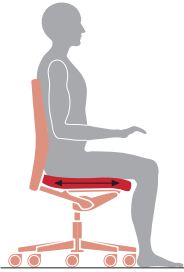


Instructions for use

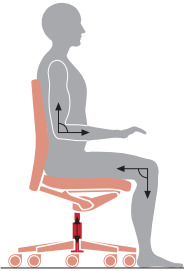




► **Use the whole seat surface**

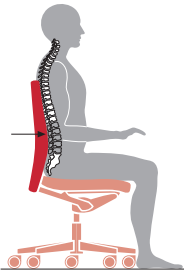
The anatomically shaped seat should be fully occupied. Only then is proper contact with the supporting backrest assured.

mr. charm is also available with an adjustable seat tilt and a sliding seat. These allow the seat to be adjusted individually to suit any body size.



► **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 back-rest**

Adjust the height so that the curve of the back-rest supports your spinal column at the 3rd and 4th lumbar vertebrae (area of the largest outward curve). This stabilises the natural S-shape of the spine in every sitting position.

mr. charm can be supplied with a pneumatic lumbar support.

► **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. charm 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.





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 backrest

- ▶ Adjusting the height:
 1. Do not lean against the backrest
 2. Press the upper button to inflate
 3. Lift/lower backrest to required height
 4. Release pressure to stop



D

Inflation of the lumbar curve (optional)

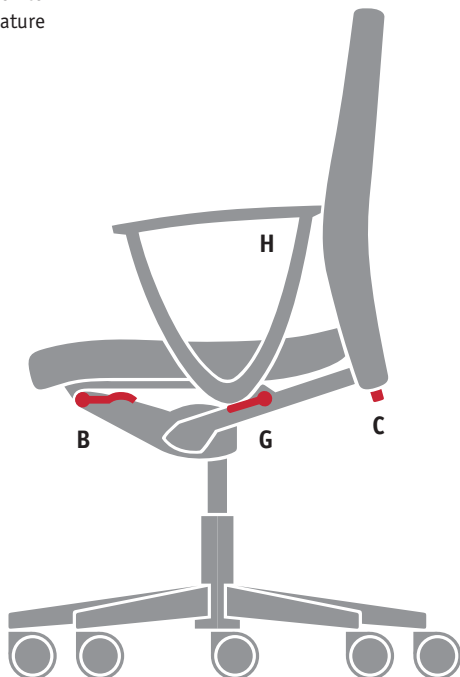
- ▶ Lumbar curve activation:
 1. Pump on the upper button until the desired curvature is reached
 2. Press on the lower button to reduce the lumbar curvature



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





F

Depth of the seat (optional)

► Adjusting the seat depth:

1. Pull the knob out and hold it fast
2. Push the cushion to the desired position
3. Release the knob, and the seat will engage



G

Seat angle (optional)

► Tilting the seat forward:

1. Stand up
2. Twist the knob under the seat backwards by 180°, the seat will tilt forward by 4°

► Levelling the seat:

1. Stand up
2. Twist the knob under the seat forwards by 180°, the seat tilts back into the zero position



H

Width-adjustment of the standard armrests

► How to adjust armrest width:

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



I

Adjusting the 3D armrests (optional)

► Adjusting the armrest height:

1. Press the button on the inside of the armrest and lift or lower the armrest to the desired height
2. Release the button on the inside of the armrest to engage

► Adjusting the armrest depth:

Push the armrest backwards or forwards; with a click-stop

► Swivelling armrest covers:

Up to 15° inwards and outwards; can also swivel 360° with more force; a 180° turn changes the width between the armrests

► Adjusting the armrest width:

