

# black dot

sedus

Instructions for use



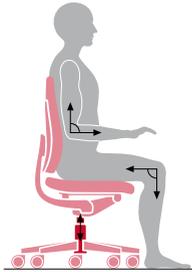
# Healthy sitting is a question of attitude



## ► Use the whole seat surface

The anatomically shaped seat should be fully occupied. Only then is proper contact with the supporting backrest assured. “black dot” is also available with an adjustable seat tilt and a sliding seat. These allow the seat to be adjusted individually to suit most body size.

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## ► Adjust the height of the seat precisely

The correct seat height means that the elbow joint adopts an angle of about 90° when the forearms are resting horizontally on the desktop. The knee joint will also adopt an angle of about 90° when the feet are flat on the floor. If your desktop is too high, and cannot be lowered to a correct position, you need a footrest with adjustable height and tilt.

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## ► Adjust the backrest

Adjust the height of the lumbar support so that the curvature of the backrest supports the spine in the region of the third and fourth lumbar vertebrae (where the forward curvature is greatest). This stabilises the natural S-shape of the spine in every sitting position.

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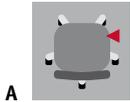


## ► Dynamic sitting

Dynamic sitting means changing your sitting posture frequently, or in other words shifting as often as possible between the front and rear sitting posture. You should therefore adjust the backrest dynamically. “black dot” is equipped with a “Similar” mechanism, allowing you to adjust the backrest pressure as best suits you. This ensures that the backrest and seat automatically give your body support in every sitting/reclining position.

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# The functions of the swivel chair



## A Height of the seat

- ▶ Lowering the seat:
  1. Sit down on the seat
  2. Pull the lever upwards (the seat will drop slowly)
  3. Releasing the lever at the desired height will lock the position
- ▶ Raising the seat:
  1. Stand up
  2. Pull the lever upwards (the seat will rise slowly)
  3. Releasing the lever at the desired height will lock the position



## B Angle of the backrest

- ▶ Adjusting the backrest dynamically:
  1. Pull the lever upwards and release it
  2. Lean against the backrest
  3. The backrest is automatically released
- ▶ Locking the backrest into position:
  1. Lean back until the backrest reaches the desired angle
  2. Press the lever down and release it to lock the backrest into position



## C Height of the lumbar support (optional)

- ▶ Adjusting the height:
  1. Do not lean against the backrest
  2. Sliding lumbar adjustment
- ▶ Lumbar depth (optional on black dot net):  
Turn inlay to increase or decrease support



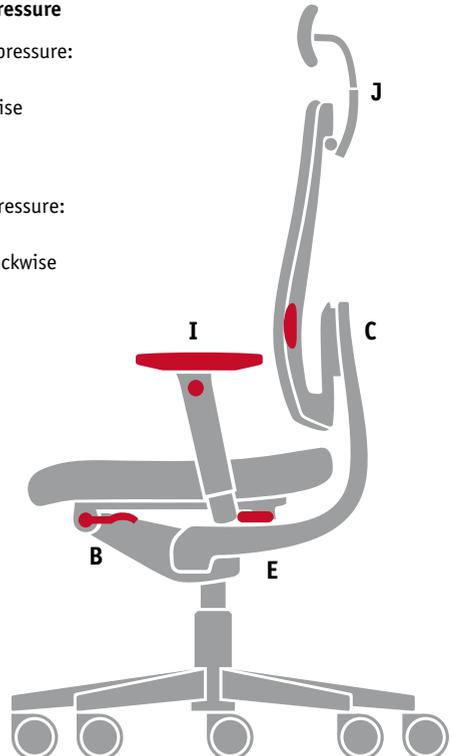
## D Strength of the backrest pressure

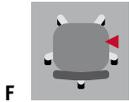
- ▶ Increasing the backrest pressure:
  1. Pull out the handle
  2. Crank the handle clockwise (forwards)
  3. Push the handle back in
- ▶ Reducing the backrest pressure:
  1. Pull out the handle
  2. Crank the handle anticlockwise (backwards)
  3. Push the handle back in



## E Adjusting the seat tilt (optional)

- ▶ To tilt the seat forwards:
  1. Take your weight off the seat
  2. Pull the lever out, hold it and swivel it anticlockwise until the seat is tilted to the angle you require. Then release the lever = lock in position
- ▶ To return the seat to horizontal:
  1. Take your weight off the seat
  2. Pull the lever out, hold it and swivel it clockwise; the seat will return to its normal horizontal position



