

CITIZEN®

INSTRUCTION MANUAL



ENGLISH

FRANÇAIS

ESPAÑOL

DEUTSCH

ITALIANO

PORTUGUÊS

中文(繁体字)

中文(简体字)

Thank you for your purchase of this Citizen watch.

Before using the watch, read this instruction manual carefully to ensure correct use. After reading the manual, store it in a safe place for future reference.

Visit the Citizen website (<http://www.citizenwatch-global.com/>) to view visual guides for operation of your watch. Some models may be equipped with external features (calculation scale, tachymeter, etc.). Visual guides for operation of such external features can also be found on the website.

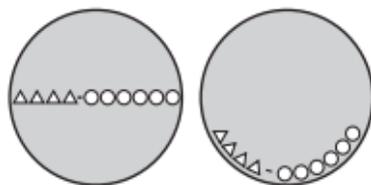
To check the movement number

A case number—4 alphanumeric characters and 6 or more alphanumeric characters—is engraved on the case back. (Figure on the right)

The first 4 characters of the case number represent the movement number of the watch.

In the example on the right, “△△△△” is the movement number.

Engraving position example



The engraving position may differ depending on watch model.

Safety precautions — IMPORTANT

This manual contains instructions that should be strictly followed at all times not only for optimal use, but to prevent any injuries to yourself, other persons or property. We encourage you to read the entire booklet (especially, pages **14** to **23**) and understand the meaning of the following symbols:

- Safety advisories are categorized and depicted in this manual as follows:

| | |
|--|--|
|  DANGER | Highly likely to cause death or serious injury |
|  WARNING | Can cause serious injury or death |
|  CAUTION | Can or will cause minor or moderate injury or damage |

- Important instructions are categorized and depicted in this manual as follows:

| | |
|---|---|
|  | Warning (caution) symbol followed by instructions that should be followed or precautions that should be observed. |
|  | Warning (caution) symbol followed by prohibited matters. |

Before using this watch

Band adjustment

We recommend seeking the assistance of an experienced watch technician for sizing of your watch. If adjustment is not done correctly, the bracelet may unexpectedly become detached leading to loss of your watch or injury.

Consult your nearest authorized service center.

Protective stickers

Be sure to remove any protective stickers that may be on your watch (case back, band, clasp, etc.). Otherwise, perspiration or moisture may enter the gaps between the protective stickers and the parts, which may result in a skin rash and/or corrosion of the metal parts.

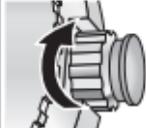
How to use a specially designed crown/push button

Some models are equipped with a specially designed crown and/or push button to prevent accidental operation.

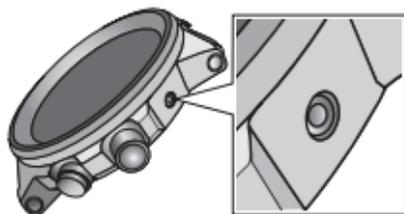
Before using this watch

Screw down crown and screw down push button

Unlock the crown prior to operate your watch.

| | Unlock | Lock |
|-------------------------------|--|--|
| Screw down crown |  <p>Rotate the crown counterclockwise until it releases from the case.</p> |  <p>Push the crown in to the case. With gentle pressure towards the case, rotate the crown clockwise to secure it to the case. Be sure to tighten firmly.</p> |
| Screw down push button |  <p>Rotate the locking screw counterclockwise, and loosen until it stops.</p> |  <p>Rotate the locking screw clockwise, and tighten firmly.</p> |

Recessed buttons



Press the button with a narrow-tipped object such as a wooden toothpick.

- Metal objects may cause marring or scratching of the button.

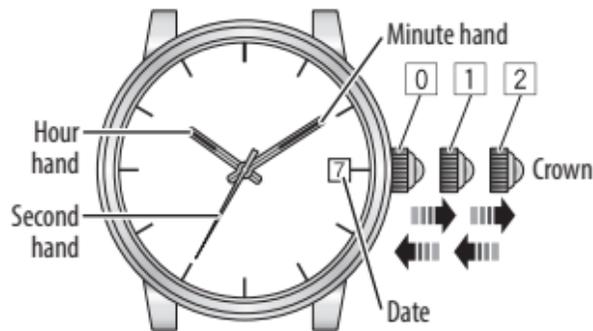
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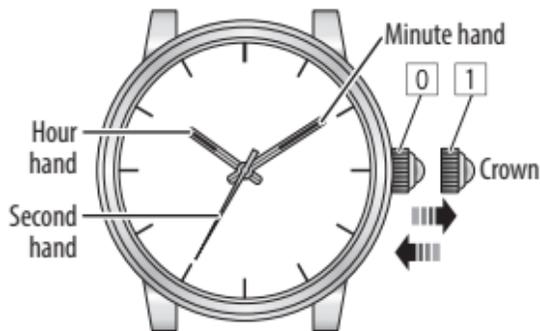
Setting the time and date

- When the screw down crown is equipped on your model, loosen the screw before operation. After operation, return the crown to the normal position and tighten it.
- When the watch stops, turn the crown to the right (clockwise) in position **0** to wind the mainspring manually.

