

セイコーウォッチ株式会社

<http://www.credor.com>

## 取扱説明書

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 crêt d'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.

· Please read carefully the instructions in this booklet for proper and safe use of your CREDOR watch before start using it, and keep this manual handy for easy reference.

**Safety concerns**

The following signs suggest the level of harm or damages that may be caused by not following directions for proper use.

▲ **WARNING** : indicates the risks of serious consequences such as severe injuries unless the following safety regulations are strictly observed.

▲ **CAUTIONS** : indicate the risks of light injuries or material damages unless the following safety regulations are strictly observed.

▲ **WARNING**

◎ **Keep the watch and accessories out of the reach of babies and children.**  
Care should be taken to avoid dangers of swallowing the accessories. If a baby or child swallows the accessories, immediately consult a doctor, as it will adversely affect the health of the baby or child.

38

\* Chemicals include mercury, iodine solution, repellent, cosmetic spray, adhesives, detergent, benzene, thinner and gasoline.

- Do not leave the watch for a long time under such conditions that the temperature is below 5°C or above 35°C, which exceeds the watch's normal operational temperature range.
- Avoid strong magnetism and static electricity.
- Avoid dust.
- Avoid high humidity.
- Avoid strong vibrations.
- \* Wipe off the dust and dirt when leaving the watch for a long time to avoid discoloration and rust.

◎ **Other cautions**

- 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 itches that may be caused when a baby or a child touches the watch.

40

◎ **Immediately stop wearing the watch in following cases.**

- When the watch body or band becomes sharpen by corrosion etc.
- When the pins protrude from the band.

\* Immediately consult the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER.

▲ **CAUTION**

◎ **If you observe any skin sensitivity such as allergic symptoms, or rashes or itches, immediately consult a medical specialist, as such symptoms are closely related to your constitution and health condition.**

- Adjust the band with a little clearance with your wrist to ensure proper airflow.
- The band may cause you to develop skin fit depending on your constitution or physical condition.
- The possible causes of skin fit are the allergy to metals or leathers, or rust, dust or perspiration on the watch or band.
- If you experience any skin reactions, stop wearing the watch and immediately consult a medical specialist such as a dermatologist or allergist.

◎ **Keep out of your watch from following places.**

- Avoid places where volatile agents are diffusing or places in contact with chemicals. Some components of hot spring may also have some adverse effects against the watch.

39

■ **Before using the watch**

- For the length adjustment service of the 18-karat gold or platinum band, ask the retailer from whom the watch was purchased. The watch will be submitted to SEIKO SERVICE CENTER for the length adjustment. Allow us for approximately two days to three weeks of time (by calendar day) depending on models.
- 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.
- The watch may temporarily stop operating when affected by strong magnetism. For details, refer to page 57.
- The CREDOR watch has waterproof construction, 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.

41

## Characteristics of Spring Drive

- With a mainspring as its power source like other mechanical watches, this watch features the unique electronic movement ensuring quartz accuracy, which is made available only by SEIKO technology.
- The sweep second hand with continuous flowing movement is one of the characteristics of this watch.

### CAUTION

Spring Drive works by the power provided by the mainspring. Rewind the mainspring before the power reserve indicator shows "0".  
If the watch is left under low temperatures (especially below 0°C), it may stop if the power reserve indicator is showing less than one-fourth.

