

LE FORBAN



USER GUIDE

You are now the owner of a Le Forban Sécurité Mer watch and we thank you for your purchase.

These instructions will help you to fully enjoy your new automatic watch.



Never forget to **completely screw down the crown** after setting the time or the date in order to maintain the watch's water resistance. Push the crown towards the case, then, while maintaining pressure, screw it in a clockwise direction.

After any contact with salt water it is advisable to rinse your watch in clear water and dry it with a soft cloth.

Our watches cannot replace professional scuba diving measuring instruments.

HAND-WINDING



Your watch is automatic and winds itself thanks to the movements of your wrist. However, it is sometimes necessary to wind it manually if you haven't used it for a while.

- Fully unscrew the crown, turning anti-clockwise.
- When the crown is fully unscrewed, turn it 20 to 30 times in a clockwise direction to wind the movement.

SETTING THE DATE AND THE TIME



- **To set the date**, unscrew the crown then pull it out one click to position ①.

Turn the crown anti-clockwise to set the date.

Avoid setting the date when the time is showing between 11:00 and 1:00, because it could damage the mechanism.

- **To set the time** unscrew the crown then pull it out two clicks to position ②.

Turn the crown to set the time.

ROTATING BEZEL



Your watch is fitted with an unidirectional diving bezel. It allows you to calculate the immersion time during scuba diving.

- The bezel is designed to only turn anti-clockwise.
- Place the mark (small triangle) on the departure time (to calculate a duration) or on the arrival time (to respect a time).