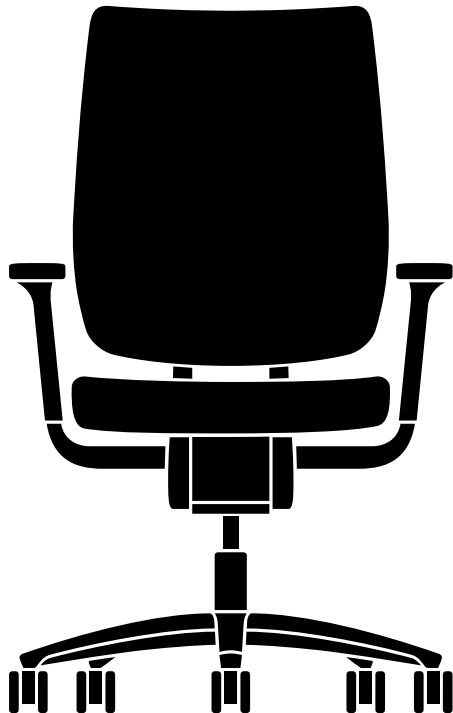


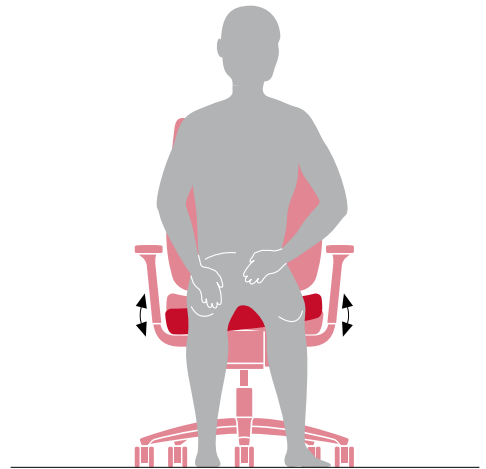
swing up

sedus

Instructions for use



Healthy sitting is a question of personalisation



How to adjust your swivel chair

► Sit well back in the chair

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

„swing up“ can be optionally fitted with seat tilt and seat depth adjustment. 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 backrest 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.

Similar-Swing mechanism innovation

How it works

The mobile Similar-Swing shell in combination with the “Similar” mechanism allows perfect synchronism with an expanded range of movement. The flexible seat follows the body’s movements to the left and right for enhanced comfort. The backrest and the armrests are not coupled with the flexible seat, allowing the user to feel securely supported at all times.

The dorsokinetic mechanism, offering central suspension of the backrest at only one point, ensures optimal support of the back during rotating and lateral movements.

► 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. „swing up“ 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



B

Presettable 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



C

Height of the backrest

- ▶ Adjusting the height:
 1. Take your weight off the backrest
 2. Pull the lever upwards
 3. Lift/lower backrest to the required position
 4. Release lever to lock



D

Forward curvature for lumbar support (optional)

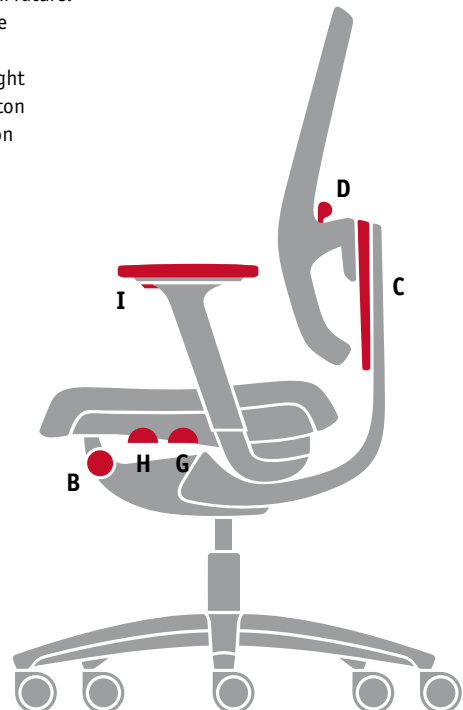
- ▶ Increase the forward curvature:
 1. Take your weight off the backrest
 2. Push the lever to the right above the backrest button
 3. Lumbar support function increases



E

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





F

Depth of the seat (optional)

- ▶ Increase the seat depth:
 1. Grip the sides of the plastic section on the bottom of the seat and slide forwards
 2. The seat surface increases in size
- ▶ Decrease the seat depth:
 1. Roll in the seat surface at the front curved section
 2. The seat surface decreases in size



