

watchOS 5.0

Browse Topics for Apple Watch User Guide 

Important safety information

WARNING: Failure to follow these safety instructions could result in fire, electric shock, injury, or damage to Apple Watch or other property. Read all the safety information below before using Apple Watch.

Handling Handle Apple Watch with care. Apple Watch cases are made of various materials that include the following:

- Aluminum Apple Watch case—7000 series aluminum, Ion-X glass (strengthened glass), composite back (plastic)
- Stainless Steel Apple Watch case—Stainless steel, sapphire crystal, ceramic back
- Ceramic Apple Watch case—Ceramic, sapphire crystal, ceramic back

Apple Watch contains sensitive electronic components and can be damaged if dropped, burned, punctured, or crushed. Apple Watch cases made of ceramic may chip or crack if dropped or subjected to forceful impact. Don't use a damaged Apple Watch, such as one with a cracked screen or case, visible liquid intrusion, or a damaged band, as it may cause injury. Avoid heavy exposure to dust or sand.

Repairing Don't open Apple Watch and don't attempt to repair Apple Watch yourself. Disassembling Apple Watch may damage it, result in loss of water resistance, and may cause injury to you. If Apple Watch is damaged or malfunctions, contact Apple or an Apple Authorized Service Provider. You can find more information about getting service at support.apple.com/watch/repair/service.

Battery Don't attempt to replace the Apple Watch battery yourself—you may damage the battery, which could cause overheating and injury. The lithium-ion battery in Apple Watch should be serviced only by Apple or an authorized service provider. You may receive a replacement Apple Watch (in place of your original device) when ordering battery service. Batteries must be recycled or disposed of separately from household waste. Don't incinerate the battery. For information about battery service and recycling, see www.apple.com/batteries/service-and-recycling.

Distraction Using Apple Watch in some circumstances can distract you and may cause a dangerous situation (for example, avoid reading a text message while driving a car). Observe rules that prohibit or restrict the use of mobile devices.

Navigation Maps, directions, and location-based apps depend on data services. These data services are subject to change and may not be available in all areas, resulting in maps, directions, or location-based information that may be unavailable, inaccurate, or incomplete. Some Maps features require Location Services. Compare the information provided on Apple Watch to your surroundings and defer to posted signs to resolve any discrepancies. Do not use these services while performing activities that require your full attention. Always comply with posted signs and the laws and regulations in the areas where you are using Apple Watch, and always use common sense.

Charging To charge Apple Watch, use the Apple Watch Magnetic Charging Cable and power adapter. You may also use third-party 5W power adapters featuring an MFi logo. It's important to keep Apple Watch, the Apple Watch Magnetic Charging Cable, and the power adapter in a well-ventilated area when charging. Using an Apple Watch Magnetic Charging Dock that's damaged, using a third-party charging solution that doesn't feature an MFi logo, or charging Apple Watch when moisture is present, can cause fire, electric shock, injury, or damage to Apple Watch or other property. Be sure Apple Watch and the Apple Watch Magnetic Charging Cable or Apple Watch Magnetic Charging Dock are dry before charging. When you use the Apple Watch Magnetic Charging Cable or Apple Watch Magnetic Charging Dock to charge Apple Watch, make sure that the USB plug is fully inserted into the adapter before you plug the adapter into a power outlet. Avoid charging Apple Watch in direct sunlight. Don't wear Apple Watch while it is charging.

Prolonged heat exposure Apple Watch, the Apple Watch Magnetic Charging Cable, the Apple Watch Magnetic Charging Dock, and the power adapter comply with applicable surface temperature standards and limits. However, even within these limits, sustained contact with warm surfaces for long periods of time may cause discomfort or injury. Apple Watch, the Apple Watch Magnetic Charging Cable, the Apple Watch Magnetic Charging Dock, and the power adapter will become warm when plugged in to a power source. Use of cellular on Apple Watch (GPS + Cellular) or Apple Watch Series 4 (GPS + Cellular) may make the device feel warm. Use common sense to avoid situations where your skin is in contact with Apple Watch, the Apple Watch Magnetic Charging Cable, the Apple Watch Magnetic Charging Dock, or the power adapter for long periods of time when they're plugged in. For example, while Apple Watch is charging or while the Apple Watch Magnetic Charging Cable, the Apple Watch Magnetic Charging Dock, or the power adapter are plugged in to a power source, don't sleep on them or place them under a blanket, pillow, or your body. Take special care if you have a physical condition that affects your ability to detect heat against the body. Remove Apple Watch if it becomes uncomfortably warm.

