Remove static cling label over the digital display before use.

**Battery Information**

1. This timer operates on 1 AAA (1.5V) battery.
2. Before use, remove the plastic strip under the battery compartment cover. Replace cover if needed.

*NOTE*: Please recycle or dispose of batteries per local regulations.

**WARNING**: Batteries may pose a choking hazard. As with all small items, do not let children handle batteries. If swallowed, seek medical attention immediately.

**PRECAUTION**: Do not dispose of batteries in fire. Batteries may explode or leak. Remove the battery if the scale will not be used for a long period of time.

**To Count Up:**

1. Slide the switch on the back of the timer (under stand) to the top position noted “Count Up”.
2. Press “HOUR” to set hours, “MIN” to set minutes, and “SEC” to set seconds. Hold down the buttons to advance the digits quickly. To reset, please “CLEAR”.
3. Press the “STOP/START” button on the top of the timer to start timing countdown. Press again to pause or restart the countdown.
4. When times up, the alarm sounds. The timer will begin to count up. Press “STOP/START” to stop the alarm.

**To Count Up (Stopwatch Feature):**

1. Slide the switch on the back of the timer (under stand) to the bottom position noted “Count Down”.
2. Press the “STOP/START” button on the top of the timer to count up. Press again to pause or restart the countdown.
3. Press “CLEAR” to clear out the elapsed time.

**The timer will time up or down to 23 hours, 59 minutes, 59 seconds.**

**Use & Care**

- If the display grows dim or the alarm sounds faint, replace the batteries.
- To clean, simply wipe with a damp cloth.
- Do not place on or near hot surfaces.
- Do not immerse in water. Do not wash in a dishwasher.