

SUUNTO OW222

Model: OW222



Safety matters.

Product safety & regulatory information

INTENDED USE

Suunto OW222 is a sports watch that tracks your movement and other metrics, such as heart rate and calories. You can use your device as an optional diving equipment while immersed in water to a maximum depth of 10 meters. This device is not a dive computer or a standalone product for measuring any certified scuba diving activity. Suunto OW222 is only for recreational use and not meant for medical purposes of any kind.

OPTICAL HEART RATE

Optical heart rate measurement from the wrist is an easy and convenient way to track your heart rate. Best results for heart rate measurement may be affected by the following factors:

- The watch must be worn directly against your skin. No clothing, however thin, can be between the sensor and your skin.
- The watch may need to be higher on your arm than where watches are normally worn. The sensor reads blood flow through tissue. The more tissue it can read, the better.
- Arm movements and flexing muscles, such as gripping a tennis racket, can change the accuracy of the sensor readings.
- When your heart rate is low, the sensor may not be able to provide stable readings. A short warm up of a few minutes before you start the recording helps.
- Skin pigmentation and tattoos block light and prevent reliable readings from the optical sensor.
- The optical sensor may not provide accurate heart rate readings for swimming and freediving activities.
- For higher accuracy and quicker responses to changes in your heart rate,

we recommend using a compatible chest heart rate sensor such as Suunto Smart Sensor.

▲ **WARNING:** The optical heart rate feature may not be accurate for every user during every activity. Optical heart rate may also be affected by an individual's unique anatomy and skin pigmentation. Your actual heart rate may be higher or lower than the optical sensor reading.

▲ **WARNING:** Only for recreational use; the optical heart rate feature is not for medical use.

SAFETY

▲ **WARNING:** Always consult a doctor before beginning a training program. Overexertion may cause serious injury.

▲ **WARNING:** Allergic reaction or skin irritations may occur when products are in contact with skin, even though our products comply with industry standards. In such event, stop use immediately and consult a doctor.

▲ **WARNING:** For safety reasons, you should never dive alone. Dive with a designated buddy.

▲ **WARNING:** Freediving involves risks that are not obvious. There is always a risk of decompression sickness for all diving activity types and dive profiles. Suunto strongly recommends that you do not engage in any diving activity type without proper training and a complete understanding and acceptance of the risks. Always follow the rules of your training agency. Assess your own physical condition and consult a physician regarding your fitness before diving.

▲ **WARNING:** This device is not for certified scuba divers. Recreational scuba diving may expose the diver to depths and conditions that tend to increase the risk of decompression sickness (DCS) and errors that may lead to serious injury or death. Trained divers should always use a dive computer developed for scuba diving purposes.

▲ **WARNING:** Do not participate in freediving and scuba diving activities on the same day.

📖 **NOTE:** Make sure you fully understand how to use your dive instrument and what its limitations are by reading all the printed documentation and the online user manual. Always remember that **YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY.**

DEVICE INFO

To check the hardware, software and certification details of your watch, complete the following steps:

When on the watch face:

1. Long press the middle button to enter **Settings**.
2. Press the middle button to enter **General**.
3. Press the middle button again to open **About** where you find device information and e-Labels.

OPERATING CONDITIONS

- Altitude range: 0 to 10000 m / 0 to 30000 ft above sea level
- Maximum diving depth: 10 m / 33 ft
- Operating and storage temperature (above sea level): -20 °C to +55 °C / -4 °F to +131 °F
 - 📖 **NOTE:** Do not leave the watch in direct sunlight!
- Operating temperature (diving): 0 °C to +40 °C / +32 °F to +104 °F
 - 📖 **NOTE:** Diving in freezing conditions may damage the watch. Make sure the device does not freeze when wet.
- Recommended charging temperature: 0 °C to +45 °C / +32 °F to +113 °F
- Water resistance: 100 m / 328 ft/10 bar
- IP-class: IPX8

▲ **WARNING:** Do not expose the device to temperatures above or below the given limits, otherwise it might get damaged or you might be exposed to safety risk.