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



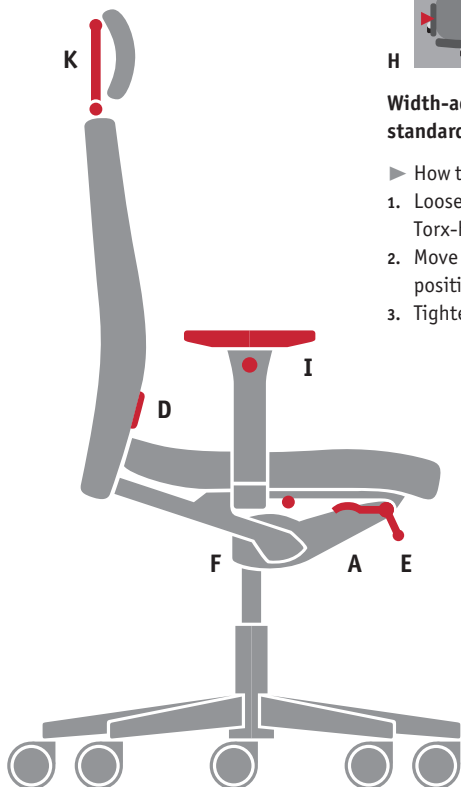
K

Adjustment of the functional neck support (optional)

► Adjusting the headrest height:

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

► Headrest angle: Find the most desirable position for the neck support by adjusting both fulcrum points independently



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 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.

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.

Servicing

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

Deutschland

Sedus Stoll Aktiengesellschaft
Brückenstraße 15
D-79761 Waldshut
Telefon (077 51) 84-0
Telefax (077 51) 84-310
E-Mail sedus@sedus.de
Internet www.sedus.de

Belgique

Sedus Stoll b.v.b.a./s.p.r.l.
Korte Massemensesteenweg 58/2
B-9230 Wetteren
Telefoon (09) 369 96 14
Telefax (09) 368 19 82
E-Mail sedus.be@sedus.com
Internet www.sedus.be

España

Sedus Stoll, S. A.
Avda. de Manóteras, 26-1ª planta
E-28050 Madrid
Teléfono 91/597 01 76
Telefax 91/597 22 65
E-Mail sedus.es@sedus.com
Internet www.sedus.es

France

Sedus
2, rue de la Baume
F-75008 Paris
Téléphone 01 53 77 20 50
Fax 01 53 77 20 51
E-Mail commercial@sedus.fr
Internet www.sedus.fr

Great Britain

Sedus Stoll Ltd.
157A St John Street, Clerkenwell
London EC1V 4DU, Great Britain
Telephone 020 7566 3990
Telefax 020 7566 3999
E-Mail sedus.uk@sedus.co.uk
Internet www.sedus.co.uk

Italia

Sedus Stoll S.r.l.
Via Giotto, 20/22
I-22075 Lurate Caccivio (CO)
Telefono 031.494.111
Telefax 031.494.140
E-Mail sedus.it@sedus.com
Internet www.sedus.it

Nederland

Sedus Stoll B.V.
Platinastraat 33
NL-2718 SZ Zoetermeer
Telefoon 079 3631590
Telefax 079 3631599
E-Mail sedus.nl@sedus.com
Internet www.sedus.nl

Österreich

Sedus Stoll Ges.m.b.H.
Kirchenstraße 37/1/13
A-5301 Eugendorf
Telefon (06225) 21 0 54-0
Telefax (06225) 21 0 56
E-Mail sedus.at@sedus.at
Internet www.sedus.at

Schweiz

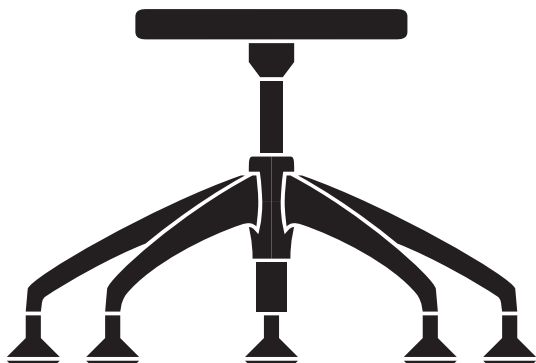
Sedus Stoll AG
Industriestrasse West 24
CH-4613 Rickenbach
Telefon 062/216 41 14
Telefax 062/216 38 28
E-Mail sedus.ch@sedus.ch
Internet www.sedus.ch

75.0446.900

Ottoman

sedus

Bedienungsanleitung
Operating instructions
Notice d'utilisation
Bedieningshandleiding
Istruzioni per l'uso
Instrucciones de manejo



Deutsch

Höhe der Beinauflage

1. Polster belasten/entlasten
2. Taste **(A)** nach oben ziehen (Polster senkt/hebt sich langsam)
3. Taste in gewünschter Polsterhöhe loslassen = arretieren

Drehen des Polsters **(B)**

Arbeiten an der Gasfeder dürfen nur durch Fachpersonal ausgeführt werden.

