

**SEIKO**

SINCE 1881

INSTRUCTION MANUAL FOR WATCH CALIBRE  
7C46D

# Cal. 7C46

<b>INSTRUCTIONS</b>	<b>(P. 3)</b>
<b>BEDIENUNGSANLEITUNG</b>	<b>(S. 25)</b>
<b>INSTRUCTIONS</b>	<b>(P. 47)</b>
<b>ISTRUZIONI</b>	<b>(P. 69)</b>
<b>INSTRUCCIONES</b>	<b>(P. 91)</b>
<b>INSTRUÇÕES</b>	<b>(P.113)</b>
<b>ИНСТРУКЦИИ</b>	<b>(P.135)</b>
<b>用法説明</b>	<b>(158頁)</b>

You are now the proud owner of a SEIKO Analogue Diver's Watch Cal. 7C46. For best results, please read the instructions in this booklet carefully before using your SEIKO Analogue Diver's Watch. Please keep this manual handy for ready reference.

Sie sind jetzt stolzer Besitzer einer SEIKO Analog Taucheruhr Kal. 7C46. Um Ihre Uhr bestmöglich zu nutzen, lesen Sie bitte die Anleitung in dieser Broschüre aufmerksam, bevor Sie Ihre SEIKO Analog Taucheruhr in Gebrauch nehmen. Heben Sie die Bedienungsanleitung gut auf, um jederzeit nachlesen zu können.

Vous voilà l'heureux propriétaire d'une Montre de plongée analogique SEIKO Cal. 7C46. Pour en obtenir de bonnes performances, veuillez, avant d'utiliser la montre, lire attentivement les explications de ce mode d'emploi que vous conserverez pour toute référence ultérieure.

Grazie di aver acquistato questo orologio SEIKO analogico ad uso subacqueo Cal. 7C46. Per ottenerne i migliori risultati leggere attentamente le istruzioni di questo libretto prima di passare all'uso dell'orologio stesso. Tenere poi il manuale a portata di mano, per ogni eventuale futura, ulteriore consultazione.

Puede sentirse orgulloso de su SEIKO Reloj Analógico para Buceo SEIKO Cal. 7C46. Para obtener el óptimo resultado, lea detenidamente las instrucciones de este folleto antes del uso de su Reloj Analógico para Buceo SEIKO. Guarde este manual para fácil referencia.

Você agora é o orgulhoso dono de um Relógio do Mergulhador Analógico SEIKO Cal. 7C46. Para obter os melhores resultados, leia as instruções deste livrete com atenção antes de utilizar o seu Relógio do Mergulhador Analógico SEIKO. Por favor, mantenha este manual à mão para pronta referência.

Спасибо за покупку аналоговых часов SEIKO для дайвинга Cal. 7C46. Для получения наилучших результатов внимательно ознакомьтесь с инструкциями в этой брошюре, прежде чем использовать эти часы SEIKO. Внимательно ознакомьтесь с данной инструкцией и обязательно сохраните ее.

您現在是精工自動潛水錶機件編號 7C46 自豪的擁有者。為正確使用起見，請在使用精工自動潛水錶之前，詳細閱讀本說明書。並將之妥善保管，以備今後參考。



## WARNING

- **Do not attempt to dive using this watch unless you have been properly trained in diving. For your safety, please abide by the rules of diving.**
- **Before diving, make sure that the watch operates normally.**
- **When diving, never carry out operations other than those specified in the accompanying booklet. Misuse of the product and misunderstanding of the displayed content may lead to a fatal or serious accident.**
- **This watch is an auxiliary instrument which is intended to be used as a timepiece. Use this watch with proper diving equipment, such as a residual pressure gauge, water depth meter, etc., which is required for safe diving.**



## CAUTION

- **Please read and observe the instructions described in this booklet to ensure the proper functioning of your diver's watch.**
- **Do not operate the crown when the watch is wet or in water.**
- **Avoid hitting the watch against hard objects such as rocks.**

**WARNING**

**WARNING notes indicate any condition or practice which, if not strictly observed, could result in severe personal injury or possible death.**

**CAUTION**

**CAUTION notes indicate any condition or practice which, if not strictly observed, may result in personal injury or property damage.**

