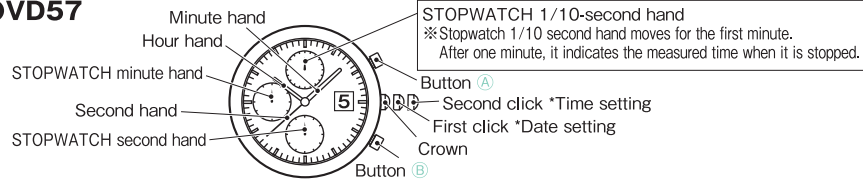


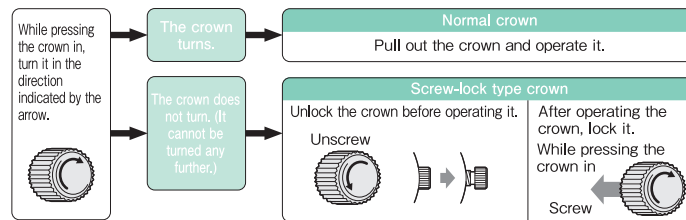
■DISPLAY AND CROWN/BUTTONS

●VD57



■CROWN

There are two types of crown, a normal crown and a screw-lock type crown. Please check the type of the crown of your watch.



※If your watch has a screw-lock type crown, the crown screws into the watch to prevent malfunction and increase water resistance.
※Be careful not to screw the crown in by force as it may damage the slots of the crown.

■HOW TO USE

=TO ADJUST THE STOPWATCH HANDS POSITION=

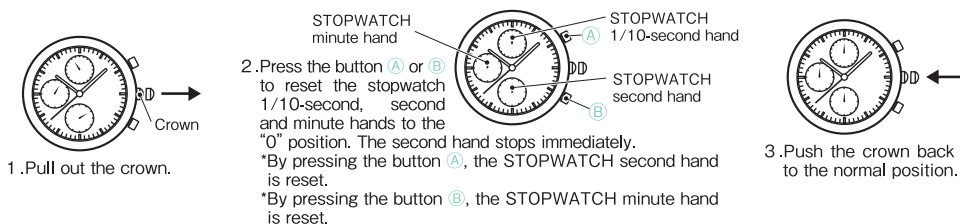
●Before setting the time, make sure to check that the STOPWATCH hands are at the "0" (12 O'clock) position. When the STOPWATCH is in use, press the buttons according to the following procedure to reset it, and then, make sure to check that the hands return to the "0" position. (For details, see "HOW TO USE THE STOPWATCH.")

*If any of the STOPWATCH hands is not at the "0" position, follow the procedure below to reset the hands.

If the stopwatch is functioning : (A) → (B)

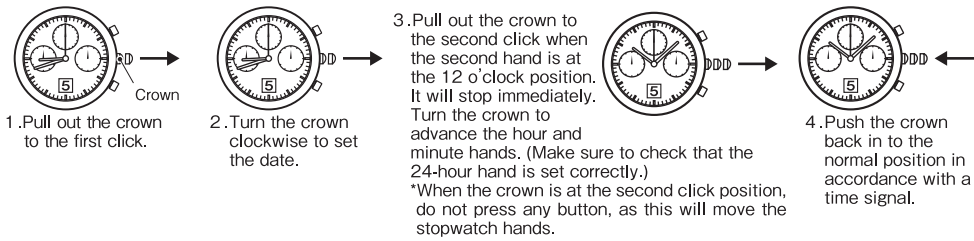
If the stopwatch is stopped : (B)

If the split time is displayed : (B) → (A) → (B)



=HOW TO SET THE DATE AND TIME=

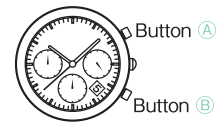
- Before setting the time, make sure to check that the stopwatch measurement is stopped.



*Do not set the date between 9:00 p.m. and 1:00 a.m., as the day may not change properly.

■ HOW TO USE THE STOPWATCH

- The stopwatch function measures independently to the time function.



- Standard measurement



- Accumulated elapsed time measurement



Restart and stop of the stopwatch can be repeated by pressing button A .

- Split (intermediate) time measurement ※ This function is not available for some kind of caliber.



Measurement and release of the split time can be repeated by pressing button B .

- Measurement of two competitors ※ This function is not available for some kind of caliber.



