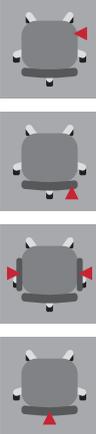


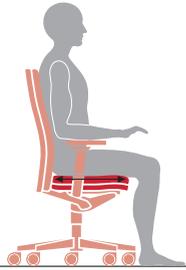
mr. 24



Instructions for use



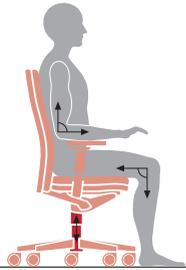
Healthy sitting is a question of attitude^{h 7}



► Use the whole seat surface

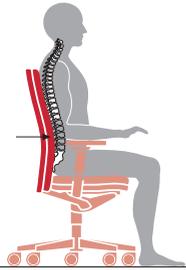
The anatomically shaped seat should be fully occupied. Only then is proper contact with the supporting backrest assured.

mr. 24 is fitted with a sliding seat as standard. The seat allows different sizes of people to use the chair.



► 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.



► Adjust the backrest

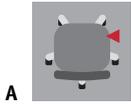
Adjust the height of the lumbar support so that the curvature of the backrest supports the spine in the region of the third and fourth lumbar vertebrae (where the forward curvature is greatest). This stabilises the natural S-shape of the spine in every sitting position. mr. 24 has a multi-adjustable lumbar curve in order to support the lumbar area.



► 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. mr. 24 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/lying position.

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



C Lumbar height adjustment

- ▶ Increasing the height:
 1. Remove your back from the backrest
 2. Turn the adjustment wheel in a clockwise direction until the required height is reached
- ▶ Decreasing the height:
 1. Remove your back from the backrest
 2. Turn the adjustment wheel in an anti-clockwise direction until the required height is reached



E 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



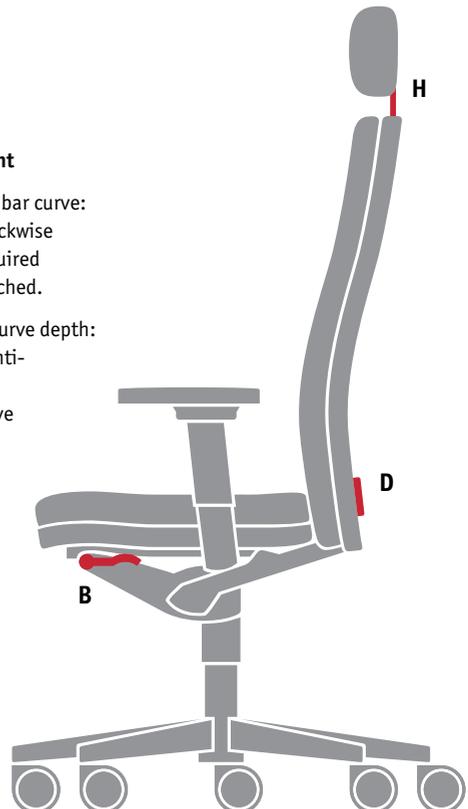
B Angle of the backrest

- ▶ 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



D Lumbar depth adjustment

- ▶ Strengthening the lumbar curve: turn the wheel in a clockwise direction until the required lumbar strength is reached.
- ▶ Reducing the lumbar curve depth: turn the wheel in an anti-clockwise direction to reduce the lumbar curve





F

Sliding Seat

► Seat depth adjustment:

1. Depress the lever and hold
2. Slide the seat to the desired depth
3. Release the lever and the seat shell will lock into position



G

Adjusting the 3D armrests

► Adjusting the armrest height:

1. Press the button on the outside of the armrests to reach the desired height by raising or lowering the arm.
2. Release the button on the inside of the armrest to engage

► Adjustment of the armrest covers:

1. The inside button slides backwards to loosen the armrests
2. Slide the armrests into the required position (forwards/backwards, left/right)
3. Slide the inside button forwards to lock these settings

► Adjusting the armrest width:

1. Loosen the bolts with a Torx-head screwdriver (TX40)
2. Move armrests into required position
3. Tighten bolts again



H

Adjusting the neck support (optional)

- To adjust the height of the neck support: slide the neck support to the desired position to the desired height (five positions)

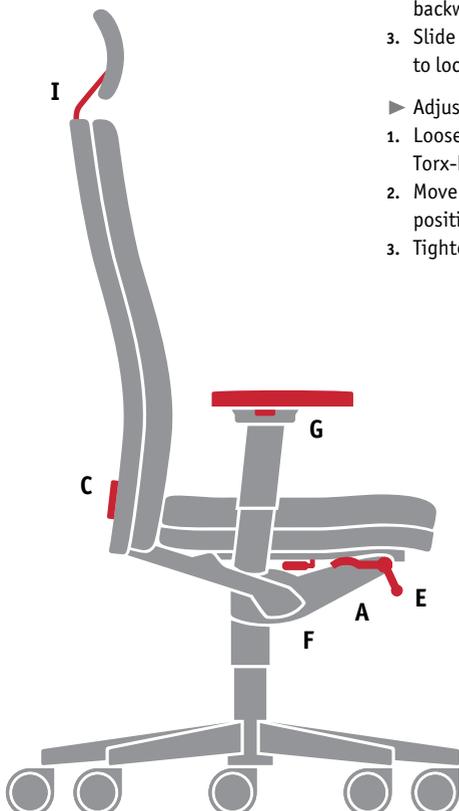


I

Adjustment of the functional neck support (optional)

- Adjusting the headrest height: Push the headrest to the desired height (it is continuously adjustable)

- Neck support tilt: Bring the optional neck support to the correct tilt position by bending at the linking point



Tips for users

Correct use

This office swivel chair is designed for a user weight of up to 200 kg and 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.

Plastic parts

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

Upholstery

For light dirty marks, only clean the cover material using fine washing agents or using the cleaner supplied by Sedus.

The seat and backrest can only be replaced in the factory.

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.

Servicing

Servicing work, such as exchanging or working on the pneumatic springs, may only be carried out by trained personnel.

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