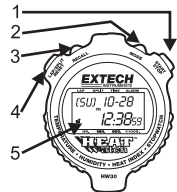


# HW30 Heat Watch Patent Pending

## Description

1. Start/Stop
2. Mode
3. Recall
4. Lap/Split
5. LCD Display



## Cautions

- This device is not a toy and must not reach children's hands. It contains hazardous objects as well as small parts that the children could swallow. In case a child swallows any of them, please contact a physician immediately
- Do not leave the battery and packing material lying around unattended; they can be dangerous for children if they use them as toys
- In case the device is going to be unused for an extended period of time, remove the battery to prevent them from draining
- Expired or damaged batteries can cause cauterization on contact with the skin. Always, therefore, use suitable hand gloves in such cases
- See that the battery are not short-circuited. Do not throw the battery into a fire.

## Battery Replacement

Remove the screws from the back of the watch to open unit and battery compartment. The battery is a Round Button cell Type CR2032. Removing and replacing the battery will cause loss of all previous settings. Make sure the gasket seal is properly placed before replacing back cover and tightening screws.

## Specifications

|                  |  |
|------------------|--|
| Accuracy (Watch) | ±5 seconds/24 hours                                    |
| Accuracy (RH)    | ±5% (33 to 75% RH), ±7% (1 to 32% and 76 to 99%)       |
| Accuracy (Temp)  | ±3°F (1.5°C)   |
| Temperature      | 14 to 122°F (-10 to 50°C)                              |
| Resolution       | 0.1/ 1°C or F  |
| Update Rate      | 5 seconds in Heat Index Mode, 2 minutes in other modes |
| Heat Index       | 70 to 122°F (22 to 50°C)                               |
| Humidity         | 1 to 99% RH  |
| Memory           | 30 Laps/ 30 Splits                                     |
| LAP Counter      | 99 Laps  |
| Battery          | CR2032   |
| Dimensions       | 3.1x2.6x0.8" (79x66x23mm)                              |
| Weight           | 3 oz. (85g) with battery                               |

## Calibration and Repair Services

Extech offers repair and calibration services for the products we sell. Extech also provides NIST certification for most products. Call the Customer Care Department for information on calibration services available for this product. Extech recommends that annual calibrations be performed to verify meter performance and accuracy.



Support line (781) 890-7440

Technical Support: Extension 200; E-mail: [support@extech.com](mailto:support@extech.com)

Repair & Returns: Extension 210; E-mail: [repair@extech.com](mailto:repair@extech.com)

**Product specifications subject to change without notice**

For the latest version of this User Guide, Software updates, and other up-to-the-minute product information, visit our website: [www.extech.com](http://www.extech.com)  
Extech Instruments Corporation, 285 Bear Hill Road, Waltham, MA 02451

## Operation

### Mode Selection

The HW30 Heat Watch has six different operating modes.

Press the MODE button to switch from one mode to another.

The HW30 will remain in the Heat Index mode for two minutes and then default back to the clock mode.

### Time Date Mode

The time date display shows current time, day of week, date and month. Also displayed are the alarm and heat index alarm indicators when they are activated.



### Time and date set

Press and hold the RECALL button for 3 seconds to set time and date.

Press START to zero seconds.

Press LAP to select minutes, Press START to change minutes.

Press LAP to select hours, Press START to change hours.

Press LAP to select minutes, Press START to change minutes.

Press LAP to select month, Press START to change month.

Press LAP to select date, Press START to change date.

Press LAP to select 12H/24H, Press START to change.

Press RECALL to exit time set mode.

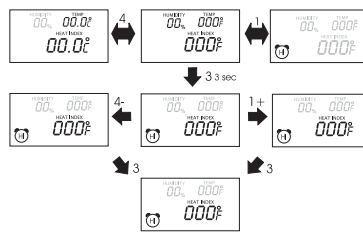
The HW30 will return to display mode after 30 seconds of inactivity.

### SETTING UNITS OF MEASURE

From heat index mode screen, Press LAP to change unit of measure (°F or °C)

### HEAT INDEX MODE

In heat index mode the HW 30 displays relative humidity and ambient temperature (in °F or °C). Using these two readings, the HW30 also calculates and displays the Heat Index.



### HEAT INDEX ALARM SET

The HW30 Heat Watch has a user settable heat index alarm. The Heat Watch will emit a 20 second audible warning when the heat index reaches the level previously set by the user.

To set the alarm

From heat index mode screen, Press and hold RECALL for 3 seconds

Press START to scroll up or LAP to scroll down

Press RECALL to save and exit setup mode, Or Press START if the alarm level has already been set

The alarm can be stopped by pressing any of the four buttons.

