



INSTRUCTION MANUAL



## THANK YOU FOR YOUR PURCHASE.

You are now the proud owner of a HELM Watch, which will provide years of dependable service and which we hope will live a life of adventure.

To familiarize yourself with your watch's features and operation, please read this manual carefully and hold on to it for future reference.

HELM Watches ... TIME FOR LIFE®

# CONTENTS

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	Page
FEATURES.....	3
WINDING YOUR WATCH.....	4
SETTING THE TIME.....	7
USING THE ROTATING BEZEL.....	10
PRECAUTIONS.....	13
CARING FOR YOUR WATCH.....	16
SPECIFICATIONS.....	23
WARRANTY.....	24

## FEATURES

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- Tested in Accordance with ISO 6425:1996\*
- 200 - 500 Meter Water Resistance\*\*
- Unidirectional Rotating Bezel\*
- Screw-down Crown

\* "DIVER'S" models only.

\*\* Depth rating is indicated on watch dial and caseback.

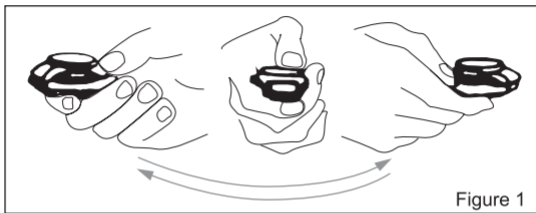
## WINDING YOUR WATCH

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**The NH38** is an automatic mechanical movement, which is wound automatically by the motion of your arm and wrist. It can also be wound manually using the crown.

**When fully wound**, the movement will operate for more than 40 hours. If the watch is not worn or wound, it will eventually stop. This will most likely be the case when you receive your watch.

**To initially start your watch**, swing it from side to side in a horizontal arc for about 30 seconds (see Figure 1). Then put it on and wear it to continue winding it.



**The movement can also** be wound manually. Unscrew the crown by turning it counterclockwise (see Figure 2). Then slowly turn the crown in a clockwise direction to wind the watch. Approximately 55 turns will fully wind the watch, though it's not necessary to fully wind it if you plan to wear it, since the motion of your arm and wrist will continue to wind the watch once you put it on.

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**If the watch is worn** for only a few hours each day, it will frequently be less than fully wound. If this is the case, you may notice a decrease in accuracy.

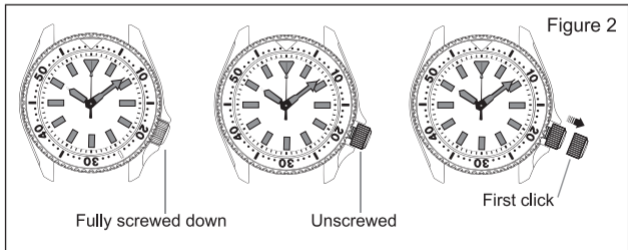
The best way to avoid this is to wear the watch for a longer period of time (at least 8 hours each day) or manually wind it each day.

## SETTING THE TIME

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1. If the watch has stopped since you wore it last, first wind it before setting the time (swing it from side to side in a horizontal arc for about 30 seconds or wind it using the crown).
2. Unscrew the crown fully by turning it counterclockwise.
3. As the second hand passes 12 o'clock, pull the crown out to the first-click position (see Figure 2) to stop the second hand.
4. Turn the crown clockwise or counterclockwise to advance the hands to the correct time and push the crown all the way back in.

6. Once the time is set, push the crown in and screw it down fully by turning it gently clockwise while pushing it in toward the case. Do not over-tighten the crown.



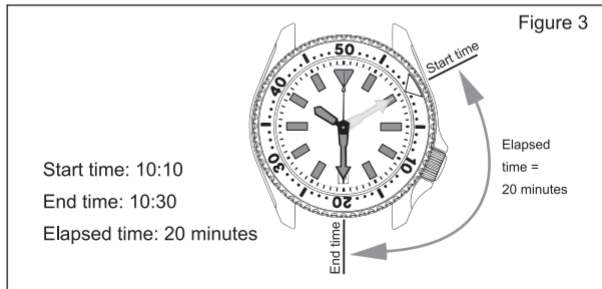
## USING THE ROTATING BEZEL

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The rotating bezel is a simple mechanism for measuring elapsed time. Although its primary function is for use while diving, it has many practical applications in other situations.

The bezel only rotates in a counterclockwise direction as a safety precaution. This way, in the event that it is inadvertently moved after being set, the indicated elapsed time will never be less than the actual elapsed time.

1. Turn the bezel until the starting mark is aligned with the minute hand (see Figure 3).
2. As the minute hand moves, the elapsed time can be read using the markings on the bezel.



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## OTHER USES:

1. To measure elapsed hours, align the starting mark with the hour hand.
2. To use the bezel as a countdown timer, align the appropriate starting mark with the minute or hour hand.  
To begin a 20-minute countdown, for example, align the 40 minute mark with the minute hand.  
To begin a 3-hour countdown, align the 45 minute mark with the hour hand.

# PRECAUTIONS

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If you intend to use your watch while diving, please observe the following precautions.

## BEFORE DIVING

1. This watch should not be used for diving at a depth greater than that indicated on the dial, or for mixed-gas or saturation diving.
2. Ensure that:
  - The watch is operating normally.
  - The crown is fully screwed down.
  - There are no visible cracks in the crystal or dents in the case.

