



## Guidelines for Jessop Triple Timer Clock

### 1. To set the clock from the beginning

In order to prepare the clock to indicate 10, 14 and 20 minutes.

- a. Slide top yellow button on right of clock to read 'SET'
- b. Slide bottom yellow button on right of clock to 'T1' (Top Timer1 screen will flash)
- c. Push 'MIN' button to set for 10 minutes then press 'MEMORY' button
- d. Slide bottom yellow button on right of clock to 'T2' (Top Timer1 screen will return to 0:00 but middle Timer2 screen will flash)
- e. Push 'MIN' button to set for 14 minutes then press 'MEMORY' button
- f. Slide bottom yellow button on right of clock to 'T3' (Timer screens 1 and 2 will return to 0:00 but bottom Timer 3 screen will flash)
- g. Push 'MIN' button to set for 20 minutes then press 'MEMORY' button
- h. Slide top yellow button on right of clock to read 'LOCK'
- i. Slide bottom yellow button on right of clock to 'T1 2 3'

### 2. To work the clock

The 3 screens should read 10, 14 and 20 minutes.

- a. Press the 'START/STOP' button – all three times will start counting down.
- b. At 10 minutes the clock will beep! Press the 'START/STOP' button once. The other set times will continue to count down.
- c. At 14 minutes the clock will beep! Press the 'START/STOP' button once. The 20 minute set time will continue to count down.
- d. At 20 minutes the clock will beep! Press the 'START/STOP' button once. Ring bell to denote end of 20 minute station.

Move the candidates to the next station – when all in place the five minute break between cycles should be started (suggest the use of one of the smaller timers for this task).

### 3. To re-set the clock

- a. Press the 'CLEAR' button until all the screens read 00.00 (3 presses required!)
- b. Press the 'MEMORY' button – the timer screens will now bring up 10, 14 and 20 minutes to be able to start again.

Repeat section 2!



## Guidelines for Quantam 3 Timer Clock

### 1. To set the clock from the beginning

In order to prepare the clock to indicate 10, 14 and 20 minutes.

- a. Press T1 (left hand side) until the screen flashes.
- b. Press Min button (top of clock) until the screen reads 10 min.
- c. Press T1 to set memory
- d. Press T2 (left hand side) until the screen flashes
- e. Press Min button (top of clock) until the screen reads 14 min
- f. Press T2 to set memory
- g. Press T3 (left hand side) until the screen flashes
- h. Press Min button (top of clock) until the screen reads 20 min
- i. Press T3 to set memory

### 2. To work the clock

The three screens should read 10, 14 and 20 minutes.

- a. Press the START button – all three times will start counting down.
- b. At 10 minutes the clock will beep! Press the STOP button once. The other set times will continue to count down.
- c. At 14 minutes the clock will beep. Press the STOP button once. The 20 minute set time will continue to count down.
- d. At 20 minutes the clock will beep! Press the STOP button once.

Move the candidates to the next station – when all in place the five minute break between cycles should be started (suggest the use of one of the smaller timers for this task).

### 3. To re-set the clock

- a. Press the CLEAR Button until all the screens read 00.00 (3 presses required).
- b. Press the START Button – the memory will now bring up 10, 14 and 20 minutes.

Repeat section 2.