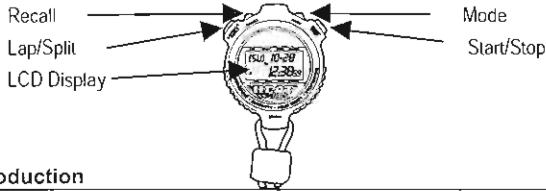


# GENERAL

## Heat Watch Patent Pending

### Description



### Introduction

Congratulations on your purchase of the GENERAL SW30HI Heat Watch. Careful use of this item will provide years of reliable service.

### Specifications

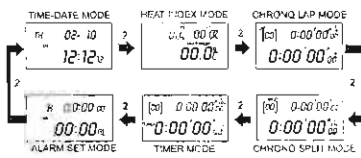
Accuracy (Watch)	±5 seconds/24 hours
Accuracy (RH)	±5% (33 to 75% RH), ±7% (1 to 32% and 76 to 99%)
Accuracy (Temp)	±3° F (1.5° C)
Temperature	14 to 122° F (-10 to 50° C)
Resolution	0.1/ 1° C or F
Update Rate	5 seconds in Heat Index Mode, 2 minutes in other modes
Heat Index	70 to 122° F (22 to 50° C)
Humidity	1 to 99% RH
Memory	30 Laps/ 30 Splits
LAP Counter	99 Laps
Battery	CR2032
Dimensions	3.1x2.6x0.8" (79x66x23mm)
Weight	3 oz. (85g) with battery

**WARNING: Sudden temperature and humidity changes (e.g. going indoors to outdoors) may cause inaccurate Temperature, Humidity and Heat Index readings for up to 45 minutes. Until readings stabilize (e.g. stop steadily increasing or decreasing), users should NOT rely on the Temperature, Humidity or Heat Index readings of this watch, or on the watches alarm function in regards to such readings. This watch is NOT a medical device and users should NEVER rely on readings for medical purposes**

### Operation

#### Mode Selection

The HW30 Heat Watch has six different operating modes. Press the MODE button to switch from one mode to another. The HW30 will remain in the Heat Index mode for two minutes and then default back to the clock mode.



#### Time Date Mode

The time date display shows current time, day of week, date and month. Also displayed are the alarm and heat index alarm indicators when they are activated.

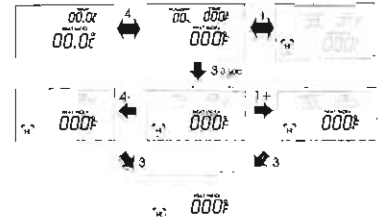
#### Time and date set

Press and hold the RECALL button for 3 seconds to set time and date. Press START to zero seconds. Press LAP to select minutes, Press START to change minutes. Press LAP to select hours, Press START to change hours. Press LAP to select minutes, Press START to change minutes. Press LAP to select year, Press START to change year. Press LAP to select month, Press START to change month. Press LAP to select date, Press START to change date. Press LAP to select 12H/24H, Press START to change. Press RECALL to exit time set mode. The HW30 will return to display mode after 30 seconds of inactivity.



### HEAT INDEX MODE

In heat index mode the HW 30 displays relative humidity and ambient temperature (in ° F or ° C). Using these two readings, the HW30 also calculates and displays the Heat Index. (Please visit our web site for more information on heat index and the effects of excessive heat on the human body.)



### SETTING UNITS OF MEASURE

From heat index mode screen Press LAP to change unit of measure (° F or ° C)

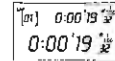
### HEAT INDEX ALARM SET

The HW30 Heat Watch has a user settable heat index alarm. The Heat Watch will emit a 20 second audible warning when the heat index reaches the level previously set by the user.

#### To set the alarm

From heat index mode screen Press and hold RECALL for 3 seconds Press START to scroll up or LAP to scroll down Press RECALL to save and exit setup mode. Or Press START if the alarm level has already been set The alarm can be stopped by pressing any of the four buttons.

### STOPWATCH LAP MODE



Before using be sure to reset stopwatch to 0.00.00.00.

The HW30 Heat Watch lap mode has advanced features that will make the timing of events or training sessions easier and more enjoyable.

#### 1. Lap Indicator

The lap indicator flashes to indicate the lap in progress up to 99 laps. When LAP is pushed, the lap indicator and lap time displays (top line of display) freeze for ten seconds before resuming and displaying next lap. Bottom display always shows cumulative time

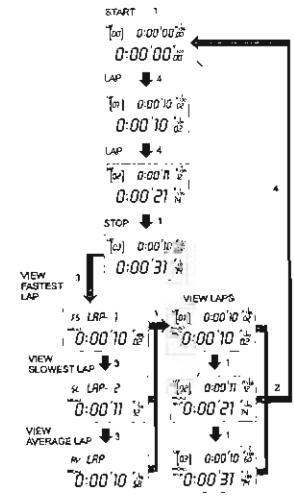
#### 2. Fastest Lap/Slowest Lap/Average Lap Recall

Once timing session is complete, press RECALL button to review fastest lap, slowest lap and average lap times. (based on 99 laps) Then press START to review individual lap times. (30 laps) Lap times are shown on top line of the display. Split times are shown on the bottom line of the display.

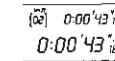
#### 3. Memory

The HW30 Heat Watch memory can store up to 30 lap (and split) times.

For detailed instructions on the operation of the lap functions, please refer to the diagram)



### STOPWATCH SPLIT MODE



Before using be sure to reset stopwatch to 0.00.00.00.

The HW30 Heat Watch split mode has advanced features that will make the timing of events or training sessions easier and more enjoyable.

#### 1. Split time indicator

When SPLIT is pushed the split indicator and split time displays (top line of display) freeze to indicate the current split time. Bottom display continues to always show cumulative time.

#### 2. Fastest Lap/Slowest Lap/Average Lap Recall

Once timing session is complete, press RECALL button to review fastest lap, slowest lap and average lap times. (based on 99 laps) Then press START to review split times. (30 splits)

Split times are shown on the bottom line of the display. Lap times are shown on top line of the display.

#### 3. Memory

The HW30 Heat Watch memory can store up to 30 split (and lap) times.

