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セイコーウオッチ株式会社
https://www.seikowatches.com/

ALBA
デジタル
取扱説明書
INSTRUCTION

ALBA W403

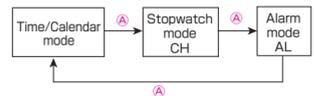
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■ BUTTONS AND MODE CHANGE

■ HOW TO SET THE TIME/CALENDAR

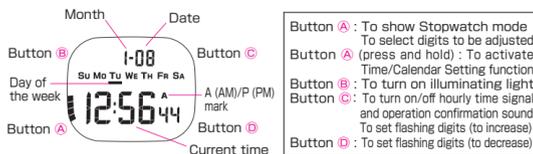


- With each press of Button **A**, the mode changes in the following order.



(1) Buttons and Operations

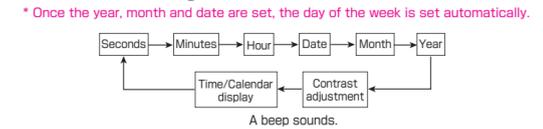
- Press Button **A** to show the Time/Calendar mode.



- * Five of the dots around the dial's edge light up one by one sequentially in accordance with the lapse of seconds.

(2) How to Set the Time/Calendar

- ① Press and hold Button **A** to activate the Time/Calendar Setting function.
- ② With each press of Button **A**, the digits to be adjusted (flashing) can be selected in the following order.

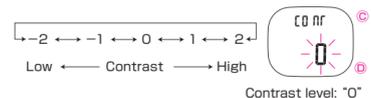


- ③ Press Button **A** to select the flashing second digits, and then, press Button **C** or **D** in accordance with a time signal. The seconds are reset to "00."
- * If Button **C** or **D** is pressed while the second digits count any number between 30 and 59, one minute is added and the second digits are reset to "00."
- * The telephone time signal service (TEL 117) is useful for setting the seconds accurately.

- ④ Press Button **A** to select the digits to be adjusted (flashing). With each press of Button **C** or **D**, the digits increase or decrease by one, respectively.
 - * The digits move quickly by pressing and holding Button **C** or **D**.
 - * The hour is displayed in the 12-hour format. Check that the A (AM) or P (PM) mark is displayed correctly.
- ⑤ After the Time/Calendar setting procedure is completed, press Button **A** to return to the Time/Calendar display. If the watch is left untouched with the digits flashing, the display automatically returns to the Time/Calendar in 2 to 3 minutes.
 - * The year, month, date and day of the week are pre-programmed from 2019 to 2100. During those years, the calendar adjusts automatically for odd and even months including February of leap years.
 - * While the time/calendar setting is being made, all the digits of the display may light up. This is not a malfunction. If this happens, press any of the buttons to return to the Time/Calendar display, and then, resume the setting procedure from Step ① of (2) above.

(3) How to Adjust contrast

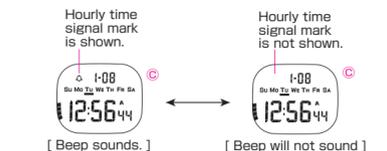
- The contrast (brightness) of the display can be adjusted. It is factory-adjusted to "0," and is also "0" after the built-in IC is reset.
- Press Button **A** to show the Time/Calendar.
- ① Press and hold **A** to activate the Time Calendar setting function.
- ② Press Button **A** to show the Contrast Adjustment display.
- ③ Press Button **C** or **D** to adjust the contrast.



- ④ After the contrast adjustment is completed, press Button **A** to return to the Time/Calendar display. If the watch is left untouched with the digit flashing, the display automatically returns to the Time/Calendar in 2 to 3 minutes.

(4) Turning on/off of Hourly Time Signal/Button Operation Confirmation Sound and Alarm Test

- With each press of Button **C** in the Time/Calendar display, the hourly time signal/button operation confirmation sound is turned on and off alternately. When it is turned on, the hourly time signal mark (▲) lights up.



