

**EZON 宜准**

户外休闲腕表系列  
Leisure Outdoor Series

# 使用说明书

**Operation Instruction Manual**

中

EN

**EZON 宜准**

M002-2

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# 1.简介

感谢您购买EZON宜准休闲系列运动表，在使用之前请仔细阅读说明书，了解该产品的功能、操作方法及注意事项。

这是一款精密的电波校时手表，它能接收BPC码(中国长波校时码)电波信号，并自动校时达到分秒不差；同时它还具有时间、日历、世界时间、倒计时、跑表、闹铃等功能。

## 2.功能特征



电波校时



50年日历



世界时间



跑表



倒计时



闹铃



整点报时

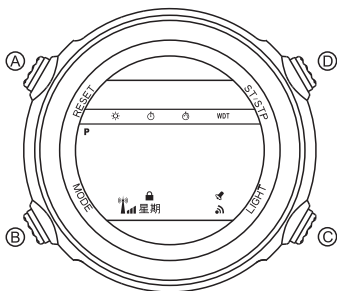


50米防水



背景冷光

### 3.按键及LCD显示



按键[A]: 设置

按键[B]: 模式

按键[C]: 背光/减少

按键[D]: 校时/增加

WDT 世界时间符号

☀ 夏令时符号

🏃 跑表符号

📶 电波接收符号

⌚ 倒计时符号

P 下午符号

🔔 闹铃符号

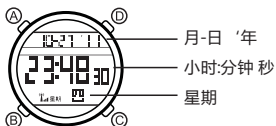
🔒 按键锁符号

🕒 整点报时符号

### 4.模式选择

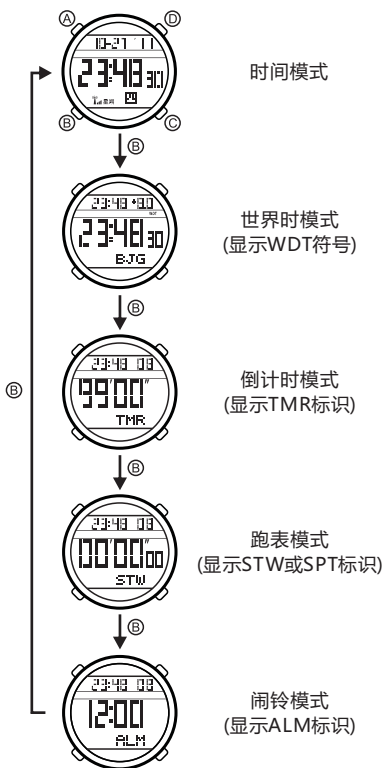
本表为多功能表，使用各功能前，须先选择相应的模式。

本表一般情况下为时间模式，显示当地时间、日期和星期。




时间模式

按[B]键循环切换时间模式、世界时模式、倒计时模式、跑表模式、闹铃模式。



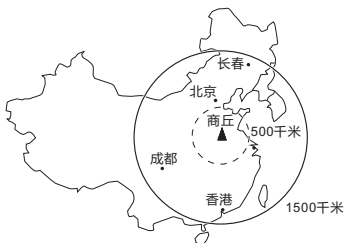
## 5.电波校时

本表可通过接收国家授时中心发射的电波信号自动校时。

 本表仅接收河南商丘国家授时中心发射的电波信号(BPC)。电波覆盖范围以发射站为中心，半径1500千米的范围内。

☞ 目前国家授时中心电波信号时间是每天 9:00-17:00，21:00-凌晨5:00。


☞ 即使手表在电波覆盖范围内，电波信号的接收也可能因地形、建筑物、天气、季节、无线电干扰、时段等原因而失败。

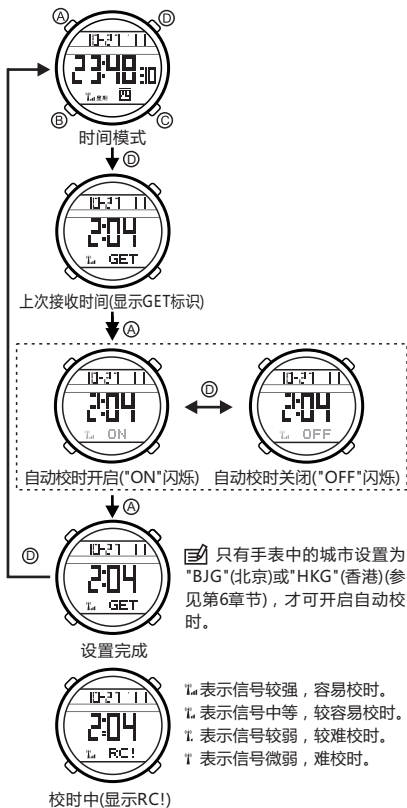


### 5.1. 开启/关闭自动电波校时

自动电波校时开启后，手表每天凌晨2点至凌晨4点（按照手表中的时间）自动接收电波信号最多三次，接收成功一次后，当天不再进行自动接收电波信号操作。

本表初始设置为“自动电波校时开启”。因表内置计时器走时较为精准，无需每天接收信号校时。为节省电池电源，建议关闭自动电波校时，根据需要使用手动电波校时。开启或关闭自动电波校时操作如下：

- 1)在时间模式，按[D]键显示上次的接收时间；