TECHNICAL INFORMATION

- Temperature compensated pressure sensor
- Maximum depth of operation while diving: 10 m / 33 ft, complying with EN 13319
- Accuracy: $\pm 1\%$ of full scale or better from 0 to 10 m at 20 °C / 0 to 33 ft at 68 °F, complying with EN 13319
- Depth display range: 0 to 10 m / 0 to 33 ft
- Resolution: 0.1 m from 0 to 10 m / 1 ft from 0 to 33 ft
- Depth of automatic start and stop of dive: adjustable between 0.3–1.6 m / 1–5 ft

BATTERY

- Type: rechargeable Lithium-ion battery
- Battery voltage: 3.87 Vdc
- Charging: USB 5Vdc, 0.5A

HANDLING GUIDELINES AND MAINTENANCE

Do not try to open or repair your Suunto device by yourself. If you are experiencing problems with the device, please contact your nearest authorized Suunto service center.

▲ **WARNING: ENSURE THE WATER RESISTANCE OF THE DEVICE!** Moisture inside the device may seriously damage the unit. Only an authorized Suunto service center should do service activities.

🧼 **NOTE:** Thoroughly rinse the device with fresh water, mild soap, and carefully clean the housing with a moist soft cloth or chamois, especially after salt-water and pool dives. Pay special attention to the pressure sensor area, water contacts, buttons, and charger pins. Carefully clean the device end of the

charging cable, but do not immerse it in water.

 NOTE: Do not leave your Suunto device immersed in water (for rinsing).

Maintenance cycle is 500 hours of diving or two years, whichever comes first. Please bring your device to an official Suunto service center.

CE

Hereby, Suunto Oy declares that the radio equipment type OW222 is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address:

suunto.com/EUconformity.

CE SAR

This equipment should be installed and operated with a minimum distance of 0 mm between the radiator and your wrists, and 10 mm between the radiator and your head.

UK RADIO EQUIPMENT REGULATION

Hereby, Suunto Oy declares that the radio equipment type OW222 is in compliance with Radio Equipment Regulations 2017. The full text of the UK declaration of conformity is available at the following internet address:

suunto.com/UKconformity.

UK Importer:

TD Synnex UK

Maplewood, Crockford Lane,

Chineham Park, Basingstoke

Hampshire RG24 8YB

United Kingdom

For all up to date product support related information and inquiries, visit

suunto.com/support.

- Product name: SUUNTO OW222
- Model no.: OW222
- Bluetooth LE:
 - Frequency band: 2402–2480 MHz
 - Maximum output power: 0 dBm
 - Range: ~10 m
- WLAN:
 - Frequency band: 2402–2480 MHz
 - Maximum output power: 802.11 b/g/n: 12 dBm
 - Range: ~10 m

FCC (USA)

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) this device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

This product has been tested to comply with FCC standards and is intended for home or office use.

Changes or modifications not expressly approved by Suunto could void your authority to operate this device under FCC regulations.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If

this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver. Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

US Importer:

Huish Outdoors LLC
1540 2200 W, Salt Lake City, UT 84116
USA

For all up to date product support related information and inquiries, visit suunto.com/support.

FCC / ISED SAR

This device has been tested and meets RF exposure guidelines when used with an accessory that contains no metal and that positions the mobile device a minimum of 0 mm from the extremity and 10 mm from the head.

The highest reported SAR values for the device are:

- Head: 0.004 W/kg
- Wrist: 0.004 W/kg

ISED REGULATORY COMPLIANCE (CANADA)

This device contains licence-exempt transmitter(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

1. This device may not cause interference.
2. This device must accept any interference, including interference that may cause undesired operation of the device.

This equipment complies with IC RSS-102 radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

CAN ICES-3 (B)/NMB-3(B) (CANADA)

This Class B digital apparatus complies with Canadian ICES-003.

DATE OF MANUFACTURE

The manufacturing date can be determined from your device's serial number.

The serial number is always 12 characters long: YYWWXXXXXXXXXX.

In the serial number, the first two digits (YY) are the year and the following two digits (WW) are the week within the year when the device was manufactured.

DISPOSAL

Please dispose of the device in accordance with local regulations for electronic waste. Do not throw it in the garbage. If you wish, you may return the device to your nearest Suunto dealer.



AUSTRALIA / NEW ZEALAND



▲
SUUNTO



suunto.com/support

Manufacturer:

Suunto Oy
Tammiston kauppatie 7 A,
FI-01510 Vantaa FINLAND

© Suunto Oy 04/2023.

All rights reserved. Suunto is
a registered trademark of Suunto Oy.

