

General Inquiries <docomo Information Center>

(Business hours: 9:00 a.m. to 8:00 p.m.)

 **0120-005-250** (toll free)

※ Service available in: English, Portuguese, Chinese, Spanish.
※ Unavailable from part of IP phones.

(Business hours: 9:00 a.m. to 8:00 p.m. (open all year round))

■ From DOCOMO mobile phones ■ From land-line phones
(In Japanese only) (In Japanese only)

 (No prefix) **151** (toll free)  **0120-800-000** (toll free)

※ Unavailable from land-line phones, etc. ※ Unavailable from part of IP phones.

● Please confirm the phone number before you dial.

● For Applications or Repairs and After-Sales Service, please contact the above-mentioned information center or the docomo Shop etc. near you on the NTT DOCOMO website or the i-mode site.

NTT DOCOMO website <https://www.nttdocomo.co.jp/english/>

i-mode site iMenu ▶ お客様サポート (user support) ▶ ドコモショップ
(docomo Shop) ※ In Japanese only

Repairs

(Business hours: 24 hours (open all year round))

■ From DOCOMO mobile phones ■ From land-line phones
(In Japanese only) (In Japanese only)

 (No prefix) **113** (toll free)  **0120-800-000** (toll free)

※ Unavailable from land-line phones, etc. ※ Unavailable from part of IP phones.

For loss, theft, malfunction, and inquiries while overseas (24-hour reception)

■ From DOCOMO mobile phones

International call access code
for the country you stay

-81-3-6832-6600* (toll free)

* You are charged a call fee to Japan when calling from a land-line phone, etc.

※ If you use SH-07F, you should dial the number +81-3-6832-6600 (to enter "+", press and hold the "0" key for at least 1 second).

■ From land-line phones <Universal number>

Universal number
international prefix

-8000120-0151*

* You might be charged a domestic call fee according to the call rate for the country you stay.

※ For international call access codes for major countries and universal number international prefix, refer to DOCOMO International Services website.

● If you lose your FOMA terminal or have it stolen, immediately take the steps necessary for suspending the use of the FOMA terminal.

● If the FOMA terminal you purchased is damaged, bring your FOMA terminal to a repair counter specified by DOCOMO after returning to Japan.



Don't forget your mobile phone... or your manners!

When using your mobile phone in a public place, don't forget to show common courtesy and consideration for others around you.

NTT
docomo

SH-07F

INSTRUCTION MANUAL '14.5

Sales: NTT DOCOMO, INC.
Manufacturer: SHARP Corporation

'14.5 (1st Edition)
14● SM105①



Li-Ion00

Introduction

Thank you for purchasing “SH-07F”. Before use of SH-07F, be sure to read this manual to ensure proper operation.

Explanation for operation of SH-07F

Other than this manual, “Guide” (contained in the FOMA terminal) and “Manual (detailed edition)” (in PDF format) explain how to operate SH-07F.

■ **“Manual” (this manual)**

Explanations for contents displayed on the screen and operations of basic functions

■ **“Guide” (in Japanese only) (contained in the FOMA terminal)**

Explanations for the outline and operations of frequently-used functions
From SH-07F In the Normal menu,
[Tool] ▶ [Guide] ▶ select an item

■ **“Manual (detailed edition)” (in Japanese only) (in PDF format)**

Explanation for the detailed guidance and operations of all functions

From a PC Download from the DOCOMO website
<https://www.nttdocomo.co.jp/support/trouble/manual/download/index.html> (in Japanese only)

※ The URL and contents of this manual are subject to change without prior notice.

Basic package



SH-07F
(includes warranty)



Battery Pack SH39



Desktop Holder SH46



Back Cover SH73

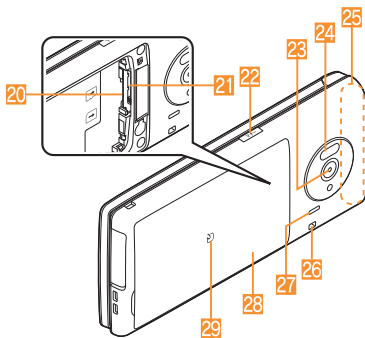
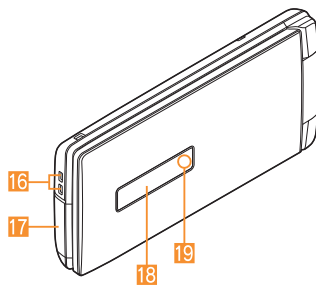
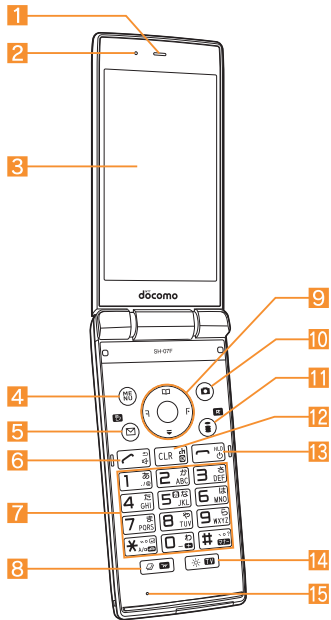


Manual
(Japanese version)

- For details on optional parts compatible with the FOMA terminal P. 86

- The explanations in this manual are based on the case when Kisekai tool is set for the handset color “Green”.
- The screens and illustrations in this manual are shown as examples. The actual screens and illustrations may differ.
- Note that “SH-07F” is referred to as the “FOMA terminal” in this manual.
- Reproduction of this manual in part or in whole is prohibited.
- The contents of this manual are subject to change without prior notice.

Part Names and Functions



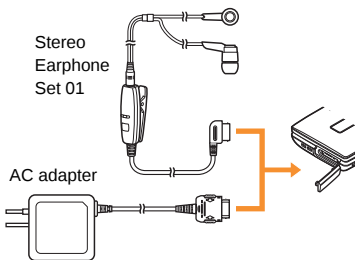
● Key illustrations may look different from actual keys.

Using earphone

Connect an earphone compatible with the external connector terminal (sold separately). In addition, when using an earphone which does not support the external connector terminal, connect with a plug adapter (sold separately).

Example of connecting Stereo Earphone Set 01 (sold separately) for the external connector terminal

AC adapter (charging) and Stereo Earphone Set 01 (earphone/microphone terminal) share the same slot.



1 Earpiece

2 Air vent

- A vent to remove excess air from the FOMA terminal.

3 Main display (P. 30)

4 MENU/Operation guidance key (P. 33, P. 39)

5 Mail/Operation guidance key (P. 33, P. 54)

6 Start/Hands-free key (P. 48)

7 1 to 9, *, 0 and # Dial/Character entry keys

8 Multi/i-Widget key

9 Multi-guide key (P. 33)

10 Camera/Operation guidance key (P. 33, P. 64)

11 i-mode/Operation guidance key (P. 33, P. 59)

12 (CLR) (CH) i-channel/Clear key (P. 62)

- Displays the channel list.
- Returns to the previous screen.

13 Power/End key (P. 29)

- Press for at least 2 seconds to turn the power on/off.
- Use to end the function being activated and return to the stand-by display.

14 Bright/TV key (P. 42)

- Activates the bright mode.
- Activates 1Seg.

15 Mouthpiece/Microphone

16 Charger terminal (P. 27)

- Use for charging with the accompanying desktop holder.

17 External connector terminal

- Integrated terminal for charging, connecting an earphone/microphone, etc.

18 Sub display (P. 32)

19 Called/Charging LED

- Flashes while receiving a call etc.
- Illuminates while charging.
- Illuminates/Flashes while activating the camera/shooting with the camera.