- 2)按住[A]键直到  开始闪烁；
- 3)按[D]键切换选择ON/ OFF；
- 4)按[A]键确认选择；
- 5)按[D]键返回时间模式。

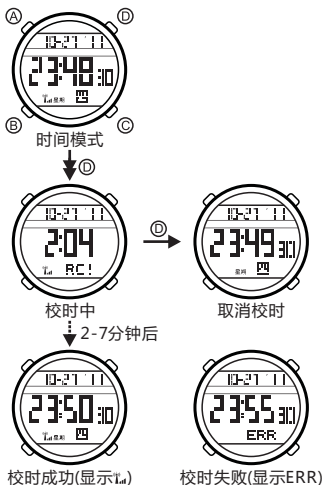


## 5.2.手动电波校时

在时间模式,按住[D]键直到 T<sub>m</sub> 开始闪烁(闪烁表示正在接收电波校时信号);2-7分钟后,显示校时成功或者校时失败。

接收电波过程中,按[D]键取消电波接收,回到时间模式。





☑ 校时过程中，尽量把手表放在靠近窗台位置，并将手表的12时位朝发射台(河南商丘)方向。

☑ 在接收电波时间过程中，请不要移动本表，接收时间约2-7分钟。

☑ 自动校时或手动校时不成功并不表示手表功能故障，可能是周围环境的电波信号比较弱，建议更换到电波信号较强的地方校时。

## 6. 设置时间和日期

更换电池后，当手表接收不到电波信号或在电波信号未覆盖的区域需手动设置当前时间和日期。

1) 按住[A]键直至居住城市简称开始闪烁(闪烁表示进入设置状态)；

2) 按[B]键依次循环选择设置选项：城市、夏令时开/关、12/24时制、秒、小时、分钟、年、月、日；

- 3)按[C]键或[D]键调整设置或改变数值，按住[C]键或[D]键可快速改变数值；
- 4)设置完成后，按[A]键保存设置返回时间模式(星期自动校正)。



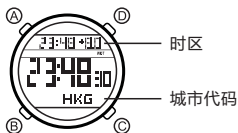
本手表可选择设置不同时区的19个城市当前时间，见下表：

城市代码	城市英文名称	城市中文名称	时区
LAX	LOS ANGELES	洛杉矶	-8
DEN	DENVER	丹佛	-7
CHI	CHICAGO	芝加哥	-6
NYC	NEW YORK	纽约	-5
RIO	RIO DE JANEIRO	里约热内卢	-3
GMT	GREENWICH MEAN TIME	格林威治时间	0
LON	LONDON	伦敦	0
PAR	PARIS	巴黎	+1
BER	BERLIN	柏林	+1
CAI	CAIRO	开罗	+2
JED	JEDDAH	吉达	+3
DXB	DUBAI	迪拜	+4
DAC	DHAKA	达卡	+6
BKK	BANGKOK	曼谷	+7
HKG	HONGKONG	香港	+8
BJG	BEIJING	北京	+8
TYO	TOKYO	东京	+9
SYD	SYDNEY	悉尼	+10
WLG	WELLINGTON	惠灵顿	+12

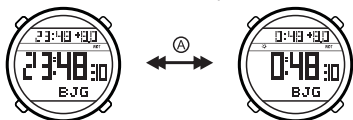
## 7. 世界时

本表可查询或显示全球24个时区中19座城市(见上表)的时间。出差到这些城市，不用重新设置时间，就可直接查看该地时间。

选择世界时模式(参见第4章节)；按[D]键可循环显示上表中19座城市的时间。



按住[A]键可以开启或关闭夏令时(该地如果使用夏令时，要开启夏令时)。



夏令时关闭(不显示\*)