■ TO PRESERVE THE QUALITY OF YOUR WATCH

WARNING

- Immediately stop wearing the watch in the following cases :
 - if corrosion appears on the watch body or band, etc.
 - if the pins protrude from the band
- ※ Immediately consult the retailer from whom the watch was purchased or a SEIKO CUSTOMER SERVICE CENTER.
- Keep the watch and accessories out of the reach of babies and children.
 - Care should be taken to prevent a baby or a child accidentally swallowing any accessories.
- Do not use the watch for scuba diving or saturation diving.
 - The various inspections under simulated harsh environments, which are usually required for watches designed for scuba diving or saturation diving, have not been conducted on a water-resistant watch with a BAR (barometric pressure) display. For diving, use special watches.



CAUTION

- Avoid wearing or storing the watch in the following places :
 - Places where volatile agents (cosmetics such as polish remover, insect repellent, thinners etc.) are vaporizing
 - Places where the temperature drops below 5 °C or rises above 35 °C for a long time
 - Places of high humidity
 - Places affected by strong magnetism or static electricity
 - Dusty places
 - Places affected by strong vibrations
- ※ For watches with batteries, do not leave a dead battery in the compartment for a long time as it may cause battery leakage.
- If you observe any allergic symptoms or skin irritation, stop wearing the watch immediately and consult a specialist such as a dermatologist or an allergist.
- Do not let running water from a faucet hit the watch.
 - The water pressure of tap water from a faucet is high enough to degrade the water resistant performance of a water resistant watch for everyday use.
- Do not turn or pull out the crown when the watch is wet; water may get inside of the watch.
- ※ If the inner surface of the glass is clouded with condensation or water droplets appear inside of the watch for a long time, the water resistant performance of the watch is deteriorated. Immediately consult the retailer from whom the watch was purchased or a SEIKO CUSTOMER SERVICE CENTER.
- Do not leave moisture, sweat and dirt on the watch for a long time.
 - Be aware of the risk that a water resistant watch may have its water resistant performance lessened because of deterioration of the adhesive on the glass or gasket or the development of rust on stainless steel.
- Do not wear the watch while taking a bath or a sauna.
 - Steam, soap or some components of a hot spring may accelerate the deterioration of the water resistant performance of the watch.
- Other cautions
 - Do not disassemble or tamper with the watch.
 - Keep the watch out of the reach of babies and children. Extra care should be taken to avoid risk of injury or allergic rash or itching that may be caused when they touch the watch.
 - When disposing of used batteries, follow the instructions of your local authorities.
 - If your watch is of the fob or pendant type, the strap or chain attached to the watch may damage your clothes, or injure the hand, neck, or other parts of your body.



● **Magnetic resistance**

Affected by nearby magnetism, a watch may temporarily gain or lose time or stop operating.

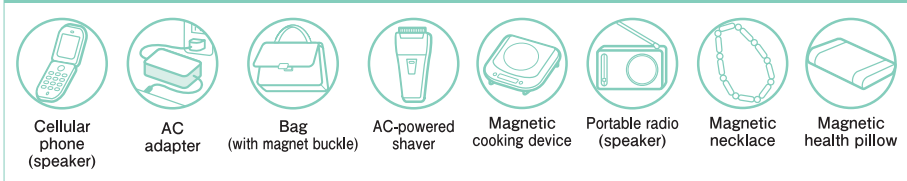
Indication on the case back	Condition of use
No indication	Keep the watch more than 10 cm away from magnetic products.
	Keep the watch more than 5 cm away from magnetic products. (JIS level-1 standard)
	Keep the watch more than 1 cm away from magnetic products. (JIS level-2 standard)

If the watch becomes magnetized and its accuracy deteriorates to an extent exceeding the specified rate under normal use, the watch needs to be demagnetized. In this case, you will be charged for demagnetization and accuracy readjustment even if it happens within the guarantee period.

The reason why watch is affected by magnetism

The built-in motor is provided with a magnet, which may be influenced by a strong external magnetic field.

Examples of common magnetic products that may affect watches



● **Daily care**

The watch requires good daily care.

- Do not wash the watch when the crown is pull out.
- Wipe away moisture, sweat or dirt with a soft cloth.
- After soaking the watch in seawater, be sure to wash the watch in clean pure water and wipe it dry carefully.


※If your watch is rated as “non-water resistant” or “water resistant for daily use,” do not wash the watch.

● **Turn the crown**

- To prevent rusting of the crown, please sometimes turning the crown.
- Please do the same for screw-lock type crown.

