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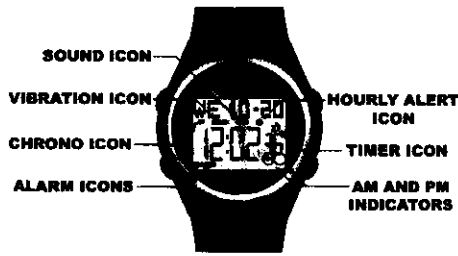
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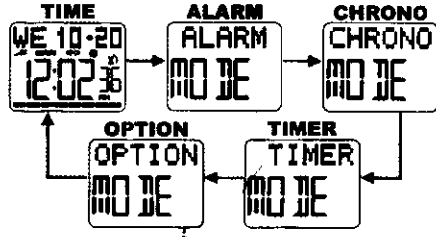


VibraLITE 8

DISPLAY ICONS:



OPERATING MODES:



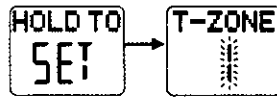
*** Use the MODE button to rotate through the modes.

TIME MODE:

- 3 Time Zone Settings
- 12-hour (AM/PM) or 24-hour Clock Option
- Date Format Option - Select Month/Day or Day/Month

Setting the TIME and DATE:

- 1) In the TIME mode, press and hold the SET/RESET button until "T-ZONE" (time zone) "1" appears on the display. The number "1" will be flashing.



- 2) Use the START/STOP button to select the time zone you would like to set. Time zone "1" should be set to your current local time as all programmed alarms will activate based on this time zone. Time zone "2" and "3" should only be used to keep track of the time in different time zones.
- 3) Press the MODE button once to advance to the hour. The hour digit(s) will be flashing.
- 4) Use the START/STOP button to set the hour. When using the 12-hour clock option "AM" or "PM" will be displayed directly under the seconds on the bottom right portion of the screen.
- 5) Press the MODE button once to advance to the minutes. The minute digits will be flashing.
- 6) Use the START/STOP button to set the minutes.
- 7) Press the MODE button once to advance to the seconds. The second digits will be flashing.
- 8) Use the START/STOP button to reset the seconds to "00" (optional).
- 9) Press the MODE button once to advance to the day of the week. The day of the week letters will be flashing.
- 10) Use the START/STOP button to set the day of the week ("MO" = Monday, "TU" = Tuesday, "WE" =

Wednesday, "TH" = Thursday, "FR" = Friday, "SA" = Saturday, "SU" = Sunday).

- 11) Press the MODE button once to advance to the month. The month digit(s) will be flashing.
- 12) Use the START/STOP button to set the numerical month.
- 13) Press the MODE button once to advance to the day of the month. The day of the month digits will be flashing.
- 14) Use the START/STOP button to set the day of the month.
- 15) Press the MODE button once to advance to the "12-HR" (12-hour) or "24-HR" (24-hour) clock option. The number "12" will be flashing.



- 16) Use the START/STOP button to select "12-HR" (12-hour) or "24-HR" (24-hour) clock. This selection will be automatically applied to all 3 time zones.
- 17) Press the MODE button once to advance to the date format option. The date format ("MM-DD") will be flashing ("MM" = month, "DD" = day of the month).



- 18) Use the START/STOP button to select the date format ("MM-DD" or "DD-MM"). This selection will be automatically applied to all 3 time zones.
- 19) Press the MODE button once to return to the "T-ZONE" (time zone) selection screen. To continue setting additional time zones repeat steps 2 through 19.
- 20) When complete, press the SET/RESET button once to save your settings.

Viewing TIME ZONE 2 or 3:

- 1) In the TIME mode, press the START/STOP button once to view "T2" (time zone 2). Time zone 2 will be displayed for 3 seconds.
- 2) Press the START/STOP button again (within 3 seconds) to view "T3" (time zone 3). Time zone 3 will be displayed for 3 seconds. After 3 seconds, the display will automatically return to the time zone 1 screen.

ALARM MODE:

- 8 Daily Alarms.
- Alarms can be turned on/off as needed.
- 20 second alarm duration (can be cut short by pressing any button).

Setting the ALARMS:

- 1) Use the MODE button to advance to the ALARM MODE.



- Use the SET/RESET button to select the alarm ("ALARM 1" - "ALARM 8") you would like to set.



- Press and hold the SET/RESET button until the hour digit(s) start flashing.
- Use the START/STOP button to set the hour. When using the 12-hour clock option "AM" or "PM" will be displayed on the bottom right portion of the screen.
- Press the MODE button once to advance to the minutes. The minute digits will be flashing.
- Use the START/STOP button to set the minutes.
- Press the SET/RESET button once to save your settings. After saving your settings, the alarm will be turned on and the corresponding alarm icon will be displayed on the bottom of the screen.



To continue setting additional alarms repeat steps 2 through 7.

*** After setting your alarms, proceed to the OPTION MODE section to turn on vibration/sound.

Viewing ALARM settings:

- Use the MODE button to advance to the ALARM MODE.



- Use the SET/RESET button to rotate through each of the current alarm ("ALARM 1" - "ALARM 8") settings. When the alarm is turned on, the alarm time will be displayed. When the alarm is turned off, the word "OFF" will be displayed.

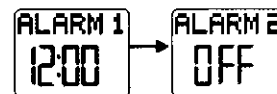


Turning ALARMS on/off:

- Use the MODE button to advance to the ALARM MODE.



- Use the SET/RESET button to select the alarm ("ALARM 1" - "ALARM 8") you would like to turn on/off.



- Use the START/STOP button to turn the alarm on/off. When the alarm is turned on, the alarm time will be displayed. When the alarm is turned off, the word "OFF" will be displayed.

CHRONO (STOPWATCH) MODE:

- Stopwatch timing up to 23 hours, 59 minutes and 59.99 seconds.

Starting/Stopping the STOPWATCH:

- Use the MODE button to advance to the CHRONO MODE.



- Press the START/STOP button once to start timing. The CHRONO (sprinter) icon displayed on the left side of the screen will be flashing.



- Press the START/STOP button again to stop timing. The time will be paused until the stopwatch is restarted (START/STOP) or reset to zero (SET/RESET).

Split Timing with STOPWATCH:

- While timing, press the SET/RESET button once to stop and read the elapsed time on the display. The CHRONO (sprinter) icon displayed on the left side of the screen will continue flashing indicating that the stopwatch is still running to record the total elapsed time off screen.
- Press the SET/RESET button again to resume display of the total time.

Resetting the STOPWATCH:

- While stopped, press the SET/RESET button once to reset the stopwatch to zero.



TIMER MODE:

- Timer can be set for any amount of time up to 23 hours, 59 minutes and 59 seconds.
- 5 second alarm duration (can be cut short by pressing any button). When the timer is set for less than 30 seconds the alarm duration changes to 1 second.
- REPEAT option provides continuous, even interval timer alarms. Repetitions are counted and displayed up to 99, then reset to zero.