

## Instructions for use



Congratulations! You have chosen a high-quality Sedus product. We hope you enjoy your netwin office swivel chair.

Please read the following information on adjusting the chair properly so that you can enjoy all the ergonomic advantages netwin has to offer.

**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 Height of the lumbar support**

- ▶ Adjusting the height: 1. Do not lean against the backrest 2. Adjust the handles on both sides to the desired height

**C 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 free-flowing
- ▶ 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 Strength of the backrest pressure**

- ▶ 1. Adjusting the backrest dynamically (C) 2. Exert only slight pressure on the seat and backrest 3. Crank the quick adjustment mechanism downwards until the desired position is achieved (greater backrest pressure) or upwards (lesser backrest pressure)

**E Depth of the seat (optional)**

- ▶ 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

**F Seat angle (optional)**

- ▶ 1. Stand up 2. Swivel the lever backwards and lock into place (chair tilts 4° forwards) or swivel downwards and lock into place (seat moves back into its original position)

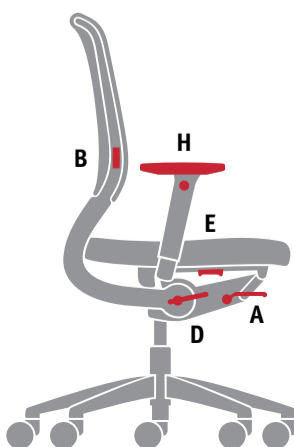
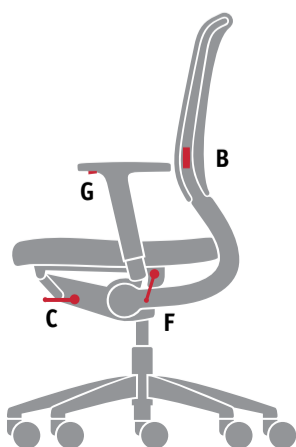
**G Adjusting the basic armrests (optional)**

- ▶ Height: 1. Press the button underneath the armrest, lift or lower the armrest 2. Release the button, the armrest locks into place
- ▶ Adjustable seat width: 1. Loosen the screws slightly with a Torx key (TX40) 2. Position the armrests 3. Retighten the screws

**H Adjusting the 3D armrests (optional)**

- ▶ Height: 1. Press the button, lift or lower the armrest 2. Release the button to engage the armrest
- ▶ Depth: Push the armrest cover backwards or forwards to engage
- ▶ Swivelling armrest covers: up to 15° inwards and outwards; also swivels 360° with more force; a 180° turn changes the width between the armrests
- ▶ Adjustable seat width: 1. Loosen the screws slightly with a Torx key (TX40) 2. Position the armrests 3. Retighten the screws

## The functions of the swivel chair

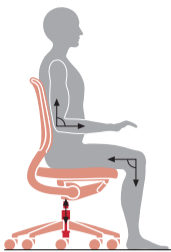


## Healthy sitting is a question of attitude



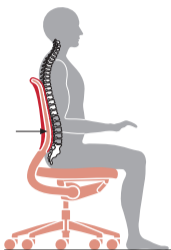
### ► Use the whole seat area

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



### ► Adjust the height of the seat precisely

The correct seat height means that your elbow joint adopts an angle of about 90° when your forearms are resting horizontally on the desktop. Your knee joint will also adopt an angle of about 90° when your 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. netwin is fitted with a "Similar" mechanism, which allows you to adjust the pressure of the backrest individually. This ensures that the backrest and seat automatically give your body support in every sitting/lying position.

## User notes

### Correct use

This office swivel chair is designed for a user weight of up to 110 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. Different 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 floors (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 surface – 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 soiling to the upholstery, please only use suitable mild detergents or Sedus cleaning agents. The upholstery should only be changed by skilled persons.

### Leather

Leather is a natural product, whose markings give the material its unmistakable character. 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 gas-lifts, may only be carried out by trained personnel.

## Sedus contact addresses

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