夏令时开启(显示\*)

## 8. 倒计时

本表可设定一时段后倒数计时，倒数为零后，蜂鸣提示。倒计时最大时长为99分钟，使用倒计时之前，必须先设置倒计时初值，否则本表从原有设置的初值开始倒数计时。

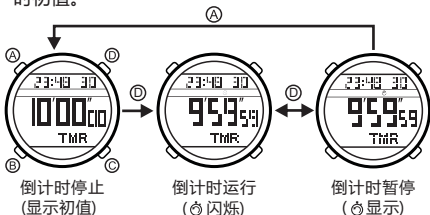
### 8.1. 设置倒计时初值

选择倒计时模式(参见第4章节)，按住[A]键直到分钟闪烁，按[C]键或[D]键可改变分钟，按住[C]键或[D]键可快速改变分钟，按[A]键确认并退出设置。



### 8.2. 使用倒计时

设置倒计时初值后，按[D]键运行倒计时，再按[D]键暂停倒计时，再按[D]键则重启倒计时。倒计时暂停时，按[A]键停止倒计时并恢复倒计时初值。



倒计时结束后，蜂鸣提示约20秒，按任意键中断。

☑ 若未停止倒计时，即使退出倒计时模式，倒计时仍会继续运行直至倒数为零。

✍ 倒计时在运行时不可以设置倒计时初值，必须先停止倒计时，才可以重新设置。

## 9. 跑表

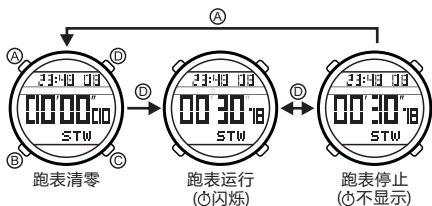
本表内置一个百分之一秒跑表计时器。根据使用方法可分为分单段计时和分段计时两种。跑表最大计时时间为99分59秒99。

### 9.1. 单段计时

单段计时可用来测量一名选手的跑步时间，方法是：

选择跑表模式(参见第4章节)，按[D]键跑表开始运行，再按[D]键跑表停止，再按[D]键跑表重启。

在跑表停止时按[A]键，跑表数据清零。



### 9.2. 分段计时

分段计时用来测量多名同时起跑的选手各自跑步时间，方法是：

选择跑表模式(参见第4章节)，按[D]键跑表开始运行，第一名选手到达终点时按[A]键跑表显示其跑步时间(跑表内部继续走时)。再按[A]键返回跑表运行界面，第二名选手到达终点时，再按[A]键跑表显示其跑步时间，依此类推.....

测量结束，按[D]键停止计时，再按[A]键跑表数据清零。



☑ 若跑表运行时，退出跑表模式，跑表仍会继续计时直至99分59秒99才停止。

## 10.闹铃

本表具有闹铃和整点报时功能。

### 10.1.开启/关闭闹铃、整点报时

若整点报时开启，则到达整点时，蜂鸣两声提示；若闹铃开启，则到达闹铃时间，蜂鸣提示约20秒蜂鸣提示，按任意键中断蜂鸣。

选择闹铃设置模式(参见第4章节)，按[D]键循环选择：

整点报时、闹铃均关闭；

整点报时关闭、闹铃开启；

整点报时开启，闹铃关闭；

整点报时、闹铃均开启；



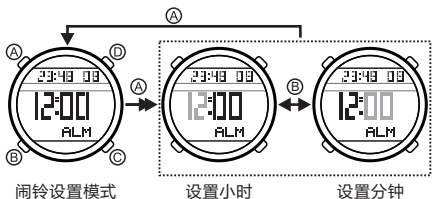
整点报时闹铃均开启

按[B]键确认选择并返回时间模式。

屏幕显示 🚩，表示整点报时已开启，不显示 🚩，表示整点报时关闭；显示 🛎️，表示闹铃开启，不显示 🛎️，表示闹铃关闭。



### 10.2.设置闹铃时间

选择闹铃设置模式(参见第4章节)，按住[A]键直至小时闪烁；按[B]键循环选择小时和分钟设置；按[C]或[D]键改变数值，按住[C]或[D]键可快速改变数值；设置完成后，按[A]键保存设置并退出。

