

1E, 2F, 2J, 4J, 4N, 5A, 73, 8J, 8N, 95 Series



SEIKO WATCH CORPORATION

BGAQC-2301

Operating Instructions

Thank you very much for choosing a CREDOR watch.

Only the unique melding of traditional Japanese sensitivity and state-of-the-art technology can bring you a watch of this quality and character.

Doing so is our passion. The CREDOR name is your guarantee. From the French “crête d’or” or “crest of gold” it signifies our commitment to always being the very best.

We hope this CREDOR watch will be your favorite personal timepiece for many years to come.

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Please read carefully the instructions in this booklet for proper and safe use of your CREDOR watch before start using it.

Keep this manual handy for easy reference.

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The battery in your watch at the time of purchase was inserted in the watch at the factory for performance checks.

Battery replacement is at cost even within the guarantee period.

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If your watch has a protective film for preventing scratches, make sure to peel it off before using the watch. If the watch is used with the film on it, dirt, sweat, dust, or moisture may be attached to the film and may cause rust.

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## ■ HANDLING CAUTIONS

**⚠ WARNING** To indicate the risks of serious consequences such as severe injuries unless the following safety regulations are strictly observed.

### Immediately stop wearing the watch in the following cases.

- If the watch body or band becomes edged by corrosion etc.
- If the pins protrude from the band.
- \* Immediately consult the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER.

### Keep the watch, parts and battery out of the reach of babies and small children.

Care should be taken to prevent a baby or a small child from accidentally swallowing the parts or battery.  
If a baby or child swallows the battery or accessories, immediately consult a doctor, as it will be harmful to the health of the baby or child.

### Do not remove the battery from the watch.

Replacement of the battery requires professional knowledge and skill. Please ask the retailer from whom the watch was purchased for battery replacement.  
Do not recharge the battery, as doing so can generate heat which may cause bursting, leakage or ignition.

**⚠ CAUTION** To indicate the risks of light injuries or material damages unless the following safety regulations are strictly observed.

### Avoid wearing or storing the watch in the following places.

- Places where volatile agents (cosmetics such as polish remover, bug repellent, thinners, etc.) are vaporizing
- Places where the temperature drops below 5°C or rises above 35°C for a long time
- Places affected by strong magnetism or static electricity
- Places affected by strong vibrations
- Places of high humidity
- Dusty places
- \* Do not leave a dead battery within the watch for a long time as leakage may occur.

### If you observe any allergic symptoms or skin irritation

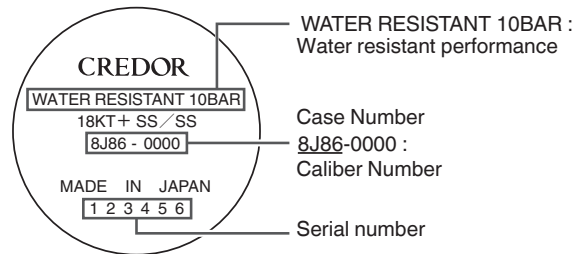
Stop wearing the watch immediately and consult a specialist such as a dermatologist or an allergist.

### Other cautions

- Do not disassemble or tamper with the watch.
- Please follow local government directions when disposing of the watch body and used batteries.
- Keep the watch out of the reach of babies and children. Extra care should be taken to avoid risks of any injury or allergic rash or itching that may be caused when they touch the watch.
- 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.
- Please keep in mind that if a watch is taken off and placed down as it is, the case back, the band and the clasp will rub against each other possibly causing scratches on the case back. We recommend placing a soft cloth between the case back, the band and the clasp after taking off your watch.

## ■ PERFORMANCE AND TYPE

The case back shows the performance and type of your watch.



- **Water resistant performance**  
Please refer to P. 4.
- **Case number**  
The number to identify the type of your watch
- **Serial number**  
The number to identify your watch

\* The above illustrations are examples and may differ from the case back of the watch you purchased.

