MHE01 (1)

Thank you for your purchase of our product. How to use the screw down crown Before using this watch, read this instruction manual carefully to ensure *Some models feature a screw down Release: Rotate the correct use. After reading this manual, store it in a safe place for future crown counterclockwis crown. Locking the crown prevents **M** reference. (left) until it releases The second hand changes to twoaccidental operation. It must be from the case. second interval movement to inform unlocked prior to using certain features vou of insufficient recharging. of your watch such as setting the time Safety Precautions Lock: Rotate the crow Without recharging, the watch will or date clockwise (right) while After setting, lock the crown again, stop soon. This manual contains the following instructions that should be strictly followed at all pushing it in, and tighter Place the watch in light to recharge imes to prevent injury to yourself and other persons as well as damage to property. until the watch return to one- Injuries and damage that might be caused by using the watch improperly or neglecting any of the instructions or precautions contained in this manual are econd interval movement (normal classified with the following symbols. Adjusting the time The watch keeps the correct time while in two-second DANGER | Highly likely to cause death or serious injury interval mo WARNING Can cause serious injury or death every 20 second when recharged properly. CAUTION Can or will cause minor or moderate injury or damage Important instructions that should be followed are classified with the following Models with the Models without the second hand Warning (Caution) symbol followed by instructions that should be second hand followed or precautions that should be observed. . Pull the crown out to position ①. Warning (caution) symbol followed by prohibited matters. Pull the crown out when the second hand indicates 0 seconds for the watches Normal movement: The with the second indication. minute hand moves everv 0 second

Before using

<Band adiustment>

Do not adjust the length of the band (metal or rubber) yourself. If you fail to perform the work properly, the watch may fall off, or an injury may occur during adjustment (If you purchase a product which is sold with a special tool for band adjustment, you may carefully adjust the band yourself.)

For band adjustment, consult the shop where you purchased the watch or your nearest Authorized Citizen Service center. Other shops may not be able to handle the watch, or may charge a fee.

<Protective stickers>

Be sure to remove any stickers covering the metal parts (back cover, band, clasp) or glass of the watch before use. Otherwise, perspiration or moisture may enter the gaps between the protective stickers and the parts, which may result in a skin rash and/or rrosion of the metal parts.

Feature

This is an analog solar-powered watch that is equipped with a solar sell incorporated in its face to convert solar energy into electricity.

Be sure to recharge your watch

- Before using, expose to light and make sure the watch is sufficiently charged. Once the watch has stopped, it takes time to charge the watch. So, try to make sure the watch is charged everyday.
- Once fully charged, the watch will continue to run for a certain period without additional charging. *If the watch has stopped running, expose it to intense light such as sunlight to
- recharge.

A rechargeable cell is used in this watch to store electrical energy. This watch is recharged by exposing to light such as sunlight This rechargeable cell does not contain mercury or other toxic substances

How to use Solar-Powered Watches well To use this watch comfortably, make sure to recharge the watch before it stops running completely There is no risk of overcharging (Overcharging Prevention Feature).

Specifications

- . Model number: Refer to the model list below.
- 2. Type: Analog solar-powered watch
- Quartz oscillation frequency: 32,768Hz (Hz = number of oscillations in 1 second)
- 4. Accuracy: Within ±15 seconds per month on average
- (when worn at normal temperatures of $+5^{\circ}C$ to $+35^{\circ}C$)
- Operating temperature range: -10°C to +60°C 5. Additional functions: Refer to the model list below.
- . Battery: Rechargeable cell (lithium button cell), 1 pc

*Specifications are subject to change without notice.

Model list

	Model number	Insufficient Recharging Warning feature	Time Setting Warning feature	Overcharging Prevention feature		
ſ	B023☆	0	0	0		
	B035	0	_	0		
	B036	0	_	0		
☆The model does not have the second hand.						

2. Rotate the crown to adjust the time. · To achieve optimal precision when adjusting the minute hand, move the hand four or five minutes past, then back to the desired minute indication. **3.** Push the crown in to position 0 on the time signal to finish the procedure. Charging and Continuous operating time Charging time by environment

Below are the approximate times required for charging when exposing the watch dial to light continuously. Please use this table as a reference only Charging time (approx.)

