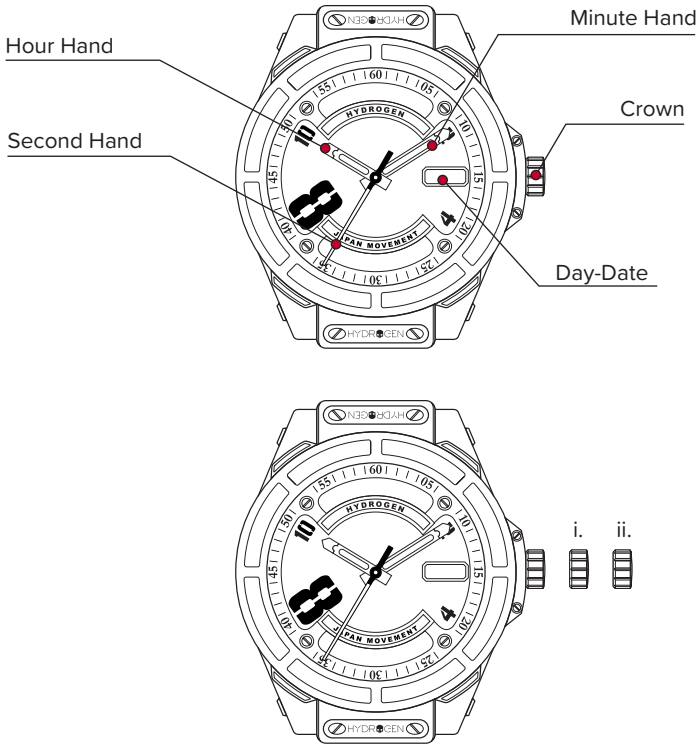


# HYDROGEN WATCH

TIME MODULE CALIBER NH36A - 3 HAND DAY-DATE AUTOMATIC



## HOW TO SET THE TIME

- 1) Pull out the crown to the second click position.
- 2) Turn the crown to set the hour and minute hands.  
(Check that AM / PM is set correctly.)
- 3) Push the crown back into the normal position.

## HOW TO SET THE DATE

- 1) Pull out the crown to the first click position.
- 2) Turn the crown clockwise for date setting.
- 3) Turn the crown to counter clockwise for day setting.  
*NOTE: Do not set the date between 9:00 P.M. and 4:00 A.M. as this will cause a malfunction.*
- 4) Push the crown back into the normal position.

## TO WIND UP THE MAINSPRING

- a) Manual winding: Rotate the crown clockwise at normal position. Wind turning the ratchet wheel screw 8 times. It will start to move naturally after shaking slightly.
- b) To wind up with winding machine:  
Full wind up conditions
  - Rotary speed: 30 rpm
  - Operating time: 60 rpm

# HYDROGEN WATCH

CARE | PRECAUTIONS | WATER RESISTANCE OVERVIEW

## CARE AND PRECAUTIONS

Each Hydrogen Watch is designed and manufactured to the highest of standards. In order to ensure optimal performance and longevity, please review the simple guidelines for care and precautions of your Hydrogen Watch.

### CARE

Clean your watch with water and a soft cloth only. Do not dive. After contact with saltwater, your watch should be rinsed clean with a soft, dry cloth. It's our recommendation that your watch be serviced every 18-24 months to ensure longevity and trouble-free usage.

### PRECAUTIONS

It's important to avoid the following conditions: extreme heat or cold, as well as prolonged periods of exposure to direct sunlight, to wet conditions that exceed the watch water rating (see case-back and below chart). Never operate any of the function buttons or adjust the position of the crown when the watch is in contact with water.

Your Watch should not be affected by magnetic fields generated by household items such as televisions and stereos, but avoidance of other strong electric fields or static electricity is advised. It's also important to avoid extreme shock or impact.

## WATER RESISTANCE TABLE

WATER RESISTANCE		WATER-RELATED USE			
CASE-BACK MARKING	DEPTH	WASHING HANDS	SHOWERING BATHING	SWIMMING SNORKELING	SCUBA DIVING
-	-	×	×	×	×
WR	-	○	×	×	×
3 ATM	30 METERS 100 FEET	○	×	×	×
5 ATM	50 METERS 165 FEET	○	○	×	×
10 ATM	100 METERS 330 FEET	○	○	○	×
20 ATM	200 METERS 660 FEET	○	○	○	○
30ATM	300 METERS 990 FEET	○	○	○	○
50 ATM	500 METERS 1650 FEET	○	○	○	○

Always set the crown in closed position (the normal position). Tighten screw-down crowns completely.