## ■ WATER RESISTANT PERFORMANCE

Refer to 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	Conditions of Use
No indication	Non-water resistance	Avoid drops of water or sweat
WATER RESISTANT	Water resistance for everyday life	The watch withstands accidental contact with water in everyday life <b>⚠ WARNING</b> Not suitable for swimming
WATER RESISTANT 5 BAR	Water resistance for everyday life at 5 barometric pressures	The watch is suitable for swimming.
WATER RESISTANT 10 (20) BAR	Water resistance for everyday life at 10 (20) barometric pressures	The watch is suitable for diving not using an air cylinder.

## ■ CAUTIONS ON WATER RESISTANCE

### ⚠ WARNING



**Do not use the watch in scuba diving or saturation diving.**

The various tightened inspections under simulated harsh environment, which are usually required for watches designed for scuba diving or saturation diving, have not been conducted. For diving, use watches specifically designed for diving.

### ⚠ CAUTION



**Do not pour running water directly from faucet.**

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 life.



**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 SEIKO CUSTOMER SERVICE CENTER.



**Do not leave moisture, sweat and dirt on the watch for a long time.**

Be aware of a risk that a water resistant watch may lessen its water resistant performance because of deterioration of the adhesive on the glass or gasket, or the development of rust on stainless steel.



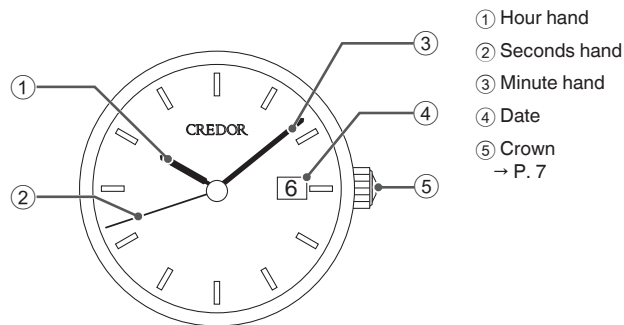
**Do not wear the watch while taking a bath or a sauna.**

Steam, soap or some components of a hot spring may accelerate the deterioration of water resistant performance of the watch.

## CHARACTERISTICS

- This CREDOR watch is a quartz watch which stops operating when the battery runs down.
- The quartz watch may temporarily stop operating when affected by strong magnetism. (For details, refer to P. 17.)
- The CREDOR watch is water resistant, however, be careful with water as moisture may get inside of the watch depending on usage of the watch.
- The watch is a precision device. Avoid shocks by dropping, spins or tumbles. Do not wear the watch when you play active sports.

## NAMES OF THE PARTS



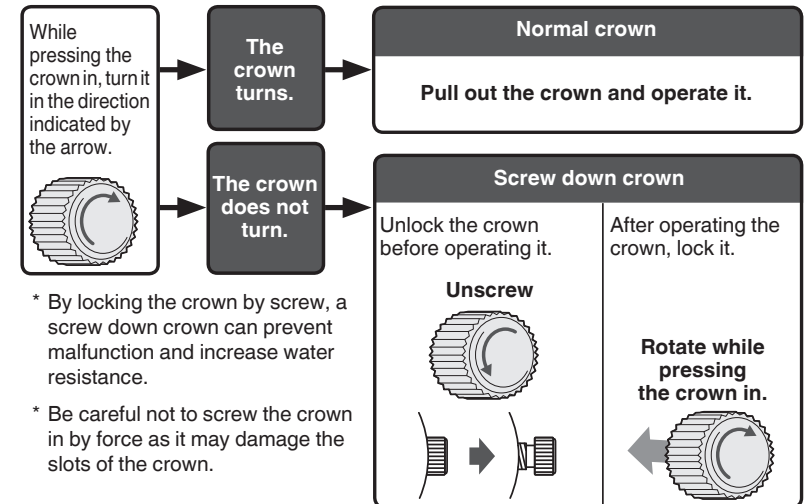
How to use (For two hands/three hands)→ P. 8  
 How to use (For two hands and date/three hands and date)→ P. 9  
 How to use (For Cal. 4J85, 8J86)→ P. 12

\* The orientation and design of the display may vary depending on the model.

