at the 30-second
position.
Hand Shift

Power Supply :

CR1025 x 1
Battery nominal voltage: 3V
Battery life: Approximately 2 years
Conditions:
Illumination: Once (1.5 seconds)/day

Specifications are subject to change without
notice.

Troubleshooting

Hand Movement and Indications

Q1 I don't know what mode the watch is in.

Hold down (C) for at least one second to enter the Timekeeping Mode.

When you enter the Timekeeping Mode, the hour and minute hands shift slightly from the current time.

🔗 [Navigating Between Modes](#)



Q2 Why can't I perform any button operations while high-speed hand movement is in progress?

Except for the mode navigation button, button operation is disabled while high-speed hand movement is in progress after a watch setting is changed, etc. Wait until the hands stop moving before performing button operations.

Q3 The hand and/or day indicator are not aligned correctly.

Strong magnetism or impact can cause the hands and/or the indicator to go out of alignment. Correct hand and/or day indicator alignment.

🔗 [Hand and Day Indicator Alignment](#)

Q4 The time setting is correct, but the day indicator is between days.

The day indicator is not aligned correctly. Correct day indicator alignment.

🔗 [Hand and Day Indicator Alignment](#)

Other

Q1 I can't find the information I need here.

Visit the website below.

<https://world.casio.com/support/>

Precautions

Operating Precautions

● Water Resistance

- The information below applies to watches with WATER RESIST or WATER RESISTANT marked on the back cover.

Water Resistance Under Daily Use

Marking on watch front or on back cover	No BAR mark
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Example of Daily Use

Hand washing, rain	Yes
Water-related work, swimming	No
Windsurfing	No
Skin diving	No

Enhanced Water Resistance Under Daily Use

5 Atmospheres

Marking on watch front or on back cover	5BAR
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Example of Daily Use

Hand washing, rain	Yes
Water-related work, swimming	Yes
Windsurfing	No
Skin diving	No

10 Atmospheres

Marking on watch front or on back cover	10BAR
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Example of Daily Use

Hand washing, rain	Yes
Water-related work, swimming	Yes
Windsurfing	Yes
Skin diving	Yes

20 Atmospheres

Marking on watch front or on back cover	20BAR
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Example of Daily Use

Hand washing, rain	Yes
Water-related work, swimming	Yes
Windsurfing	Yes
Skin diving	Yes

- Do not use your watch for scuba diving or other types of diving that requires air tanks.

- Watches that do not have WATER RESIST or WATER RESISTANT marked on the back cover are not protected against the effects of sweat. Avoid using such a watch under conditions where it will be exposed to large amounts of sweat or moisture, or to direct splashing with water.

- Even if a watch is water resistant, note the usage precautions described below. Such types of use reduce water resistance performance and can cause fogging of the glass.
 - Do not operate the crown or buttons while your watch is submersed in water or wet.
 - Avoid wearing your watch while in the bath.
 - Do not wear your watch while in a heated swimming pool, sauna, or any other high temperature/high humidity environment.
 - Do not wear your watch while washing your hands or face, while doing housework, or while performing any other task that involves soaps or detergents.

- After submersion in seawater, use plain water to rinse all salt and dirt from your watch.
- To maintain water resistance, have the gaskets of your watch replaced periodically (about once every two or three years).
- A trained technician will inspect your watch for proper water resistance whenever you have its battery replaced. Battery replacement requires the use of special tools. Always request battery replacement from your original retailer or from an authorized CASIO service center.
- Some water-resistant watches come with fashionable leather bands. Avoid swimming, washing, or any other activity that causes direct exposure of a leather band to water.

- The inside surface of the watch glass may fog when the watch is exposed to a sudden drop in temperature. No problem is indicated if the fogging clears up relatively quickly. Sudden and extreme temperature changes (such as coming into an air conditioned room in the summer and standing close to an air conditioner outlet, or leaving a heated room in the winter and allowing your watch to come into contact with snow) can cause it to take longer for glass fogging to clear up. If glass fogging does not clear up or if you notice moisture inside of the glass, immediately stop using your watch and take it to your original retailer or to an authorized CASIO service center.

- Your water-resistant watch has been tested in accordance with International Organization for Standardization regulations.