42

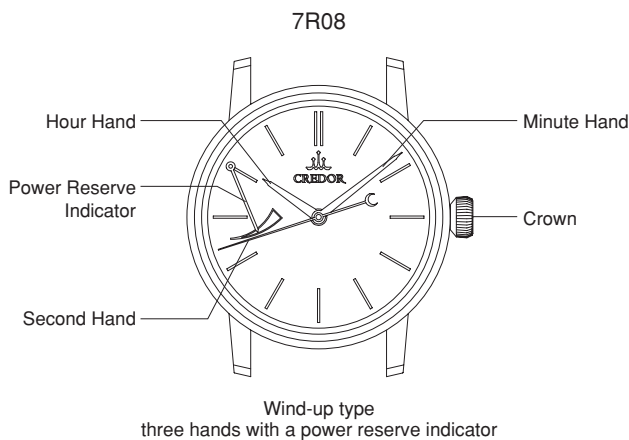
## CONTENTS

HOW TO USE	45
• Names of the parts	46
• How to read the case back	47
• How to wind up the mainspring of the watch	48
• How to set the time	49
TO PRESERVE THE QUALITY OF YOUR WATCH	51
SPECIFICATIONS	61
TROUBLE SHOOTING (Before asking for repairs)	63
AFTER-SALE SERVICE	69

43

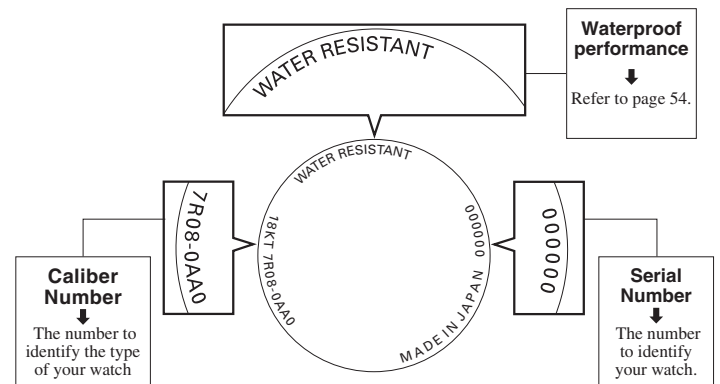
# HOW TO USE

## ■ Name of the parts



46

## ■ How to read the case back (The case back shows the performance of your watch.)



47

## ■ How to wind up the mainspring of the watch

This watch is a manual winding watch.

1. Slowly turn the crown clockwise (the twelve o'clock direction) to wind the mainspring. If the crown is turned counterclockwise, the mainspring of the watch will not be wound up.
  - \* If the crown is turned counterclockwise (the six o'clock direction), the mainspring of the watch will not be wound.
2. Wind the mainspring until the power reserve indicator shows a full-wound state. The second hand starts moving.
  - \* To check the winding state of the mainspring, refer to "■ How to read the power reserve indicator" on page 52
  - \* When the power reserve indicator is at the right end showing that the mainspring is fully wound up, the crown is automatically locked in order to prevent the mainspring from getting overwound. Be careful not to turn the crown further forcibly as it may cause damage to the watch.

48

## ■ How to set the time

### Tips for more accurate time setting

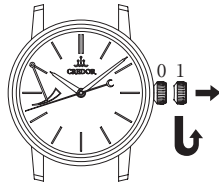
- Take notice of the following points in order to set the time more accurately.
1. Before setting the time, wind the mainspring until the power reserve indicator shows a full-wound state.
  2. When using a watch after it has stopped, wind the mainspring sufficiently and wait approximately 30 seconds after the second hand starts moving, and then pull out the crown and set the time.
  3. Do not stop the second hand with the crown being pull it out for 30 minutes or longer. If the second hand has been stopped exceeds 30 minutes, push the crown back in to its original position, and let the second hand move for 30 seconds or longer, then restart the time setting.

49

## How to set the time

When setting the date and time, ensure that the watch is working; the mainspring is sufficiently wound.

- At the time when the second hand comes to point to 12 o'clock (zero second), pull out the crown to stop the second hand.
  - Turn the crown counterclockwise (the six o'clock direction) to slowly advance the minute hand to the time you wish to set.
  - Push the crown back in to its original position in accordance with a time signal. Immediately the second hand will start moving.
- \*The telephone time signal service (Tel. 117) is convenient to set the time accurately.



50

## How to read the power reserve indicator

- The power reserve indicator lets you know the winding state of the mainspring.
- Before removing the watch from your wrist, observe the power reserve indicator to check if the watch has stored enough power to keep running until the next time you wear it. If necessary, wind the mainspring. (To prevent the watch from stopping, wind the mainspring to store the excess power that will allow the watch to run for extra time.)