- By pressing and holding both Buttons **C** and **D** simultaneously, the alarm sound can be tested. While the buttons are kept pressed, the alarm mark (●) keeps flashing and the dots around the dial's edge turns on and off repeatedly.



■ FEATURES

In addition to the time/calendar function, the watch is equipped with stopwatch and alarm functions. The dots around the dial's edge light up and turn off in different ways in each mode.

● Time/Calendar Function

- (Year), month, date, day of the week, hour, minutes and seconds are displayed. (Year is shown only in the time/calendar setting display.)
- The calendar automatically adjusts for odd and even months including February of leap years from 2019 to 2100 (fully automatic calendar).

● Stopwatch Function

- The stopwatch can measure up to 99 hours 59 minutes 59 seconds 99 in 1/100 second increments.

● Alarm Function

- It is a daily alarm that rings at the designated time (hour and minutes) once a day.

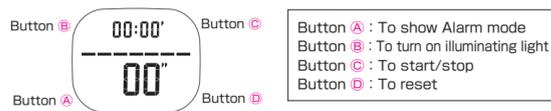
- * In any mode, pressing Button **B** turns on the illuminating light for 5 seconds.
- * If the stopwatch mark (▲) is flashing while in a mode other than Stopwatch, it indicates that the stopwatch measurement is in progress.
- * If the operation confirmation sound is turned on, a beep sounds each time a mode is changed to another. When the Alarm mode is changed to the Time/Calendar, the beep sounds differently. (For the use of the operation confirmation sound, refer to "TIME/CALENDAR SETTING.")

■ HOW TO USE THE STOPWATCH

- The stopwatch measure up to 99 hours, 59 minutes and 59 seconds 99.
- After 100 hours has elapsed, the stopwatch is reset automatically.

(1) Buttons and Operations

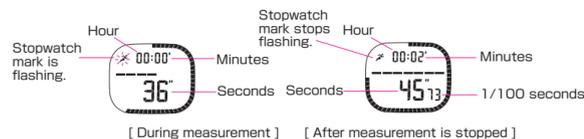
- Press Button **A** to show the Stopwatch mode.



- Button **A**: To show Alarm mode
- Button **B**: To turn on illuminating light
- Button **C**: To start/stop
- Button **D**: To reset

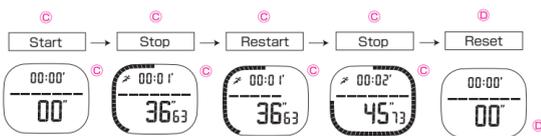
(2) Remarks on Display during Measurement

- While the stopwatch is measuring, the stopwatch mark (▲) keeps flashing.
- The dots around the dial's edge light up one by one during the first one minute, and then turns off one by one in next in accordance with the lapse of seconds. This display is repeated while the stopwatch is measuring.
- While the measurement is in progress, the display shows the elapsed hour and minutes in the upper row and the seconds in the lower row.
- When the stopwatch is stopped, the upper row shows the elapsed hour and minutes while the lower row indicates the seconds and 1/100 seconds.



(3) Accumulated Elapsed Time Measurement

- ① Checking that the stopwatch has been reset, press Button **C** to start the measurement.
- ② Press Button **C** to stop the measurement.
- ③ Press Button **D** to reset the stopwatch.



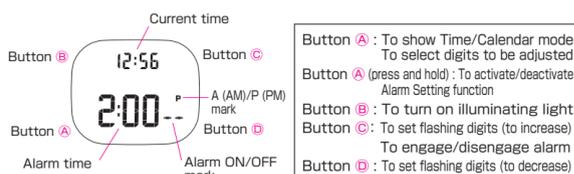
- * The stopwatch can be stopped and restarted repeatedly as many times as necessary by pressing Button **C**.

■ HOW TO USE THE ALARM

- The alarm rings once daily at a designated time (hour and minutes).
- Once the alarm is engaged, it rings at the same designated time everyday.

(1) Buttons and Operations

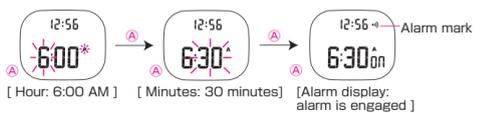
- Press Button **A** to show the Alarm mode.