<Model with calendar display>



<Model without calendar display>



- The illustrations in this instruction manual may differ from the actual watch.

Model with calendar display

While the hands indicate between 8:00 PM and 2:00 AM:

Do not perform steps **1** and **2**; otherwise, the date may not change properly.

If you want to perform the steps, first turn the crown in position **2** to move the hands so they are not indicating between 8:00 PM and 2:00 AM.

- 1 Pull out the crown to position **1**.**
- 2 Turn the crown to the right (clockwise) to set the date to one day before the date you want to set.**
- 3 Pull out the crown to position **2**.**
- 4 Turn the crown to the left (counterclockwise) to set the date.**
 - The watch indicates morning when the date changes.
- 5 Turn the crown to set the time.**
 - To set an afternoon or evening hour, turn the hands to 12:00 first, then set the time.
- 6 Push in the crown to position **0**.**
 - The date is based on a 31-day calendar. Adjust the date indication on the first days of March, May, July, October and December.

Setting the time and date

Model without calendar display

- 1 Pull out the crown to position 1.**
- 2 Turn the crown to set the time.**
- 3 Push in the crown to position 0.**

Winding the mainspring

This is an automatic winding mechanical watch, using a mainspring as power source. When wearing the watch, your hand's movement rotates the oscillating weight to wind the mainspring automatically.

- When your hand's movement is small and/or a few, winding may become insufficient.
- Once the mainspring is wound fully, the watch will run for about 42 hours.

The mainspring is wound for about a day movement automatically when wearing the watch for 8 hours or more a day.

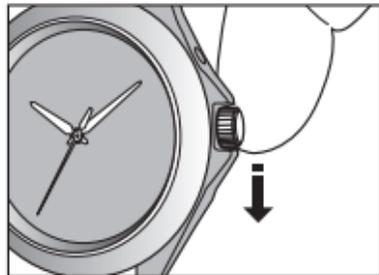
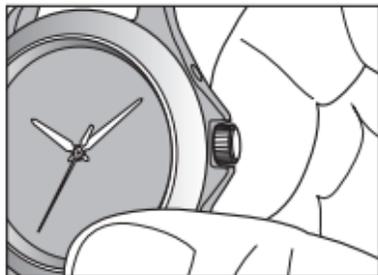
- You can wind the mainspring manually (see page **10**).

Winding the mainspring

Winding the mainspring manually



- 1 Push the crown in to position 0.**
- 2 Rotate the crown to wind the mainspring.**



- Turn the crown by rubbing it down from the back side of the watch.

- When the watch stops, turning the crown about 40 times will wind the mainspring fully.
- Turning the crown after the mainspring's full winding does not damage the mainspring.

Characteristics of Mechanical watches

About time accuracy of mechanical watches

The time accuracy described on this instruction manual is the static accuracy at normal temperature. The accuracy of mechanical watches may get out of the described range depending on the following three usage conditions or other reasons.

- Winding amount of the mainspring
- Attitude
- Usage environment (temperature, magnetism, impact, etc.)

Winding amount of the mainspring

Mechanical watches keep accuracy most stably when the mainspring is sufficiently wound.

Attitude

Accuracy of mechanical watches varies affected by gravity. The accuracy varies as the result that may take various attitude while worn and gravitate to a different direction every moment.

Usage environment (temperature, magnetism, impact, etc.)

- Metal parts are used for the part for keeping accuracy in mechanical watch. The accuracy varies affected by their thermal expansion and contraction.
- Metal parts are used in mechanical watches. Magnetism affects them and accuracy of the watches in consequence. Do not bring them close to things which have or generate strong magnetism.
- Strong shocks may also affect the accuracy.

Maintenance

Mechanical watches may become inaccurate due to insufficient lubrication or worn parts. Have the watch disassembled and cleaned (overhaul) every 2-3 years (charge basis). It may be difficult to restore the watch from degradation after long-term use to its initial performance even after repairs.