**PRECAUTIONS ON USING THE WATCH FOR DIVING**

**Before diving, make sure that the watch operates normally and be sure to observe the precautions described below.**

**BEFORE DIVING**

- To measure the elapsed time while you are underwater, always use the rotating bezel.
- Check that:
  - the second hand is operating normally.
  - the crown is locked tightly in place.
  - there are no visible cracks in the crystal or the watch band.
  - the strap or bracelet is securely fastened to the watch case.
  - the buckle keeps the strap or bracelet firmly secured to the wrist.
  - the rotating bezel turns counterclockwise smoothly (the rotation must not be too loose or too tight) and the "▽" mark aligns with the minute hand.
  - the time and calendar are appropriately set.

**If there are any malfunctions, we recommend that you contact an AUTHORIZED SEIKO SERVICE CENTER.**

**WHILE DIVING**

- Do not operate the crown when the watch is wet or in water.
- Take care not to hit the watch against hard objects such as rocks.
- Bezel rotation may become slightly stiffer underwater. This is not a malfunction.

**AFTER DIVING**

- Rinse the watch in fresh water after diving and wash out all seawater, soil, sand, etc.
- Wipe the watch thoroughly dry to prevent possible rust on the case after cleaning the watch in fresh water.

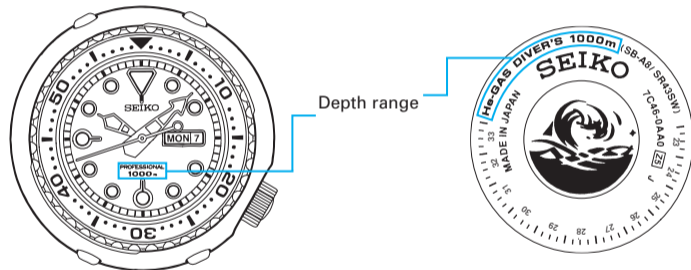
## CONTENTS

	Page
WARNING/CAUTION.....	3
PRECAUTIONS ON USING THE WATCH FOR DIVING .....	5
WATER RESISTANCE.....	7
STRUCTURE OF THE CASE .....	8
NAMES OF THE PARTS AND THEIR FUNCTIONS.....	9
SCREW LOCK TYPE CROWN.....	10
HOW TO SET THE TIME .....	11
HOW TO SET THE DATE AND DAY.....	13
HOW TO USE THE ROTATING BEZEL .....	15
HOW TO USE THE DIVER ADJUSTER.....	17
NOTES ON THE BATTERY .....	19
STANDARD TIME OF BATTERY REPLACEMENT .....	20
TO PRESERVE THE QUALITY OF YOUR WATCH .....	21
SPECIFICATIONS .....	24

☆ For the care of your watch, see "TO PRESERVE THE QUALITY OF YOUR WATCH" in the attached Worldwide Guarantee and Instruction Booklet.

## WATER RESISTANCE

This watch is specially designed for use in saturation diving, which requires helium gas. Make sure you carefully check the depth rating of your watch, which is indicated either on the watch dial or on the case back. Never use the watch underwater deeper than the specified depth.

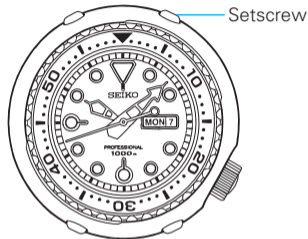


- The above illustration is provided as an example, therefore it may not be exactly the same as your watch.

## STRUCTURE OF THE CASE (FOR A WATCH WITH A PROTECTIVE OUTER CASE)

If your watch has a protective outer case, like the one illustrated at the right, keep in mind the following for safe use of the watch.

The protective outer case is securely fastened to the watch with setscrews. Never loosen the setscrews.



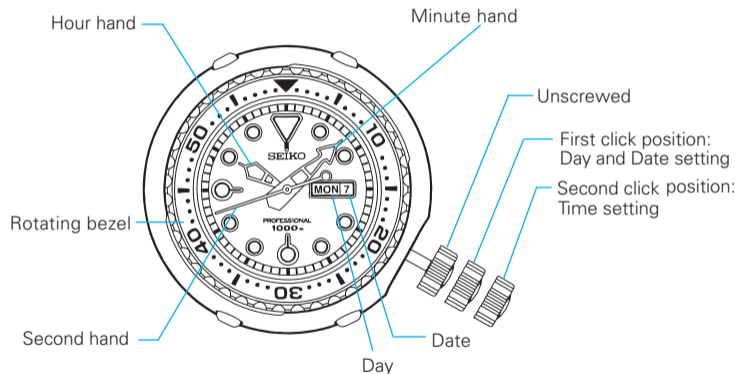
- The above illustration is provided as an example, therefore it may not be exactly the same as your watch.



