



HELM

WATCHES

INSTRUCTION MANUAL



T I M E F O R L I F E[®]



THANK YOU FOR YOUR PURCHASE.

We hope you enjoy your HELM watch, and that it provides years of dependable service!

To familiarize yourself with your watch and its operation, please read this manual carefully and hold onto it for future reference.

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FEATURES

- Water Resistant (see dial or caseback for depth rating)
- DIVER'S models tested in accordance with ISO 6425:2018
- Screw-down Crown

WINDING YOUR WATCH

Your watch is powered by a mechanical movement that is wound automatically while you wear it, and can also be wound manually using the crown.

When fully wound, the movement will operate for more than 40 hours. If the watch is not regularly worn or wound, it will eventually stop.

To start your watch, swing it from side to side for 15-30 seconds (see Figure 1) and then put it on and wear it to continue winding it.

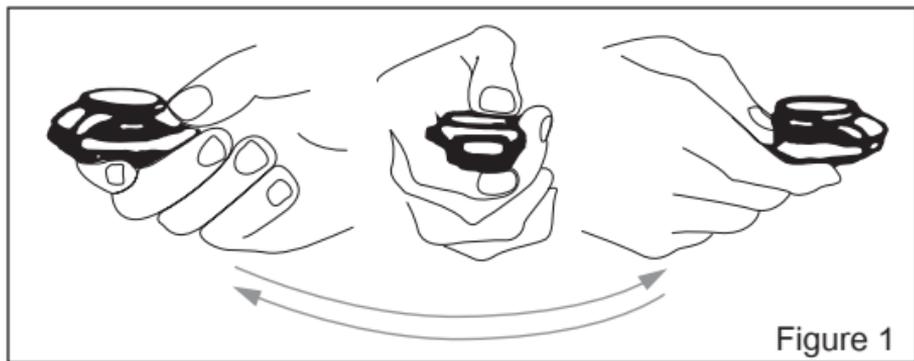


Figure 1

To wind the movement manually, unscrew the crown by turning it counterclockwise (see Figure 2). Then turn the crown in a clockwise direction to wind the watch. Approximately 50-70 turns will fully wind the watch.

If the watch is only worn for a few hours each day, it will frequently be less than fully wound, which may affect its accuracy. The best way to avoid this is to wear the watch for at least 8 hours each day or manually wind it each day.

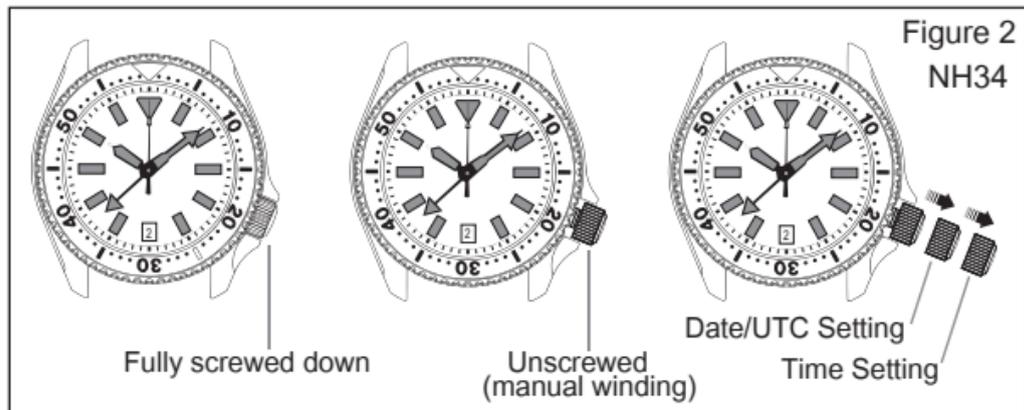
SETTING THE TIME & DATE

- If the watch has stopped, first wind it (swing it from side to side for 15-30 seconds or wind it manually with the crown) before setting the time.
- On day/date watches, the day/date changes every 24 hours between 10:00 p.m. and 3:00 a.m.
- Manually changing the day/date between these hours may prevent the day/date from changing correctly on the following day.
- You'll need to manually adjust the date at the end of any month with fewer than 31 days.