20 docomo mini UIM card slot (P. 26)

21 microSD Card slot (P. 77)

22 Side key

- Use to shoot still pictures or moving pictures.

23 Camera

- Use to shoot still pictures or moving pictures.

24 Infrared port (P. 78)

25 FOMA antenna*

26 Strap hole

27 Speaker

28 Back cover (P. 21)

- Do not remove the sticker pasted on the back of the back cover. May adversely affect the wireless function.

29 mark (P. 72, P. 78)

- * The antenna is built into the main body. Covering the antenna area with your hand may influence the quality.

- The 1Seg antenna is built into the main body. The whole FOMA terminal works as the antenna.

Precautions (ALWAYS FOLLOW THESE DIRECTIONS)

- Before use, read these "Precautions" carefully and use your FOMA terminal properly. Keep this manual in a safe place for future reference.
- These precautions contain information intended to prevent bodily injury to the user and to surrounding people, as well as damage to property, and must be observed at all times.

The following symbols indicate the different degrees of injury or damage that may occur if information provided is not observed and the FOMA terminal is used improperly.

 Danger	This symbol indicates that "death or serious bodily injury may directly and immediately result from improper use".
 Warning	This symbol indicates that "death or serious bodily injury may result from improper use".
 Caution	This symbol indicates that "minor injury and/or property damage may result from improper use".

The following symbols indicate specific directions.

	Indicates a prohibited action.
Don't	
	Indicates not to disassemble the device.
No disassembly	
	Indicates not to use the device near water or get it wet.
No liquids	
	Indicates not to handle the device with wet hands.
No wet hands	
	Indicates that instructions specified are compulsory (must be followed).
Instruction	
	Indicates that the power cord must be unplugged from the outlet.
Unplug	

“Precautions” is explained in the following seven sections.

- Handling the FOMA terminal, battery pack, adapters, desktop holder and docomo mini UIM card (general) P. 6
- Handling the FOMA terminal P. 8
- Handling battery pack P. 10
- Handling adapters and desktop holder P. 12
- Handling docomo mini UIM card P. 13
- Handling near electronic medical equipment P. 14
- Material list P. 15

Handling the FOMA terminal, battery pack, adapters, desktop holder and docomo mini UIM card (general)



Danger



Don't

Do not use, store or leave the equipment in locations subject to high temperatures (near a fire or heating unit, in a kotatsu, under direct sunlight, inside a vehicle on a hot day, etc.).

May cause fires, burns or bodily injury.



Don't

Do not place the equipment inside cooking appliances such as microwave ovens or pressure cookers.

May cause fires, burns, bodily injury or electric shock.



No disassembly

Do not attempt to disassemble or modify the equipment.

May cause fires, burns, bodily injury or electric shock.



No liquids

Do not get the equipment wet with water, drinking water, pet urine, sweat, etc.

May cause fires, burns, bodily injury or electric shock.

Refer to the following for details on waterproofness.

☞ “Waterproof/Dust-proof” on P. 20



No liquids

Do not allow liquids (water, drinking water, pet urine, sweat, etc.) to get inside the charger terminal or external connector terminal.

May cause fires, burns, bodily injury or electric shock.



Instruction

Use only optional parts specified by NTT DOCOMO for use with the FOMA terminal.

May cause fires, burns, bodily injury or electric shock.



Warning



Don't

Do not subject the equipment to strong force or impacts or throw it.

May cause fires, burns, bodily injury or electric shock.



Don't

Do not allow conductive materials (such as metal objects and pencil lead) to come into contact with the charger terminal or external connector terminal. In addition, do not insert such objects.

May cause fires, burns, bodily injury or electric shock.



Don't

Do not cover or wrap the equipment with bedding etc. when using or charging.

May cause fires or burns.



Instruction

Be sure to turn off the FOMA terminal and not to charge the battery in locations such as gas stations where flammable gas is generated.

May cause a gas explosion or fire.

To use Osaifu-Keitai in locations such as gas stations, be sure to turn off the power in advance (If the IC card lock is set, disable the lock before turning off the power).



Instruction

If you notice anything unusual, such as an unusual odor, overheating, discoloration or deformation during use, charging or storage, immediately follow the instructions below.

- **Unplug the power plug from the outlet or cigarette lighter socket.**
- **Turn off the FOMA terminal.**
- **Remove the battery pack from the FOMA terminal.**

May cause fires, burns, bodily injury or electric shock.



Caution



Don't

Do not leave the equipment on unstable surfaces, such as on a wobbly table or sloped surface.

May fall and cause injury.



Don't

Do not store the equipment in locations that are subject to humidity, dust or high temperatures.

May cause fires, burns or electric shock.



Instruction

If being used by a child, have a guardian teach him/her the proper handling procedures. In addition, check that the child is using the equipment as directed.

May result in bodily injury etc.



Instruction

Keep the equipment out of the reach of young children.

A young child may swallow the equipment or suffer bodily injury etc.



Instruction

Be very careful when using the FOMA terminal connected to adapters repeatedly or for long periods of time.

The FOMA terminal, battery pack or adapters may become warm if i-appli, videophone, 1Seg, etc. is used for a long time while charging.

Touching high temperature areas for a prolonged period of time may cause skin irritations, itchiness or low-temperature burns in some people.



Don't

Do not allow water or other liquids, metal, flammable material or other foreign objects to enter the docomo mini UIM card slot or microSD Card slot on the FOMA terminal.

May cause fires, burns, bodily injury or electric shock.



Instruction

Turn off the FOMA terminal in areas where the use of mobile phones is prohibited, such as in aircraft or hospitals.

May interfere with the operation of electronic devices and electronic medical equipment.

In addition, if auto power on function is set to on, disable this function before turning off your mobile phone.

Follow the instructions given by the respective medical facilities regarding the use of mobile phones on their premises.

Actions such as using a mobile phone aboard aircraft are prohibited and punishable by law.

However, follow the instructions on use of the FOMA terminal given by the airline if the FOMA terminal can be used aboard aircraft by setting the FOMA terminal not to emit radio wave etc.

Handling the FOMA terminal



Warning



Don't

Do not aim the infrared port towards the eyes.

May cause eye injury.



Don't

Do not aim the infrared port towards home electric appliances with an infrared device during infrared communication.

May interfere with the operation of infrared devices and cause an accident.



Instruction

Keep the FOMA terminal away from the ears during a call in which hands-free is set or while the ring tone is ringing.

When you attach the earphone/ microphone, etc. to the FOMA terminal to play games, music, etc., do not make the volume too loud. Excessively high volume may damage your hearing.

Also, it may prevent you from hearing ambient sounds and cause an accident.



Instruction

If you have a weak heart, take extra precautions when setting functions such as the vibrator and ring tone volume for incoming calls.

May have harmful effects on your heart.



Instruction

If you are using electronic medical equipment, contact the respective manufacturer or dealer to check whether the operation of the equipment is affected by signals.

May interfere with the operation of electronic medical equipment etc.



Instruction

Turn off the FOMA terminal near high-precision electronic devices or devices that use weak electronic signals.

May interfere with the operation of electronic devices.

Take particular care with the following devices

Hearing aids, implanted cardiac pacemakers, implanted cardioverter-defibrillators or other electronic medical equipment. Fire alarms, automatic doors, and other equipment controlled by electronic signals. If you use an implanted cardiac pacemaker, implanted cardioverter-defibrillator or other electronic medical equipment, contact the respective manufacturer or dealer to check whether the operation of the equipment is affected by signals.



Instruction

If the display part or camera lens is damaged, be careful of broken glass and the exposed inside of the FOMA terminal.

The surfaces of the display and the camera lens are covered by plastic panels so as to minimize the possibility of glass scattering. However, touching the broken or exposed parts may cause bodily injury.