### STOPWATCH LAP MODE

Before using be sure to reset stopwatch to 0.00.00.00.

The HW30 Heat Watch lap mode has advanced features that will make the timing of events or training sessions easier and more enjoyable.

#### 1. Lap Indicator

The lap indicator flashes to indicate the lap in progress up to 99 laps.

When LAP is pushed, the lap indicator and lap time displays (top line of display) freeze for ten seconds before resuming and displaying next lap. Bottom display always shows cumulative time

#### 2. Fastest Lap/Slowest Lap/Average Lap Recall

Once timing session is complete, press RECALL button to review fastest lap, slowest lap and average lap times. (based on 99 laps)

Then press START to review individual lap times. (30 laps)

Lap times are shown on top line of the display.

Split times are shown on the bottom line of the display.

#### 3. Memory

The HW30 Heat Watch memory can store up to 30 lap (and split) times.

### STOPWATCH SPLIT MODE

Before using be sure to reset stopwatch to 0.00.00.00.

The HW30 Heat Watch split mode has advanced features that will make the timing of events or training sessions easier and more enjoyable.

#### 1. Split time indicator

When SPLIT is pushed the split indicator and split time displays (top line of display) freeze to indicate the current split time. Bottom display continues to always show cumulative time.

#### 2. Fastest Lap/Slowest Lap/Average Lap Recall

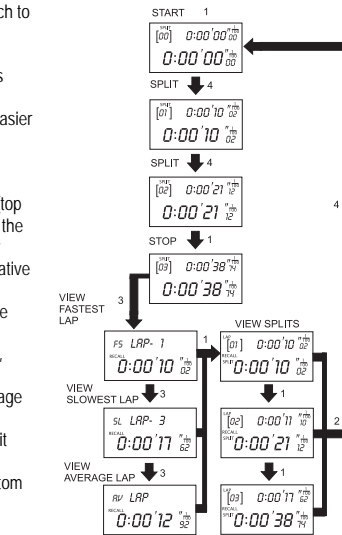
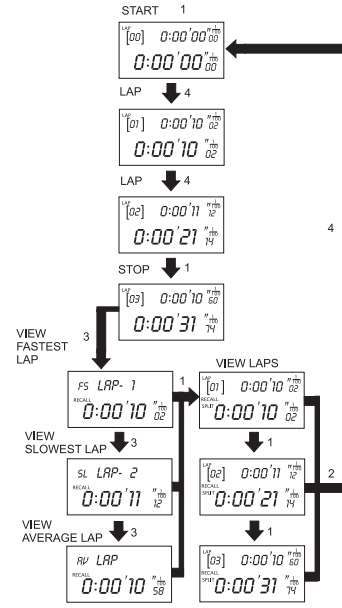
Once timing session is complete, press RECALL button to review fastest lap, slowest lap and average lap times. (based on 99 laps)

Then press START to review split times. (30 splits)

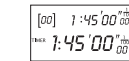
Split times are shown on the bottom line of the display. Lap times are shown on top line of the display.

#### 3. Memory

The HW30 Heat Watch memory can store up to 30 split (and lap) times.



### Timer MODE



The HW30 Heat Watch timer mode is a user programmable countdown timer.

The maximum count down time is 9 hours 59 minutes and 59 seconds. The minimum settable time is 1 second.

Press START to begin the countdown

Press STOP to stop the countdown

The timer will count down for the selected duration.

The watch will emit an audible warning during the final 5 seconds of the countdown.

The countdown will repeat itself until stopped by the user. The countdown sequence will repeat itself and increment the timer count by one each time it resumes.

The alarm can be stopped by pressing any of the buttons

### ALARM MODE



The alarm will ring for 30 seconds.

### Warranty

EXTECH INSTRUMENTS CORPORATION (a FLIR company) warrants this instrument to be free of defects in parts and workmanship for one year from date of shipment (a six month limited warranty applies on sensors and cables). If it should become necessary to return the instrument for service during or beyond the warranty period, contact the Customer Service Department at (781) 890-7440 ext. 210 for authorization or visit our website at [www.extech.com](http://www.extech.com) (click on 'Contact Extech' and go to 'Service Department' to request an RA number). A Return Authorization (RA) number must be issued before any product is returned to Extech. The sender is responsible for shipping charges, freight, insurance and proper packaging to prevent damage in transit. This warranty does not apply to defects resulting from action of the user such as misuse, improper wiring, operation outside of specification, improper maintenance or repair, or unauthorized modification. Extech specifically disclaims any implied warranty of merchantability or fitness for a specific purpose and will not be liable for any direct, indirect, incidental or consequential damages. Extech's total liability is limited to repair or replacement of the product. The warranty set forth above is inclusive and no other warranty, whether written or oral, is expressed or implied.

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