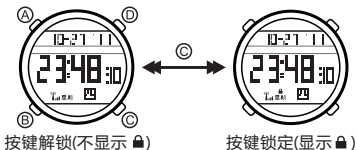


## 11. 按键锁

为了防止佩戴时不小心碰到按键造成误操作，可将按键锁定。方法是：

在时间模式按住[C]键直至  显示，表示按键锁定；在按键锁定状态，按住[C]键直至  不显示，表示按键解锁。

只有按键解锁后，才可以操作其它按键。



## 12. 打开背景光

除按键锁定外，在时间模式，按[C]键可点亮背景光约3秒。












## 13. 睡眠模式


本表具有睡眠功能：在凌晨0点到早晨6点手表自动关闭显示以节约电源。按任意键即可打开显示；按键操作停止一分钟后，手表将重新进入睡眠模式。(本表不能取消睡眠模式)

## 14.更换电池

如果显示明显变暗可能是电池电量不足，要更换电池。更换电池方法是：

- 1) 
- 2) 
- 3) 
- 4) 
- 5) 
- 6) 
- 7) 
- 8) 

 更换电池后，手表会自动接收信号校时，无需手动设置。

 必须使用合格电池，如果使用不合格电池或者未依照程序更换电池可能导致产品失效。

警告 - 请勿挤压或刺穿废旧电池，更不能将其投入火中或水中，以免引起火灾。请正确回收或丢弃废旧电池。



## 15.防水性

本表具有50米防水性。可佩戴洗手、凉水淋浴、游泳，但不可佩戴潜水和桑拿等。

为保持防水性：

1)要定期更换防水圈，一般是1-2年，如不更换可能会因胶圈老化而受潮；

2)不能在水中操作按键。

## 16.注意事项

注意 - 本表虽然符合行业标准，但本产品与皮肤接触可能产生过敏反应或皮肤刺激。若发生这种情况，请立即停止使用并咨询医生。

注意 - 本表由精密零件组装而成，请不要自行拆卸或粗暴使用。

注意 - 不要在严寒，酷热，温度骤变的环境中佩戴。

注意 - 不要在强磁，强电环境中佩戴。

注意 - 清洗时，请使用软布及清水，不要使用洗涤剂，溶剂，杀虫剂等化学品清洗本表。

注意 - 本表如果出现功能异常，或者内部出现水珠，水雾等，请找有资质的维修点维修。

## 17.产品规格

手表走时精度：+/-1秒/天(+/-30秒/月)

工作温度：0°C — 50°C (32°F — 122°F)

存储温度：-10°C — 60°C (-14°F — 140°F)

电池型号：CR2032

电池存储寿命：约18月

电池使用寿命：约12月

防水等级：50米(普通游泳)

## 18. 疑难解答

问：如何更好的接收电波校时信号？

- 答：1)将手表中的城市设置为"BJG"(北京)或"HKG"(香港)(参见第6章节)；
- 2)窗口处通常信号会比较好，把手表放在靠近窗口位置；
- 3)晚上的信号会比白天好；
- 4)接收过程中，不要移动手表；
- 5)下列场所难以甚至可能无法接收信号。



建筑物



交通工具



家用电器



高压电网



山脉

问：长期不接收电波校时，手表计时误差是否很大？

答：本表内置计时器走时较为精准，即使一个月没有收到电波校时信号，其内部走时误差在三十秒范围内，所以一个月收到一次电波校时信号，就足以满足日常生产生活的需要。

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# 1. Introduction

We thank you for purchasing our radio control watch. Please read the instruction carefully to know the function, the way of operation and the safety information of our product before use.

The watch can receive time calibration signal with BPC code and update its time automatically. There are many functions such as: time, calendars, world time, Countdown timer, stopwatch and alarm.