(2) How to Set the Alarm

- Ex.) To ring the alarm at 6:30 AM:
- ① Press and hold Button **A**. The hour digits start flashing, and the Alarm Setting function is activated.
 - ② With each press of Button **C**, the flashing digits increase by one. (Pressing Button **D** decreases the digits by one.)
 - * The digits move quickly by keeping the respective buttons pressed.
 - ③ Press Button **A**. The minute digits start flashing. Press Button **C** or **D** to set the minutes in the same way as you set the hour.

- ④ After all the adjustments are completed, press Button **A** to deactivate the Alarm Setting function, and return the display to the Time/Calendar. The alarm is engaged automatically, and "on" and the alarm mark (●) are displayed. If the watch is left untouched with the digits flashing, the display automatically returns to the Alarm in 2 to 3 minutes, with the alarm being engaged.



(3) Engagement/Disengagement of the Alarm

- With each press of Button **C**, the alarm is engaged (on) and disengaged (—) alternately.



(4) How to Stop the Alarm

- In any mode, except when the setting function is activated, the alarm rings at the designated time for 20 seconds, with the dots around the dial's edge turning on and off alternately repeatedly. To stop the alarm while it is ringing, press any of the buttons.
- * This operation works in any mode.

■ REMARKS ON BATTERY

1. Notes on the battery

- (1) Battery life
 - This watch keeps operating for approximately 4 years if a new normal battery is inserted in it.
 - * If the alarm is used more than once a day, the illuminating light more than once a day and/or the stopwatch more than 1 hour a day, however, the watch may run down in less than 4 years.

(2) Monitor battery

The battery in your watch is a monitor battery which is inserted at the factory to check the function and performance of the watch. Its actual life once in your possession may be less than the specified period.

(3) Battery replacement

- For battery replacement, be sure to have the battery replaced with a new one at the retailer from whom the watch was purchased, specifying a genuine SEIKO battery.
- If the old battery is left in the watch for a long time, a malfunction may be caused due to battery leakage, etc. Have it replaced with a new one as soon as possible.
- Battery replacement is made at cost even if it runs down within the guarantee period.
- Once the case back is opened for battery replacement or other purposes, the original water resistant quality designed for the watch may deteriorate when it is closed. When you have the battery replaced with a new one, also request the water resistance test pertaining to the water resistant quality of your watch. If your watch has 10-bar or higher water resistant quality, be sure to have such test performed on the watch every time the battery is replaced. Please note that it takes several days to check the water resistant quality of your watch. When requesting the checking, therefore, please confirm the period required for it.

2. Battery life indicator

- The watch is equipped with a battery life indicator that enables you to know when the battery needs to be replaced.
- * When all the segments of the display start flashing in the TIME/CALENDAR display, the watch may stop operating in 2 to 3 days. In that case, immediately have the battery replaced with a new one by the retailer from whom the watch was purchased.

■ 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.

■ SPECIFICATIONS

- (1) Frequency of crystal oscillator 32,768 Hz
- (2) Loss/gain (monthly rate) Less than 20 seconds
(When worn on wrist in temperature range between 5°C and 35°C)
- (3) Operational temperature range .. Between -5°C and +55°C
For the display function:
Between 0°C and +40°C
- (4) Display medium Nematic Liquid Crystal, FEM (Field Effect Mode)
- (5) Battery Miniature lithium battery SB-T11 (CR2016), 1 piece
- (6) Battery life Approx. 4 years
- (7) Battery life indicator
- (8) IC (Integrated Circuit) Oscillator, frequency divider and driving circuits (C-MOS-LSI), 1 piece

* The specifications are subject to change without prior notice, for product improvement.