● Band

- Tightening the band too tightly can cause you to sweat and make it difficult for air to pass under the band, which can lead to skin irritation. Do not fasten the band too tightly. There should be enough room between the band and your wrist so you can insert your finger.
- Deterioration, rust, and other conditions can cause the band to break or come off of your watch, which in turn can cause band pins to fly out of position or to fall out. This creates the risk of your watch falling from your wrist and becoming lost, and also creates the risk of personal injury. Always take good care of your band and keep it clean.
- Immediately stop using a band if you even notice any of the following: loss of band flexibility, band cracks, band discoloration, band looseness, band connecting pin flying or falling out, or any other abnormality. Take your watch to your original retailer or to a CASIO service center for inspection and repair (for which you will be charged) or to have the band replaced (for which you will be charged).

● Temperature

- Never leave your watch on the dashboard of a car, near a heater, or in any other location that is subject to very high temperatures. Do not leave your watch where it will be exposed to very low temperatures. Temperature extremes can cause your watch to lose or gain time, to stop, or otherwise malfunction.

● Impact

- Your watch is designed to withstand impact incurred during normal daily use and during light activity such as playing catch, tennis, etc. Dropping your watch or otherwise subjecting it to strong impact, however, can lead to malfunction. Note that watches with shock-resistant designs (G-SHOCK, BABY-G, G-MS) can be worn while operating a chain saw or engaging in other activities that generate strong vibration, or while engaging in strenuous sports activities (motocross, etc.)

● Magnetism

- The hands of analog and combination (analog-digital) watches are moved by a motor that uses magnetic force. When such a watch is close to a device (audio speakers, magnetic necklace, cell phone, etc.) that emits strong magnetism, the magnetism can cause timekeeping to slow down, speed up, or stop, resulting in the incorrect time being displayed.
- Very strong magnetism (from medical equipment, etc.) should be avoided because it can cause malfunction of your watch and damage to electronic components.

● Electrostatic Charge

- Exposure to very strong electrostatic charge can cause your watch to display the wrong time. Very strong electrostatic charge even can damage electronic components.

● Chemicals

- Do not allow your watch to come into contact with thinner, gasoline, solvents, oils, or fats, or with any cleaners, adhesives, paints, medicines, or cosmetics that contain such ingredients. Doing so can cause discoloration of or damage to the resin case, resin band, leather, and other parts.

● Storage

- If you do not plan to use your watch for a long time, thoroughly wipe it free of all dirt, sweat, and moisture, and store it in a cool, dry place.

● Resin Components

- Allowing your watch to remain in contact with other items or storing it together with other items for long periods while it is wet can cause color on resin components to transfer to the other items, or the color of the other items to transfer to the resin components of your watch. Be sure to dry off your watch thoroughly before storing it and make sure it is not in contact with other items.
- Leaving your watch where it is exposed to direct sunlight (ultraviolet rays) for long periods or failure to clean dirt from your watch for long periods can cause it to become discolored.
- Friction caused by certain conditions (strong external force, sustained rubbing, impact, etc.) can cause discoloration of painted components.
- If there are printed figures on the band, strong rubbing of the printed area can cause discoloration.
- Leaving your watch wet for long periods can cause fluorescent color to fade. Wipe the watch dry as soon as possible after it becomes wet.
- Semi-transparent resin parts can become discolored due to sweat and dirt, and if exposed to high temperatures and humidity for long periods.
- Daily use and long-term storage of your watch can lead to deterioration, breaking, or bending of resin components. The extent of such damage depends on usage conditions and storage conditions.

● Leather Band

- Allowing your watch to remain in contact with other items or storing it together with other items for long periods while it is wet can cause the color of the leather band to transfer to the other items or the color of the other items to transfer to the leather band. Be sure to dry off your watch thoroughly with a soft cloth before storing it and make sure it is not in contact with other items.

- Leaving a leather band where it is exposed to direct sunlight (ultraviolet rays) for long periods or failure to clean dirt from a leather band for long periods can cause it to become discolored.

CAUTION:

Exposing a leather band to rubbing or dirt can cause color transfer and discoloration.