## 2. Function



Radio signal reception



Calendar



World time



Stopwatch



Count Down Timer



Alarm



Hourly Chime

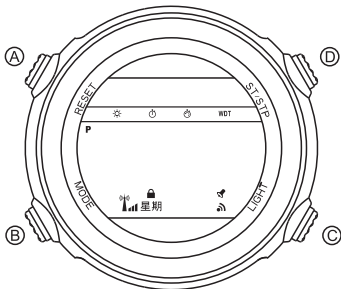


50 Meter W.R.



EL Backlight

### 3.Buttons and LCD Display



Button[A] : Setting

Button[B] : Mode

Button[C] : Backlight/ Minus

Button[D] : Calibrating time/Plus

WDT World Time

☀ Daylight-saving time

🕒 Stopwatch

📶 Receiving BPC

🕒 Countdown Timer

P Afternoon

🔔 Alarm

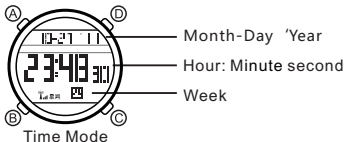
🔒 Button Lock

🔔 Hourly Chime

### 4.Select Mode

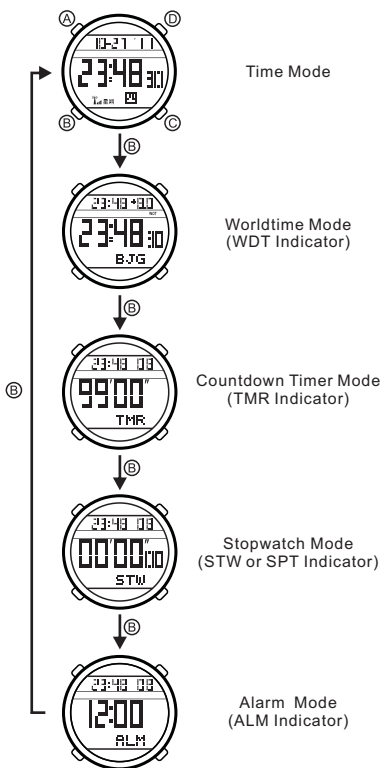
This is a multi-functional watch, so you must select corresponding mode before using the function.

In general, our watch is in the time mode with displaying hour, minute, second and date.




Time Mode


With [B] you can scroll through the modes: the time mode, the worldtime mode, the countdown timer mode, the alarm mode.




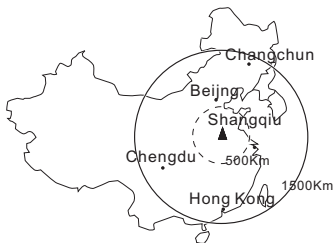
## 5. Radio Controlled Timekeeping

This watch can calibrate automatically through receiving radio signal from BPC. You can let it receive the radio automatically or manually.

 This watch only receives radio signal (BPC) from Shangqiu, Henan province, China. The coverage of the radio signal is within a radius of 1,500 km from National Time Service Center.

 The time of broadcast radio signal is from 9:00am to 17:00 and from 21:00pm to 5:00 am from National Time Service Center .


 Even if the watch is in the radio coverage, radio signal reception may be impossible due to the effects of geographic contour, structures, weather, season, radio interference and time, etc.

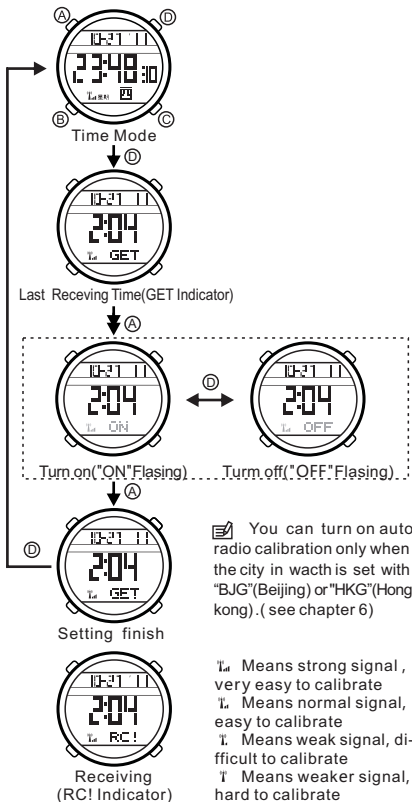


## 5.1. Turn on/off Auto Radio Calibration

The watch will receive radio signal and be calibrated during 2:00 am to 4:00 am everyday (according to the time in the watch) since you turn on auto radio calibration. The watch will receive signal no more than three times in one day. Once receiving the radio signal, there will be no auto radio calibration in the day.

Auto radio calibration function is turned on in the factory-setting. It is unnecessary to receive the radio signal everyday because the watch is a high precise timekeeper. So you can turn off auto radio calibration for saving battery energy. You will manual radio calibrate according to the requirements. Operating steps of turn on/off auto radio calibration are as following:

- 1) In time mode, press button [D] to display the last time of receiving successfully;
- 2) Keep button [A] pressed down until the symbol  starts flashing;
- 3) Turn on or off with [D];
- 4) Press [A] to confirm;
- 5) Press [D] to return to the time mode.