## HOW TO USE

### Crown

There are two types of crowns, the regular one and one that can be locked. Please confirm the crown of the watch that you are using.

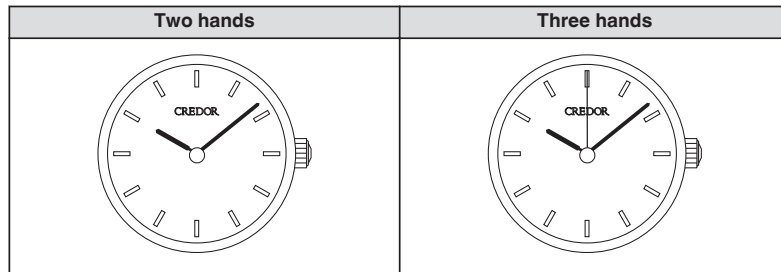


\* By locking the crown by screw, a screw down crown can prevent malfunction and increase water resistance.

\* Be careful not to screw the crown in by force as it may damage the slots of the crown.

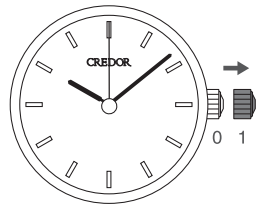
\* Turn the crown from time to time. → P. 15

## How to use (For two hands/three hands)

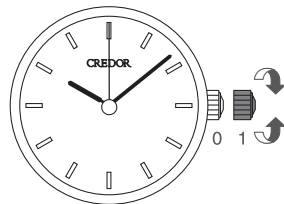


### How to set the time

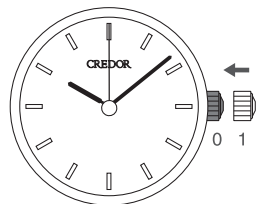
- ① Pull out the crown.  
If your watch has three hands, pull out the crown when the seconds hand is at the 12 o'clock position. (The seconds hand will stop.)  
(If the watch is equipped with the screw down crown, unscrew the crown before pulling it out.)



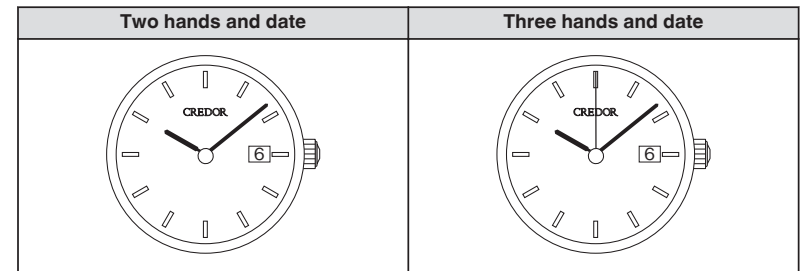
- ② Turn the crown to set the hour and minute hands to the time.  
Due to the mechanism of the quartz watch, to set the time accurately, first turn the minute hand 4 to 5 minutes ahead of the desired time and then return it to the correct time.



- ③ Push the crown back in to its normal position.  
If your watch has three hands, push the crown back in simultaneously with a time signal.  
(If the crown of your watch is a screw lock type, lock the crown.)

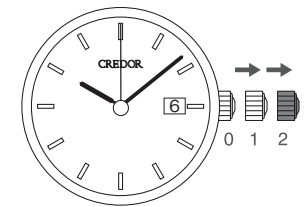


## How to use (For two hands and date/three hands and date)

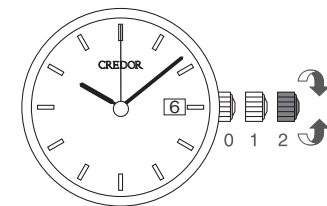


### How to set the time

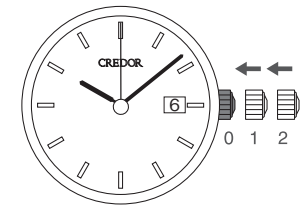
- ① Pull out the crown to the second click.  
If your watch has three hands, pull out the crown when the seconds hand is at the 12 o'clock position. (The seconds hand will stop.)  
(If the watch is equipped with the screw down crown, unscrew the crown before pulling it out.)



