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 Quantum 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.