	Environment		Illuminance (lx)	To work for one day	To start working normally when the rechargeable cell is empty	To become fully charged when the rechargeable cell is empty		
	Outdoors (sunny)		100,000	1 to 2 minut	es 30 to 34 minutes	11 hours		
	Outdoors (cloudy)		10,000	6 to 12 minut	es 4 to 6.5 hours	60 hours		
	fluorescentlamp (30W)		3,000	18 to 40 minutes	14 to 25 hours	190 hours		
			500	2 to 4 hour	5 100 to 150 hours	_		
	• To charge your watch, it is recommended to expose the dial to direct sunlight. Optimal charging is achieved by exposing the dial to direct sunlight outdoors for a short time each day.							
	Model number	Battery du	ration when f (approx.)	ully charged	Battery duration after two-second/one- second interval movement starts (approx.)			

B023 12 months 14 days

B035	7 months	4 days
B036	7 months	4 days

Notes Regarding Handling of Solar-Powered Watches

Always make sure to recharge frequently

- · Please note that if you wear long sleeves, the watch may stop as a result of
- being covered by your sleeve and blocked from the light. When you take off the watch, try to place it in as bright a location as possible.
- This will ensure that it will continue to run properly.

ACAUTION Recharging Precautions

Do not charge the watch at a high temperature (about 60°C or higher) as doing so may cause the movement to malfunction Examples:

- Charging the watch too close to a light source which generates a large amount of heat such as an incandescent lamp or halogen lamp.
- When charging under an incandescent lamp, be sure to leave 50 cm or more between the lamp and the watch to avoid exposing the watch to excessive heat. Charging the watch in a location where the temperature may become extremely high such as on the dashboard of a vehicle.

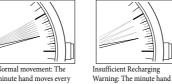
Special Functions of Solar-Powered Watches

Insufficient Recharging Warning Feature

Two-second interval movemen

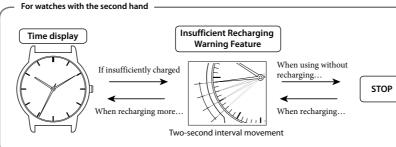
When the watch has no second hand (ex. Model B023), the minute hand moves every minute. The minute hand moves

About the movement of the minute hand (for Model B023



Fime Setting Warning: The minute hand moves irregularl (irregular three steps a minute) moves every one minute.

This watch indicates the charging condition by the movement of its hands



For watches without the second hand nsufficient Recharging Time display Warning Feature insufficiently charge When using without recharging .. STOP One-minute interval moving Time Setting When Warning feature recharging When adjusting the time ... When the watch is sufficiently charged and the time is set The minute hand moves irregular

Time Setting Warning feature

When the stopped watch restart

again, the second hand alternates

the normal movement and the two-

second interval movement to inform

you that the watch shows the wrong

time. When this happens, adjust the

watch after fully recharging.

· Once you adjust the watch

hand)

- careful of the following.
- water and wipe with a dry cloth. Do not pour water from a tap directly onto your watch
- Take off your watch before taking a bath.

- <Band>
- reover, wet leather may cause a rash
- watch itself is water-resistant
- cracked

1. Free Guarantee

with this manual. 2. Stock Period of Repair Parts Our's standard period for stocking repair parts for each model is generally seven years exterior parts such as the watch case, glass, dial, hand, crown, buttons or band is damaged, a spare parts with different appearance may sometimes be used.

3. Repair Period Repairs can be performed on your watch within the repair parts stock period even after the free guarantee has expired. However, you will be charged for these repairs. Please take the watch to the shop where your purchased it and ask whether it can be repaired because the repair period varies according to the conditions of use, environment and so forth. Moreover, there are cases in which it is difficult to restore the watch to its original accuracy when decreased accuracy has resulted from long-time

- WARNING Handling of Secondary Battery The rechargeable cell should never be removed from the watch. If for any reason it becomes necessary to remove the rechargeable cell from the watch, keep out of the reach of children to prevent accidental swallowing.
- If the rechargeable cell is accidentally swallowed, consult a doctor immediately. · Do not dispose of the rechargeable cell with ordinary garbage. Please follow the replacement instructions of your municipality regarding collection of batteries to prevent the

MARNING Handling of Secondary Battery

risk of fire or environmental conta

Never use a battery other than the rechargeable cell specified for use in this watch. Although the watch structure is designed so that it will not operate when another type of battery is installed, if a silver battery or other type of battery is installed in the watch and the watch is recharged, there is the risk of overcharging which may cause the battery to rupture.