Instruction

Make sure to keep your ears away from the FOMA terminal when you intend to use the personal alarm.

May damage your hearing.



Caution



Don't

Do not swing the FOMA terminal by its strap etc.

May hit you or others around you, resulting in bodily injury.



Don't

Do not use a damaged FOMA terminal.

May cause fires, burns, bodily injury or electric shock.



Don't

If the display is broken and internal substances such as liquid crystal then leak, do not get them on your skin (face, hands, etc.).

May result in loss of eyesight or harm to your skin.

If internal substances such as liquid crystal come into contact with your eyes or mouth, immediately rinse your eyes or mouth with clean water and see a doctor.

If they come into contact with your skin or clothes, immediately wipe it off with alcohol, and wash with water and soap.



Instruction

If you use the FOMA terminal in a vehicle, contact the vehicle manufacturer or dealer to check whether the operation of the vehicle is affected by signals.

May interfere with the operation of electronic equipment in some vehicle models. In such cases, stop using the FOMA terminal.



Instruction

Use of the FOMA terminal may cause skin irritations such as itchiness, rashes or eczema in some people. If this occurs, immediately stop using the FOMA terminal and seek medical treatment.

For details on materials of each part

☞ "Material list" on P. 15



Instruction

Do not close the FOMA terminal with your fingers or objects such as a strap caught inside.

May result in bodily injury.



Instruction

Look at the display in a well-lit place, keeping a certain distance from the screen.

Otherwise, eyesight may be weakened.

Handling battery pack

Check the type of battery using the information printed on the battery pack label.

Label	Battery type
Li-ion00	Lithium-ion



Danger



Don't

Do not touch terminals with metallic objects such as wires. In addition, do not carry or store the battery pack with metallic necklaces etc.

The battery pack may catch fire, explode, overheat or leak.



Don't

Check that the battery pack is facing the correct direction before you attach it to the FOMA terminal. If you are having difficulty fitting the battery pack to the FOMA terminal, do not use excessive pressure to force the battery into place.

The battery pack may catch fire, explode, overheat or leak.



Don't

Do not throw the battery pack into a fire or heat it.

The battery pack may catch fire, explode, overheat or leak.



Don't

Do not apply excessive force on the handset such as by puncturing it, hitting it with a hammer or stepping on it.

The battery pack may catch fire, explode, overheat or leak.



Instruction

If the battery fluid etc. comes into contact with your eyes, do not rub your eyes but immediately rinse your eyes with clean water. Then seek prompt medical treatment.
May result in loss of eyesight.



Warning



Don't

If any trouble such as a deformation or scratches caused by dropping the battery pack is found, never use it.

The battery pack may catch fire, explode, overheat or leak.



Instruction

If the battery pack leaks or emits an unusual odor, immediately stop using it and move it away from any naked flames or fire.

The battery fluid is flammable and could ignite, causing a fire or explosion.



Instruction

Do not allow a pet to bite the battery pack.

The battery pack may catch fire, explode, overheat or leak.



Caution



Don't

Do not dispose of used battery packs in ordinary garbage.

May cause fires or damage to the environment. Place tape over the terminals to insulate unnecessary battery packs, and take them to a sales outlet such as a docomo Shop or follow the instructions by a local institution that handles used batteries.



Don't

Do not use or charge a wet battery pack.

The battery pack may catch fire, explode, overheat or leak.



Instruction

If the battery fluid etc. leaks, do not get the liquid on your skin (face, hands, etc.).

May result in loss of eyesight or harm to your skin.

If the liquid etc. comes into contact with your eyes, mouth, skin or clothes, immediately rinse them with clean water. If the liquid etc. comes into contact with your eyes or mouth, see a doctor immediately after rinsing your eyes or mouth.

Handling adapters and desktop holder



Warning



Don't

Do not use if the cord of the adapter is damaged.

May cause fires, burns or electric shock.



Don't

Never use the AC adapter or the desktop holder in humid locations such as a bathroom.

May cause fires, burns or electric shock.



Don't

The DC adapter should only be used in negative grounded vehicles. Never use it in positive grounded vehicles.

May cause fires, burns or electric shock.



Don't

Do not touch adapters if you hear thunder.

May cause electric shock.



Don't

Take care not to short-circuit the charger terminal when connected to an outlet or cigarette lighter socket. Also, take care not to allow any part of your body (hands, fingers, etc.) to come into contact with the charger terminal.

May cause fires, burns or electric shock.



Don't

Do not place heavy objects on the cord of the adapter.

May cause fires, burns or electric shock.



Don't

When plugging/unplugging the AC adapter into/from the outlet, do not allow metallic straps or other metallic objects to come into contact with the prongs of the plug.

May cause fires, burns or electric shock.



Don't

Do not apply excessive force on an adapter by moving it up/down or to the left/right with the adapter connected to the FOMA terminal.

May cause fires, burns, bodily injury or electric shock.



No wet hands

Do not handle the cord or charger terminal of the adapters, desktop holder or outlet with wet hands.

May cause fires, burns or electric shock.



Instruction

Always use the specified power supply and voltage.

When using overseas, use the AC adapter that is available overseas.

Using the incorrect voltage may cause fires, burns or electric shock.

AC adapter: 100V AC

DC adapter: 12/24V DC (for negative grounded vehicles only)

AC adapter available overseas: 100 to 240V AC (Connect only with a household AC outlet)



Instruction

If the fuse in the DC adapter blows, always replace it with a fuse of the specified type.

May cause fires, burns or electric shock. Refer to the respective manuals for information on the correct fuse specifications.



Instruction

Wipe off any dust on the power plug.

May cause fires, burns or electric shock.



Instruction

Fully plug the AC adapter into the outlet.

May cause fires, burns or electric shock.



Instruction

Always grasp the adapters when unplugging the power plug from the outlet or cigarette lighter socket. Do not forcibly pull by the cord of the adapter.

May cause fires, burns or electric shock.



Instruction

When plugging/unplugging an adapter into/from the FOMA terminal, plug/unplug the adapter horizontally and straightly, not applying excessive force on it.

May cause fires, burns, bodily injury or electric shock.



Unplug

Unplug the power plug from the outlet or cigarette lighter socket when not using for a long time.

May cause fires, burns or electric shock.



Unplug

Should water or other liquids enter the equipment, remove the power plug from the outlet or cigarette lighter socket immediately.

May cause fires, burns or electric shock.



Unplug

Always unplug the power plug from the outlet or cigarette lighter socket before cleaning the equipment.

May cause fires, burns or electric shock.

Handling docomo mini UIM card



Caution



Instruction

Be careful with the cutting surface when handling the docomo mini UIM card.

May cause bodily injury.

Handling near electronic medical equipment



Warning



Instruction

If you have electronic medical equipment such as an implanted cardiac pacemaker or an implanted cardioverter-defibrillator, always carry or use your FOMA terminal at least 15 cm away from your implant. Electromagnetic signals may have harmful effects on the operation of the electronic medical equipment.



Instruction

Patients receiving medical treatment away from a hospital or medical facility (e.g. home treatment) who are using electronic medical equipment other than implanted cardiac pacemakers or implanted cardioverter-defibrillators should consult the respective manufacturers for information regarding the effects of signals on the equipment. Electromagnetic signals may have harmful effects on the operation of the electronic medical equipment.



Instruction

If there is any chance that the distance between the FOMA terminal and a person closest to you may get shorter than 15 cm such as when you cannot freely move around, set the handset not to emit radio wave in advance (by setting Self mode, turning the power off, etc.).

Somebody nearby may be equipped with electronic medical equipment such as an implanted cardiac pacemaker or an implanted cardioverter-defibrillator. Electromagnetic signals may have harmful effects on the operation of the electronic medical equipment.



