

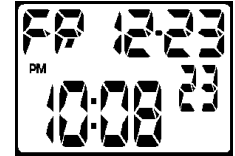
VibraLITE 12

“Quick Reference” User Guide

Note: To SET any function, the DIGIT(S) that you want to set MUST BE FLASHING. Digits will stop flashing if no buttons are pushed within 2 minutes.

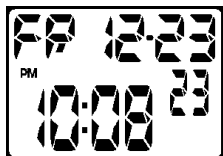
CALENDAR MODE Instructions:

- 1) Press the “MODE” button to rotate to the Calendar Mode screen.
- 2) Hold down the “SET/RST” button until “T-ZONE” is displayed at the top of the screen and “1”, “2” or “3” at the bottom of the screen is flashing.
- 3) Use the “ST/STP” button to select the time zone you want to set.
- 4) Press the “MODE” button. Hour digit(s) will be flashing.
- 5) Use “ST/STP” button to set hour. **Note:** When using 12 hour clock, note “PM” icon.
- 6) Press the “MODE” button. Minute digit(s) will be flashing.
- 7) Use the “ST/STP” button to set the minutes.
- 8) Using the “MODE” button and “ST/STP” button as above, continue setting seconds, day/date of the month, month, year, 12 or 24 Hour Clock and DATE viewing order.
- 9) Press the “SET/RST” button to save programmed information.



To Select the Time Zone to be Displayed in the Calendar Mode:

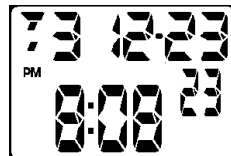
- 1) While in calendar mode, hold down “SET/RST” button until “T-Zone” is displayed at top of screen. “1”, “2” or “3” at bottom of the screen will be flashing.
- 2) Use the “ST/STP” button to select the time zone wanted displayed.
- 3) Press the “SET/RST” button to lock in the selected time zone.



Time Zone 1



Time Zone 2



Time Zone 3

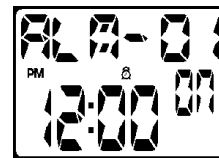
Quick Viewing of Additional Time Zones:

While in the calendar mode press the “ST/STP” button to rotate to the two time zones not displayed. The screen will automatically return to the Time Zone that was set to remain displayed.

ALARM MODE Instructions:

Note: Programmed alarm times will go off daily based on the Time Zone set to remain displayed in the calendar mode.

- 1) Press the “MODE” button until “ALARM” is displayed at the top of the screen. After approximately two seconds “ALM-01” will be displayed.



Alarm One ON

- 2) Hold down the “SET/RST” button until the number “01” flashes.
- 3) Use “ST/STP” button to select alarm you would like to set (“01”–“12”).
- 4) Press the “MODE” button. The hour digit(s) will be flashing.
- 5) Use the “ST/STP” button to set the hour.

Note: When using the 12 hour clock, note “PM” icon.

- 6) Press the “MODE” button. The minute digit(s) will be flashing.
- 7) Use the “ST/STP” button to set the minutes.
- 8) Press the “SET/RST” button to save programmed information, OR to advance to the next alarm, press the “MODE” button while the minutes are flashing and then press the “ST/STP” button. Repeat steps 4 through 8.

Turning Alarms On/Off:

- 1) Press “MODE” button until “ALARM” is displayed at top of screen.
After approximately two seconds “ALM-01” will be displayed.
- 2) Use “SET/RST” button to select alarm you would like to turn on/off.
- 3) Use “ST/STP” button to change selected alarm.



Note: To deactivate or re-activate ALL Alarms, see *OPTION Mode Programming Instructions* and select *OFF* or *ON* for *Vibration and Sound*.

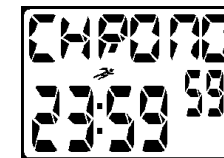
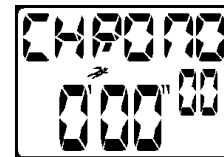
CHRONOGRAPH (STOP WATCH) Instructions:

1) Press the “MODE” button until “CHRONO” is displayed at the top of the screen and “0’00”00 is displayed at the bottom.

If a time other than “0’00”00 is displayed, press the “ST/STP” button to stop the timer if it is counting up.

When timer is stopped, press the “SET/RST” button.

2) Press the “ST/STP” to start or stop the counting up.



Chronograph Split Timing:

1) Reset the Time Display to zero (“0’00”00) as noted above.

2) Press the “ST/STP” to start counting up.

3) Pressing the “SET/RST” button will freeze the screen. The elapsed time can be recorded while the internal timer continues to count up, but is not displayed.

