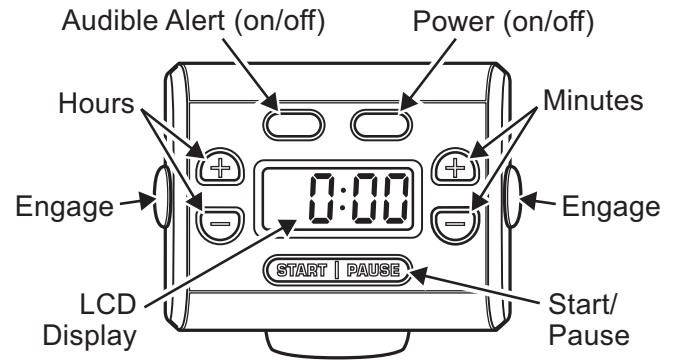


Stoplight Golight Instructions for Use

AC adapter is included. If not using AC adapter, insert 4-AAA batteries (not included).

Name and location of buttons:

- Audible Alert (on/off) - the top left button above LCD display.
- Power (on/off) - the top right button above LCD display.
- Hours +/- - buttons to the left of LCD display.
- Minutes +/- - buttons to the right of LCD display.
- Engage - black buttons on both sides of the timer.
- Start/Pause - button directly below LCD display.



NOTE: ONE ENGAGE BUTTON MUST BE DEPRESSED AND HELD IN ORDER FOR ANY OTHER BUTTONS TO WORK. All further instructions assume that an Engage button is depressed, except as noted by an *.


To turn unit on, press Power button. LCD display reads 0:00.

To set timer, press Hours +/- buttons and/or Minutes +/- buttons to set your desired amount of time. For example, 0:01 for 1 minute, 1:02 for 1 hour and 2 minutes.

To start timer, press the Start/Pause button. Colon will start flashing to indicate timer is running and red light will illuminate. Timer will count down and when time is complete, green light will illuminate.

To pause the timer, press the Start/Pause button. Colon will stop flashing, indicating timer has paused. Red light will remain on.

To restart after pausing, press the Start/Pause button. Colon will flash indicating timing has started again. If 30 minutes elapses in the paused state the timer will turn off. Red light and LCD will turn off.

To set audible alert, press Audible Alert button. Icon will appear in LCD.  When timer reaches zero (0:00) the red light will turn off and the green light will illuminate. If audible alert is set, timer will also sound when time reaches 0:00.

To cancel green light (and audible alert), any top button may be pressed to turn off green light and alarm. *Engage button is not needed.

Under battery power, if no activity occurs (no buttons pressed), after 5 minutes timer is powered down to conserve battery power. Under AC power, green light will stay lit until user cancels it.

When batteries are low, a low-battery icon will appear in the LCD. 

To adjust timer in middle of timing session, press Engage button and Minutes and/or Hours buttons to adjust. Timing is automatically resumed when Engage button is released.