Hearing loss Listening to sound at high volumes may damage your hearing. Background noise, as well as continued exposure to high volume levels, can make sounds seem quieter than they actually are. Turn on audio playback and check the volume before inserting a Bluetooth connected headset in your ear. For more information about hearing loss, go to the [Sound and Hearing website](#).

WARNING: To prevent possible hearing damage, do not listen at high volume levels for long periods.

Radio frequency exposure Apple Watch uses radio signals to connect to wireless networks. For information about radio frequency (RF) energy resulting from radio signals and steps you can take to minimize exposure, open the Apple Watch app on iPhone, tap My Watch, then tap General > About > Legal > RF Exposure or visit www.apple.com/legal/rfexposure.

Radio frequency interference Observe signs and notices that prohibit or restrict the use of electronic devices. Although Apple Watch, the Apple Watch Magnetic Charging Cable, and the Apple Watch Magnetic Charging Dock are designed, tested, and manufactured to comply with regulations governing radio frequency emissions, such emissions from Apple Watch, the Apple Watch Magnetic Charging Cable, and the Apple Watch Magnetic Charging Dock can negatively affect the operation of other electronic equipment, causing them to malfunction. Unplug the Apple Watch Magnetic Charging Cable, and the Apple Watch Magnetic Charging Dock, and turn off Apple Watch or use Airplane Mode when use is prohibited, such as while traveling in aircraft, or when asked to do so by authorities.

Medical device interference Apple Watch contains components and radios that emit electromagnetic fields. Apple Watch, some of the bands, the Apple Watch Magnetic Charging Cable, and the Apple Watch Magnetic Charging Dock contain magnets. These electromagnetic fields and magnets may interfere with medical devices, such as pacemakers and defibrillators. Consult your physician and medical device manufacturer for information specific to your medical device and whether you need to maintain a safe distance of separation between your medical device and Apple Watch, its bands, the Apple Watch

Magnetic Charging Cable, and the Apple Watch Magnetic Charging Dock. Stop using Apple Watch, its bands, the Apple Watch Magnetic Charging Cable, and the Apple Watch Magnetic Charging Dock if you suspect they are interfering with your medical device.

Not a medical device Apple Watch, its operating systems, and the heart rate sensors are not medical devices. They are not designed or intended for use in the diagnosis of disease or other conditions, or in the cure, mitigation, treatment, or prevention of disease.

Medical conditions Before starting or modifying any exercise program using Apple Watch, consult your physician. Be careful and attentive while exercising. Stop exercising immediately if you feel pain, or feel faint, dizzy, exhausted, or short of breath. By exercising, you assume all associated inherent risks including any injury that may result from such activity. If you have any medical condition that you believe could be affected by Apple Watch (for example, seizures, blackouts, eyestrain, or headaches), consult with your physician prior to using Apple Watch.

Explosive and other atmospheric conditions Charging or using Apple Watch in any area with a potentially explosive atmosphere, such as areas where the air contains high levels of flammable chemicals, vapors, or particles (such as grain, dust, or metal powders), may be hazardous. Exposing Apple Watch to environments having high concentrations of industrial chemicals, including near evaporating liquified gasses such as helium, may damage or impair Apple Watch functionality. Obey all signs and instructions.

High-consequence activities Apple Watch is not intended for use where the failure of the device could lead to death, personal injury, or severe environmental damage.

Choking hazard Some Apple Watch bands may present a choking hazard to small children. Keep these bands away from small children.

Skin sensitivities Some people may experience reactions to certain materials used in jewelry, watches, and other wearable items that are in prolonged contact with their skin. This can be due to allergies, environmental factors, extended exposure to irritants like soap, sweat, or other causes. You may be more likely to experience irritation from any wearable device if you have allergies or other sensitivities. If you have known skin sensitivities, please take special care when wearing Apple Watch. You may be more likely to experience irritation from Apple Watch if you wear it too tightly. Remove Apple Watch periodically to allow your skin to breathe. Keeping Apple Watch and the band clean and dry will reduce the possibility of skin irritation. If you experience redness, swelling, itchiness, or any other irritation or discomfort on your skin around, or beneath, your Apple Watch, please remove Apple Watch and consult your physician before resuming wear. Continued use, even after symptoms subside, may result in renewed or increased irritation.

Apple Watch models with a stainless steel or aluminum case, the stainless steel portions of some Apple Watch bands, the metallic portions of Hermès bands, and the magnets in the watch and bands contain some nickel. Nickel exposure from these materials is unlikely, but customers with known nickel allergies should be attentive when wearing them until they can determine they are not experiencing an allergic reaction.