G

Adjusting the seat tilt (optional)

- ▶ To tilt the seat forwards:
 1. Stand up
 2. Pull the lever upwards, the seat will rise automatically
 3. Release lever to lock
- ▶ 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
 3. Release lever to lock



I

Adjusting the multifunction armrests (optional)

- ▶ To adjust the height of the armrests:
 1. Press and hold the button under the armrest cover
 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 adjust the sitting width between the armrests

Slide the armrest cover outwards or inwards; it will lock in place automatically

J



H

Similar-Swing mechanism can be deactivated (optional)

- ▶ Deactivate the mechanism:
 1. Stand up
 2. Pull the lever upwards
 3. Seat is locked
- ▶ Activate the mechanism:
 1. Stand up
 2. Pull the lever upwards
 3. Seat is set dynamically



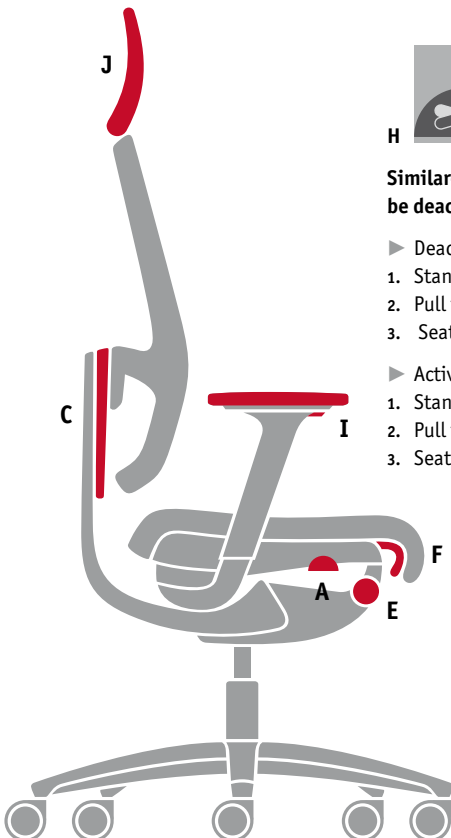
J

Adjustment of the headrest (optional)

- ▶ Adjusting the height:

Push the headrest to the desired height
- ▶ Headrest angle:

Adjust the tilt of the headrest as desired



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

Remove the red or blue transport protection on the castors 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/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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Schweiz

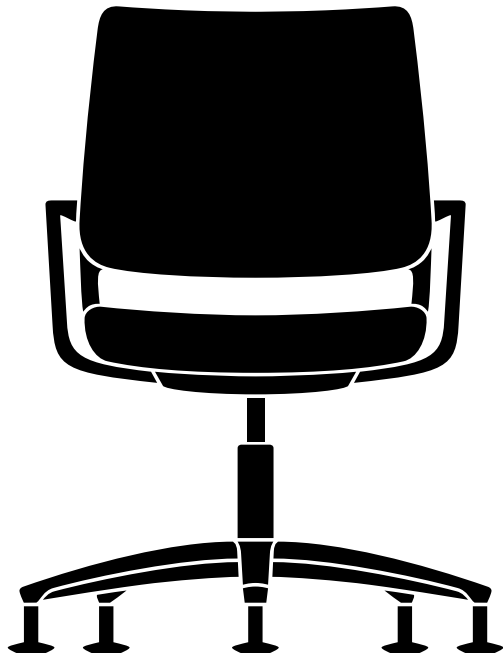
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swing up

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Instructions for use

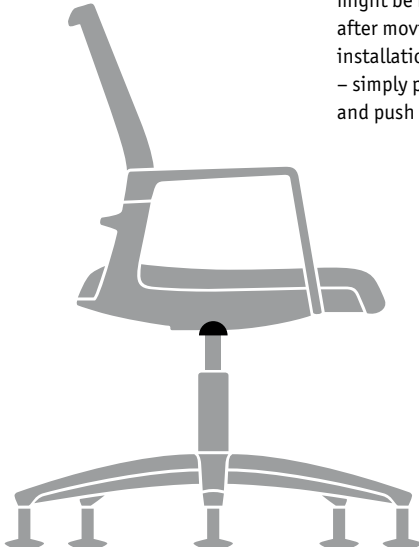


Function



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



Tips for users

Correct use

This conference 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 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.

Plastic parts

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

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