The Power Reserve Indicator			
The winding state of the mainspring	Fully wound	Half wound	Unwound
The number of hours the watch can run	Approximately 60 hours (2 days and a half)	Approximately 30 hours	The watch either stops or is running down.

52

## Water Resistance

Check the case back of your watch for the degree of its water resistant quality. Refer the table below for the description of each degree of water resistant quality.

Indication on the case back	Degree of water resistance and condition of use
No indication	<b>Not water resistant</b> Avoid drops of water or sweat.
WATER RESISTANT	<b>Water resistant for ordinary daily use</b> The watch withstands accidental contact with water in everyday life. ▲WARNING : Not suitable for swimming
WATER RESISTANT 10BAR 20BAR	<b>Water resistant for water sports</b> The watch withstands frequent contact with water.

In order to maintain the water resistant quality at factory-adjusted level, replace the gasket when open the back case.

54



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

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



### 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 quality of a water-resistant watch for everyday life.

- 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 quality of the watch is deteriorated. Immediately consult the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER.

56

# TO PRESERVE THE QUALITY OF YOUR WATCH

- When the mainspring is fully wound, the crown is fully wound, the crown is automatically locked in order to prevent the mainspring from getting over wound. Be careful not to turn the crown further forcibly as it may cause damage to the watch.

53

## 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 on the water-resistant watch with the BAR (barometric pressure) display. For diving, use special watches for diving.

## CAUTION Remarks on water resistance



**Do not turn or pull out the crown when the watch is wet, as water may get inside of the watch.**



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

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

55

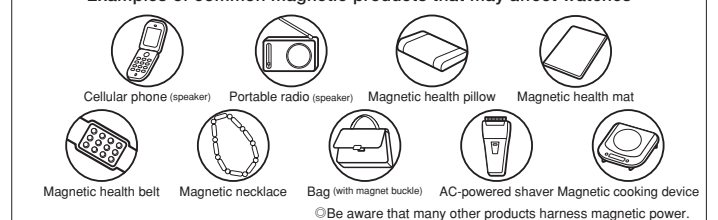
## Magnetic resistance

Affected by nearby magnetism, Spring Drive may temporarily stop operating, or gain or lose time. Avoid magnetism at any time.

The CREDOR watch is a magnetic resistant watch that is fully compliant with JIS level-1 standard.

- This defective condition caused by magnetism will be corrected soon after the watch is removed from the magnetic source. Reset the time once again before using the watch.

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



Be aware that many other products harness magnetic power.

57

## Models with LumiBrite

- LumiBrite is a luminous paint that absorbs and stores the light energy of sunlight or lightning apparatus to emit light for a long time.
- No light-emitting paint which contains radioactive substance is used for the CREDOR watch. (For production after April 1997)
- The luminance level of the light decreases gradually over time. The duration that LumiBrite can emit light varies depending on the luminous energy that Lumibrite has absorbed.

## 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 reddish or blackish due to various reasons.

58

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 made at cost.)

## Daily care

It is highly recommended for you to take good care of the watch in order to enjoy the superb quality of the watch for a long time. 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.

- ◎Stainless steel is a highly rust-resistant metal. However, rust will form if contaminants are left on it for a long time.

59

## Leather band

Wipe out moisture or sweat from the leather band by gently blotting them up. Never rub the band as this may discolor it or reduce its gloss.

Take notice of the following characteristic points of natural leather.

- Moisture and sweat may adversely affect on its durability.
- Excessive direct sunlight may cause color deterioration.
- Chemicals or cosmetics may fade its original color.

## Watch body/band

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 SEIKO SERVICE CENTER through your nearby CREDOR retailers.

