

## VibraLITE® 8 "Quick Reference" User Guide

To SET any watch time, calendar or timer, the DIGIT(S) that you want to set **MUST BE FLASHING**.

Digits will stop flashing if no buttons are pushed within approximately 3 minutes.

### SETTING TIME(S) & CALENDAR

Time of Day (Time Zone 1) must be set correctly as the Alarms will work based on this time.

- \* Push MODE Button to rotate to CALENDAR/CLOCK MODE.

- \* Push and Hold SET/RESET Button.  
HOLD TO SET will show on display.

Hold for 3 seconds. T-ZONE 1 will show and [1] will be flashing.

- \* Push MODE Button, Hour digit(s) will be flashing.
- \* Push START/STOP Button to rotate to the correct Hour. (use AM and PM icon when using 12 hour clock)
- \* Push MODE Button to change to minutes flashing.
- \* Push START/STOP Button to rotate to correct minute.
- \* Using the MODE Button and START/STOP Buttons as above, continue setting seconds, date (day of week, month, day of month) 12Hour or 24 Hour Clock, and DATE viewing order.

T-ZONE 1 will show with [1] flashing.

- \* While flashing is still on display, you can proceed to set T-ZONE 2 (or T-ZONE 3) by pushing START/STOP Button to enter T-ZONE 2 (or 3).  
Continue to set the desired time as you did for T-ZONE 1 by using the MODE Button for changing to hours, minutes, seconds and date and pushing START/STOP Button to rotate to the desired digit.
- \* Push SET/RESET Button when correct time(s) is entered.  
Note: If Time Zone 1 is set for 12 hour clock, Zone 2 & 3 must be in 12 hour clock.  
If Time Zone 1 is set for 24 hour clock, Zone 2 & 3 must be in 24 hour clock.



### SETTING ALARM(S)

- \* Push MODE Button to rotate to ALARM MODE.  
ALARM 1 will then show on display.
- \* Push & Hold SET/RESET Button  
HOLD TO SET will show on display.  
Hold for 3 seconds  
Hour digit(s) will be flashing.
- \* Push START/STOP Button to rotate to the correct Hour. (use AM and PM icon when using 12 hour clock)
- \* Push MODE Button to change to Minutes and START/STOP Button to rotate to the correct Minute.
- \* Push SET/RESET Button when correct time is entered.
- \* Continue to set additional alarms by pushing SET/RESET Button to rotate ALARM 2 thru ALARM 8.
- \* When in each desired alarm, push and hold SET/RESET Button until Hour Digits Flash.
- \* Push START/STOP Button to rotate to the desired hour.
- \* Push the MODE Button to change from hours to minutes and push the START/STOP Button to rotate to the desired minutes.

### To set or change any Alarm

- \* Push & Hold SET/RESET Button while in that alarm.  
HOLD TO SET will be displayed and Hour Digit(s) will flash.

### To turn OFF any Alarm

- \* Push SET/RESET Button to rotate to the number of the Alarm you want to turn Off.
- \* Push START/STOP Button.  
ALARM will show OFF on display.
- \* To turn Alarm ON again, push START/STOP Button and Alarm Time previously set will show.  
Note: When Alarm is ON, Alarm time shows on display. When Alarm is turned OFF, display will show OFF for that Alarm.



## HOW TO USE CHRONO/STOPWATCH

- \* Push MODE Button to rotate to CHRONO MODE.
- \* Push START/STOP Button to start or to stop the counting.
- \* To reset to zero while running, push START/STOP Button and then push SET/RESET Button.
- \* To reset to zero when stopped, push SET/RESET Button.



## SETTING TIMER FOR COUNTDOWN

- \* Push MODE Button to rotate to TIMER MODE.
- \* Push and Hold SET/RESET Button.  
HOLD TO SET will show on display.  
*Hold for 3 seconds. Hour digit(s) will flash.*
- \* Push START/STOP Button to rotate to the desired Hour.
- \* Push MODE Button to change to Minutes and START/STOP Button to rotate to the desired Minutes.
- \* Push MODE Button to change to Seconds and START/STOP Button to rotate to the desired seconds.
- \* While digits are still flashing,  
Push MODE Button again. REPEAT will show on display.
- \* Push START/STOP Button to select REPEAT ON or REPEAT OFF.  
*(REPEAT ON setting will have the countdown time repeat automatically every time it reaches zero.)*
- \* Push MODE Button again. REMIND will show on display.
- \* Push START/STOP Button to select REMIND ON or REMIND OFF.  
*(REMIND ON setting will have a one second reminder at 5 minutes and 10 minutes before zero.)*
- \* Push SET/RESET Button when desired time and settings are entered.
- \* To start or stop countdown, Push START/STOP Button.  
while in TIMER MODE.



### To reset countdown for the original time

(while countdown is running or when countdown has been stopped).

- \* Push and Hold the SET/RESET Button.  
HOLD TO RST will show on display.



Hold for 3 seconds,  
Original Countdown Time set will reset.

## OPTION MODE: FOR SETTING VIBRATION, SOUND AND HOURLY ALERT



- \* Push MODE Button to rotate to OPTION MODE.  
Wait 3 seconds.
- \* Push START/STOP Button to select VIBRA OFF or VIBRA ON.
- \* Push SET/RESET Button.  
SOUND will show on the display.
- \* Push START/STOP Button to select SOUND OFF or SOUND ON.
- \* Push SET/RESET Button.  
HOURLY will show on the display.
- \* Push START/STOP Button to select HOURLY OFF or HOURLY ON.  
(HOURLY ON setting will give a one second reminder every hour on the hour.)
- \* Push MODE Button to return to the CALENDAR/CLOCK MODE.

## HOW TO USE THE EL LIGHT

- \* Push LIGHT Button to turn on the LIGHT.  
Light will stay on for approx. 3 seconds if no other button is pushed.  
Light will continue to stay on while any other button is pushed within 3 seconds.

**Refer to Owner's Manual for more Detail,  
Service and Warranty Information.**



**www.TabTimer.com.au**  
**1300 TAB TIMER (1300 822 846)**

Model TP 137 012 010