Water resistance



WARNING 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. (The unit “1bar” is roughly equal to 1 atmosphere.)
- WATER RESIST(ANT) ××bar may also be indicated as W.R.××bar.

| Name | Indication | Specification |
|---|--------------------------------|---|
| | Dial or Case back | |
| Non-water resistant | — | Non-water resistant |
| Everyday-use water resistant watch | WATER RESIST(ANT) | Water-resistant to 3 atmospheres |
| Upgraded everyday use water-resistant watch | WATER RESIST(ANT) 5 bar | Water-resistant to 5 atmospheres |
| | WATER RESIST(ANT) 10/20 bar | Water-resistant to 10 or 20 atmospheres |

| Water-related use | | | | |
|---|---|---|--|---|
|  |  |  |  |  |
| Minor exposure to water (washing face, rain, etc.) | Swimming and general washing work | Skin diving, marine sports | Scuba diving using an air tank | Operate the crown or button when the watch is wet |
| NO | NO | NO | NO | NO |
| OK | NO | NO | NO | NO |
| OK | OK | NO | NO | NO |
| OK | OK | OK | NO | NO |

Water resistance

- Non-water resistant models are not designed to come into contact with any moisture. Take care not to expose a watch with this rating to any type of moisture.
- Water resistance for daily use (to 3 atmospheres) means the watch is water resistant for occasional accidental splashing.
- 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 skin diving, but not while scuba or saturated diving using helium gas.

Precautionary items and usage limitations

CAUTION To Avoid Injury

- Be particularly careful when wearing your watch while holding a small child, to avoid injury.
- 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 burns.
- Be careful when putting on and taking off your watch, since there is a risk of damaging your fingernails, depending on the manner in which the band is fastened.
- Take off your watch before going to bed.

CAUTION Precautions

- Always use the watch with the crown pushed in (normal position). If the crown is of the screw lock-type, make sure it is securely locked.
- Do NOT operate the crown or any push buttons when the watch is wet. Water may enter the watch causing damage to vital components.
- If water enters the watch or the watch fogs up and does not clear up even after a long time, consult your dealer or an authorized service center for inspection and/or repair.

Precautionary items and usage limitations

CAUTION Precautions (continued)

- Even if your watch has a high level of water resistance, please be careful of the following.
 - If your watch is immersed in sea water, rinse thoroughly with fresh 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.

CAUTION When Wearing Your Watch

<Band>

- Leather, genuine skin and rubber (urethane) bands will deteriorate over time due to perspiration, body oils 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. Moreover, wet leather may cause a rash.
- It is recommended to take off the watch if it gets wet, even if the watch itself is water-resistant.
- Do not wear the band too tightly. Try to leave enough space between the band and your skin to allow adequate ventilation.

Precautionary items and usage limitations

- 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 or moisture in the air. Replace with a new one when it has lost elasticity or become cracked.
- Please request adjustment or repair of the band in the following cases:
 - You notice an abnormality with the band due to corrosion.
 - The pin of the band is protruding.
- We recommend seeking the assistance of an experienced watch technician for sizing of your watch. If adjustment is not done correctly, the bracelet may unexpectedly become detached leading to loss of your watch or injury.
Consult an authorized service center.

<Temperature>

- 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 stated in the specifications.

Precautionary items and usage limitations

<Magnetism>

- Do not allow the watch to come into close proximity to magnetic health devices (magnetic necklaces, magnetic 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.

<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.

<Chemicals, Corrosive Gasses and Mercury>

- If paint thinner, benzene or other solvents or products containing these solvents (including gasoline, nail-polish remover, cresol, bathroom cleaners and adhesives, water repellent, etc.) are allowed to come into contact with the watch, they 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 case.

<Protective Stickers>

- Be sure to remove any protective stickers that may be on your watch (case back, band, clasp, etc.). Otherwise, perspiration or moisture may enter the gaps between the protective stickers and the parts, which may result in a skin rash and/or corrosion of the metal parts.



CAUTION 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 foreign 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 all times.
- The case and band of the watch come into direct contact with the skin. If you think there is something wrong, discontinue wearing the watch immediately and consult your physician. In the case of accumulation 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 rubber (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.

Precautionary items and usage limitations

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 (urethane) watchband, wash any dirt off with water. Remove the small amounts of dirt trapped between the crevices of the metallic band with a soft brush.
- For a leather band, wipe off dirt using a dry cloth.
- 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 temperatures 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 exposure to light was not sufficient.

Specifications

| | | | |
|-----------------------------|--|-------------|----------------------------|
| Model | 90** | Type | Automatic mechanical watch |
| Number of jewels | 24 | | |
| Timekeeping accuracy | -10 seconds to +30 seconds per day | | |
| Display functions | <ul style="list-style-type: none">• Time: Hours, minutes, seconds• Calendar: Date (Model with calendar display) | | |
| Maximum run time | More than approx. 42 hours (automatic winding type) | | |
| Beats | 28,800 times per hour (8 beats) | | |

Specifications and contents of this booklet are subject to change without prior notice.

Model No.NB0 * · NB1 *

NB4 * · PA0 *

Cal.90 **

CTZ-B8189