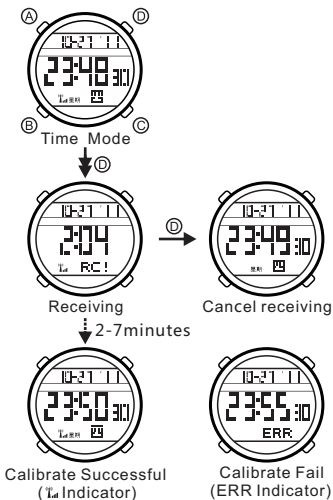
You can turn on auto radio calibration only when the city in watch is set with "BJG"(Beijing) or "HKG"(Hong kong). ( see chapter 6)

## 5.2.Manual Radio Calibration

In time mode, keep button [D] pressed down until T starts flashing. After 2 to 7 minutes, the watch will display if the reception is successful or fail .

When the watch is receiving, you can press button [D] to cancel and return to the time mode.





- ☞ When you calibrate time, please place the watch near the sill and make sure 12 o'clock dial face to National Time Service Center.(Shangqiu, Henan province)
- ☞ In the process of receiving radio signal within 2 to 7 minutes, please do not move the watch.
- ☞ It doesn't mean the function of the watch has breakdown when the watch is failed in auto/manual radio calibration. It may be cause of weak radio signal . You can take the watch in a place with strong radio signal.

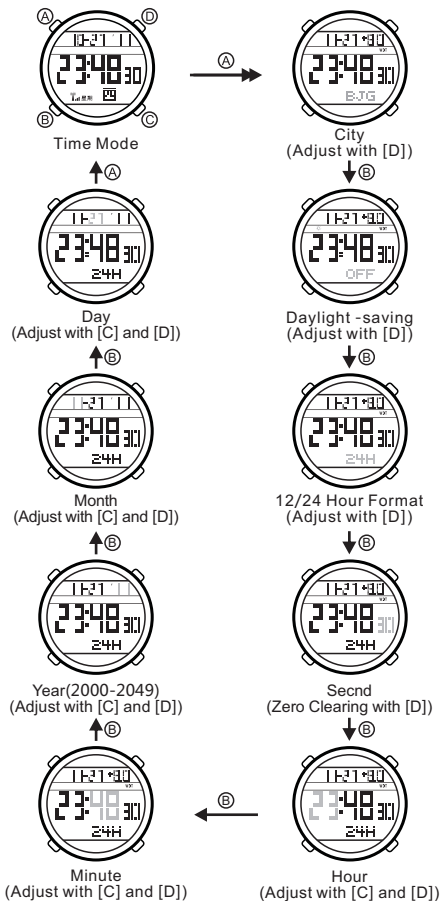
## 6.Setting Time and Date

When using the watch outside of areas covered by signals, you will have to set time and date manually.

- 1)Keep button [A] pressed down until the city code begin to flashing;
- 2)Press button [B] to scroll through the setting options: city, turn daylight-saving on or off, select 12 or 24 hour format, second, hour, minute, year, month and day;
- 3)Change setup or values with button [C] or [D].

Change values quickly by keeping button [C] and [D] pressed down.

4) Press button [A] to confirm setup and return to the time mode.



You can set the current time of the 19 cities in different time zone as required. See the form below:

City Code	English City Name	Chinese City Name	Time Zone
LAX	LOS ANGELES	洛杉矶	-8
DEN	DENVER	丹佛	-7
CHI	CHICAGO	芝加哥	-6
NYC	NEW YORK	纽约	-5
RIO	RIO DE JANEIRO	里约热内卢	-3
GMT	GREENWICH MEAN TIME	格林威治时间	0
LON	LONDON	伦敦	0
PAR	PARIS	巴黎	+1
BER	BERLIN	柏林	+1
CAI	CAIRO	开罗	+2
JED	JEDDAH	吉达	+3
DXB	DUBAI	迪拜	+4
DAC	DHAKA	达卡	+6
BKK	BANGKOK	曼谷	+7
HKG	HONGKONG	香港	+8
BJG	BEIJING	北京	+8
TYO	TOKYO	东京	+9
SYD	SYDNEY	悉尼	+10
WLG	WELLINGTON	惠灵顿	+12

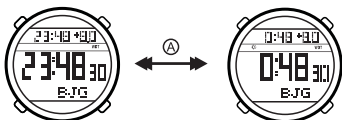
## 7. Worldtime

You can view the current time of the 19 cities (see the form above) without resetting time.