1. Unscrew the crown fully by turning it counterclockwise. As the second hand passes 12 o'clock, pull the crown out to the time setting position (see Figure 2) to stop the second hand.
2. Turn the crown clockwise to advance the hour hand past 12 o'clock. If the date changes when the hour hand passes 12 o'clock, the time is 12:00 a.m. If the date does not change, the time is 12:00 p.m.
3. After confirming the time mode (a.m. or p.m.), advance the hands to the correct time and push the crown all the way back in to start the watch.
4. To set the date and UTC time, pull the crown out to

the date/UTC setting position (see Figure 2). Turn the crown counterclockwise to advance the date and clockwise to advance the UTC hand.

6. Push the crown back in and screw it down fully by turning it clockwise while pushing it in toward the watch case.

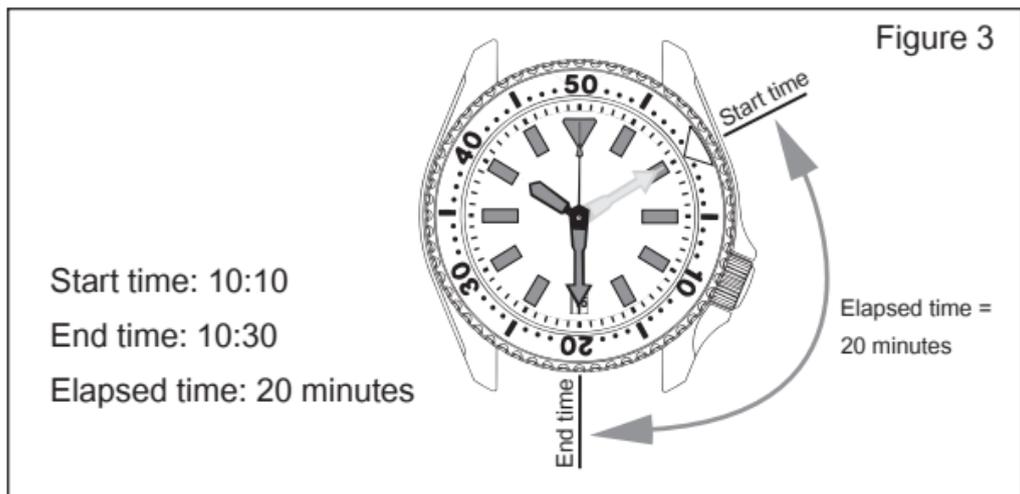


USING THE BEZEL

If your watch has a rotating elapsed time bezel, its primary purpose is to measure elapsed time while diving, but it can be used in many other situations as well.

The bezel only rotates in a counterclockwise direction as a safety precaution while diving. This way, if it's accidentally moved after being set, the indicated elapsed time will never be less than the actual elapsed time.

1. Turn the bezel until the starting mark is aligned with the minute hand (see Figure 3).
2. As the minute hand moves, the elapsed time can be read using the markings on the bezel.



OTHER USES:

1. To measure elapsed hours, align the starting mark with the hour hand.
2. To use the bezel as a countdown timer, align the appropriate starting mark with the minute or hour hand.
To begin a 20-minute countdown, for example, align the 40-minute mark with the minute hand.
3. If your watch is fitted with a different bezel (12-hour, 24-hour, countdown, compass, etc.) the purpose is different, but the basic operation is the same.

PRECAUTIONS

If you intend to use your watch in the water or while diving, please observe the following precautions.

BEFORE DIVING

1. This watch should not be used for diving at a depth greater than that indicated on the dial, or for mixed-gas or saturation diving.
2. Ensure that:
 - The watch is operating normally.
 - The crown is fully screwed down.
 - There are no visible cracks in the crystal or dents in the case.

- The watch strap or bracelet is securely attached to the watch case and is free of cuts, tears, cracks or other signs of wear.
- The strap buckle or bracelet clasp keeps the strap or bracelet firmly secured to the wrist.
- The bezel turns smoothly and only in a counterclockwise direction.
- The time is set correctly.
- The watch has been sufficiently exposed to light to ensure the luminescent markings will be visible while diving.

WHILE DIVING

1. Do not unscrew or operate the crown while the watch is submerged, as this may allow water intrusion.
2. Avoid hitting the watch against hard objects such as rocks or diving equipment.

AFTER DIVING

1. After ensuring the crown is fully screwed down, thoroughly rinse the watch in freshwater to remove salt, mineral deposits and sand.