This can cause damage to the watch and injury to the wearer When replacing the rechargeable cell, always make sure to use the designated rechargeable cell.

Replacement of Rechargeable Cell Because the watch uses a rechargeable cell, you do not need periodical cell

However, power consumption may increase after using for an extended period of time due to deterioration and the power may run out earlier than expected. To avoid this, we recommend that you have your watch inspected (Charge basis) periodically.

Hitch movement (ex. Model B023), this irregular movement is canceled. · When the watch has no second hand, the minute hand moves irregularly (the irregular movement of the minute



water-resist

- small child, to avoid injury.

which the band is fastened.

ACAUTION Precautions

- Center for inspection and/or repair.

AWARNING Water Resistance

Refer to the watch dial and the case back for the indication of the water resistance of your watch. The following chart provides examples of use for reference to ensure that your watch is used properly. WATER RESIST(ANT) ××bar may also be indicated as W.R.××bar.

Non-water resistant watches cannot be used underwater or in enviro ents in contact with water · Water-resistance for daily use (to 3 atmospheres) means that the watch may be worn while washing your face or in the rain, but is not to be immersed in water.

Upgraded water-resistance for daily use (to 5 atmospheres) means that the watch may be worn while swimming, but is not to worn while skin diving.

Upgraded water-resistance for daily use (to 10/20 atmospheres) means that the watch may be worn while



Water-related use



skin diving, but not while scub							
Name	Indication	Specification	When water is simply splashed onto the	Swimming and general washing	Water sport and skin diving	Scuba diving	Pulling out the crown when the
ivalle	Watch dial and Case back		watch(washing your face or in the rain)	work (kitchen work/ swimming, etc)	(without air tank)	(with air tank)	watch is wet
Non-water- resistant watch		Non-water-resistant	NO	NO	NO	NO	NO
Everyday-use water-resistant watch	WATER RESIST-ANT	Water-resistant to 3 atmospheres	ОК	NO	NO	NO	NO
Upgraded everyday-use water-resistant watch	WATER RESIST-ANT 5 bar	Water-resistant to 5 atmospheres	ОК	ОК	NO	NO	NO
Upgraded everyday-use water-resistant watch	WATER RESIST-ANT 10/20 bar	Water-resistant to 10 or 20 atmospheres	ОК	ОК	ОК	NO	NO

AUTION To avoid injury

Be particularly careful when wearing your watch while holding a

Be particularly careful when engaged in strenuous exercise or work, to avoid injury to yourself and others.

Do NOT wear your watch while in a sauna or other location where your watch may become excessively hot, since there is the risk of

Be careful when putting on and taking off your watch, since there is a risk of damaging your fingernails, depending on the manner in

Take off your watch before going to bed.

Always use the watch with the crown pushed in (normal position). If the crown is of the screw down-type, make sure it is securely locked. • Do NOT operate the crown when the watch is wet. Water may penetrate into the watch, causing deterioration of water resistance. If water enters the watch or the watch fogs up and does not clear up even after a long time, consult your dealer or Customer Support

Even if your watch has a high level of water resistance, please be

If your watch is immersed in sea water, rinse thoroughly with fresh

 If seawater enters the watch, place the watch in a box or plastic bag and immediately take it in for repair. Otherwise, pressure inside the watch will increase, and parts (crystal, crown, buttons, etc.) may

AUTION When Wearing your Watch

Leather and rubber (urethane) bands will become deteriorated over time due to sweat and dirt. Be sure to replace the band periodically. The durability of a leather band may be affected when wet (fading, peeling of adhesive), owing to the properties of the material.

It is recommended to take off the watch if it gets wet, even if the

Do Not wear the band too tightly. Try to leave enough space between the band and your skin to allow adequate ventilation.

