FIG 1 FRONT

Count Up Countdown Indication Arrows

Clear

Hours OR Minutes

Minutes or Seconds

Start or Stop

FIG 2 BACK

LED Light Switch

Audible Alarm Switch

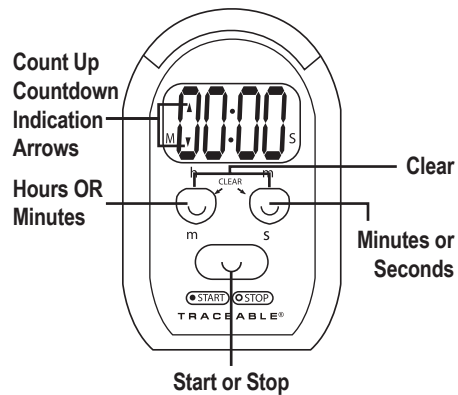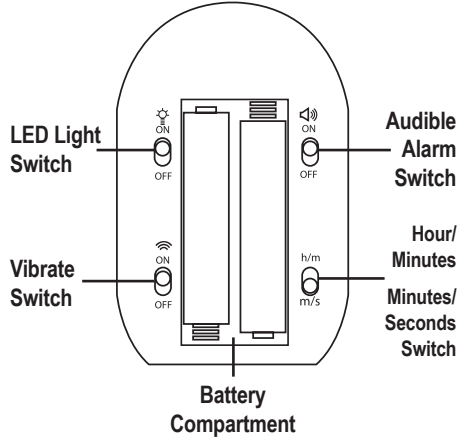Hour/ Minutes Minutes/ Seconds Switch

Vibrate Switch

Battery Compartment

TO SET COUNTDOWN TIMER

1. On back of timer, slide H/M (Hours and Minutes) or M/S (Minutes and Seconds switch to desired selection.
   Note: If Hours and Minute timing is selected the LCD will display H and M. If Minutes and Seconds timing is selected the LCD will display M and S.
2. To clear display press both H/M and M/S buttons.
3. Press H/M Button until desired countdown time in Hours (if H/M switch on back is selected) or Minutes (if M/S button on back is selected) is displayed.
4. Press M/S Button until desired countdown time in Minutes (if H/M switch on back is selected) or Seconds (if M/S button on back is selected) is displayed.
5. Press START/STOP to start countdown. To pause timing, press START/STOP to stop. Pressing START/STOP again will resume timing.
6. Timer alarm beeps for 1 minute when timing reaches 0:00:00 and digits count up and flash to show elapsed time since alarm.
7. Last countdown time memory. Press START/STOP to stop alarm and last count-down time will be recalled and show on display.
8. CLEAR, Press CLEAR to reset time to 0:00:00.

COUNT-UP TIMING / STOPWATCH

1. Reset timer to 0:00:00, press START/STOP to start count-up. Timing increments will flash on display.

1. **Note:** If Hours and Minute timing is selected the LCD will display H and M. If Minutes and Seconds timing is selected the LCD will display M and S.
2. Press START/STOP to start counting up in SECONDS.
   To pause timing, press START/STOP to stop. Pressing START/STOP again will resume timing.
3. Press CLEAR to reset digits to 0:00:00 when COUNT-UP stops.

ALARM MODE

On back of unit, locate " ☼ " switch. Slide switch to ON position to activate the LED flashing light alarm.

On back of unit, locate " 📶 " switch. Slide switch to ON position to activate the vibration alarm.

On back of unit, locate " 🔊 " switch. Slide switch to ON position to activate the BEEP audible alarm.

BATTERY REPLACEMENT

An incorrect display, no display or operational difficulties indicate that the batteries should be replaced. Slide open the battery cover on the back of the timer using the arrows as indication. Remove the exhausted batteries and insert a new AAA batteries. Replace the battery cover.

TRACEABLE® FLASHING LED VIBRATING TIMER INSTRUCTIONS