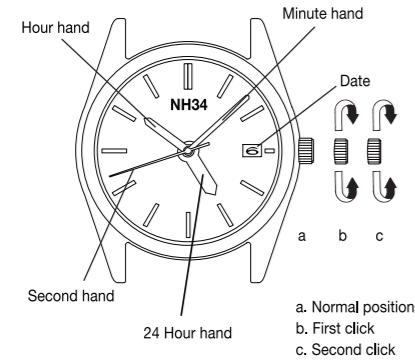


Features

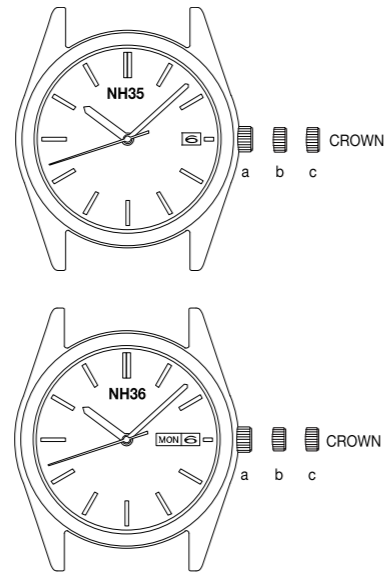
ALBA NH SERIES AUTOMATIC

- TIME / CALENDAR
 - Hour, minute and second hands
 - 24 Hour hand (only for NH34)
 - Date
 - Day (only for NH36)

Names of the parts



Display and crown

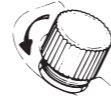


Screw down crown

[for models with screw down crown]

Unlocking the crown

- 1 Turn crown counterclockwise until you no longer feel the threads turning.
- 2 Now the crown can be pulled out.



Locking the crown

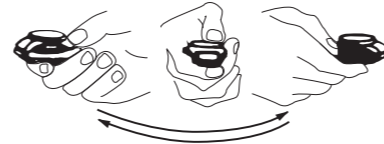
- 1 Push crown back in to normal position.
- 2 Turn crown clockwise while pressing it lightly until tight.



How to start the watch

This is an automatic mechanical watch.

- To initially start your watch; Swing it from side to side in a horizontal arc for about 30 seconds.
- If the watch is worn on the wrist, the mainspring will be wound automatically through normal wrist movement.
- If the watch is used without being wound up sufficiently, gain or loss of time may result. To avoid this, wear the watch for more than 8 hours a day.



To wind up the mainspring

- 1 Manual winding (rotate the crown clockwise at normal position)
 - Fully wound up by turning the crown minimum 55 times, it will start to move naturally after shaking slightly.
- 2 To wind up with winding machine.
 - Full wind up conditions (reference information)
 - Rotary speed : 30 rpm
 - Operating time : 60 minutes

Time / calendar setting

A How to set the date / day

- 1 Pull out the crown to the first click
- 2 Turn the crown clockwise until the previous day/date appears .
- 3 Turn the crown counterclockwise for 24 hour hand setting. (Cal.NH34 only)
- 4 Turn the crown counterclockwise until the previous day of the week appears. (Cal.NH36 only)
- 5 Push the crown back into the normal position.

B How to set the time

- 1 Pull out the crown to the second click.
- 2 Turn the crown to advance the hands until the date and day change to the next. When they have changed, the time is set for the A.M. period. Keep advancing the hands to the correct time.
- 3 Push back the crown to the normal position.

NOTES:

- Turn the hands past the 12 o'clock marker to determine whether the watch is set for the A.M. or P. M. period. If the calendar changes when the hour hand passes the 12 o'clock marker, the time is set for A.M. If the calendar does not change, the time is set for P.M.
- When setting the hands, first set them to a few minutes earlier than the correct time, and then advance them to the exact time.
- It is necessary to adjust the date at the end of February and 30-day months.

To preserve the quality of your watch

WATER RESISTANCE

• Non-water resistant

If "WATER RESISTANT" is not inscribed on the case back, your watch is not water resistant, and care should be taken not to get it wet as water may damage the movement. If the watch becomes wet, we suggest that you have it checked by an AUTHORIZED ALBA DEALER or SERVICE CENTRE.

• Water resistance (3 bar)

If "WATER RESISTANT" is inscribed on the case back, your watch is designed and manufactured to withstand up to 3 bar, such as accidental contact with splashes of watch or rain, but it is not designed for swimming or diving.

• Water resistance (5 bar)*

If "WATER RESISTANT 5 BAR" is inscribed on the case back, your watch is designed and manufactured to withstand up to 5 bar and is suitable for

• Water resistance (10 bar/15 bar/20 bar)*

If "WATER RESISTANT 10 BAR", "WATER RESISTANT 15 BAR" or "WATER RESISTANT 20 BAR" is inscribed on the case back, your watch is designed and manufactured to withstand up to 10 bar/15 bar/20 bar and is suitable for taking a bath, shallow diving, but not for scuba diving. We recommend that you wear a ALBA Diver's watch for scuba diving.

* Before using the water resistance 5, 10, 15 or 20 bar watch in water, be sure the crown is pushed in completely. Do not operate the crown when the watch is wet or in water. If used in sea water, rinse the water in fresh water and dry it completely.

* When taking a shower with the water resistance 5 bar watch, or taking a bath with the water resistance 10, 15 or 20 bar watch, be sure to observe the following:

- Do not operate the crown when the watch is wet with soapy water or shampoo.

NOTE :

Pressure in bar is a test pressure and should not be considered as corresponding to actual diving depth since swimming movement tends to increase the pressure at a given depth. Care should also be taken on diving into water.

TEMPERATURES

Your watch works with stable accuracy within a temperature range of 5° C and 35° C (41° F and 95° F). Temperatures over 50° C (122° F) may cause battery leakage or shorten the battery life. Do not leave your watch in very low temperatures below -5° C (+23° F) for a long time since the cold may cause a slight time loss or gain. However, the above conditions will be corrected when the watch returns to normal temperature.

CARE OF CASE AND BRACELET

To prevent possible rusting of the case and bracelet caused by dust, moisture and perspiration, wipe them periodically with a soft dry cloth.

MAGNETISM

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

PERIODIC CHECK

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

SHOCKS

Light activities will not affect your watch, but be careful not to drop your watch or hit it against hard surfaces, as this may cause damage.

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.

PRECAUTION REGARDING CASE BACK PROTECTIVE FILM

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

ALBA

INSTRUCTION BOOKLET

MECHANICAL WATCH (NH Series)

NAENH3XX