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Vibra LITE 8 “Quick Reference” User Guide

To SET any watch time, calendar or timer, the DIGIT(S) that you want to set MUST BE FLASHING.

Digits will stop flashing if no buttons are pushed within approximately 3 minutes.

SETTING TIME(S) & CALENDAR

Time of Day (Time Zone 1) must be set correctly as the Alarms will work based on this time.

- * Push MODE Button to rotate to CALENDAR/CLOCK MODE.
- * Push and Hold LAP/RESET Button. HOLD TO SET will show on display. Hold for 3 seconds. T-ZONE 1 will show and  will be flashing.
- * Push MODE Button, Hour digit(s) will be flashing.
- * Push START/STOP Button to rotate to the correct Hour. (use AM and PM icon when using 12 hour clock)
- * Push MODE Button to change to minutes flashing.
- * Push START/STOP Button to rotate to correct minute.
- * Using the MODE Button and START/STOP Buttons as above, continue setting seconds, date (day of week, month, day of month) 12Hour or 24 Hour Clock, and DATE viewing order. T-ZONE 1 will show with  flashing.
- * While flashing is still on display, you can proceed to set T-ZONE 2 (or T-ZONE 3) by pushing START/STOP Button to enter T-ZONE 2 (or 3). Continue to set the desired time as you did for T-ZONE 1 by using the MODE Button for changing to hours, minutes, seconds and date and pushing START/STOP Button to rotate to the desired digit.
- * Push LAP/RESET Button when correct time(s) is entered. Note: If Time Zone 1 is set for 12 hour clock, Zone 2 & 3 must be in 12 hour clock. If Time Zone 1 is set for 24 hour clock, Zone 2 & 3 must be in 24 hour clock.



SETTING ALARM(S)

- * Push MODE Button to rotate to ALARM MODE. ALARM 1 will then show on display.
- * Push & Hold LAP/RESET Button HOLD TO SET will show on display. Hold for 3 seconds Hour digit(s) will be flashing.
- * Push START/STOP Button to rotate to the correct Hour. (use AM and PM icon when using 12 hour clock)
- * Push MODE Button to change to Minutes and START/STOP Button to rotate to the correct Minute.
- * Push LAP/RESET Button when correct time is entered.
- * Continue to set additional alarms by pushing LAP/RESET Button to rotate ALARM 2 thru ALARM 8.
- * When in each desired alarm, push and hold LAP/RESET Button until Hour Digits Flash.
- * Push START/STOP Button to rotate to the desired hour.
- * Push the MODE Button to change from hours to minutes and push the START/STOP Button to rotate to the desired minutes.



To set or change any Alarm,

- * Push & Hold LAP/RESET Button while in that alarm. HOLD TO SET will be displayed and Hour Digit(s) will flash.

To turn OFF any Alarm,

- * Push LAP/RESET Button to rotate to the number of the Alarm you want to turn Off.
- * Push START/STOP Button. ALARM will show OFF on display.
- * To turn Alarm ON again, push START/STOP Button and Alarm Time previously set will show. Note: When Alarm is ON, Alarm time shows on display. When Alarm is turned OFF, display will show OFF for that Alarm.



HOW TO USE CHRONO/STOPWATCH

- * Push MODE Button to rotate to CHRONO MODE.
- * Push START/STOP Button to start or to stop the counting.
- * To reset to zero while running, push START/STOP Button and then push LAP/RESET Button.
- * To reset to zero when stopped, push LAP/RESET Button.



SETTING TIMER FOR COUNTDOWN

- * Push MODE Button to rotate to TIMER MODE.
- * Push and Hold LAP/RESET Button.
HOLD TO SET will show on display.
Hold for 3 seconds, Hour digit(s) will flash.
- * Push START/STOP Button to rotate to the desired Hour.
- * Push MODE Button to change to Minutes and START/STOP Button to rotate to the desired Minutes.
- * Push MODE Button to change to Seconds and START/STOP Button to rotate to the desired seconds.
- * While digits are still flashing,
Push MODE Button again. REPEAT will show on display.
- * Push START/STOP Button to select REPEAT ON or REPEAT OFF.
(REPEAT ON setting will have the countdown time repeat automatically every time it reaches zero.)
- * Push MODE Button again. REMIND will show on display.
- * Push START/STOP Button to select REMIND ON or REMIND OFF.
(REMIND ON setting will have a one second reminder at 5 minutes and 10 minutes before zero.)
- * Push LAP/RESET Button when desired time and settings are entered.
- * To start or stop countdown, Push START/STOP Button while in TIMER MODE.



To reset countdown for the original time

(while countdown is running or when countdown has been stopped).

- * Push and Hold the LAP/RESET Button.
HOLD TO RST will show on display.



Hold for 3 seconds,
Original Countdown Time set will reset.

OPTION MODE:

FOR SETTING VIBRATION, SOUND AND HOURLY ALERT

- * Push MODE Button to rotate to OPTION MODE.
Wait 3 seconds.
VIBRA (for vibration) will show on the display.
- * Push START/STOP Button to select VIBRA OFF or VIBRA ON.
- * Push LAP/RESET Button.
SOUND will show on the display.
- * Push START/STOP Button to select SOUND OFF or SOUND ON.
- * Push LAP/RESET Button.
HOURLY will show on the display.
- * Push START/STOP Button to select HOURLY OFF or HOURLY ON.
(HOURLY ON setting will give a one second reminder every hour on the hour.)
- * Push MODE Button to return to the CALENDAR/CLOCK MODE.



HOW TO USE THE EL LIGHT

- * Push LIGHT Button to turn on the LIGHT.
Light will stay on for approx 3 seconds if no other button is pushed.
Light will continue to stay on while any other button is pushed within 3 seconds.

To use the Auto On Light Feature

- (turns on by tilting your wrist)
- * While in the CALENDAR/CLOCK MODE.
Push and Hold LIGHT Button for 5 seconds.

**Refer to Owner's Manual for more Detail,
Service and Warranty Information.**