### CAUTION

- Never loosen the setscrews used to fix the protective outer case. Doing so may cause damage or result in further loosening.
- If you find that the setscrews have become loose or functioned abnormally, consult an AUTHORIZED SEIKO SERVICE CENTER.

## NAMES OF THE PARTS AND THEIR FUNCTIONS



## SCREW LOCK TYPE CROWN

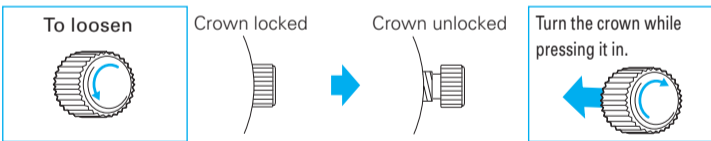
The watch features a screw-lock mechanism that can securely lock the crown when it is not being operated in order to prevent any operational errors and to improve its water resistant property.

- It is necessary to unlock the screw lock type crown before operating it.
- Once you have finished operating the crown, make sure to relock it.

### [To unlock the crown]

Turn the crown counterclockwise (downward) to unscrew it.

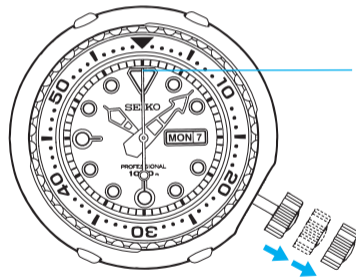
Now the crown can be operated.



- Once the crown is unlocked, you can pull it out.
- When locking the crown, turn it slowly with care, ensuring that the screw is properly engaged. Be careful not to forcibly push it in, as doing so may damage the screw hole in the case.

## HOW TO SET THE TIME

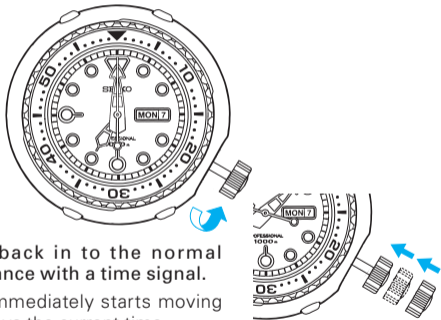
- 1 Unlock the crown.
  - Screw lock type crown → page 10
- 2 Pull out the crown to the second click when the second hand is pointing at the 0 second position. The second hand stops moving.



Pull out the crown to the second click when the second hand is pointing at the 0 second position.

**3** Turn the crown in the direction shown by the arrow to set the time.

- The watch is designed to change the date and day once in 24 hours. When setting the hour hand, check that AM/PM is correctly set.
- When setting the minute hand, advance it 4 to 5 minutes ahead of the desired time and then slowly turn it back to the exact minutes.



**4** Push the crown back in to the normal position in accordance with a time signal.

The second hand immediately starts moving and the watch displays the current time.

**5** Relock the crown.

- Screw lock type crown → page 10

Push the crown back in to the normal position.

## HOW TO SET THE DATE AND DAY

After completing the time setting, move on to set the date and day.

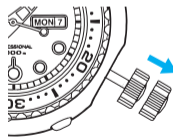
The watch displays the date from the 1st to 31st every month. Manual date and day adjustment is required on the first day after a month that has less than 31 days: February, April, June, September and November.

- Do not set the date and day while the hour hand shows any time between 9:30 p.m. and 3:30 a.m. Date setting during this time period may cause the watch to fail to change the date and day correctly on the following day.

**1** Unlock the crown.

- Screw lock type crown → page 10

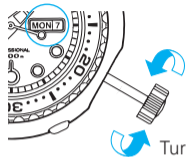
**2** Pull out the crown to the first click.



Pull out the crown to the first click.



- 3** Turn the crown to set the date and day.