- ② Turn the crown to set the hour and minute hands to the time.  
Due to the mechanism of the quartz watch, to set the time accurately, first turn the minute hand 4 to 5 minutes ahead of the desired time and then return it to the correct time.



- ③ Push the crown back in to its normal position.  
If your watch has three hands, push the crown back in simultaneously with a time signal.  
(If the crown of your watch is a screw lock type, lock the crown.)



## How to set the date

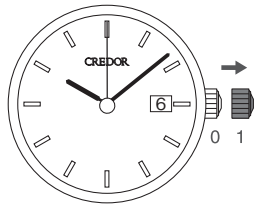
This watch is equipped with the date display function. The date changes once every 24 hours at around midnight.

Therefore, if the a.m./p.m. is incorrectly set, the date will change around 12:00 p.m.

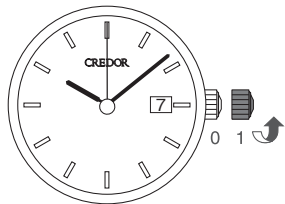
### ⚠ CAUTION

- Do not adjust the date when the time the watch indicates between 9:00 p.m. and 1:00 a.m. If the date is set during this period of time, the date may not change when the next day comes, or this may cause damage.

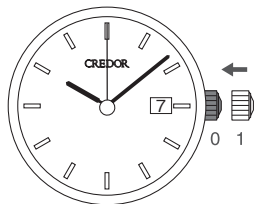
- ① Pull out the crown to the first click.  
(If the watch is equipped with the screw down crown, unscrew the crown before pulling it out.)



- ② Turn the crown to set the date.



- ③ Push the crown back in to its normal position.  
(If the crown of your watch is a screw lock type, lock the crown.)



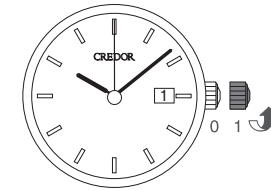
## Date adjustment at the end of the month

It is necessary to adjust the date after February (which has 28 days, 29 days in a leap year) and a 30 day month.

- [Ex.] To adjust the date in the a.m. period on the first day of a month following a 30-day month

The watch displays "31" instead of "1". Pull out the crown to the first click. Turn the crown counterclockwise (6 o'clock direction) to set the date to "1".

Push the crown back in to complete the time setting.

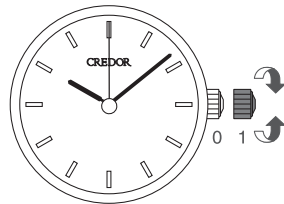


## How to use (For Cal. 4J85, 8J86)

This watch features a time difference adjustment function. The hour hand can be easily adjusted in one-hour increments without stopping the minute and seconds hands. This function is convenient especially when traveling abroad.

### How to use the independent hour-hand adjustment function

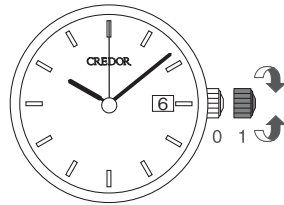
- ① Pull out the crown to the first click. The seconds hand keeps moving.
- ② Turn the crown clockwise (12 o'clock direction) to advance the hour hand, or turn the crown counterclockwise (6 o'clock direction) to reverse the hour hand. The hour hand adjusts in one-hour increments.



### How to set date (For 8J86 only)

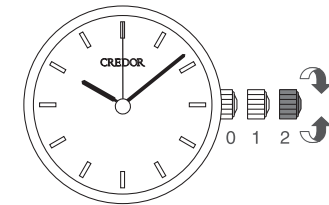
8J86 features date display function. Date can be set by either advancing or putting back the hour hand independently of the other hands.