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- The watch strap or bracelet is securely attached to the watch case and is free of cuts, tears, cracks or other signs of wear.
  - The strap buckle or bracelet clasp keeps the strap or bracelet firmly secured to the wrist.
  - The bezel turns smoothly and only in a counterclockwise direction.
  - The time is set correctly.
  - The watch has been sufficiently exposed to light to ensure the luminescent markings will be visible while diving.

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## **WHILE DIVING**

1. Do not unscrew or operate the crown while the watch is submerged, as this may allow water intrusion.
2. Avoid hitting the watch against hard objects such as rocks or diving equipment.

## **AFTER DIVING**

1. After ensuring the crown is fully screwed down, thoroughly rinse the watch in cool or warm freshwater to remove salt, mineral deposits and sand.

## CARING FOR YOUR WATCH

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1. **Always ensure the crown** is fully screwed down before getting the watch wet or submerging it. Failure to do so may allow water intrusion.
2. **Do not over-tighten the crown.** While you *should* ensure the crown is fully screwed down before getting the watch wet, *over-tightening* the crown will not increase water resistance or improve the water tight seal. Instead, it may damage the crown or stem tube threads. Screw down the crown until it is snug, but not beyond that point.

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3. **Wearing your watch in the shower**, tub, hot tub or sauna is not advised. Your watch has been designed and tested to withstand thermal shock and submersion in water at considerable depths. It has not been designed, however, for frequent or extended exposure to hot water, steam or soap—all of which can increase the risk of water intrusion. Soap is a surfactant, designed to reduce the surface tension of water, which allows it to get underneath dirt and carry it away. The same principal can allow water to seep past the seals which keep your watch watertight—particularly as these seals age.

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Will your watch leak if you shower with it now and then? Most likely, no. But over time, repeated exposure to hot water, soap and steam will accelerate the aging of the seals which, at the very least, will require more frequent seal replacement and, in the worst case, may allow water intrusion.

4. **Water resistance is not permanent.** Your watch's primary barrier against water intrusion is formed by a seal around the crystal and o-ring gaskets behind the crown and caseback. As these seals age, they can dry out, shrink or crack, allowing potential water intrusion.

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For this reason, the seals should be inspected regularly and replaced periodically. Keep in mind that certain factors—such as frequent exposure to salt water, chlorine, soap, hot water or chemicals—can accelerate this aging process. If you dive or swim regularly with your watch, the seals should be inspected annually (via pressure test) and replaced as necessary. If you only swim occasionally with your watch, inspecting/replacing the seals every two to four years is sufficient.

5. **To protect your watch** from damage, avoid the following:

- **Magnetic Fields:** Your watch has been tested to withstand exposure to a 4,800 A/m magnetic field

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without a significant change in accuracy. Exposure to stronger magnetic fields, however, can adversely affect your watch's accuracy. Therefore, avoid close contact with objects that generate a magnetic field.

- **Chemicals:** Be careful not to expose the watch to solvents, detergents, adhesives, paints or other chemicals which could damage or discolor the watch case, strap or bracelet.
- **Excessive Shock & Vibration:** Your watch has been tested to withstand the shock equivalent to a 1 meter drop on a wooden floor, without a significant change in accuracy. However, repeated exposure to shock or excessive vibration could adversely affect your watch's accuracy or otherwise damage it.

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6. **The luminescent pigment** used on the dial, hands and bezel of this watch emits no radiation and is non-toxic. After exposure to natural or artificial light, the luminescent markings will emit light (glow) for several hours, gradually diminishing in brightness during that time.

The initial brightness and the duration of the light emission (how bright and how long it glows) depend on the brightness and duration of the "charge"—that is, the brightness of the light source and the amount of time the watch is exposed to that light source.

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Exposure to bright sunlight for several minutes will produce a bright glow that will gradually diminish, but remain visible throughout the night. Exposure to a low lux artificial light source for the same amount of time will result in a much dimmer initial glow that will fade more quickly.

If you are diving with the watch, remember to expose it to sufficient light before entering the water to ensure maximum visibility under water.

## SPECIFICATIONS

Vibrations per hour.....	21,600 (6 per second)
Winding Mechanism.....	Automatic and Manual
Jewels.....	24 Jewels
Magnetic Resistance.....	4,800 A/m (60 gauss)
Power Reserve.....	40 Hours
Accuracy.....	-20 ~ +40 Seconds/Day or better
Crown Function:	

Position	Clockwise	Counterclockwise
Screwed Down	—	—
Unscrewed	Manual Winding	—
First-Click	Time Setting	Time Setting

# INTERNATIONAL WARRANTY

**HELM Watches warrants** that if your watch proves to be defective in material or workmanship within one year of purchase from an authorized HELM retailer, we will, at our sole discretion, repair or replace your watch without charge to you, subject to the following conditions:

1. The damage or malfunction is the result, in our sole opinion, of a defect in material or workmanship and not the result of an accident or owner negligence.
2. The International Warranty Card included with your watch at the time of purchase is submitted with the watch when presented for a warranty claim.
3. Shipping costs incurred in the process of presenting the watch for a warranty claim are the watch owner's responsibility.

For more details, visit [www.helmwatches.com](http://www.helmwatches.com).

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W A T C H E S