● **Water resistance**

Refer the table below for the description of each degree of water resistant performance of your watch before using.

Indication on the case back	Water resistant performance	Condition of use
No indication	Non-water resistance	Avoid drops of water or sweat
WATER RESISTANT	Water resistance for everyday use	The watch can withstand accidental contact with water in everyday life.  WARNING Not suitable for swimming
WATER RESISTANT 5 BAR	Water resistance for everyday use at 5 barometric pressures.	The watch is suitable for sports such as swimming.
WATER RESISTANT 10(20) BAR	Water resistance for everyday use at 10(20) barometric pressures.	The watch is suitable for diving not using an air cylinder.

● Band

The band touches the skin directly and becomes dirty with sweat or dust. Therefore, lack of care may accelerate deterioration of the band or cause skin irritation or stain on a sleeve cuff. The watch requires a lot of attention for long usage.

Metallic band

- Moisture, sweat or soil will cause rust even on a stainless steel band if they are left for a long time.
- Lack of care may cause a yellowish or gold stain on a sleeve cuff of shirts.
- Wipe off moisture, sweat or soil with a soft cloth as soon as possible.
- To clean the soil around the joint gaps of the band, wipe it out and then brush it off with a soft toothbrush. (Protect the watch body from water splashes by wrapping it in plastic wrap, etc.)
- Because some titanium bracelets use pins made of stainless steel, which has outstanding strength, rust may form in the stainless steel parts.
- If rust advances, pins may poke out or drop out, and the watch case may fall off the bracelet, or the clasp may not open.
- If a pin is poking out, personal injury may result. In such a case, refrain from using the watch and request repair.

Leather band

- A leather band is susceptible to discoloration and deterioration from moisture, sweat and direct sunlight.
- Wipe off moisture and sweat as soon as possible by gently blotting with a dry cloth.
- Do not expose the watch to direct sunlight for a long time.
- Please take care when wearing a watch with a light-colored band, as dirt or stains are likely to show.
- Refrain from wearing a leather band watch other than Aqua Free bands while bathing, swimming, and when working with water even if the watch itself is water-resistant enforced for daily use (10-BAR water resistant).

Polyurethane band

- A polyurethane band is susceptible to discoloration from light, and it may be deteriorated by solvent or atmospheric humidity.
- Especially a translucent, white, or pale-colored band easily adsorbs other colors, resulting in color smears or discoloration.
- Wash off dirt in water and clean the band with a dry cloth. (Protect the watch body from water splashes by wrapping it in plastic wrap, etc.)
- When the band becomes less flexible, have the band replaced with a new one. If you continue to use the band as it is, the band may develop cracks or become brittle over time.

Note on skin irritation and allergy:

Skin irritation caused by a band has various reasons such as an allergy to metals or leather, or skin reactions against friction or dust or the band itself.

Notes on the length of the band

Adjust the band to allow a little clearance with your wrist to ensure proper airflow. When wearing the watch, leave enough room to insert a finger between the band and your wrist.

■ LUMIBRITE

If your watch has Lumibrite

Lumibrite is a luminous paint that absorbs the light energy of the sunlight and lighting apparatus in a short time and stores it to emit light in the dark.

For example, if exposed to a light of more than 500 lux for approximately 10 minutes, Lumibrite can emit light for 3 to 5 hours.

Please note, however, that, as Lumibrite emits the light it stores, the luminance level of the light decreases gradually over time. The duration of the emitted light may also die slightly depending on such factors as the brightness of the place where the watch is exposed to light and the distance from the light source to the watch.

※ In general, when coming from a place that is bright to a place that is dark, it takes human eyes some time to adapt to the darkness making it difficult to see objects initially. (Dark adaptation)

※ Lumibrite is luminous paint that stores and emits light, which is harmless to human beings and the environment, containing no toxic materials such as radioactive substances.

Condition		Illumination
Sunlight	Fine weather	100,000 lux
	Cloudy weather	10,000 lux
Indoor (Window-sided during daytime)	Fine weather	more than 3,000 lux
	Cloudy weather	1,000 to 3,000 lux
	Rainy weather	less than 1,000 lux
Lighting apparatus (40-watt daylight fluorescent light)	Distance to the watch: 1m	1,000 lux
	Distance to the watch: 3m	500 lux (average room luminance)
	Distance to the watch: 4m	250 lux