The Apple Watch case, and the Apple Watch bands contain trace amounts of acrylates and methacrylates. Acrylates and methacrylates are found in many consumer products that come in contact with the skin, such as adhesive bandages. Some people may be sensitive to them, or may develop sensitivities over time. Apple Watch and its bands are designed so that parts containing acrylates and methacrylates are not in direct contact with your skin.

The materials used in Apple Watch and the Apple Watch bands meet the standards set for jewelry by the U.S. Consumer Product Safety Commission, applicable European regulations, and other international standards.

watchOS 5.0

[Browse Topics for Apple Watch User Guide](#) 

Important handling information

Exposure to liquid Apple Watch is water resistant but not waterproof. You may, for example, wear and use Apple Watch during exercise (exposure to sweat is OK), in the rain, and while washing your hands. If water splashes onto the watch, wipe it off with a nonabrasive, lint-free cloth. Try to minimize exposing Apple Watch to perfume, soap, solvents, detergent, acids or acidic foods, soapy water, insect repellent, lotions, sunscreen, oil, or hair dye. Follow the instructions below in the “Cleaning and care” section if Apple Watch comes into contact with them.

Apple Watch Series 1 and Apple Watch (1st generation) have a water resistance rating of IPX7 under IEC standard 60529. Apple Watch Series 1 and Apple Watch (1st generation) are splash and water resistant, but submerging Apple Watch Series 1 and Apple Watch (1st generation) is not recommended.

Apple Watch Series 2, Apple Watch Series 3, and Apple Watch Series 4 have a water resistance rating of 50 meters under ISO standard 22810:2010. This means that they may be used for shallow water activities like swimming in a pool or ocean. However, Apple Watch Series 2, Apple Watch Series 3, and Apple Watch Series 4 should not be used for scuba diving, water skiing, or other activities involving high velocity water or submersion below shallow depth.

Water resistance is not a permanent condition and may diminish over time. Apple Watch cannot be rechecked or resealed for water resistance. The following may affect the water resistance of Apple Watch in particular and should be avoided:

- Dropping Apple Watch or subjecting it to other impacts.
- Exposing Apple Watch to soap or soapy water, for example while showering or bathing.
- Exposing Apple Watch to perfume, solvents, detergent, acids or acidic foods, insect repellent, lotions, sunscreen, oil, or hair dye.
- Exposing Apple Watch to high velocity water, for example while water skiing.
- Wearing Apple Watch in the sauna or steam room.

Not all bands are appropriate for water use. For example, the stainless steel and leather bands are not water resistant and should not be exposed to liquids.

Cleaning and care Keep Apple Watch clean and dry. Clean and dry Apple Watch, the band, and your skin after workouts or heavy sweating. Dry Apple Watch and the band thoroughly if they are exposed to fresh water. Clean Apple Watch if it comes in contact with anything that may cause stains or other damage, such as dirt or sand, makeup, ink, soap, detergent, acids or acidic foods, or comes in contact with liquids other than fresh water, including those that may lead to skin irritation such as sweat, salt water, soapy water, pool water, perfume, insect repellent, lotions, sunscreen, oil, adhesive remover, hair dye, or solvents. The Apple Watch and band colors may vary or fade over time.

After swimming with Apple Watch Series 2, Apple Watch Series 3, or Apple Watch Series 4, gently rinse it with warm tap water.

How to clean Apple Watch:

- Turn off Apple Watch. Press and hold the side button, then drag the Power Off slider to the right.
- Depress the band release buttons and remove the band. See [Remove, change, and fasten Apple Watch bands](#).
- Wipe Apple Watch clean with a nonabrasive, lint-free cloth. If necessary, you can also lightly dampen the cloth with fresh water.
- Dry Apple Watch with a nonabrasive, lint-free cloth.

To help avoid damaging Apple Watch, observe the following:

- Don't clean Apple Watch while it's charging.
- Don't dry Apple Watch or the bands using any external heat source (for example, a hair dryer).
- Don't use cleaning products, ultrasonic cleaners, or compressed air when cleaning your Apple Watch.

The front of Apple Watch is made of Ion-X glass (strengthened glass) or sapphire crystal, each with a fingerprint-resistant oleophobic (oil repellent) coating. This coating wears over time with normal usage. Cleaning products and abrasive materials will further diminish the coating, and may scratch the glass or the sapphire crystal.

Using buttons, Digital Crown, connectors, and ports Never apply excessive pressure to a button or the Digital Crown on Apple Watch, or force a charging connector into a port, because this may cause damage that is not covered under the warranty. If the connector and port don't join with reasonable ease, they probably don't match. Check for obstructions and make sure that the connector matches the port and that you have positioned the connector correctly in relation to the port.