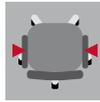


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### Depth of the seat (optional)

► Adjusting the seat depth:

1. Press the finger plate and hold it fast
2. Push the cushion to the desired position
3. Release the finger plate, and the seat will engage

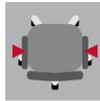


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### Adjusting the basic armrests (optional)

► To adjust the height of the armrests:

1. Press and hold the button
2. Raise or lower the armrest to the desired height
3. Release the button to lock the armrest



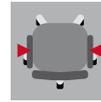
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### Adjusting the 2D armrests (optional)

► To adjust the height of the armrests:

1. Press and hold the button
2. Raise or lower the armrest to the desired height
3. Release the button to lock the armrest

► To adjust the depth of the armrests: slide the armrest cover backwards or forwards; it will lock in place automatically



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### Adjusting the 3D armrests (optional)

► To adjust the height of the armrests:

1. Press and hold the button
2. Raise or lower the armrest to the desired height
3. Release the button to lock the armrest

► To adjust the depth of the armrests: slide the armrest cover backwards or forwards; it will lock in place automatically

► To swivel the armrest: up to 15° inwards or outwards; the armrest turns freely through 360° once the resistance is overcome; at 180° the sitting width between the armrests changes

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### Sitting width between the armrests

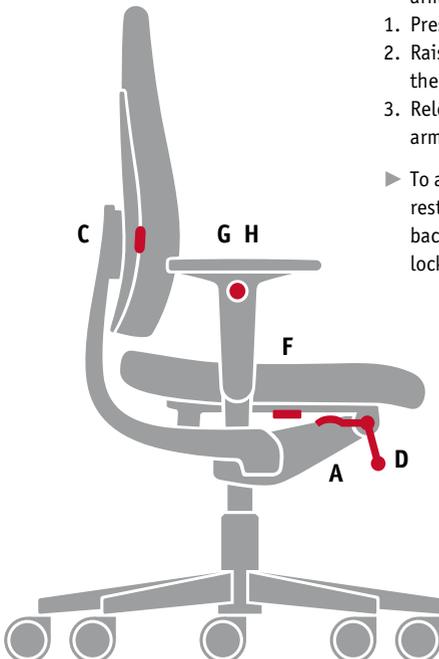
► To adjust the sitting width between the armrests:

1. Slightly loosen the screws on the armrest support underneath the seat
2. Slide the armrest into the desired position
3. Tighten the screws back up

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### Adjustment of the headrest (optional)

- Push the headrest to the desired height (it is continuously adjustable)
- Adjust the tilt of the headrest as desired



# Tips for users

## **Correct use**

The office swivel chairs in the “black dot” and “black dot net” ranges are designed for a user weight of up to 120 kg, the “black dot 24” models for a maximum weight of 150 kg. The swivel chairs may only be used for the purpose intended while exercising due care and attention. Using it inappropriately (e.g. as a stepladder, sitting on the armrests or placing extreme weight on one side) could result in accidents.

## **Castors**

Please remove the red or blue transport protection before using the product for the first time.

A variety of castors are available, for the sake of your safety and for use on different types of flooring in accordance with safety regulations:

- Hard castors for soft flooring (standard)
- Soft castors for hard floors are optional

Changing castors: this might be necessary, for instance, after moving office, or after the installation of a new floor covering – simply pull out the castors and push new ones in.

## **Lumbar support (black dot net)**

The lumbar support can be fitted retrospectively by placement in the channels provided on either side of the inside frame of the backrest. Simply slide one side of the lumbar support into position and then stretch it across to locate into the grooves on the other side.

## **Armrests**

Armrests can be fitted later or exchanged on some models.

## **Plastic parts**

Soapy water is suitable for cleaning. Please do not use any aggressive cleaning materials.

## **Upholstery/membrane**

In the case of light damage or soiling to the upholstery, please only use suitable delicate cleansing agents, or Sedus cleaning foam.

The upholstery and membrane covering of the backrest should only be changed by skilled persons.

## **Leather**

Leather is a natural product.

The natural markings of the animal skin gives the material its unmistakable texture.

Rub off light soiling with a soft woollen cloth. Heavier soiling should only be treated with cleaners designed for aniline-dyed leather.

Do not expose semi-aniline leather to direct sunshine.

## **Seat height adjustment**

We recommend cleaning the piston rod regularly with a cloth. Other work on the gas spring, e.g. replacement, may only be carried out by trained staff.

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