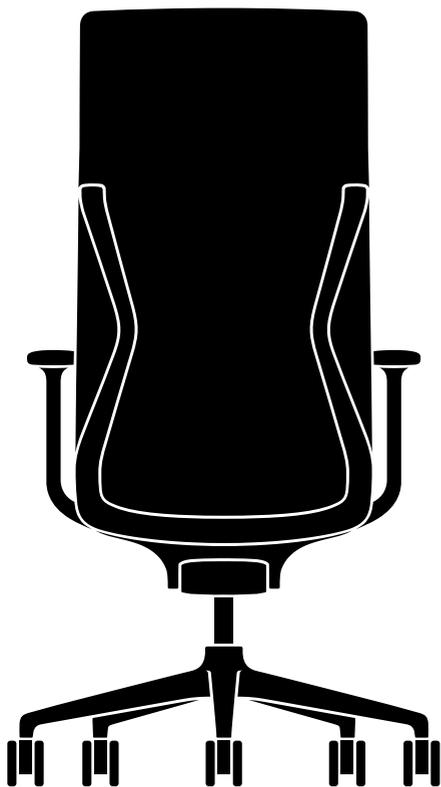


crossline

sedus

Instructions for use



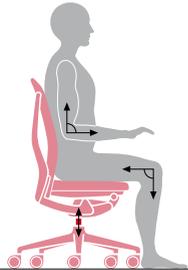
Healthy sitting is a question of attitude



► Sit well back in the chair

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

“crossline” is also available with an adjustable seat tilt and a sliding seat. These allow the seat to be adjusted individually to suit most body sizes.



► 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.

► 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. “crossline” is equipped with a “Similar-Plus” 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.



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 Height of the lumbar support

- ▶ Adjusting the height:
 1. Take your weight off the backrest
 2. Push the handles on both sides to the desired height



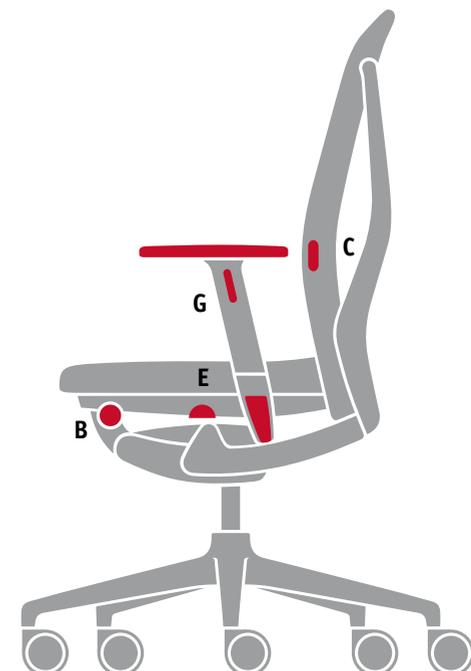
D Strength of the backrest pressure

- ▶ Increasing the backrest pressure:
 1. Take your weight off the backrest
 2. Pull out the knob
 3. Turn the quick adjustment mechanism clockwise
 4. Push the knob back in
- ▶ Reducing the backrest pressure:
 1. Take your weight off the backrest
 2. Pull out the knob
 3. Turn the quick adjustment mechanism anticlockwise
 4. Push the knob back in



B Prestable opening angle

- ▶ Setting the angle:
 1. Take your weight off the backrest
 2. Pull out the knob
 3. Turn the knob to set the opening angle (0, 11, 22, 32 degrees)
 4. Push the knob back in





E

Adjusting the seat tilt (optional)

- ▶ To tilt the seat forwards:
 1. Stand up
 2. Pull the lever upwards, the seat will rise automatically, releasing the lever at the required seating angle will lock the position
- ▶ To return the seat to horizontal:
 1. Stand up
 2. Pull the lever upwards, sit down on the seat and return to the normal, horizontal position



F

Depth of the seat (optional)

- ▶ Increasing the depth of the seat:
 1. Pull the lever upwards
 2. Sit on the seat and in doing so push the cushion into the desired position
 3. Release the lever, the seat locks
- ▶ Decreasing the depth of the seat:
 1. Stand up
 2. Pull the lever upwards
 3. The cushion returns to the normal position automatically
 4. Release the lever, the seat locks

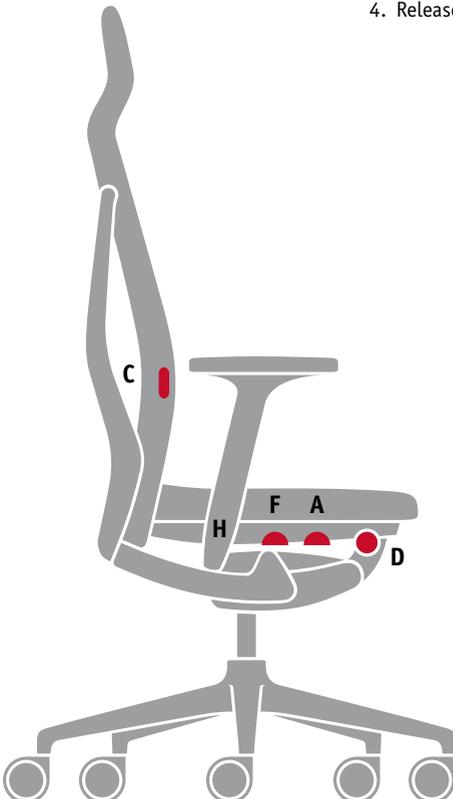


G

Adjusting the multifunction 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
- ▶ Sitting width between the armrests
 1. Press the lever down
 2. Slide the armrest into the desired position
 3. Pull the lever upwards and fold away



H

Adjusting the aluminium armrests (optional)

- ▶ To adjust the sitting width between the armrests:
 1. Slightly loosen the outer screw on the appropriate armrest support under the seat
 2. Slide the armrest into the desired position
 3. Tighten the screws back up

Tips for users

Correct use

This office swivel chair is designed for a user weight of up to 120 kg and may only be used for the purpose intended while exercising due care and attention. Using it inappropriately (e.g. as a step-ladder, 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.

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

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

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Instructions for use



Function



Height of the seat

- ▶ Lowering the seat:
 1. Sit down on the seat
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- ▶ 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

Tips for users

Correct use

This conference swivel chair is designed for a user weight of up to 120 kg and may only be used for the purpose intended while exercising due care and attention. Using it inappropriately (e.g. as a step-ladder, sitting on the armrests or placing extreme weight on one side) could result in accidents.

Glides/Castors

Please remove the red or blue transport protection before using the product for the first time. A variety of glides/castors are available, for the sake of your safety and for use on different types of flooring in accordance with safety regulations:

- Hard glides/castors for soft flooring (standard)
- Soft glides/castors for hard flooring are optional.

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

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

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