http://waterheatertimer.org/plug-in-timers.html

TI150 3-in-1 Timer
Set up was very easy.
I just had to remove the back cover by grabbing the clip and sliding it downwards.
Then remove the 2 strips of vinyl covering the batteries' connection points,
replace the cover and it's ready.
It uses 2 AAA batteries.

The timer is easy to set.
You just set the time,
then hit the big "start/stop" button and the little "H" and "M" on either side of the timer display
flashes.
To clear the timer, just hit both the "h" and the "m" buttons simultaneously.
To stop the alarm or to turn off the timer before the alarm sounds just hit the "start/stop" button.

On the back of the timer, there are 4 different on/off switches: flashing light alarm, sound alarm,
vibrating alarm, and one for hours/minutes or minutes/seconds.

When I set the timer on my desk, it moved around when the alarm went off but when I turned off the
vibrating function, the timer didn't move around.

If you need to turn off both the sound and vibrating alarms and use only the flashing light alarm,
the light is quite noticeable by itself if placed nearby in your line of sight (within a foot or so).
This would be very handy if you're near a sleeping baby! :) But if you clip it on a breast pocket, I
would use both the flashing light and vibrating alarms. The vibrating alarm does make a sound, but
it's not as loud as the ringing alarm.