■ TROUBLESHOOTING

Problem	Possible cause	Solution
The watch has stopped operating. The display remains blank.	• The battery has run down.	• Have the battery replaced with a new one immediately by the retailer from whom the watch was purchased.
The watch temporarily gains/loses time.	• The watch has been left in extremely high or low temperatures for a long time. • You dropped the watch, hit it against a hard surface or wore it while playing active sports. The watch was exposed to strong vibrations.	• This condition will be corrected when the watch temperature returns to normal. Set the correct time before use. • Set the correct time again. If the abnormal condition persists, consult the retailer from whom the watch was purchased.
All the segments of the display start flashing.	• It indicates that the battery is nearing its end.	• Have the battery replaced with a new one as soon as possible by the retailer from whom the watch was purchased.
Blur on the watch glass persists.	• Water has entered inside the watch due to a deteriorated gasket or for any other reason.	• Consult the retailer from whom the watch was purchased.

* For solutions for troubles other than the above, contact the retailer from whom the watch was purchased.

■ ELECTROLUMINESCENCE PANEL (ILLUMINATING LIGHT)

The brightness of the electroluminescence (EL) panel used for the illuminating light will decrease as the battery voltage becomes lower. It will also decrease gradually with use.

- * The brightness of the EL panel will decrease by half after a total of approximately 120 hours of lighting. If the illuminating light becomes too dark while in use, first replace the battery with a new one. If it is still too dark after battery replacement, replace the EL panel with a new one. Consult the retailer from whom the watch was purchased for panel replacement. A fee will be charged for replacement.

■ LIQUID CRYSTAL PANEL

The normal life expectancy for the liquid panel of the watch is approximately 7 years. After that, it may decrease in contrast, becoming difficult to read. Consult the retailer from whom the watch was purchased for replacement of the liquid crystal panel. A fee will be charged for replacement.

■ REPLACEMENT PARTS

- SEIKO makes it a policy to keep a stock of replacement parts for this watch for 7 years. Replacement parts are those which are essential to maintaining the functional integrity of the watch.
- Please note that if original parts are not available, they may be replaced with substitutes whose outward appearance may differ from the originals.

■ NECESSARY PROCEDURE AFTER BATTERY CHANGE (RESETTING BUILT-IN IC)

- After the battery is replaced with a new one, or when an abnormal display such as broken digits appears, follow the procedure below. The built-in IC will be reset and the watch will resume normal operation.

[How to reset the built-in IC]

Keep buttons **A**, **B**, **C** and **D** pressed at the same time for 2 to 3 seconds. The display will become blank, and the watch indicates "Tuesday, January 1, AM 12:00 00" as the buttons are released.

Before using the watch, set it in the following order:

- ① Time/calendar setting
- ② Alarm setting



■ TO PRESERVE THE QUALITY OF YOUR WATCH

● Handling Precautions

⚠ WARNING

- Immediately stop wearing the watch in the following cases.
 - If the watch body or band becomes edged by corrosion, etc.
 - If any pin of the band is protruding outside.
 - * Immediately consult the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER.
- Keep the watch and accessories out of the reach of babies and children. Care should be taken to prevent a baby or a child accidentally swallowing the battery or accessories. If such should happen, however, 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 a watch retailer for replacement of the battery. Do not attempt to charge the battery, as this may cause battery explosion, heat generation, battery leakage, or damage to the battery.
- Do not use the watch for scuba diving or saturation diving. It has not undergone various tightened inspections simulating harsh environment, which are usually required for watches for scuba diving or saturation diving. For such diving, use a diver's watch specially designed for diving.