The rubber (urethane) band may be stained by dyes or soil present in or on clothing or other accessories. Since these stains may not be removable, caution is required when wearing your watch with items that tend to easily transfer color (articles of clothing, purses, etc.). In addition, the band may be deteriorated by solvents the air. Replace with a new one when it has lost elasticity or become

· Analog quartz watches are powered by a step motor that uses a magnet. Subjecting the watch to strong magnetism from the outside can cause the motor to operate improperly and prevent the watch from indicating the correct time. Do not allow the watch to come into close proximity to magnetic health devices (magnetic necklaces, nagnetic elastic bands, etc.) or the magnets used in the latches of

refrigerator doors, clasps used in handbags, the speaker of a cell

phone, electromagnetic cooking devices and so on

Please request adjustment or repair of the band in the following

· The watch may stop or the function of the watch may be impaired in

extremely high or low temperature. Do not use the watch in places

where the temperature is outside the operating temperature range as

You notice an abnormality with the band due to corre

The pin of the band is protruding.

<Temperature>

<Magnetism>

stated in the specifications

<Strong Shock>

 Avoid dropping the watch or subjecting it to other strong impact. It may cause malfunctions and/or performance deterioration as well as damage to the case and bracelet.

<Static Electricity>

· The integrated circuits (IC) used in quartz watches are sensitive to static electricity. Please note that the watch may not indicate the correct time if exposed to intense static electricity

<Chemicals, Corrosive Gasses and Mercury>

· If paint thinner, benzene or other solvents or products co these solvents (including gasoline, nail-polish remover, cresol, bathroom cleaners and adhesives, water repellent, etc.) are allowed to come into contact with the watch, the may discolor, dissolve or crack the materials. Be careful when handling these chemicals. Contact with mercury such as that used in thermometers may also cause discoloration of the band and cas

AUTION Always keep your Watch Clean

- · Rotate the crown while it is pressed in fully and press the buttons periodically so they do not become stuck due to accumulations of oreign matter
- The case and band of the watch come into direct contact with the skin in the same manner as undergarments. Corrosion of the metal or unnoticed soiling such as that caused by perspiration and dirt can soil sleeves and other portions of clothing. Keep your watch clean at

The case and band of the watch come into direct contact with the

· Rust, dirt or perspiration present on the watch's body or band may cause itching or a rash on your skin. Such problems may also occur if you have an allergy to certain metals or leather.

If you think there is something wrong, discontinue wearing the watch immediately and consult your physician. In the case of accum of sweat or dirt on a metal band or case, clean thoroughly using a brush and neutral detergent. In the case of a leather or rubbe (urethane) band, wipe clean using a dry cloth. Leather bands may become discolored by perspiration or dirt.

Always keep your leather band clean by wiping with a dry cloth.

ACAUTION Caring for your Watch

- Wipe any dirt or moisture such as perspiration from the case and crystal with a soft cloth.
- For a metallic, plastic or rubber watchband, wash any dirt off with water. Remove the small amounts of dirt trapped between the crevices of the metallic hand with a soft brush
- For a leather or rubber (urethane) band, wipe off dirt using a dry
- · If you will not be using your watch for an extended period of time, carefully wipe off any perspiration, dirt or moisture and store in a proper location, avoiding locations subject to excessively high or low emperatures and high humidity

When Luminous Paint is used for your watch

- The paint on the dial and hands helps you with reading the time in a dark place. The luminous paint stores light (daylight or artificial light) and glows in a dark place. It is free from any radioactive substance or any other material
- harmful to a human body or environment.
- The light emission gradually becomes weaker as time passes. The duration of the light ("glow") will vary depending on the brightness, types of and distance from a light source, exposure time, and the amount of the paint.
- The paint may not glow and/or may dissipate quickly if expo to light was not sufficient

Warranty and Service

In the case a malfunction has occurred during the course of normal use while the watch is still under warranty, the watch will be repaired free of charge in accordance with the conditions of the warranty included

4. Change of Address or Receiving as a Gift

In the event that you have received your watch as a gift, and are not able to bring your watch to the shop where it was purchased for servicing, please consult Citizen Consumer help desk or Customer upport Center.

- 5. Periodic Inspection (charge basis) You should have your watch inspected (charge basis) every 2-3 years to extend its life and ensure safety. When replacing parts, always
- make sure to request genuine parts. When it becomes necessary to replace packings and springs, it may sometimes also be necessary to inspect other parts or to make repairs in addition to replacing the parts. Please ask for more detailed information on repair of replacement expenses at the shop where you purchased your watch or Citizen Consumer help desk, Customer Support Center.
- 6. Other Inquiries
- If you have any questions regarding the way warranty, repairs or other matters, please inquire at the shop where you purchased your watch or Citizen Consumer help desk, Customer Support Center.

Memor