

Turning on the auto light switch causes the backlight to turn on for about one second whenever you position your wrist as described below in any mode.

Moving the switch to a position that is parallel to the ground and then tilting it upwards, less than 45 degrees, causes the backlight to turn on.



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- Always make sure you are in a safe place whenever you are reading the display of the watch using the auto light switch. Be especially careful when running or engaged in any other activity that can result in accident or injury. Also take care that sudden illumination by the auto light switch does not surprise or distract others around you.

- When you are wearing the watch, make sure that its auto light switch is turned off before riding on a bicycle or operating a motorcycle or any other motor vehicle. Sudden and unintended operation of the auto light switch can create a distraction, which can result in a traffic accident and serious personal injury.

The above five studies clearly revealed the poor social skills

To turn the auto light switch on and off in the Timing/Speed Mode, hold down  for about one second to toggle the auto light switch on (ON, displayed) and off (OFF, not displayed).

- With Module 28221, the auto light switch on indicator is **off**.
- The auto light switch on indicator is on the display in all modes while the auto light switch is turned on.
- In order to protect against running down the battery, the auto light switch automatically turns off approximately six hours after you turn it on. Repeat the above procedure to turn the auto light switch back on if you want.

Abstract

This section contains more detailed and technical information about watch operation. It also contains important precautions and notes about the various features and functions of the watch.

11. *Journal of the American Medical Association*, 2000; 283: 2686-2692.

The following describes the information indicated by the three graphic areas in each model:

- In the Timekeeping Mode, World Time Mode, and Alarm Mode, the graphic areas indicate the passage of each minute and second of the current time (Timekeeping Mode time).
- In the e-CALL, MILE/COFFY Mode, the graphic areas indicate the number at the flashing digit during password input.
- In the Countdown Timer Mode, the graphic areas indicate the passage of each minute and second of the countdown.
- In the Interval Alarm Mode, the graphic areas indicate the passage of each second and 1/10 second of the elapsed time.



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The following describes how to input text in the e-DATE, e-RECORD, and Alarm Monitor.

For information:

5. When the cursor is on the display, use and to cycle through the available letters, numbers and symbols, in the sequence shown below:



2. When the character you want is at the cursor position, press **→** to move the cursor to the right.
 3. Repeat steps 1 and 2 to input the rest of the characters you want.
- See the "Character List" for information about the characters you can input.

Abstract

- ALARM MODES**
- If you leave the watch in the **2-DATA MEMORY** or **Alarm Mode** for two or three minutes without performing any operation, it automatically changes to the **Timekeeping Mode**.
 - If you leave a screen with flashing digits or a cursor on the display for two or three minutes without performing any operation, the watch automatically exits the setting screen. Except for password input, any settings you have made up to that point are lost.

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The **⏮** and **⏭** buttons are used in various modes and setting screens to scroll through data on the display. In most cases, holding down these buttons during a scroll operation scrolls at high speed.

References

When you enter the g-DATA MEMORY, World Time, or Alarm Mode, the data you were viewing when you last exited the mode appears first.

Threats to Validity

- Receiving the seconds to 00 while the current count is in the range of 30 to 59 causes the minutes to be increased by 1. In the range of 00 to 29, the seconds are reset to 00 without changing the minutes.
- The year can be set in the range of 2000 to 2099.

- The watch's built-in full automatic calendar makes allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it again after you have the watch's battery replaced.

Abstract

- The current time in all World Time Mode cities is calculated in accordance with the current Mean Time (GMT) differential for each city, based on the current Home City time setting in the Timesleeping Mode.
- The seconds count of the World Time is synchronized with the seconds count of the Timesleeping Mode.
- The GMT differential is the time difference of the time zone where the city is located from Greenwich Mean Time.
- GMT differential is calculated by this watch based on Universal Time Coordinated (UTC).

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- The electroluminescent panel that provides illumination loses power after very long use.
- The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
- The watch may emit an audible sound whenever the display is illuminated. This is due to vibration of the EL panel used for illumination, and does not indicate malfunction.
- The backlight automatically turns off whenever an alarm sounds.
- The backlight of the function watch does not turn on for the first 10 minutes after the watch is turned on.

1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

- Wearing the watch on the inside of your wrist and movement or vibration of your arm can cause the auto light switch to activate and illuminate the display. To avoid running down the battery, turn off the auto light switch whenever engaging in activities that might cause frequent illumination of the display.

- The backlight may not light if the face of the watch is more than 15 degrees above or below parallel. Make sure that the back of your hand is parallel to the ground.
- The backlight may not light if the watch is too close to your face. The watch should be positioned towards your face.
- Static electricity or magnetic force can interfere with the backlight. If the backlight does not light, try moving the watch back to their starting position (your wrist) and try again. If the backlight does not light forward you again, if this does not work, drop your arm all the way down so it hangs at your side, and then bring it back up to your wrist.

• **Adaptive:** The system can learn from user behavior and adjust its recommendations accordingly.



- Under certain conditions, the backlight may not light until about one second after you turn the face of the watch towards you. This does not necessarily indicate malfunction of the backlight.
- You may notice a very faint clicking sound coming from the watch when it is shaken. This is the sound of the internal mechanical operation of the auto light switch, and does not indicate a problem with the watch.