Select the worldtime mode (see chapter 4), then use button [D] scroll through the time of the cities in the form.



Turn daylight-saving time on or off by keeping button [A] pressed down. (You will have to turn on the daylight-saving time in the city which use daylight-saving time.)



Daylight-saving time  
is turned off  
(☀ disappearing)

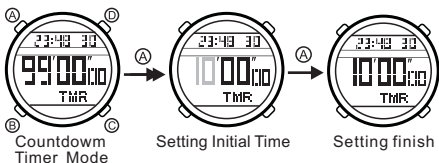
Daylight-saving time  
is turned on  
(☀ indicator)

## 8.Countdown Timer

The watch can count down from a preset time to zero. It chimes when zero is reached. The maximum of the countdown timer is 99 minutes. Before using, please set the initial time, otherwise the watch will count down from the preset time.

### 8.1.Setting Initial Time

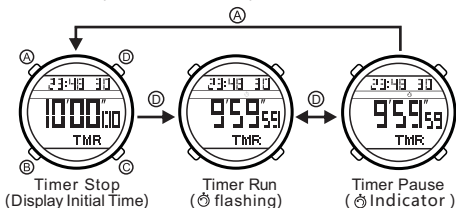
Select the countdown timer mode(see chapter 4). Keep button [A] pressed down until the minute flashes, then change values with button [C] or [D]. Change values quickly by keeping button [C] and [D]pressed down. Press button [A] to confirm and return to the time mode.




### 8.2.Using Countdown Timer


After setting initial time, you can start,pause and restart the countdown timer with [D].

When the countdown timer pause, you can press [A] to stop and return to the preset time.



It chimes for 20 seconds when zero is reached, and you can press any button to stop chime.

 When the countdown timer is running, If you exit the countdown timer mode, it will continue running until zero is reached.

 When the countdown timer is running, you can not set initial time. You can set initial time only after stopping the countdown timer.

## 9. Stopwatch

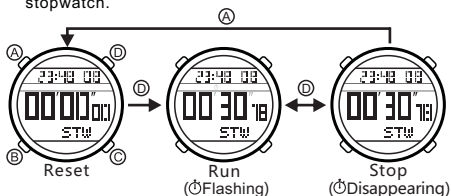
The stopwatch is precise to 0.01seconds. It has two ways to use: single stopwatch and split stopwatch. The maximum time of the stopwatch is 99 minutes, 59.99 seconds .

### 9.1. Single stopwatch

Single stopwatch is used for measuring the running time of one athlete. The way is as follow:

Select the stopwatch mode (see chapter 4).Use button [D] to start, stop and restart the stopwatch.

Press button [A] to reset after stopping the stopwatch.



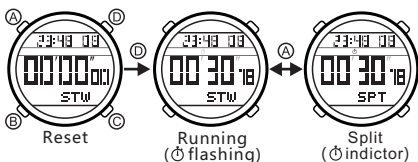
### 9.2. Split stopwatch

Split stopwatch is used for measuring everyone's running time when some athletes begin to run at the same time. The way is as follow:

Select the stopwatch mode (see chapter 4). Press button [D] to start stopwatch, Press button [A] when the first athlete pass the final point , the watch displays his/ her running time and the stopwatch continues running. Press button [A] to return to the stopwatch running view.

In the same way, use button [A] to see their running time when the other athletes pass the final point, and return to the running view.

Finally , press button [D] to stop the stopwatch. Then press button [A] to reset the stopwatch.



The stopwatch will run until the time reaching 99 minutes 59 seconds 59 if you exit the stopwatch while it is running.

## 10. Alarm

The watch has alarm and hourly chime functions.

### 10.1. Turn on/off alarm and hourly chime.

If hourly chime is turned on, the watch will beep twice every hour on the hour. If the alarm is turned on, the watch will beep for 20 seconds when reaching the alarm time. Press any button can stop the beep.

Select the alarm setting mode (see chapter 4).

Press button [D] to scroll through the following status:

Hourly chime and alarm are turned off;

Hourly chime is turned off, and alarm is turned on;

Hourly chime is turned on, and alarm is turned off;

Hourly chime and alarm are turned on.