Instruction

Follow the instructions given by the respective medical facilities regarding the use of the FOMA terminal on their premises.

Material list

Handset

Part		Material/Surface treatment
Surface of FOMA terminal	Display side	PC, PMMA resin/ Hard coating
	Back of display side (sub display side)	Aluminum/ Anodizing
	Sub display	PMMA resin/Hard coating
	Side surface of display side, Surrounding area of keyboard side	Polyamide resin with glass/UV coating
	Back of keyboard side	PC+ABS-GF20 resin/UV coating
	Keyboard side	UV cured resin
	Hinge section, Side surface of hinge section	ABS resin/UV coating
Camera panel	Camera panel	PMMA resin/Hard coating
	Protective projection for camera panel	PC+ABS-GF20 resin/UV coating
Protective cover	Keyboard side	PET resin/UV cured resin
	Hinge section	Polyamide resin with glass/UV coating
Operation key (including ornament)		UV cured resin
Side key		PC resin/UV coating

Part		Material/Surface treatment
External connector terminal	External connector terminal	SUS/Ni plating
	Cover	PC resin, Elastomer resin/ UV coating
	Gasket	EPDM/Low friction coating
Charger terminal		SUS/au plating
Infrared port		PMMA resin/Hard coating
Jack sheet		PET
microSD Card slot	Metal section	SUS
	Resin section	Polyamide resin with glass
docomo mini UIM card slot	Lever	Nylon 46
	Resin section	ABS resin
Battery storage side	Sticker	PET
	Resin section	Polyamide resin with glass
Battery storage section	Surrounding area of battery storage section	Polyamide resin with glass
	Screw	SUS/Passivation coating
Battery terminal	Battery terminal connector	PA4T
	Battery terminal	Copper alloy/Gold plating

Back cover

Part	Material/Surface treatment
Back cover	PC+ABS-GF20 resin/UV coating
Radio frequency prevention sticker	IFL 12 (Magnetic powder + urethane resin)/PET
Gasket	EPDM/Low friction coating

Battery pack

Part	Material/Surface treatment
Battery pack	PC resin/Spark erosion
Terminal section	Copper alloy/Full surface Ni with plating base, Gold plating

Desktop holder

Part	Material/Surface treatment
Main body	ABS
Tab	POM
Switch	POM
Charger terminal	Au 0.5 μ /Sealing treatment
Metal section of connector terminal	Au 0.3 μ /Sealing treatment
Resin section of connector terminal	PPS
Screw	SWCH
Stopper	PORON®

Handling Precautions

General notes

- **SH-07F is waterproof/dust-proof, however, do not allow water to seep or dust to get in the FOMA terminal and do not allow accessories or optional parts to get wet or do not allow dust to adhere.**

The battery pack, adapter, desktop holder and docomo mini UIM card are not waterproof/dust-proof. Do not use in humid or steamy areas such as bathrooms and avoid exposing to rain and other forms of moisture. If they are carried close to the skin, perspiration may cause internal components to corrode and result in malfunction. Note that if a problem is found to be due to moisture, the handset and parts are not covered by warranty and in some cases may be irreparable. Even when repairs are possible, repair charges will be incurred, since the damage is not covered by warranty.

- **Clean only with a soft and dry cloth (such as the type used for eyeglasses).**
 - Forceful rubbing of the LCD with a dry cloth may scratch its surface.
 - Note also that LCD coating may stain if moisture or soiling is left on the surface for a long period.
 - Never use chemicals such as alcohol, thinners, benzene or detergents, as these agents may erase the printing or cause discoloration.
- **Occasionally clean terminals with a dry cotton swab etc.**

Dirty terminals may result in poor connections and loss of power or insufficient battery charge. Keep the terminals clean with a dry cotton swab etc.

Be careful with the terminals while cleaning them.

- **Do not place the equipment near an air conditioning vent.**
Condensation formed due to rapid changes in temperature may cause internal corrosion and lead to a malfunction.
- **Do not apply excessive force to the FOMA terminal, battery pack, etc. when using them.**
Carrying the handset in a tightly packed bag or sitting on the handset in your pocket may cause damage to the display, internal components, battery pack, etc. or result in a malfunction.
Keeping an external connector device plugged into the external connector terminal (earphone/microphone terminal) may cause damage to the connector or result in a malfunction.
- **Do not rub or scratch the display with metal etc.**
May scratch it and cause malfunction or damage.
- **Read the respective manuals or user's guides supplied with the optional parts carefully.**

Notes about the FOMA terminal

- **Avoid using the handset in extremely high or low temperatures.**
Use the FOMA terminal within the range of a temperature between 5°C and 40°C (for temperatures of 36°C or higher, limit usage to a short period of time) and a humidity between 45% and 85%.
- **Using the handset close to land-line phones, TVs, radios, etc. may have harmful effects on the operation of such equipment. Move as far away as possible from such items before use.**
- **Keep a separate memo noting information stored in the FOMA terminal.**
DOCOMO shall not be liable for any loss of content.

- **Do not drop or otherwise subject the FOMA terminal to severe impact.**
May damage the handset or cause a malfunction.
- **When connecting an external connector device to the external connector terminal (earphone/microphone terminal), do not put it in obliquely and do not pull it while it is plugged in.**
May damage the handset or cause a malfunction.
- **Do not close the FOMA terminal with a strap etc. caught inside.**
May damage the handset or cause a malfunction.
- **The FOMA terminal becomes warm during use or charging but this is not a malfunction.**
- **Do not leave the camera in direct sunlight.**
May cause discoloration or burn-in of pixels.
- **Use the FOMA terminal with the external connector terminal cover closed.**
Dust, water, etc. may get in and cause a malfunction.
- **Do not use the FOMA terminal without the back cover.**
May remove the battery pack or cause a malfunction or damage.
- **Do not cover the surface of the display or keys with an extremely thick sticker etc.**
May cause a malfunction, damage or error.
- **While using a microSD Card, do not remove the card or turn off the FOMA terminal.**
May cause data loss or a malfunction.
- **Never place a magnetic card near the FOMA terminal or pinch it.**
The stored magnetic data in cash cards, credit cards, telephone cards, floppy disks, etc. may be erased.
- **Never place magnetized items near the FOMA terminal.**
Putting highly magnetized items closer may cause an error.

- The surface of the FOMA terminal uses the aluminum material. Note that dent and abrasion are easily remained as aluminum is a soft material.

Notes about battery pack

- **The battery pack is a consumable product.**
Though usage time varies with use, change the battery if the battery level is extremely low even after being fully charged. Purchase a specified new battery pack.
- **Charge battery in areas where ambient temperature is between 5°C and 35°C.**
- **The usage time for a battery pack depends on the usage and deterioration of battery pack.**
- **Depending on usage, the battery pack may swell as it approaches the end of its service life, but this will not cause problems.**
- **Avoid the following situations when the battery pack is stored.**
 - Storage with the battery pack fully charged (immediately after charging is completed)
 - Storage with no battery level (cannot turn the main body on)

May lower the performance or shorten the life of the battery pack.
The second level of the battery icon or approximately 40% is recommended as the proper battery level for storage.

Notes about adapters

- **Charge battery in areas where ambient temperature is between 5°C and 35°C.**

- **Do not charge the battery pack in the following locations.**
 - Areas with high humidity or dust, or in areas exposed to frequent vibrations
 - Close to land-line phones, TVs, radios, etc.
- **Adapters may become warm during charging but this is not a malfunction.**
- **Do not use the DC adapter to charge the battery when the car engine is not running.**
May cause the car battery to run down.
- **When using an outlet with a feature to prevent the plug from being removed accidentally, follow the instructions in the outlet user's guide.**
- **Do not subject to strong force or impacts.**
Also, do not deform the charger terminals.
May cause a malfunction.