- ① Pull out the crown to the first click. The seconds hand keeps moving.
- ② Turn the crown clockwise (12 o'clock direction) to advance the hour hand, or turn the crown counterclockwise (6 o'clock direction) to reverse the hour hand. The hour hand adjusts in one-hour increments. The watch is so designed that the date changes once by turning the hour hand for 24 hours. Be sure that a.m./p.m. is properly set.



### How to set the time

- ① After adjusting the hour hand position, pull out the crown to the second click when the seconds hand is at the 12 o'clock position. (The seconds hand stops on the spot.)
- ② Turn the crown to set the hour and minute hands to the desired time. Due to the mechanism of the quartz watch, to set the time accurately, first turn the minute hand 4 to 5 minutes ahead of the desired time and then return it to the correct time.
- ③ Push the crown back into the normal position in accordance with a time signal. The watch immediately starts moving.





## ■ TO PRESERVE THE QUALITY OF YOUR WATCH

### After-sale service

#### Notes on guarantee and repair

- Contact the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER for repair or overhaul.
- Within the guarantee period, present the certificate of guarantee to receive repair services.
- Guarantee coverage is provided in the certificate of guarantee. Read carefully and retain it.
- For repair services after the guarantee period has expired, if the functions of the watch can be restored by repair work, we will undertake repair services upon request and payment.

#### Replacement parts

- Please keep in mind that if original parts are not available, they may be replaced with substitutes whose outward appearance may differ from the originals.

#### Inspection and adjustment by disassembly and cleaning (overhaul)

- Periodic inspection and adjustment by disassembly and cleaning (overhaul) is recommended approximately once every 3 to 4 years in order to maintain optimal performance of the watch for a long time.  
According to use conditions, the oil retaining condition of your watch mechanical parts may deteriorate, abrasion of the parts may occur due to contamination of oil, which may ultimately lead the watch to stop.  
As the parts such as the gasket may deteriorate, water-resistant performance may be impaired due to intrusion of perspiration and moisture.  
Please contact the retailer from whom the watch was purchased for inspection and adjustment by disassembly and cleaning (overhaul). For replacement of parts, please specify "SEIKO GENUINE PARTS". When asking for inspection and adjustment by disassembly and cleaning (overhaul), make sure that the gasket and push pin are also replaced with new ones.
- When your watch is inspected and adjusted by disassembly and cleaning (overhauled), the movement of your watch may be replaced.

#### Battery change

- When the battery is exhausted, the seconds hand moves at two-second intervals.
- Contact the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER to have the battery replaced with a new one.  
It is recommended to exchange the gasket at the same time.
- For a water-resistant watch with 10 BAR or above, it is also recommended to have the water-resistant performance check.  
Be reminded that it may take some days to conduct water-resistant performance check.
- If the watch runs down on a new battery, it requires an overhaul.

### Daily care

#### The watch requires good daily care

- The watch body and band touch the skin directly just as underwear.  
Keep the watch body and band clean in order to avoid stain on the sleeve edge or rash or itch.  
After removing the watch from your wrist, wipe perspiration or moisture with a soft cloth as soon as possible.
- Do not use any chemical agent such as cleaner to clean the watch.

#### Turn the crown from time to time. (Only several turns in slow movement will be enough.)

- This prevents corrosion of the crown and helps to extend the life of the gasket in use.
- The same practice should be applied to a screw down crown. (No need to pull out the screw down crown.)  
"Crown"→ P. 7
- Stainless steel is a highly rust-resistant metal. However, rust will form if contaminants are left on it for a long time.

### Remarks on 18-karat gold

- 18-karat gold (18KT) is an alloy comprised of 75% of gold and 25% of other metals.  
Depending on the proportion of the other metals mixed with the gold, the 18-karat gold is classified into three colors such as yellow gold (YG), white gold (WG) and pink gold (PG).

