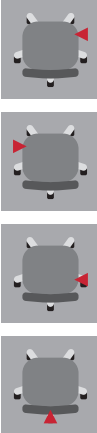
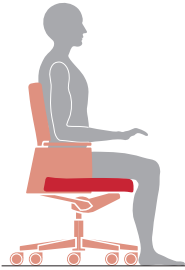


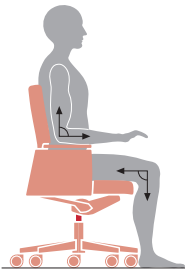
Operating instructions





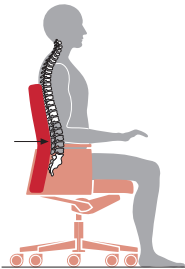
► **Use the whole seat surface**

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



► **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. "my way" 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.



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

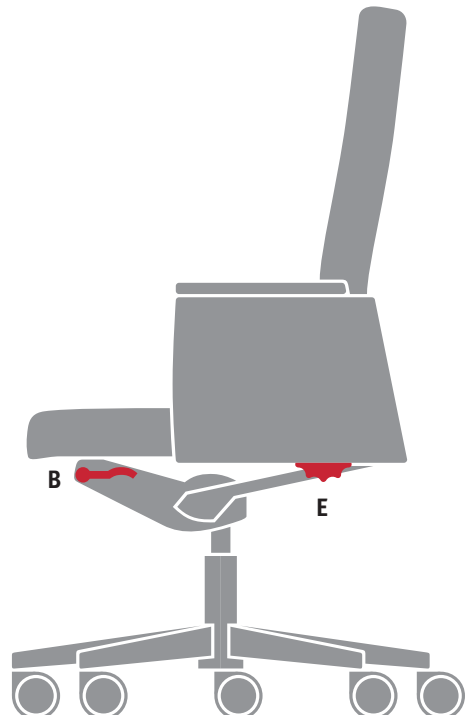
Strength of the backrest pressure

► 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





D

Height of the lumbar support

- ▶ To increase the height of the lumbar support: turn the right Hand-wheel forwards
- ▶ To lower the height of the lumbar support: turn the right Hand-wheel backwards



E

Depth of the lumbar support

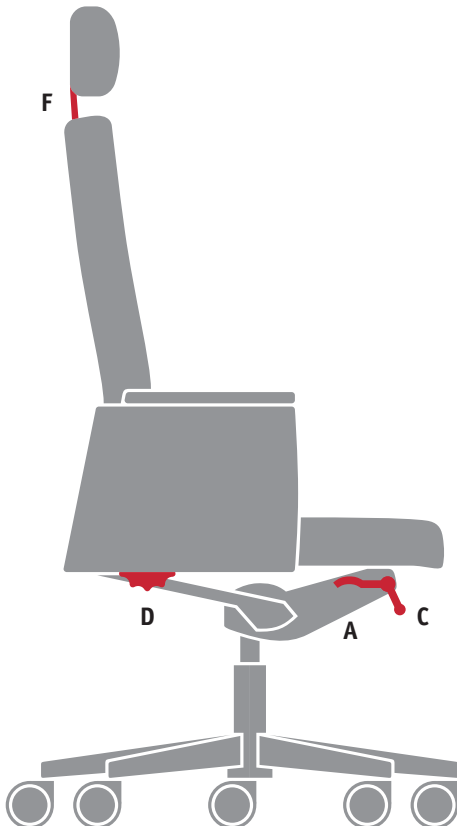
- ▶ To make the curve of the lumbar support more pronounced: turn the left Hand-wheel forwards
- ▶ To make the curve of the lumbar support less pronounced: turn the left Hand-wheel backwards



F

Adjusting the Neck support (for Model mw-103)

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



Correct use

This office swivel chair is designed for a user weight of up to 150 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.

Arm-rest pads

If required, the arm-rest pads can be replaced by our Customer Service department.

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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