Notes about docomo mini UIM card

- **Do not apply unnecessary force when inserting/removing the docomo mini UIM card.**
- **Customer is responsible for malfunctions arising from inserting docomo mini UIM card into a different IC card reader/writer etc.**
- **Always keep IC area clean.**
- **Clean only with a soft and dry cloth (such as the type used for eyeglasses).**
- **Keep a separate memo and note information stored in the docomo mini UIM card.**
DOCOMO shall not be liable for any loss of content.
- **To protect the environment, please take any unneeded docomo mini UIM cards to a sales outlet such as a docomo Shop.**
- **Do not damage, touch haphazardly or short-circuit the IC.**
May cause data loss or a malfunction.

- **Do not drop or otherwise subject the docomo mini UIM card to severe impact.**
May cause a malfunction.
- **Never bend the docomo mini UIM card or place heavy objects on it.**
May cause a malfunction.
- **Do not insert the docomo mini UIM card to the FOMA terminal with a label or sticker attached on the card.**
May cause a malfunction.

FeliCa reader/writer

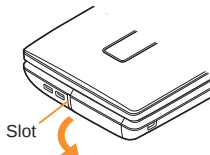
- **The FeliCa reader/writer function in the FOMA terminal uses weak radio waves whose handling does not require a license of radio station.**
- **The frequency in use is the 13.56 MHz band. When another reader/writer function is being used nearby, keep enough distance from it. Make sure that there is no radio station using the same frequency band in the nearby area.**
- **For use in an aircraft, contact the airline beforehand. Use of FeliCa reader/writer function may be restricted in some countries. Check conditions such as regulations of the country/region to use the function.**

Caution

- **Never use the FOMA terminal that is modified. Using a modified device violates the Radio Law and/or the Telecommunications Business Law.**
The FOMA terminal follows the regulations regarding the certification of conformity with technical regulations for the specified radio station based on the Radio Law and authentication of conformity with technical regulations for the handset based on the Telecommunications Business Law, and the "Technical Conformity Mark  " is printed on the model nameplate of the FOMA terminal as a proof.
If the screws of FOMA terminal are removed and a modification is given to the inside, the certification of conformity with technical regulations etc. will become invalid.
Never use the FOMA terminal without the valid certification etc. Doing so violates the Radio Law and/or the Telecommunications Business Law.
- **Be careful when using the FOMA terminal while driving a motor vehicle.**
Using a mobile phone in hand while driving is regarded as a punishable act.
However, the punishment has no application in some cases such as when rescuing sick and injured people or maintaining public safety.
- **Use the FeliCa reader/writer function only in Japan.**
The FeliCa reader/writer function in the FOMA terminal conforms to the domestic radio wave standards. Using the function overseas may result in punishment.
- **Never change the basic software improperly.**
This may be regarded as a conversion of software and repairs may be refused.

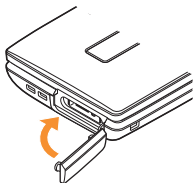
Opening external connector terminal cover

Hook the tip of a finger into the slot to open.



Closing external connector terminal cover

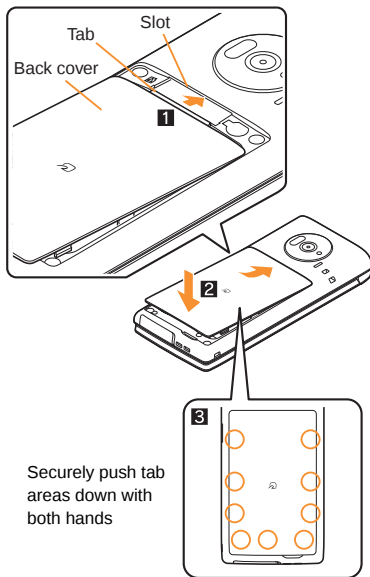
Push the external connector terminal cover securely in the direction of the arrow to close it so that gaps are not left between the FOMA terminal and the cover.



Attaching back cover

- 1 Insert the tab of the top of the back cover into the FOMA terminal slot (1), attach it in the direction of the arrow (2) and securely push down with both hands (3)

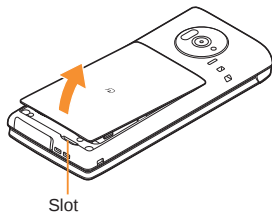
- The back of the back cover has also nine tabs to insert the back cover. Securely push tab areas down with both hands so that gaps are not left between the FOMA terminal and the back cover.



Securely push tab areas down with both hands

Removing back cover

- 1 Hook the tip of a finger into the FOMA terminal slot to remove the back cover upward



- To maintain waterproof/dust-proof performance, replacement of parts is recommended every 2 years regardless of whether the FOMA terminal appears normal or abnormal. DOCOMO replaces the parts as a chargeable service. Bring the handset to a repair counter that DOCOMO specifies.

Precautions

- When your hands or the FOMA terminal are wet, do not attach/remove the back cover or open/close the external connector terminal cover.
- Close the external connector terminal cover and back cover securely. Even a fine obstacle (one hair, one grain of sand, tiny fiber, etc.) put between contact surfaces may allow water to seep or dust to get in.
- If the FOMA terminal gets wet with water or other liquids with the external connector terminal cover or back cover opened, the liquid may get inside causing electric shocks or malfunction. Stop using the FOMA terminal, turn off the power, remove the battery pack and contact a repair counter that DOCOMO specifies.
- The rubber gaskets of contact surfaces between the external connector terminal cover/back cover and the main body play an important role in maintaining waterproof/dust-proof performance. Do not remove or scratch them. Also, prevent dust from adhering to them. If a rubber gasket is damaged or deformed, replace it at a repair counter that DOCOMO specifies.
- Do not insert a pointed object through external connector terminal cover or back cover gaps. It causes damage to the rubber gasket and allow water to seep or dust to get in.
- If the back cover is damaged, replace it. Water may seep inside from a damaged section causing troubles such as electric shocks or corrosion of the battery.
- Do not use the FOMA terminal underwater (including opening/closing and key operations). May cause malfunction.
- Do not apply water flow stronger than allowed (P. 20) (over 6 liters/min). May cause malfunction though SH-07F provides waterproof performance of IPX5.
- Do not let the FOMA terminal get wet with liquids other than water at room temperature (between 5°C and 35°C) or do not soak the handset in the liquids.
- Do not wash the FOMA terminal in a washing machine etc.
- To prevent condensation, do not bring the FOMA terminal from a cold place to a warm place without letting the FOMA terminal warmed to room temperature.
- Never soak the FOMA terminal in hot spring water or water containing soap, detergent or bath powder.
- Do not soak the FOMA terminal in hot water, use it in a sauna or apply hot air (from a hair dryer etc.) to it.
- Do not soak the FOMA terminal in seawater.
- Do not put the FOMA terminal directly on sand/dirt.

Before Using

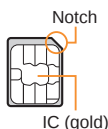
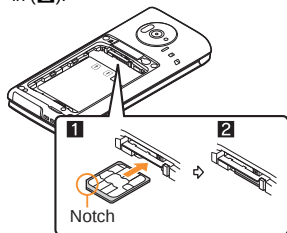
Inserting docomo mini UIM card

A docomo mini UIM card is an IC card that records personal information, such as phone numbers.

- You cannot use the docomo mini UIM card with other than compatible handsets and may not be able to use a part of the site and data when you change from the UIM.
- The FOMA terminal supports only docomo mini UIM card. Change the UIM at a docomo Shop.

1 Hold the docomo mini UIM card with the IC (gold) side turned up and set it into the docomo mini UIM card slot (1)

- Push the docomo mini UIM card all the way in (2).