60

	7R08
Features	3hands (Hour, Minute and Second hands), Power Reserve Indicator
Frequency of crystal oscillator	32,768Hz
Loss/gain (monthly average)	Within ±15second (equivalent to ±1 second per day) (worn on your wrist at a normal temperature range between 5°C and 35°C)
Operational temperature range	-10°C~+60°C Under a lot-temperature condition (below 0°C), always keep at least one-fourth of the watch power shown by the power reserve indicator.
Driving System	Spring Drive (Wind-up type)
Hand movement	Sweep second hand
Duration	Approx.60 hours
IC (Integrated Circuit)	Oscillator, frequency, and spring drive control circuit (C-MOS-IC) : 1 piece
Jewels	44 jewels

※ The specifications are subject to change without prior notice due to product

62

# SPECIFICATIONS

# TROUBLE SHOOTING

## Trouble shooting

Trouble	Possible cause	Solution
The watch stops operating.	The power supplied by the mainspring has been consumed.	Refer to "■How to wind the mainspring" to wind the mainspring and reset the time. While you are wearing the watch or when you take it off, check the remaining power shown by the power reserve indicator and wind the mainspring if necessary.
The watch temporarily gains or loses time	The watch has been left or worn in extremely high or low temperatures.	Return the watch to a normal temperature so that it works accurately as usual, and then reset the time. The watch has been adjusted so that it works accurately when it is worn on your wrist under a normal temperature range between 5°C and 35°C.
	The watch is left close to an object with a strong magnetic field.	Prevent the watch from making close contact with magnetic objects so that the watch works accurately as usual, and then reset the time. If the watch does not work accurately again after the above procedure, contact the retailer from whom the watch was purchased.
	You drop the watch, hit it against a hard surface, or wear it while playing active sports. The watch is exposed to strong vibrations.	Reset the time. If the watch does not work accurately as usual after resetting the time, contact the retailer from whom the watch was purchased.

64

65

The inner surface of the glass is clouded.	This is because condensation occurs temporarily when the outside air cools	Thus it will disappear as the air warms. No repair is needed.
	Moisture has entered the watch because the gasket has deteriorated.	Contact the retailer from whom the watch was purchased.
The watch stops even though the power reserve indicator is not showing "0".	The watch has been left under a temperature below 0°C.	If the watch is left under a temperature below 0°C, it may stop if the power reserve indicator is showing less than one-fourth. In such a case, turn the crown to wind the mainspring.
The movement of the watch hand is fast.	The watch goes to the check up mode when the crown is pulled out twice within 3 seconds. (The checkup mode is for delivery inspection.)	In order to return to the normal mode, push the crown back in to its normal position, and pull it out, and then push it back again to its normal position. Even if the watch is left untouched while it is in the checkup mode, it will automatically return to the normal mode after a few minutes. * Wait until the watch starts moving normally to set the time.
Right after starting the watch, it seems that the second hand moves quicker than usual when setting the time.	When starting the watch, it takes a little time before the adjustment function starts working (this is not a malfunction).	It takes several seconds before the adjustment function starts working. Set the time after the second hand moves for approximately 30 seconds to set the time correctly.

\* Contact the retailer from whom the watch was purchased for any other troubles.

66

67

## AFTER-SALE SERVICE

68

### ■ After-sale service and guarantee

- Guarantee coverage is provided in the certificate of guarantee. Read carefully and retain it.
- Submit the certificate of guarantee for repair service within the guaranteed period.
- Contact the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER for repair or overhaul.

### ■ Notes on repair parts

The CREDOR repair parts will be retained usually for 10 years, however, some alternative parts may be used for repair.

70

### ■ Notes on 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 itself to stop. As the parts such as 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 "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.

\* For details, please contact SEIKO CUSTOMER SERVICE CENTER listed in this booklet.

71

セイコーウォッチ株式会社  
<https://www.seikowatches.com/>  
<http://www.credor.com/>

お電話でのお問い合わせ  
**0120-302-617 (通話料無料)**

受付時間 (月曜日～金曜日) 9:30～21:00  
(土曜・日曜・祝日・年末年始) 9:30～17:30

お客様相談室  
〒100-0005 東京都千代田区丸の内 3-1-1 国際ビル  
〒550-0013 大阪市西区新町1-4-24 大阪四ツ橋新町ビルディング