● Metal Components

- Failure to clean dirt from metal components can lead to formation of rust, even if components are stainless steel or plated. If metal components exposed to sweat or water, wipe thoroughly with a soft, absorbent cloth and then place the watch in a well-ventilated location to dry.
- Use a soft toothbrush or similar tool to scrub the metal with a weak solution of water and a mild neutral detergent, or with soapy water. Next, rinse with water to remove all remaining detergent and then wipe dry with a soft absorbent cloth. When washing metal components, wrap the watch case with kitchen plastic wrap so it does not come into contact with the detergent or soap.

● Bacteria and Odor Resistant Band

- The bacteria and odor resistant band protects against odor generated by the formation of bacteria from sweat, which ensures comfort and hygiene. In order to ensure maximum bacteria and odor resistance, keep the band clean. Use an absorbent soft cloth to thoroughly wipe the band clean of dirt, sweat, and moisture. A bacteria and odor resistant band suppresses the formation of organisms and bacteria. It does not protect against rash due to allergic reaction, etc.

Note that CASIO Computer Co., Ltd. assumes no responsibility for any damage or loss suffered by you or any third party arising through the use of your watch or its malfunction.

User Maintenance

● Caring for Your Watch

Remember that you wear your watch next to your skin, just like a piece of clothing. To ensure your watch performs at the level for which it is designed, keep it clean by frequently wiping with a soft cloth to keep your watch and band free of dirt, sweat, water and other foreign matter.

- Whenever your watch is exposed to sea water or mud, rinse it off with clean fresh water.
- For a metal band or a resin band with metal parts, use a soft toothbrush or similar tool to scrub the band with a weak solution of water and a mild neutral detergent, or with soapy water. Next, rinse with water to remove all remaining detergent and then wipe dry with a soft absorbent cloth. When washing the band, wrap the watch case with kitchen plastic wrap so it does not come into contact with the detergent or soap.
- For a resin band, wash with water and then wipe dry with a soft cloth. Note that sometimes a smudge like pattern may appear on the surface of a resin band. This will not have any effect on your skin or clothing. Wipe with a cloth to remove the smudge pattern.
- Clean water and sweat from a leather band by wiping with a soft cloth.
- Not operating a watch crown, buttons, or rotary bezel could lead to later problems with their operation. Periodically rotate the crown and rotary bezel, and press buttons to maintain proper operation.

● Dangers of Poor Watch Care

Rust

- Though the metal steel used for your watch is highly rust-resistant, rust can form if your watch is not cleaned after it becomes dirty.
 - Dirt on your watch can make it impossible for oxygen to come into contact with the metal, which can lead to breakdown of the oxidization layer on the metal surface and the formation of rust.
- Rust can cause sharp areas on metal components and can cause band pins to fly out of position or to fall out. If you ever notice any abnormality immediately stop using your watch and take it to your original retailer or to an authorized CASIO service center.
- Even if the surface of the metal appears clean, sweat and rust in crevasses can soil the sleeves of clothing, cause skin irritation, and even interfere with watch performance.

Premature Wear

- Leaving sweat or water on a resin band or bezel, or storing your watch in an area subject to high moisture can lead to premature wear, cuts, and breaks.

Skin Irritation

- Individuals with sensitive skin or in poor physical condition may experience skin irritation when wearing a watch. Such individuals should keep their leather band or resin band particularly clean. Should you ever experience a rash or other skin irritation, immediately remove your watch and contact a skin care professional.

Battery Replacement

- Leave battery replacement up to your original retailer or authorized CASIO service center.
- Have the battery replaced only with the type specified in the “Specifications”. Use of a different battery type can cause malfunction.
- When replacing the battery, also request a check for proper water resistance.
- Ornamental resin components may become worn, cracked, or bent over time when subjected to normal daily use. Note that if cracking or any other abnormality indicating possible damage is noticed in a watch submitted for battery replacement, your watch will be returned with an explanation of the abnormality, without the requested servicing being performed.

● Initial Battery

- The battery that comes loaded in your watch when you purchase it is used for function and performance testing at the factory.
- The test battery may go dead quicker than the normally rated battery life noted in the “Specifications”. Note that you will be charged for replacement of this battery, even if replacement is required within your watch’s warranty period.

● Low Battery Power

- Low battery power is indicated by large timekeeping error, by dim display contents, or by a blank display.
- Operation while battery power is low can result in malfunction. Replace the battery as soon as possible.