- Make sure not to touch or damage the IC (gold) of the docomo mini UIM card when handling it. Also, note that pulling forcibly or adding forces on the lever may damage it.
- Note that inserting or removing the docomo mini UIM card forcibly may damage it.

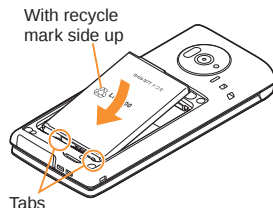
Attaching battery pack

- For attaching the battery pack, turn the FOMA terminal off, close it and hold it with your hand.
- The battery pack is not waterproof/dust-proof.

1 Remove the back cover (P. 21)

2 Attach the battery pack

- With the recycle mark side turned up, place the tabs of the FOMA terminal to those of the battery pack and attach the battery pack.



3 Attach the back cover (P. 21)

- Using unnecessary force when attaching or removing the battery pack may damage the connector terminal for the battery pack (charger terminal) on the FOMA terminal.

- Securely attach the back cover. If not attached securely, the back cover may come off and the battery pack may fall out due to vibration. Also, the waterproof/dust-proof performance may be impaired, resulting in allowing water to seep or dust to get in.

Charging

- It is recommended that the accompanying desktop holder be used for charging to prevent water from seeping or dust from getting in caused by forgetting to close the external connector terminal cover.
- The AC adapter (sold separately) and desktop holder are not waterproof/dust-proof. Never try to charge the battery pack when the FOMA terminal is wet. For precautions about the waterproof/dust-proof when charging P. 25

Charging by using desktop holder

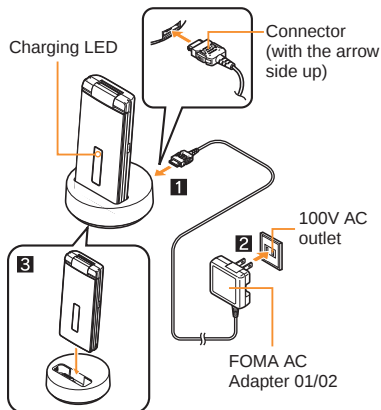
- Turn the arrow side of the AC adapter connector up and insert it horizontally into the connector terminal of the desktop holder (1)

- Keep the connector parallel with the desktop holder and securely push all the way in until a click is heard.

- Insert the AC adapter power plug into an outlet (2)

3 When placing the FOMA terminal on the desktop holder, the charge alert is heard, the charging LED illuminates and charging starts

- Place the FOMA terminal in the direction of the arrow and make sure that a click is heard (3).

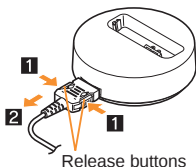


4 When charging is complete, the charge alert is heard and the charging LED turns off

- Hold the desktop holder and lift the FOMA terminal after tilting it towards you.

5 Remove the AC adapter power plug from the outlet

- 6** Keep holding the release buttons on both sides of the AC adapter connector (1) and unplug it horizontally (2)

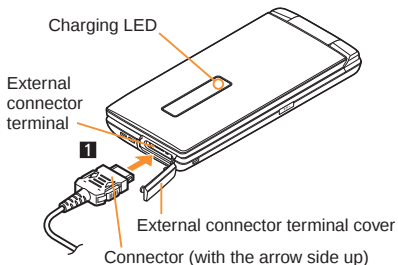


- When the charge alert is not heard or when the charging LED does not illuminate, check that the FOMA terminal is placed securely on the desktop holder (except when the handset is turned off, the manner mode is set or Charge alert is [OFF]).
- When placing the FOMA terminal on the desktop holder, be careful not to let a strap etc. caught.

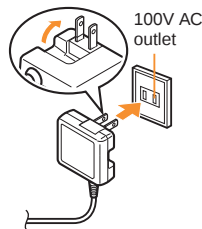
Charging by using AC adapter

- Read the user's guide of FOMA AC Adapter 01/02 (sold separately).

- 1** Open the external connector terminal cover, turn the arrow side of the AC adapter connector up and insert it horizontally into the external connector terminal (1)

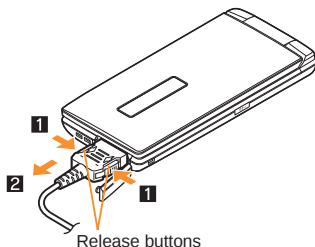


- 2** When inserting the AC adapter power plug into an outlet, the charge alert is heard, the charging LED illuminates and charging starts



- 3** When charging is complete, the charge alert is heard and the charging LED turns off
- 4** Remove the AC adapter power plug from the outlet

- 5** Keep holding the release buttons on both sides of the AC adapter connector (1), unplug it horizontally (2) and close the external connector terminal cover



- Do not forcibly insert or remove. May cause damage to the external connector terminal and the connector or result in a malfunction.

Turning power on

- 1**  (for at least 2 seconds)
- Stand-by display appears when initial settings are complete.
 - Press  for at least 2 seconds to turn the power off.

Changing screen display to English

- 1** In the Normal menu, [本体設定] (Setting) ▶ [文字表示/入力] (Text display/input) ▶ [Select language] ▶ [English]

Making initial setting

- If the setting of Password is not complete, the setting screen appears every time the power is turned on.
- Alternatively, in the Normal menu, [Setting] ▶ [Other setting] ▶ [Initial setting] to display the setting screen.

- 1** [Date and time setting] ▶ set the date and time
- 2** [Password] ▶ register a terminal security code
- 3** [Keypad sound] ▶ set the keypad sound
- 4** [Text size] ▶ set the font size collectively
- 5** 

Notifying the other party of your phone number

You can display your phone number (caller ID) on the other party's phone (display) when you make a voice or videophone call.

- When you hear a message requesting caller ID, activate Caller ID notification or put "186" and make a call again.

- 1** In the Normal menu, [TEL function] ▶ [Dial/Receive call setting] ▶ [Caller ID notification]
- 2** [Setting] ▶ select the setting ▶ [OK]

Checking your own phone number

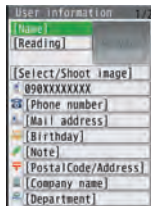
1 In the Normal menu, [Profile]

Saving your own name and image

1 In the Normal menu, [Profile]

2 enter the terminal security code

3 Set each item ▶



Changing mail address or configuring spam mail prevention

You can connect to the i-mode site for changing mail address, configuring spam mail prevention, etc. Refer to the DOCOMO website for details on setting method.

1 In stand-by, ▶ [Mail setting] ▶ [Address/Spam setting]

2 [YES]

Screen Explanation

Viewing display



Icon display area

Main icons

	Battery level (High ← → Low)
	Signal strength (Strong ← → Weak) ● When appears, the handset is outside the service area or in a place with no signal.
	i-mode
	Kid-safe mode
	Infrared communication
	Hands-free
	i-mode mail/SMS/Area Mail/Information received
	i-appli
	Alarm/Schedule
	Software update
	microSD Card
	IC card lock

Call

Making a voice/videophone call

- The FOMA terminal does not have a camera inside, so images which you send to the other party are Chara-den, still pictures or images being shot with the camera on the back of the FOMA terminal.
- DOCOMO videophones comply with "3G-324M as standardized by the international 3GPP standard". Connection is not available with videophones using other standards.

Making a call by entering a phone number

- 1 In stand-by, enter a phone number**
 - Start with the city code.
- 2**  (Phone)/ (V.phone)
- 3**  to end the call

Making a call from phonebook

- 1 In stand-by, ☺**
- 2 Point the cursor to the name**
- 3**  (Phone)/ (V.phone)

Making a call with redials/received calls

The FOMA terminal keeps a record of the 30 most recent items in each history.