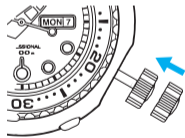


Turn the crown in the direction shown by the arrow to advance the date by one day.



Turn the crown in the direction shown by the arrow to advance the day of the week.

- 4** Push the crown back in to the normal position to complete the settings.



Push the crown back in to the normal position.

- 5** Relock the crown.

- Screw lock type crown → page 10

## HOW TO USE THE ROTATING BEZEL

By setting the rotating bezel beforehand, the elapsed time since the start of an event can be measured.

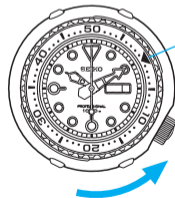
- 1** At the start of the event, for which you want to measure the elapsed time (for example, when you start diving), rotate the bezel so that the ▼ mark on the bezel is aligned with the minute hand.

- The rotating bezel is designed to rotate only counterclockwise. Do not forcibly rotate it clockwise.

[One-way rotating bezel] → the next page

- 2** Read the gradation on the rotating bezel to which the minute hand is pointing. Example: when you start diving at 10:10 a.m.

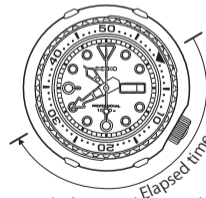
Start of the dive



Rotating direction of the bezel

Align the ▼ mark with the minute hand

After 30 minutes have elapsed



Read the gradation on the rotating bezel to which the minute hand is pointing.

### [One-way rotating bezel]

As the evaluation of the remaining air in your cylinder is based on the information of the elapsed time of the dive, the rotating bezel for a diver's watch is designed to rotate only counterclockwise, so that the watch is prevented from displaying the elapsed time shorter than it actually is.



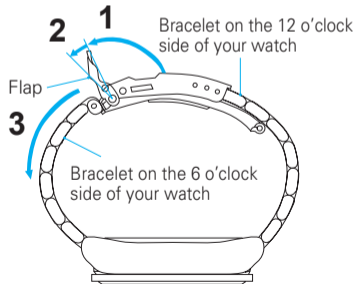
## CAUTION

Make sure that you check the correct remaining amount of air in your cylinder before diving. Use the display of the elapsed time by the rotating bezel only as a guide during diving.

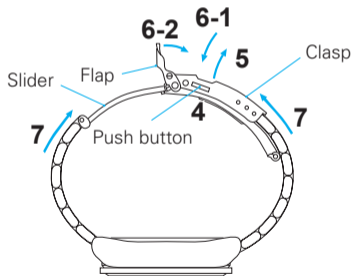
## HOW TO USE THE DIVER ADJUSTER

The Diver Adjuster is a bracelet mechanism to adjust the bracelet length of your diver's watch. It is very useful when you wear the watch over a wet suit.

- 1 Lift up the flap approximately 90° until it stands upright.
- 2 Press the flap down further approximately 20°, and hold it there.
  - You may feel slight resistance, but doing this requires only a light force. Please do not push the flap down forcibly.
- 3 Lightly pull the bracelet on the 6 o'clock side of the watch along the curved line of the bracelet.
  - Again, doing this requires only a light force. Please do not pull the bracelet forcibly.
  - The slider can be pulled out approximately 30 mm. Be careful not to pull it out forcibly.



- 4** Press the push button.
- 5** Lift up the clasp to release the buckle, and strap the watch on your wrist.
- 6** Close the clasp first (6-1 in the illustration) and then, the flap (6-2 in the illustration.)
- 7** With the hand which is not wearing the watch, adjust the length of the slider so that the watch fits well around your wrist.



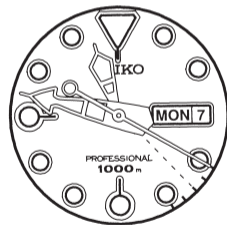
## NOTES ON THE BATTERY

When a new normal battery is installed, this watch operates for approximately five years.

- The battery in your watch may run down in less than five years after the date of purchase, as it is a monitor battery which is inserted at the factory to check the functions and performance of the watch.
- The price of the monitor battery inserted in your watch for checking and inspection purposes is not included in the price of the watch. It will therefore be replaced with a new one for a fee even if it runs down within the warranty period.