Ottoman darf nicht als Aufstiegshilfe benutzt werden.

Rollen: Vor dem ersten Gebrauch bitte den roten oder blauen Transportschutz entfernen. Für Ihre Sicherheit und für die unterschiedlichen Bodenbeläge gibt es, gemäß Sicherheitsvorschriften, verschiedene Rollen: Rollen mit hartem Belag für textile Böden (serienmäßig); Rollen mit weichem Belag für alle nicht textilen Böden. Rollenwechsel: z. B. nach einem Umzug oder nach Austauschen des Bodenbelags – Rollen einfach herausziehen bzw. einstecken; zuvor Schwenkbolzen leicht einfetten.

Français

Hauteur du repose-pieds

1. Allonger les jambes sur le repose-pieds/ les retirer.
2. Tirer la manette **(A)** vers le haut. (le repose-pieds capitonné descend/remonte lentement)
3. Relâcher la manette lorsque la hauteur souhaitée est atteinte = blocage

Pivotement du repose-pieds capitonné **(B)**

Les travaux sur la cartouche à gaz ne doivent être effectués que par un personnel qualifié.

Il est interdit d'utiliser **Ottoman** comme tabouret.

Roulettes : Avant la première utilisation, enlever la protection de transport rouge ou bleue. Pour votre sécurité, et en fonction de votre sol, il existe, conformément aux normes de sécurité, plusieurs types de roulettes : Roulettes dures pour sol moquette (de série); Roulettes molles pour toutes les autres surfaces. Remplacement des roulettes : après un déménagement ou un changement de revêtement de sol, il vous suffit de retirer ou de remettre les roulettes en place. Auparavant, pensez à huiler légèrement les axes de pivotement.

English

Height of the leg rest

1. Sit down on/stand up from the cushion
2. Pull knob **(A)** upwards (cushion slowly lowers/rises)
3. Releasing the knob at the desired cushion height will lock the position

Swivelling the cushion **(B)**

Work on the gas lift mechanism must only be carried out by qualified staff.

Ottoman must not be used as a stepladder aid.

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. The swivel pins should first be lightly greased.

Nederlands

Hoogte van de beensteun

1. Kussen belasten/ontlasten
2. Knop **(A)** naar boven trekken (kussen gaat langzaam omhoog/ omlaag)
3. Knop op gewenste kussenhoogte loslaten = vergrendelen

Kussen draaien **(B)**

Werkzaamheden aan de gasveer mogen uitsluitend door geschoold personeel uitgevoerd worden.

Ottoman mag niet als klimhulpmiddel gebruikt worden.

Wielen: Verwijder vóór het eerste gebruik a.u.b. de rode of blauwe transportbeveiliging. Voor uw veiligheid en voor de verschillende vloerbedekkingen zijn er, conform de veiligheidsvoorschriften, verschillende wielen: Harde wielen met voor zachte ondergrond (standaard); Zachte wielen met voor alle niet-zachte ondergrond. Verwisselen van wielen: bijv. na een verhuizing of na vervangen van de vloerbedekking – wielen gewoon eruit trekken resp. erin steken; tevoren zwenkbouten licht invetten.

Italiano

Altezza del poggiamambe

1. Piano d'appoggio carico/scarico
2. Sollevare la leva **(A)** (il poggiamambe si abbassa/sollewa lentamente)
3. Rilasciare la leva all'altezza desiderata = bloccaggio

Inclinazione piano d'appoggio **(B)**

Le operazioni sulla cartuccia a gas

possono essere eseguite esclusivamente da personale qualificato.

Ottoman non deve essere utilizzato come base di appoggio per alza

Rotelle: Prima del primo impiego rimuovere la protezione per il trasporto rossa o blu.