- 1 In the Normal menu, [TEL function] ▶ [Dialed/Received calls] ▶ [Received calls]/[Redial]**
- 2 Point the cursor to the history**
- 3**  (Phone)/ (V.phone)

Using service of Koe-no-Takuhaibin

If your message is recorded, SMS notifies the other party that your message has been recorded. You can play messages using the Phone To function from received SMSs.

- Refer to the DOCOMO website for details.

When you record a Koe-no-Takuhaibin

- 1 In stand-by, enter a phone number**
▶ 
- 2 Record a message by following the voice guidance**
 - SMS notifies the other party that your message has been recorded.

When you play a Koe-no-Takuhaibin

- 1 Select a record notice SMS**
- 2 [再生] (Play) ▶ [Phone] ▶**  / 
 - Alternatively, in the Normal menu, [TEL function] ▶ [Koe-no-Takuhaibin] ▶ [Message confirm(voice)] ▶ [Yes].

Making an international call

WORLD CALL is an international calling (voice or videophone call) service available from DOCOMO FOMA terminals in Japan.

WORLD CALL is registered when FOMA services are registered (excluding users who did not apply for WORLD CALL).

- WORLD CALL charges are billed together with the monthly FOMA service call charges.
- Commission and monthly usage fees are free.
- Contact the number listed in "General Inquiries" on the last page for details on WORLD CALL.
- To make an international call through a company other than DOCOMO, contact the respective companies for instructions.

1 In stand-by, enter "+" (for at least 1 second), country code, area code (city code) and phone number

- For the other parties' phone numbers and area codes (city codes) that begin with "0", omit the first "0" when entering (except some countries or regions such as Italy).

2  (Phone)/ (V.phone)

3 [Yes]

Receiving a voice/videophone call

1 When a call is received, the ring tone sounds and the called LED flashes

- When the caller does not notify the caller ID, a non-disclosure reason message appears.
 - [User Unset]: When the caller purposely withholds the caller ID
 - [PublicPhone]: When the call is received from a payphone etc.
 - [Unavailable]: When the caller cannot notify the caller ID, such as when the call is received from overseas or from an ordinary (land-line) phone via various transfer services

2 

3  to end the call

Adjusting earpiece volume

1 During a call,

Making a call outside your country of stay (including Japan)

Make a call from your country of stay to Japan or other countries.

- 1 In stand-by, enter “+” (📞 for at least 1 second), country code, area code (city code) and the other party’s phone number

- When the area code (city code) begins with “0”, omit the first “0” when dialing (Include the “0” when making a call to some countries or regions such as Italy).

- 2 📞 (Phone)/📠 (V.phone)

Making a call in your country of stay

You can make a domestic call in your country of stay in the same way as you do in Japan.

- 1 In stand-by, enter a phone number

- 2 📞 (Phone)/📠 (V.phone)

Making a call to a WORLD WING subscriber overseas

When you make a call to a WORLD WING subscriber overseas, the call is made as an international call to Japan regardless of your country of stay.

- 1 In stand-by, enter “+” (📞 for at least 1 second), country code “81” (Japan) and the other party’s mobile phone number excluding the first “0”

- 2 📞 (Phone)/📠 (V.phone)

Mail

You can exchange mails with not only DOCOMO subscribers but also anyone who has an Internet mail address such as one on a mobile phone and smartphone provided by another carrier, one on a PC, etc. just by subscribing to i-mode.

You can attach up to ten files (pictures, moving picture files, etc.) equivalent to 2 MB or less in total in addition to a message.

Also, Deco-mail is available. You can easily send an expressive mail by using Deco-mail pictograms or Deco-mail pictures and changing the character color and size or background color in a message.

- Refer to the DOCOMO website for details on i-mode mail.

Sending i-mode mail

- 1 In stand-by, [📧] ▶ [Compose message]

- 2 Select the TO field ▶ enter an address

- When selecting [Search phonebook], you can enter up to 50 addresses at the same time.

- 3 Select the SUB field ▶ enter a subject

4 [Message] ▶ enter a message

- To decorate the mail automatically: After entering a message, [Auto-Decome] in the mail composition screen
 - To move on to the next candidate: 
- To attach files: Select the attachment field in the mail composition screen ▶ select a file to attach

5

Creating Deco-mail/ Decome-Anime

Creating Deco-mail

You can change the color and font size in a message, insert images such as Flash movies or change the background color when composing an i-mode mail.



1 In the message entry screen, ▶ [Decorate mail]

2 Decorate

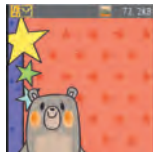


Palette

- Select the decoration method from the palette or submenu, set the contents of decorating and enter a message.

Creating Decome-Anime

Decome-Anime is an expressive mail service that uses Decome-Anime Templates and Flash movies with a message or an image inserted.



1 In stand-by, ▶ [Create new Decome-Anime] ▶ [Edit]

2 Point the cursor to a template ▶

3 Select an item to edit

- ◆  ▶ select an item ▶ edit
- ◆  ▶ edit
- ◆  ▶ [Select image] ▶ point the cursor to an image ▶ 

4

Checking received i-mode mail

1 Receive an i-mode mail automatically

2 After the reception, the screen notifying that the mail has been received appears and the i-mode mail ring tone sounds

- If no operations are performed in the screen notifying that the mail has been received for approximately 15 seconds, the screen displayed before the reception automatically reappears.

Early warning “Area Mail”

Area Mail is a service to receive earthquake early warnings etc. provided by the Japan Meteorological Agency.

- Area Mail is a free service that does not require a subscription.
- Area Mail is received without i-mode subscription.

Receiving Area Mail

1 Receive an Area Mail automatically

2 When the Area Mail is received, the dedicated alarm tone (beep sound) or Area Mail dedicated ring tone sounds and the called LED flashes

- After receptions, some Area Mails automatically display the message, while others display [Area mail received].
- When [Area mail received] appears, the screen displayed before the reception automatically reappears approximately 30 seconds later.

Setting Area Mail

1 In stand-by, ▶ [Mail setting] ▶ [Early warning “Area Mail” setting]

2 Select an item

- ◆ [Receive setting] ▶ select the setting
- ◆ [Beep time] ▶ enter the duration of the beep sound to be rung

- ◆ [Manner/Public mode setting] ▶ select the setting
- ◆ [Check ring tone] ▶ select an item
- ◆ [Other] ▶ [Receive entry] ▶ enter the terminal security code ▶  ▶ enter the Area Mail name ▶ enter MessageID ▶



Using SMS

You can use SMS that enables you to use a mobile phone number as an address.

Sending SMS

1 In stand-by, ▶ [Compose new SMS]

2 Select the TO field ▶ enter an address

3 [Message] ▶ enter a message

4

Checking received SMS

1 Receive an SMS automatically

2 After the reception, the screen notifying that the SMS has been received appears and the SMS ring tone sounds

3 [Mail] ▶ select the SMS

- Carry Case 02
- Bone conduction microphone/receiver 01*³
- FOMA USB Cable with Charge Function 02*⁴
- FOMA Portable Charging Adapter 01/02/03
- FOMA Indoor Booster Antenna (Stand Type)*⁵
- FOMA eco Solar Panel 01

*1 Refer to P. 28 for details on charging with an AC adapter.

*2 Earphone Plug Adapter for External connector terminal 01 and Earphone Plug Adapter are required.

*3 Earphone Plug Adapter for External connector terminal 01 is required.

*4 The use of USB HUB may prevent working correctly.

*5 For use only in Japan.

*6 FOMA In-Car Hands-Free Cable 01 is required to use/charge SH-07F.