#### Decoloration of 18-karat gold

- While gold can maintain its glittering quality, other metal components in the alloy may discolor to look like reddish or blackish due to various reasons.
- Daily care helps to prevent discoloration of the alloy, however, if the discoloration or stain of the alloy persists even after wiping the watch off, take your watch to the retailer from whom the watch was purchased for refinishing. (Refinishing will be done at a cost.)

### Watch body / metal bracelet

#### Length adjustment service

- For the length adjustment service of the 18-karat gold or platinum bracelet, ask the retailer from whom the watch was purchased.  
The watch will be submitted to CREDOR SERVICE STUDIO for the length adjustment.  
It may take two to three weeks depending on the model to adjust the length of the bracelet.
- The length adjustment service of the 18-karat gold, platinum or stainless steel mesh bracelet will not be charged only for the first time. However, the cost for materials or parts necessary for the length adjustment and repair cost other than the length adjustment will be charged.
- The length adjustment service of stainless-steel band is available from the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER. Some other retailers may charge you for the length adjustment or may not undertake such treatments.

#### Periodic cleaning

- Periodic cleaning is highly recommended to enjoy the best quality of the watch for a long time.  
Ask the retailer from whom the watch was purchased or the CREDOR SERVICE STUDIO through your nearby CREDOR retailers. (Cleaning may be done at a cost.)

## Band

The band touches the skin directly and becomes dirty from sweat or dust. Therefore, lack of care may accelerate deterioration of the band or cause skin irritation or stain on the sleeve edge. 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 the lower sleeve edge 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 in water and then brush it off with a soft toothbrush. (Protect the watch body from water splashes by wrapping it up in plastic wrap etc.)  
Wipe off the remaining moisture with a soft cloth.
- 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 them up with a dry cloth.
- Do not expose the watch to direct sunlight for a long time.
- Please take care when wearing a watch with light-colored band, as dirt is likely to show up.
- Refrain from wearing a leather band watch other than Aqua Free bands while swimming, and when working with water even if the watch itself is water-resistant enforced for daily use.

### Notes on skin irritation and allergy

Skin irritation caused by a band has various reasons such as allergy to metals or leathers, or skin reactions against friction on 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.



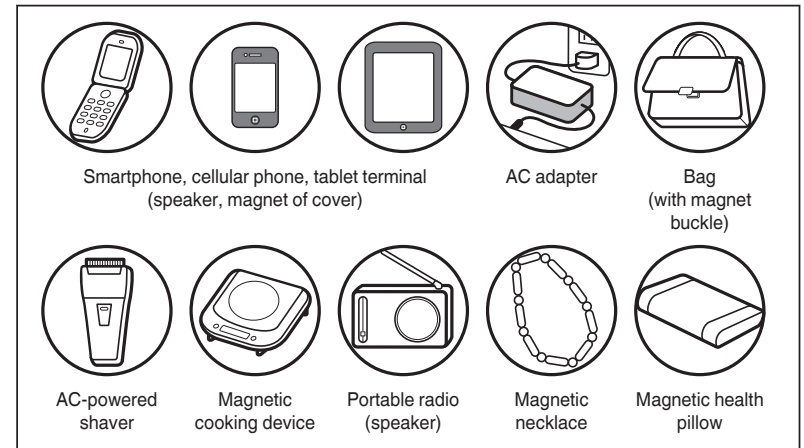
## Magnetic resistance (Magnetic influence)

Affected by nearby magnetism, a watch may temporarily gain or lose time or stop operating. This watch is a magnetic resistant watch that is fully compliant with JIS level-1 standard.

Conditions of use
Keep the watch more than 5 cm away from magnetic products. (JIS-1)

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

### Examples of common magnetic products that may affect watches



### The reason why this watch is affected by magnetism

It is because the built-in motor of the watch, which harnesses magnetic power and external strong magnetism, affect each other to stop the motor or suppresses the turn of the motor.