⚠ CAUTION

- Avoid wearing or storing the watch in the following places.
 - Places where volatile agents (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 of high humidity
 - Places affected by strong magnetism or static electricity
 - Dusty places
 - Places affected by strong vibrations
 - * For watches using a battery, do not leave an old one inside for a long time as it may cause battery leakage.
- 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.
- Do not pour running water on the watch directly from a faucet. The water pressure of tap water from a faucet is high and may degrade the water resistant performance of the watch even if it is water resistant for everyday life use.
- Do not turn the crown or press any button when the watch is wet. Water may get inside of it.
 - * If the inner surface of the watch glass is clouded with condensation or water droplets and such condition persists 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 sticking to the watch for a long time. Even if it is water resistant, its water resistant performance may be degraded due to deterioration of the adhesive on the glass or the gasket, or the development of rust on the stainless steel.
- Do not wear the watch while taking a bath or a sauna. Steam, soap or some components of hot spring may accelerate the deterioration of water resistant performance of the watch.
- Other cautions
 - Replacement of the metal band requires professional knowledge and skill. Please ask the retailer from whom the watch was purchased for replacement of the metal band, as there is a risk of hand or finger injury and a fear of lost parts.
 - * Length adjustment service for metallic bands is available at the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER. Please note that he other retailers may provide such service on a chargeable basis, or may not provide it.
 - Do not disassemble or tamper with the watch.
 - 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.
 - When disposing of an old battery, follow the instructions of your local authorities.
 - If your watch is of a fob or pendant type, the strap or chain attached to it may damage your clothes, or injure the hand, neck, or other parts of your body.

● Daily Care

- The watch requires good daily care.
 - Wipe away moisture, sweat or dirt with a soft cloth.
 - After soaking the watch in seawater, be sure to wash the watch in clean pure water and wipe it dry carefully.
 - * If your watch is rated as "non-water resistant" or "water resistant for everyday life," do not wash the watch.

● Water Resistance

Refer to the table below for the description of each degree of water resistant performance of your watch before use.

Indication on the case back	Water resistant performance	Condition 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. ⚠ Not suitable for swimming.
WATER RESISTANT 5 BAR	Water resistance for everyday life at 5 barometric pressure	The watch is suitable for sports such as swimming.
WATER RESISTANT 10 (20) BAR	Water resistance for everyday life at 10 (20) barometric pressure	The watch is suitable for diving not using an air cylinder.

● Band

The band touches the skin directly and becomes dirty with sweat or dust. Therefore, lack of care may accelerate deterioration of the band or cause skin irritation or stain on the sleeve edge. The band requires regular care for longer use.

Metallic band

- Moisture, sweat or soil will cause rust even on a stainless steel band if they are left unremoved for a long time.
- Lack of care may cause skin irritation, or a yellowish or gold stain on the lower sleeve edge of your shirts.
- Wipe off moisture, sweat or soil with a soft cloth as early 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.)
- Some titan bracelets use stainless steel pins due to their excellent strength, and rust may form on those stainless steel parts.
- If the rust worsens, the pins may poke out from the bracelet or drop out, causing the watch case to fall off from the bracelet, or the clasp to be unable to open.
- If any pin is poking out, personal injury may result. In such a case, refrain from using the watch and request repair.

Leather band

- Leather band is susceptible to discoloration and deterioration from moisture, sweat and direct sunlight.
- Wipe off moisture and sweat as early as possible by gently blotting them up with a dry cloth.
- Do not expose the watch with leather band to direct sunlight for a long time.
- When wearing a watch with light-colored band, take good care not to get it soiled.
- Refrain from wearing watch with a leather band other than Aqua Free band while bathing, swimming, and doing washing or kitchen work even if the watch itself is equipped with water resistance for everyday life enforced to withstand 10 or 20 barometric pressure.

Polyurethane band

- Polyurethane band is susceptible to discoloration from light, and may be deteriorated by solvent or atmospheric humidity.
- Among others, translucent, white and pale color bands easily adsorb other colors, resulting in discoloration.
- When the band gets soiled, wash out soil in water and clean it off with a dry cloth. (Protect the watch body from water splashes by wrapping it up in plastic wrap etc.)
- When the band has lost elasticity, replace it with a new one. If such band is used continuously, it may be cracked, causing it to break.

Notes on skin irritation and allergy

Skin irritation from use of band is caused by various reasons such as allergy to metal or leather, or skin reaction against soil on the band or rubbing with the band.

Notes on the length of the band

Adjust the band length to allow a little clearance with your wrist, so that a finger can be inserted between the band and your wrist when the watch is worn.

● 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 digital display may go out due to liquid leakage. 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 "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.