Appendix

Specific Absorption Rate (SAR) of mobile phone

This model SH-07F mobile phone complies with Japanese technical regulations and international guidelines regarding exposure to radio waves.

This mobile phone was designed in observance of Japanese technical regulations regarding exposure to radio waves (*) and limits to exposure to radio waves recommended by a set of equivalent international guidelines. This set of international guidelines was set out by the International Commission on Non-Ionizing Radiation Protection (ICNIRP), which is in collaboration with the World Health Organization (WHO), and the permissible limits include a substantial safety margin designed to assure the safety of all persons, regardless of age and health condition.

The technical regulations and international guidelines set out limits for radio waves as the Specific Absorption Rate, or SAR, which is the value of absorbed energy in any 10 grams of tissue over a 6-minute period. The SAR limit for mobile phones is 2.0 W/kg. The highest SAR value for this mobile phone when tested for use at the ear is 0.758 W/kg and when worn on the body is 0.683 W/kg. There may be slight differences between the SAR levels for each product, but they all satisfy the limit.

The actual SAR of this mobile phone while operating can be well below that indicated above. This is due to automatic changes to the power level of the device to ensure it only uses the minimum required to reach the network. Therefore in general, the closer you are to a base station, the lower the power output of the device. This mobile phone can be used in positions other than against your ear.

Please keep the mobile phone farther than 1.5 cm away from your body by using such as a carrying case or a wearable accessory without including any metals. This mobile phone satisfies the technical regulations and international guidelines.

The World Health Organization has stated that “a large number of studies have been performed over the last two decades to assess whether mobile phones pose a potential health risk. To date, no adverse health effects have been established as being caused by mobile phone use.”

Please refer to the WHO website if you would like more detailed information.

http://www.who.int/docstore/peh-emf/publications/facts_press/fact_english.htm

Please refer to the websites listed below if you would like more detailed information regarding SAR.

Ministry of Internal Affairs and Communications Website:

<http://www.tele.soumu.go.jp/e/sys/ele/index.htm>

Association of Radio Industries and Businesses Website:

<http://www.arib-emf.org/index02.html> (in Japanese only)

NTT DOCOMO, INC. Website:

<https://www.nttdocomo.co.jp/english/product/sar/>

SHARP Corporation Website:

<http://www.sharp.co.jp/products/menu/phone/cellular/sar/index.html>

(in Japanese only)

* Technical regulations are defined by the Ministerial Ordinance Related to Radio Law (Article 14-2 of Radio Equipment Regulations).

European RF Exposure Information

Your mobile device is a radio transmitter and receiver. It is designed not to exceed the limits for exposure to radio waves recommended by international guidelines.

These guidelines were developed by the independent scientific organization ICNIRP and include safety margins designed to assure the protection of all persons, regardless of age and health.

The guidelines use a unit of measurement known as the Specific Absorption Rate, or SAR. The SAR limit for mobile devices is 2 W/kg and the highest SAR value for this device when tested at the ear is 0.760 W/kg* and when worn on the body is 0.548 W/kg*.

For body-worn operation, this mobile device has been tested and meets the RF exposure guidelines when used with an accessory containing no metal and positioning the handset a minimum of 1.5 cm from the body. Use of other accessories may not ensure compliance with RF exposure guidelines.

As SAR is measured utilizing the devices highest transmitting power the actual SAR of this device while operating is typically below that indicated above. This is due to automatic changes to the power level of the device to ensure it only uses the minimum level required to reach the network.

* The tests are carried out in accordance with international guidelines for testing.

Declaration of Conformity

C E 0168

Hereby, Sharp Telecommunications of Europe Ltd, declares that this SH-07F is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.

A copy of the original declaration of conformity can be found at the following Internet address:
<http://www.sharp.co.jp/k-tail> (in Japanese only)

FCC Notice

- 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.
- Changes or modifications not expressly approved by the manufacturer responsible for compliance could void the user's authority to operate the equipment.

Information to User

This equipment has been tested and found to comply with the limits of 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:

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

FCC RF Exposure Information

Your handset is a radio transmitter and receiver.

It is designed and manufactured not to exceed the emission limits for exposure to radio frequency (RF) energy set by the Federal Communications Commission of the U.S. Government.

The guidelines are based on standards that were developed by independent scientific organizations through periodic and thorough evaluation of scientific studies. The standards include a substantial safety margin designed to assure the safety of all persons, regardless of age and health.

The exposure standard for wireless handsets employs a unit of measurement known as the Specific Absorption Rate, or SAR. The SAR limit set by the FCC is 1.6 W/kg.

The tests are performed in positions and locations (e.g., at the ear and worn on the body) as required by the FCC for each model. The highest SAR value for this model handset when tested for use at the ear is 0.85 W/kg and when worn on the body, as described in this user guide, is 0.83 W/kg.

For body worn operation, this phone has been tested and meets the FCC RF exposure guidelines. Please use an accessory designated for this product or an accessory which contains no metal and which positions the handset a minimum of 1.5 cm from the body.

The use of accessories that do not satisfy these requirements may not comply with FCC RF exposure requirements, and should be avoided.

The FCC has granted an Equipment Authorization for this model handset with all reported SAR levels evaluated as in compliance with the FCC RF emission guidelines. SAR information on this model handset is on file with the FCC and can be found under the Display Grant section of <http://transition.fcc.gov/oet/ea/fccid/> after searching on FCC ID APYHRO00209.

Additional information on Specific Absorption Rates (SAR) can be found on the FCC website at <http://www.fcc.gov/encyclopedia/radio-frequency-safety>.

Check/Change the subscription, apply for various services, and request various information materials online.

From i-mode iMenu ▶ お客様サポート (user support) ▶ お申込・お手続き (Applications/Procedures) ▶ ドコモオンライン手続き (docomo online procedure) Packet communication charges free (in Japanese only)

From a PC My docomo (<https://www.mydocomo.com/>) ▶ ドコモオンライン手続き一覧 (Lists of the docomo online procedure) (in Japanese only)

- ※ Use "network security code" to access from i-mode.
- ※ Some services may be charged when you access the site from i-mode.
- ※ Use "docomo ID/Password" to access from a PC.
- ※ If you do not have or you have forgotten your "network security code" or "docomo ID/Password", contact the number listed in "General Inquiries" on the last page.
- ※ The sites may not be available depending upon the content of your subscription.
- ※ You may not be able to access some site services due to system maintenance, etc.

Using mobile phone with your manners!



Please be considerate of those around you when using a mobile phone in public places.

Turn off your FOMA terminal in the following places

■ When in an area where use is prohibited

When you are on an airplane or in a hospital, follow the instructions given by the respective airlines or medical facilities. Turn off the handset in areas where the use of mobile phones is prohibited.

Set the Public mode in the following places

■ While driving

Using a mobile phone in hand while driving is regarded as a punishable act. However, some cases such as when rescuing sick and injured people or maintaining public safety are exempted.

■ When in public places such as theaters, movie theaters or museums

Be considerate of the privacy of the individuals around you

Please be considerate of the privacy of individuals around you when taking and sending photos using camera-equipped mobile phones.



DOCOMO's contribution to environment

Simplified manual

We simplified the manual and reduced paper consumption by explaining the basic operation in Japanese version of this manual.

You can check Guide (in Japanese only, contained in the FOMA terminal) and DOCOMO website for frequently-used function and detailed explanation.

Collecting and recycling of mobile phones

We collect your unnecessary mobile phones and other devices irrespective of carrier. Bring them to a docomo Shop near you.

※Intended devices: Mobile phone, PHS, battery pack, charger and desktop holder (irrespective of carrier)



モバイル・リサイクル・ネットワーク
携帯電話・PHSのリサイクルにご協力。