Certain usage patterns can contribute to the fraying or breaking of cables. The cable attached to a charging unit, like any other metal wire or cable, is subject to becoming weak or brittle if repeatedly bent in the same spot. Aim for gentle curves instead of angles in the cable. Regularly inspect the cable and connector for any kinks, breaks, bends, or other damage. Should you find any such damage, discontinue use of the cable.

Magnetic Charging Cable and Magnetic Charging Dock Discoloration of the charging surface of the Apple Watch Magnetic Charging Cable, the Apple Watch, and the Apple Watch Magnetic Charging Dock may occur after regular use due to dirt and debris that come in contact with the magnetic surface. This is normal. Cleaning the magnetic charging surface may reduce, or prevent, such discoloration, and will help to prevent damage to your charger and Apple Watch. To clean the charging surface, disconnect the charger from both Apple Watch and the power adapter and wipe with a damp, nonabrasive cloth. Dry with a nonabrasive, lint-free cloth before resuming charging. Do not use cleaning products when cleaning the charging surface.

Operating temperature Apple Watch is designed to work best in ambient temperatures between 32° and 95° F (0° and 35° C) and be stored in temperatures between -4° and 113° F (-20° and 45° C). Apple Watch can be damaged and battery life shortened if stored or operated outside of these temperature ranges. Avoid exposing Apple Watch to dramatic changes in temperature or humidity. If the interior temperature of Apple Watch exceeds normal operating temperatures (for example, in a hot car or in direct sunlight for extended periods of time), you may experience the following as it attempts to regulate its temperature:

- Charging may slow or stop.
- The display may dim.
- A temperature warning screen may appear.
- Some data transfer may be paused or delayed.
- Some apps may close.
- On Apple Watch Series 3 (GPS + Cellular) or Apple Watch Series 4 (GPS + Cellular), you might not have a cellular connection or you might not be able to make or receive calls. Normal cellular functionality resumes after Apple Watch cools. However, you can still make emergency calls.

Important: You may not be able to use Apple Watch while the temperature warning screen is displayed. If Apple Watch can't regulate its internal temperature, it goes into Power Reserve or a deep sleep mode until it cools. Move Apple Watch to a cooler location out of direct sunlight and wait a few minutes before trying to use Apple Watch again. For more information, see the Apple Support article [Keep Apple Watch within acceptable operating temperatures](#).

Magnets Keep key cards and credit cards away from Apple Watch, the bands, the Apple Watch Magnetic Charging Cable, the Apple Watch, and the Apple Watch Magnetic Charging Dock.

◀ Previous
Important safety information

Next ▶
Band care information

[Support](#) [Apple Watch User Guide](#) [Important handling information](#)

More ways to shop: Visit an [Apple Store](#), call 1-800-MY-APPLE, or [find a reseller](#).

Copyright © 2018 Apple Inc. All rights reserved. [Privacy Policy](#) | [Terms of Use](#) | [Sales and Refunds](#) | [Site Map](#) | [Contact Apple](#)

United States

watchOS 5.0

Browse Topics for Apple Watch User Guide 

Band care information

Many third parties make accessory bands for Apple Watch. Such bands may not fit properly; may interfere with the Apple Watch Wrist Detect feature; may contain materials that cause skin sensitivities or other health concerns; and may even damage Apple Watch. For best results, use only Apple branded or Apple authorized bands.

How to clean Apple-branded bands Remove the band from Apple Watch before cleaning. See [Remove, change, and fasten Apple Watch bands](#).

Note: This cleaning information applies to Apple-branded bands only. For all other bands, follow the care information provided with the band.

For the leather portions of the bands, wipe them clean with a nonabrasive, lint-free cloth, lightly dampened with fresh water (if necessary). After cleaning, let the band air dry thoroughly before re-attaching to Apple Watch. Don't store leather bands in direct sunlight, at high temperatures, or in high humidity. Don't soak leather bands in water. Leather bands are not water resistant.

For all other bands and clasps, wipe them clean with a nonabrasive, lint-free cloth, lightly dampened with fresh water (if necessary). Dry the band thoroughly with a nonabrasive, lint-free cloth before re-attaching to Apple Watch. Stainless steel bands are not water resistant.

 [Previous](#)
[Important handling information](#)

[FCC compliance statement](#) 

[Support](#) [Apple Watch User Guide](#) [Band care information](#)

More ways to shop: Visit an [Apple Store](#), call 1-800-MY-APPLE, or [find a reseller](#).