## Lumibrite

### If your watch has Lumibrite

Lumibrite is a luminous paint that absorbs 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, Lumibrite emits the light it stores, the luminance level of the light decreases gradually over time. The duration of the emitted light may also differ 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 you enter a dark place from a bright environment, your eye cannot adapt to the change in light levels quickly. At first, you can hardly see anything, but as time passes, your vision gradually improves. (Dark adaptation of the human eye)

\* Lumibrite is a luminous paint that is completely harmless to human beings and the natural environment; containing no noxious materials such as radioactive substance.

### Reference data on the luminance

Condition		Illumination
Sunlight	Fine weather	100,000 lux
	Cloudy weather	10,000 lux
Indoor (Window-side 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: 1 m	1,000 lux
	Distance to the watch: 3 m	500 lux (average room luminance)
	Distance to the watch: 4 m	250 lux

## Troubleshooting

Troubles	Possible causes	Solutions
The watch stops operating.	The battery runs down.	Consult the retailer from whom the watch was purchased.
The watch temporarily loses/gains time.	The watch has been left in extremely high or low temperatures for a long time.	Normal accuracy will resume when the watch returns to normal temperature. Readjust the time.
	The watch was brought into close contact with a magnetic object.	By distancing magnetism, accuracy is recovered. Readjust the time. If accuracy is not recovered, consult the retailer from whom the watch was purchased.
	The watch was dropped, worn while playing active sports, hit against hard surfaces, or exposed to strong vibrations.	Readjust the time. If accuracy is not recovered, consult the retailer from whom the watch was purchased.
The seconds hand moves at two-second intervals.	The battery nears its end.	Consult the retailer from whom the watch was purchased.
The date changes during daytime.	A.m./p.m. is not correctly set.	Advance the hour hand for 12 hours and reset the time and date.
Blur in the display persists.	Small amount of water has got inside the watch due to deterioration of the gasket, etc.	Consult the retailer from whom the watch was purchased.

\* For the solution of troubles other than above, contact the retailer from whom the watch was purchased.

## BATTERY / BATTERY LIFE / ACCURACY

Battery life and its accuracy vary depending on the type of your watch. Check the case back of your watch to identify the type of watch.

Type of watch: The first four digits of the caliber number of your watch (Ex.8J81 - 0000)

Cal. NO	Battery (SB-)	Battery Life	Loss/Gain
1E70	AB	Approx. 2 years	±15 secs. per month
2F70	AB	Approx. 2 years	±15 secs. per month
2J80	A6	Approx. 2 years	±10 secs. per year
2J81	A6	Approx. 2 years	±10 secs. per year
4J80	AR	Approx. 2 years	±10 secs. per year
4J81	AR	Approx. 2 years	±10 secs. per year
4J85	AF	Approx. 2 years	±10 secs. per year
4N70	AR	Approx. 3 years	±15 secs. per month
5A70	AB	Approx. 2 years	±15 secs. per month
5A74	AB	Approx. 2 years	±15 secs. per month
7371	AF	Approx. 2 years	±15 secs. per month
8J80	AJ	Approx. 3 years	±10 secs. per year
8J81	AJ	Approx. 3 years	±10 secs. per year
8J82	AJ	Approx. 3 years	±10 secs. per year
8J86	AJ	Approx. 3 years	±10 secs. per year
8N70	AT	Approx. 3 years	±15 secs. per month
8N81	AT	Approx. 3 years	±10 secs. per year
9581	AJ	Approx. 3 years	±10 secs. per year

- The battery life is the estimated life for a watch with a new battery installed. The battery in your watch at the time of purchase was inserted in the watch at the factory for performance checks. It may run down earlier than the above-specified period.
- When the battery nears its end, the seconds hand moves at two-second intervals instead of normal one-second intervals. The watch remains accurate while the seconds hand is moving at two-second intervals.
- The accuracy is under the condition that the watch is worn on the wrist in a normal temperature range between 5°C and 35°C.
- Loss/Gain is determined per year; i.e., each month does not lose/gain the same number of seconds (e.g. One month = 2 secs., another month = 1sec., etc).
- Operational temperature range is -10°C ~ + 60°C (14°F ~ 140°F).