Per la sicurezza dell'utilizzatore e per i diversi tipi di pavimentazione, sono disponibili, come previsto dalle norme di sicurezza, diversi tipi di rotelle: rotelle dure per pavimento morbido (di serie); rotelle morbide per tutti i pavimenti duri.

Sostituzione delle rotelle: ad es. dopo un trasloco o dopo la sostituzione della pavimentazione – estrarre o inserire semplicemente le rotelle, avendo cura di ingrassare prima leggermente i perni.

Español

Altura del apoyo para las piernas

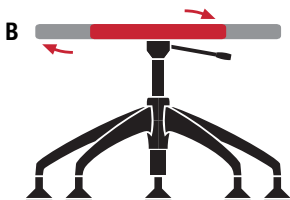
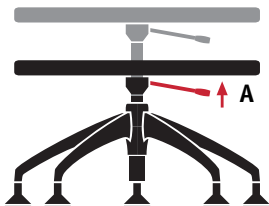
1. Cargue/descargue el apoyo
2. Tire de la tecla **(A)** hacia arriba (el apoyo desciende/se eleva lentamente)
3. Suelte la tecla a la altura deseada del apoyo = encastre

Basculación del apoyo **(B)**

Los trabajos en el cartucho tubular de gas sólo pueden ser llevados a cabo por personal especializado.

El **Ottoman** no ha de utilizarse como escalón para alcanzar alturas superiores.

Ruedas: Antes del primer uso retire la protección roja o azul para transporte. Para su seguridad y para los diversos recubrimientos de suelo existen diferentes tipos de ruedas, conforme a las directivas de seguridad: Ruedas con superficie dura para suelos blandos (de serie); Ruedas con superficie blanda para suelos duros. Cambio de las ruedas: p. ej., después de una mudanza o de haberse cambiado el recubrimiento del suelo – sencillamente extraiga las ruedas o insértelas; antes de ello engrase ligeramente el perno basculante.



Deutschland

Sedus Stoll Aktiengesellschaft
Brückenstraße 15
D-79761 Waldshut
Telefon (077 51) 84-0
Telefax (077 51) 84-310
E-Mail sedus@sedus.de
Internet www.sedus.de

Belgique

Sedus Stoll b.v.b.a./s.p.r.l.
Korte Massemensesteenweg 58/7
B-9230 Wetteren
Telefoon (09) 369 96 14
Telefax (09) 368 19 82
E-Mail sedus.be@sedus.com
Internet www.sedus.be

España

Sedus Stoll, S. A.
Avda. de Manóteras, 28-1ª planta
E-28050 Madrid
Teléfono 91/597 01 76
Telefax 91/597 22 65
E-Mail sedus.es@sedus.com
Internet www.sedus.es

France

Sedus
2, rue de la Baume
F-75008 Paris
Téléphone 01 53 77 20 50
Fax 01 53 77 20 51
E-Mail commercial@sedus.fr
Internet www.sedus.fr

Great Britain

Sedus Stoll Ltd.
157A St John Street, Clerkenwell
London EC1V 4DU, Great Britain
Telephone 020 7566 3990
Telefax 020 7566 3999
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Internet www.sedus.co.uk

Italia

Sedus Stoll S.r.l.
Via Giotto, 20/22
I-22075 Lurate Caccivio (CO)
Telefono 031.494.111
Telefax 031.494.140
E-Mail sedus.it@sedus.com
Internet www.sedus.it

Nederland

Sedus Stoll B.V.
Platinastraat 33
NL-2718 SZ Zoetermeer
Telefoon 079 3631590
Telefax 079 3631599
E-Mail sedus.nl@sedus.com
Internet www.sedus.nl

Österreich

Sedus Stoll Ges.m.b.H.
Kirchenstraße 37/1/13
A-5301 Eugendorf
Telefon (06225) 21 054-0
Telefax (06225) 21 056
E-Mail sedus.at@sedus.at
Internet www.sedus.at

Schweiz

Sedus Stoll AG
Industriestrasse West 24
CH-4613 Rickenbach
Telefon 062/216 41 14
Telefax 062/216 38 28
E-Mail sedus.ch@sedus.ch
Internet www.sedus.ch

75.0447.900