Copyright © 2018 Apple Inc. All rights reserved. [Privacy Policy](#) | [Terms of Use](#) | [Sales and Refunds](#) | [Site Map](#) | [Contact Apple](#)

United States

watchOS 5.0

Browse Topics for Apple Watch User Guide 

FCC compliance statement

For Apple Watch, Apple Watch Magnetic Charging Cable, and Apple Watch Magnetic Charging Dock

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.

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 to 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.

Important: Changes or modifications to this product not authorized by Apple could void the electromagnetic compatibility (EMC) and wireless compliance and negate your authority to operate the product.

This product has demonstrated EMC compliance under conditions that included the use of compliant peripheral devices and shielded cables between system components. It is important that you use compliant peripheral devices and shielded cables between system components to reduce the possibility of causing interference to radios, televisions, and other electronic devices.

Responsible party (contact for FCC matters only):

Apple Inc.

One Apple Park Way, MS 911-AHW

Cupertino, CA 95014

<http://www.apple.com/contact>

watchOS 5.0

Browse Topics for Apple Watch User Guide 

ISED Canada compliance statement

For Apple Watch, Apple Watch Magnetic Charging Cable, and Apple Watch Magnetic Charging Dock

This device complies with ISED Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'ISDE Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

 [Previous](#)
[FCC compliance statement](#)

[Disposal and recycling information](#)  [Next](#)

watchOS 5.0

Browse Topics for Apple Watch User Guide 

Disposal and recycling information

Apple Watch disposal and recycling

Your Apple Watch and/or battery should not be disposed of with household waste. Dispose of your Apple Watch and/or battery in accordance with local environmental laws and guidelines. For information about the recycling program at Apple and recycling collection points, visit www.apple.com/recycling. For information about restricted substances and other environmental initiatives at Apple, visit www.apple.com/environment.



European Union—Disposal Information

The symbol above means that according to local laws and regulations your product and/or its battery shall be disposed of separately from household waste. When this product reaches its end of life, take it to a collection point designated by local authorities. The separate collection and recycling of your product and/or its battery at the time of disposal will help conserve natural resources and ensure that it is recycled in a manner that protects human health and the environment.

Brasil – Informações sobre descarte e reciclagem

O símbolo acima indica que este produto e/ou sua bateria não devem ser descartados no lixo doméstico. Quando decidir descartar este produto e/ou sua bateria, faça-o de acordo com as leis e diretrizes ambientais locais. Para informações sobre substâncias de uso restrito, o programa de reciclagem da Apple, pontos de coleta e telefone de informações, visite www.apple.com/br/environment.

Información sobre eliminación de residuos y reciclaje

El símbolo de arriba indica que este producto y/o su batería no debe desecharse con los residuos domésticos. Cuando decidas desechar este producto y/o su batería, hazlo de conformidad con las leyes y directrices ambientales locales. Para obtener información sobre el programa de reciclaje de Apple, puntos de recolección para reciclaje, sustancias restringidas y otras iniciativas ambientales, visite www.apple.com/la/environment o www.apple.com/mx/environment.

Battery service

The lithium-ion battery in Apple Watch should be serviced by Apple or an authorized service provider. You may receive a replacement Apple Watch when ordering battery service. Batteries must be recycled or disposed of separately from household waste. For more information about battery service and recycling, go to www.apple.com/batteries/service-and-recycling.

Australia Battery Disposal

For more information, visit <http://www.apple.com/au/recycling>.

Battery Charger System Efficiency



Türkiye

Türkiye Cumhuriyeti:

AEEE Yönetmeliğine Uygundur.

台灣



廢電池請回收

Taiwan Battery Statement

警告：請勿戳刺或焚燒。此電池不含汞。

China Battery Statement

警告： 不要刺破或焚烧。该电池不含水银。

< Previous
ISED Canada compliance statement

Next >
Apple and the environment

[Support](#) [Apple Watch User Guide](#) [Disposal and recycling information](#)

More ways to shop: Visit an [Apple Store](#), call 1-800-MY-APPLE, or [find a reseller](#).

Copyright © 2018 Apple Inc. All rights reserved. [Privacy Policy](#) | [Terms of Use](#) | [Sales and Refunds](#) | [Site Map](#) | [Contact Apple](#)

United States

watchOS 5.0

Browse Topics for Apple Watch User Guide 

Apple and the environment

At Apple, we recognize our responsibility to minimize the environmental impacts of our operations and products. For more information, go to www.apple.com/environment.

 [Previous](#)
[Disposal and recycling information](#)

[Support](#) [Apple Watch User Guide](#) [Apple and the environment](#)