4) Pressing the “SET/RST” button a second time will display the total elapsed time. (counting up continues.)

TIMER Instructions:

1) Press the “MODE” button to select either “TIMER1” OR “TIMER 2” to be displayed at the top of the screen. After approximately two seconds “TMR-1” for TIMER 1 OR “TMR-2” for TIMER 2 will be displayed.

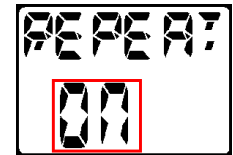


Timer One

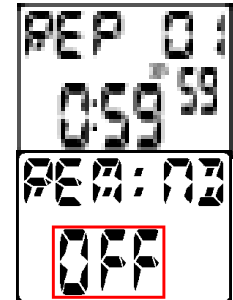
- 2) Hold down the “SET/RST” button until the hour digit(s) flash.
- 3) Use the “ST/STP” button to set the hour.
- 4) Press the “MODE” button. Minute digit(s) will be flashing.
- 5) Use the “ST/STP” button to set the minutes.
- 6) Press the “MODE” button. Second(s) digit(s) will be flashing.
- 7) Use the “ST/STP” button to set the minutes.
- 8) Press the “MODE” button. “REPEAT” will be displayed at the top of the screen and “ON” or “OFF” will be flashing at the bottom.
- 9) Use the “ST/STP” button to select REPEAT “ON” or “OFF”. When REPEAT is “ON”, the countdown time will repeat automatically each time it reaches zero (0:00 00) and record and display up to 99 repetitions.
- 10) Press the “MODE” button. “REMIND” will be displayed at the top of the screen and “ON” or “OFF” will be flashing at the bottom.
- 11) Use the “ST/STP” button to select REMIND “ON” or “OFF”. When REMIND is “ON”, a one second reminder alerts at ten minutes, at 5 minutes and again at 30 seconds before zero.
- 12) Press the “SET/RST” button to save programmed information.



Timer Two



Repeat On



Starting/Stopping the Countdown Timer:

1) While in selected Countdown Mode Screen, press “ST/STP” button to start countdown. .

2) Press “ST/STP” button to stop countdown. The time remaining will be displayed.

Note: *When the alert is currently activated, press the “ST/STP” button twice to stop the countdown.*

3) Press the “ST/STP” button to resume counting down.

Quick Reset of Original Countdown Time:

1) Hold down the “SET/RST” button until the previously programmed countdown time is displayed on the screen.

2) Press the “ST/STP” button to restart at previously set time.

OPTION MODE Instructions:

1) Press the “MODE” button until “OPTION” is displayed at the top of the screen.

After approximately two seconds “VIBRA” will be displayed with “ON” or “OFF” displayed at the bottom.

2) Hold down the “SET/RST” button until “ON” or “OFF” begins to flash.

3) Use the “ST/STP” button to turn vibration “ON” or “OFF”.



Vibration On

4) Press "MODE" button. "SOUND" will be displayed at the top of the screen. "ON" or "OFF" displayed at the bottom of the screen will be flashing.



5) Use the "ST/STP" button to turn sound "ON" or "OFF".

6) Press the "MODE" button. "HOURLY" will be displayed at the top of the screen. "ON" or "OFF" displayed at the bottom of the screen will be flashing.

7) Use the "ST/STP" button to turn hourly alert "ON" or "OFF". HOURLY Alerts set to "ON" will give a brief reminder every hour on the hour.



8) Press the "MODE" button. "BUTTON" will be displayed at the top of the screen. "ON" or "OFF" displayed at the bottom of the screen will be flashing.

9) Use the "ST/STP" button to turn BUTTON signal "ON" or "OFF". Button Alerts, when set "ON", will identify the current alert setting (vibration, sound or both) each time the "MODE" or "ST/STP" button is pressed.

10) Press the "SET/RST" button to save programmed information.

Quick Viewing of Current Option Mode Settings:

1) Press the "MODE" button until "OPTION" is displayed at the top of the screen. After approximately two seconds "VIBRA" will be displayed and OFF or ON will show.

2) Press the "ST/STP" button repeatedly to view other current option mode settings. ("SOUND", "HOURLY", "BUTTON")

EL LIGHT: (DISPLAY BACK LIGHT)

Press the “LIGHT” button to turn on the backlight. Light will stay on for approximately 3 seconds and then turn off automatically if another button is not pushed. Light will continue to stay on while any other button is pushed within 3 seconds.

Refer to Owner’s Manual for more Detail of Instructions, Service and Warranty.

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