CARING FOR YOUR WATCH

1. **Always ensure the crown** is fully screwed down before getting the watch wet or submerging it. Failure to do so may allow water intrusion.
2. **Do not over-tighten the crown.** While you *should* ensure the crown is fully screwed down before getting the watch wet, *over-tightening* the crown will not increase water resistance. Instead, it may damage the crown or stem tube threads. Screw down the crown until it is snug, but not beyond that point.

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3. **Regularly wearing your watch** in the shower, tub, hot tub or sauna is not advisable. Your watch has been designed and tested to withstand thermal shock and submersion to considerable depths. It is not intended, however, for frequent or extended exposure to hot water, steam or soap—all of which can increase the risk of water intrusion. Soap is a surfactant, designed to reduce the surface tension of water, which allows it to get underneath dirt and carry it away. The same principle can allow water to seep past the seals which keep your watch watertight, particularly as these seals age.

Will your watch leak if you shower with it now and then? Most likely, no. But over time, repeated exposure to hot water, soap and steam will accelerate the aging of the seals which, at the very least, will require more frequent seal replacement and, in the worst case, may allow water intrusion.

4. **Water resistance is not permanent.** Your watch's primary barrier against water intrusion is formed by a seal around the crystal and O-ring gaskets behind the crown and caseback. As these seals age, they can dry out, shrink or crack, allowing potential water intrusion.

For this reason, the seals should be inspected regularly and replaced periodically. Keep in mind that certain factors—such as frequent exposure to salt water, chlorine, soap, hot water or chemicals—can accelerate this aging process. If you dive or swim regularly with your watch, the seals should be inspected annually (via pressure test) and replaced as necessary. If you only swim occasionally with your watch, inspecting/replacing the seals every two to four years is sufficient.

5. **To protect your watch** from damage, avoid the following:

- **Magnetic Fields:** Your watch has been tested to withstand exposure to a 4,800 A/m magnetic field

without a significant change in accuracy. Exposure to stronger magnetic fields, however, can adversely affect your watch's accuracy. Therefore, avoid close contact with objects that generate a magnetic field.

■ **Chemicals:** Be careful not to expose the watch to solvents, detergents, adhesives, paints or other chemicals which could damage or discolor the watch case, strap or bracelet.

■ **Excessive Shock & Vibration:** Your watch has been tested to withstand the shock equivalent to a 1 meter drop on a wooden floor, without a significant change in accuracy. However, repeated exposure to shock or excessive vibration could adversely affect your watch's accuracy or otherwise damage it.

6. **The luminescent pigment** used on the dial, hands and bezel of this watch emits no radiation and is non-toxic. After exposure to natural or artificial light, the luminescent markings will emit light (glow) for several hours, gradually diminishing in brightness during that time.

The initial brightness and the duration of the light emission (how bright and how long it glows) depend on the brightness and duration of the "charge"—that is, the brightness of the light source and the amount of time the watch is exposed to that light source.

Exposure to bright sunlight for several minutes will produce a bright glow that will gradually diminish, but remain visible throughout the night. Exposure to a low lux artificial light source for the same amount of time will result in a much dimmer initial glow that will fade more quickly.

If you are diving with your watch, remember to expose it to sufficient light before entering the water to ensure maximum visibility under water.

SPECIFICATIONS

Vibrations per hour.....	21,600 (6 per second)
Winding Mechanism.....	Automatic and Manual
Jewels.....	24 Jewels
Magnetic Resistance.....	4,800 A/m (60 gauss)
Power Reserve.....	40 Hours
Accuracy.....	-20 ~ +40 Seconds/Day or better

Crown Function: NH34

Position	Clockwise	Counterclockwise
Screwed Down	—	—
Unscrewed	Manual Winding	—
First-Click	UTC Setting	Date Setting
Second-Click	Time Setting	Time Setting

INTERNATIONAL WARRANTY

HELM Watches warrants that if your watch proves to be defective in material or workmanship within one year of purchase from an authorized HELM retailer, we will (at our sole discretion) repair or replace your watch without charge to you, subject to the following conditions:

1. The damage or malfunction is the result, in our sole opinion, of a defect in material or workmanship and not the result of an accident or owner negligence.
2. The International Warranty Card included with your watch at the time of purchase is submitted with the watch when presented for a warranty claim.
3. Shipping costs incurred in the process of presenting the watch for a warranty claim are the watch owner's responsibility. For more details, visit: www.helmwatches.com/warranty--repair.



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