The battery needs to be replaced when you see the second hand moving in two second intervals instead of the normal one second intervals. However, the watch will remain accurate during this period. Please contact an AUTHORIZED SEIKO SERVICE CENTER.

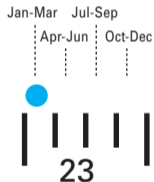
- It is recommended that you replace the battery with a new one beforehand when you make a long voyage.
- We recommend that you have the battery replaced by an AUTHORIZED SEIKO SERVICE CENTER in order to ensure the proper water-resistant operation.



## STANDARD TIME OF BATTERY REPLACEMENT

As for the standard of the time of first battery replacement, please find the stamp on the case back of the watch and refer to the position of the mark, shown in the drawing below.

The following drawing indicates that the time of battery replacement is between January and March 2023.



- When a battery is taken out of a watch, it must be kept at a place beyond the reach of an infant. In case it is swallowed by an infant, consult a doctor immediately.
- The form of inscription on the case back specifying expected time of battery replacement may differ from model to model.



## TO PRESERVE THE QUALITY OF YOUR WATCH

- Repair of diver's watches requires special expertise and equipment. If you find that your diver's watch is malfunctioning, therefore, never attempt to repair it but immediately send it to a nearby AUTHORIZED SEIKO SERVICE CENTER.

### ■ TEMPERATURES

The key components in mechanical watches are made of metals, which expand or contract depending on temperatures due to metal properties. This exerts an effect on the accuracy of the watches. Mechanical watches tend to lose time at high temperatures while they tend to gain time at low temperatures.

### ■ MAGNETISM



Your watch will be adversely affected by strong magnetism. Keep it away from close contact with magnetic objects.

### ■ CHEMICALS



Be careful not to expose the watch to solvents, mercury, cosmetic spray, detergents, adhesives or paints. Otherwise, the case, bracelet, etc. may become discolored, deteriorated or damaged.

### ■ PERIODIC CHECK



It is recommended that the watch be checked once every 2 to 3 years by an AUTHORIZED SEIKO DEALER or SERVICE CENTER to ensure that the case, crown, gasket and crystal seal remain intact.

### CARE OF CASE AND BRACELET



To prevent possible rusting of the case and bracelet, wipe them periodically with a soft dry cloth.

### SHOCKS & VIBRATION



Be careful not to drop your watch or hit it against hard surfaces.

### PRECAUTION REGARDING CASE BACK PROTECTIVE FILM



If your watch has a protective film and/or a sticker on the case back, peel them off before using your watch.

### LUMIBRITE™

LumiBrite is a luminous paint that is completely harmless to human beings and the natural environment, containing no noxious materials such as radioactive substances.

LumiBrite is a newly-developed luminous paint that absorbs the light energy of sunlight or artificial light 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 5 to 8 hours.

Please note, however, that, as 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.

When you make a dive in dark water, LumiBrite may not emit light unless it has absorbed and stored light sufficiently.

Before diving, therefore, be sure to expose the watch to light under the conditions specified above, so that it fully absorbs and stores light energy. Otherwise, use the watch together with an underwater flashlight.

#### < Reference data on luminance >

- |   |  |                                      |
|---|--|--------------------------------------|
| (A) Sunlight  | [Fine weather]: 100,000 lux                                    | [Cloudy weather]: 10,000 lux         |
| (B) 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                           |                                      |
| (C) 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                          |                                      |

\* "LUMIBRITE" is a trademark of SEIKO HOLDINGS CORPORATION.

## SPECIFICATIONS

- |   |                                       |   |
|---|---------------------------------------|---|
| 1 | Frequency of crystal oscillator ..... | 32,768 Hz (Hz = Hertz...Cycles per second)  |
| 2 | Loss/gain (monthly rate) .....        | Less than 15 seconds (worn on the wrist at normal temperature range between 5 °C and 35 °C) |
| 3 | Operational temperature range.....    | Between -10 °C and +60 °C   |
| 4 | Driving system.....                   | Step motor  |
| 5 | Display function .....                | Hour, minute, second, date, day   |
| 6 | Battery .....                         | SEIKO SR43SW 1 piece<br>Battery life is about five years.                                   |
| 7 | IC (Integrated Circuit).....          | C-MOS-IC  |

- *The specifications are subject to change without prior notices for product improvements.*