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City Center Tables

City Code	City	GMT Offset/Timezone	Offset major cities in same time zone
AD	Andorra	+01:00	Madrid, Portugal
AE	Abu Dhabi	+04:00	Dubai
AF	Afghanistan	+04:30	Kabul
AG	San Juan	-04:00	San Juan
AI	Aruba	-04:00	Curacao
AL	Tirane	+01:00	Tirane
AM	Yerevan	+04:00	Yerevan
AN	Nassau	-05:00	Nassau
AO	Lisbon	+00:00	Lisbon, London, Casablanca, Dakar, Abidjan
AR	Buenos Aires	-03:00	Buenos Aires, Madrid, Amsterdam, Algiers
AS	Honolulu	-10:00	Honolulu, Frankfurt, Vienna, Berlin, Vienna
AT	Vienna	+01:00	Vienna, Bratislava, Istanbul, Bern, Bernese
AU	Sydney	+10:00	Sydney, Tokyo, Akiha, Kuala Lumpur, Jakarta, Melbourne
AW	Aruba	-04:00	Curacao
AX	Åland	+02:00	Åland, Helsinki, Moscow
BA	Sarajevo	+01:00	Sarajevo
BB	Georgetown	-04:00	Georgetown
BD	Dhaka	+06:00	Dhaka
BE	Brussels	+01:00	Brussels, London, Casablanca, Dakar, Abidjan
BF	Ouagadougou	+00:00	Lisbon, London, Casablanca, Dakar, Abidjan
BG	Sofia	+02:00	Sofia, Moscow, Kyiv, Belgrade, Bucharest
BH	Manama	+03:00	Manama
BI	Bujumbura	+02:00	Bujumbura
BJ	Cotonou	+01:00	Cotonou, Lagos, Accra, Abidjan, Yaounde, Niamey
BK	Bangkok	+07:00	Bangkok, Tokyo, Seoul, Taipei, Singapore
BL	Belize	-06:00	Belize
BM	Hamilton	-04:00	Hamilton
BN	Bandar Seri Begawan	+08:00	Bandar Seri Begawan
BO	La Paz	-04:00	La Paz, Lima, Bogota, Quito, Quito
BR	Brasilia	-03:00	Brasilia, Sao Paulo, Rio de Janeiro, Belo Horizonte, Salvador
BS	Nassau	-05:00	Nassau
BT	Thimphu	+05:45	Thimphu
BV	Longyearbyen	+01:00	Longyearbyen
BW	Gaborone	+02:00	Gaborone
BY	Minsk	+03:00	Minsk, Moscow, Kyiv, Belgrade, Bucharest
BZ	Belize City	-06:00	Belize City
CA	Toronto	-05:00	Toronto, New York, Montreal, Chicago, Los Angeles
CC	Nairobi	+03:00	Nairobi
CD	Kinshasa	+01:00	Kinshasa, Lubumbashi, Lubumbashi, Lubumbashi
CE	Yamoussoukro	+00:00	Lisbon, London, Casablanca, Dakar, Abidjan
CF	Ndjamena	+01:00	Ndjamena, Libreville, Libreville, Libreville
CG	Ndjamena	+01:00	Ndjamena, Libreville, Libreville, Libreville
CH	Zurich	+01:00	Zurich, Bern, Bern, Bern
CI	Abidjan	+00:00	Lisbon, London, Casablanca, Dakar, Abidjan
CK	Nukunono	+12:00	Nukunono
CL	Santiago	-04:00	Santiago, Valparaiso, Valparaiso, Valparaiso
CM	Yaounde	+01:00	Yaounde, Libreville, Libreville, Libreville
CN	Beijing	+08:00	Beijing, Tokyo, Seoul, Taipei, Singapore
CO	Bogota	-05:00	Bogota, Lima, Quito, Quito
CR	San Jose	-06:00	San Jose
CU	Havana	-05:00	Havana
CV	Praia	-01:00	Praia
CX	Hong Kong	+08:00	Hong Kong, Tokyo, Seoul, Taipei, Singapore
CY	Nicosia	+02:00	Nicosia
CZ	Prague	+01:00	Prague, Bratislava, Bern, Bern
DA	Copenhagen	+01:00	Copenhagen, Stockholm, Stockholm, Stockholm
DE	Berlin	+01:00	Copenhagen, Stockholm, Stockholm, Stockholm
DF	Manila	+08:00	Manila, Tokyo, Seoul, Taipei, Singapore
DG	Guangzhou	+08:00	Guangzhou, Tokyo, Seoul, Taipei, Singapore
DH	Doha	+03:00	Doha
DI	Amman	+02:00	Amman
DJ	Nairobi	+03:00	Nairobi
DK	Copenhagen	+01:00	Copenhagen, Stockholm, Stockholm, Stockholm
DM	Rosario	-04:00	Rosario
DO	Santiago	-05:00	Santiago
DR	Kinshasa	+01:00	Kinshasa, Lubumbashi, Lubumbashi, Lubumbashi
DU	Dubai	+04:00	Dubai
DV	Male	+05:00	Male
DY	Yamoussoukro	+00:00	Lisbon, London, Casablanca, Dakar, Abidjan
EA	Nairobi	+03:00	Nairobi
EC	Quito	-05:00	Quito, Lima, Bogota, Quito
EE	Tallinn	+02:00	Tallinn, Moscow, Kyiv, Belgrade, Bucharest
EG	Cairo	+02:00	Cairo, Alexandria, Alexandria, Alexandria
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Manual Casio G Shock 2548

DP Hallahan

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