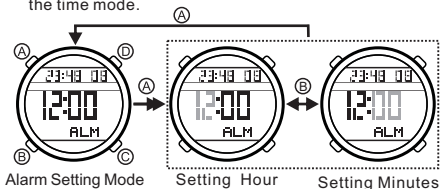
Press button [B] to confirm and return to the time mode.

When hourly chime is turned on, it is indicated with a symbol , otherwise disappears. When alarm is turned on, it is indicated with a symbol , otherwise disappears.

### 10.2. Setting Alarm


Select the alarm setting mode (see chapter 4). Keep button [A] pressed down until the hour flashes. Press button [B] to scroll through the setting options: hour and minute, then change values with button [C] or [D].

Change values quickly by keeping button [C] and [D] pressed down. Press button [A] to confirm and return to the time mode.

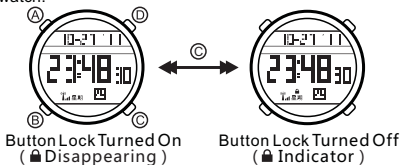


## 11.Button lock

In order to prevent mis-operation due to accidentally press the button when wearing the watch, you can turn on the button lock.

In time mode, you can turn on or off the button lock by keeping [C] pressed down. When the button lock is turned on, it is indicated with a lock symbol  .

Turn off the button lock when you need to operate watch.



## 12.Turn on EL backlight

Apart from the button locked, press button [C] can turn on EL backlight and the backlight last about 3 seconds.












## 13.Sleeping Mode


In order to saving battery energy, the watch turns off the screen automatically from 0 am to 6 am everyday. You can press any button to turn on the screen. The watch will return to the sleeping mode after one minute if you do not press any button.(You can not cancel the sleeping mode in the watch)

## 14. Replacing Battery

When the screen begin to dim, it means the battery in low energy. You should replace the battery in time. The operating methods is as the following:

- 1) 
- 2) 
- 3) 
- 4) 
- 5) 
- 6) 
- 7) 
- 8) 

 After you replace the battery, the watch will receive radio and be calibrated automatically.

 It is necessary to use qualified battery. If you use a unqualified battery or do not operate by the steps, you may be fail to use our watch.

In order to avoid the fire, please do not crush, puncture the used battery or throw the battery into fire or water. And please recycle or deal with it in reasonable way.



## 15. Water resistant

Our watch can waterproof for 50 meters. It is no problems to wear our watch while washing hands, having shower with cold water, swimming, but not diving or sauna, and so on.

In order to maintain the waterproof function:

- 1) Replacing the rubber ring regularly (generally 1-2 years). If not, the watch may be damp due to the aging of rubber ring.
- 2) Do not press any button under the water.

## 16. Safety information

Note: Our watches complies with industrial standards, but please stop wearing it if there are any allergic reaction or irritation and please consult a doctor.

Note: Our watch consists of precision electric parts, please do not dismantle by yourself or rough using.

Note: Please do not wear our watch in the environment of severely cold, extremely hot, temperature changing rapidly.

Note: Please do not wear our watch in the environment with strong magnetic or strong electric.

Note: When cleaning our watch, please use soft cloth and clean water without detergent, solvents, pesticide.

Note: If there are abnormal functions or water mist inside watch, please take the watch to a qualified service center to repair.

## 17. Product Specification

Time Precision: +/-1 second/day

(+/-30 seconds/month)

Operating Temperature: 0°C—50°C

(32°F—122°F)

Storage Temperature: -10°C—60°C

(-14°F—140°F)

Battery: CR2032

Battery Storage Life:18months

Battery Use Life:12months

Water Resistance:50 meter (normal swimming)

## 18:Questions and Answers

Q: How to receive the radio- signal better?

A: 1) Setting the city in the watch is “BJG”(Beijing) or “HKG” (Hongkong) (See chapter 6).

2) Place the watch near the sill where receive the radio-signal better usually.

3) The radio-signal is better in the night than in the daytime.

4) Please do not move the watch while receiving the radio-signal.

5) Radio-signal reception may be impossible in following conditions:



Building



Vehicle



Household  
Appliance



High-tension  
Power Line



Mountain

Q: Does the watch be with a great error on time if it does not receive the radio signal for a long time?

A: The timekeeper in the watch is precise, and there will be a small mistake less than 30 seconds even if it has not receive radio-signal for one month. So it is satisfied for your daily life if it receive radio-signal once in one month.