

open mind

sedus

Instructions for use



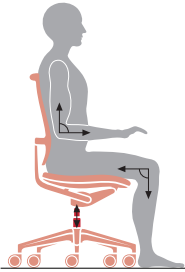
Healthy sitting is a question of attitude



► Use the whole seat surface

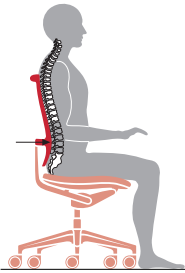
The anatomically shaped seat should be fully occupied. Only then is proper contact with the supporting backrest assured.

“open mind” 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 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. “open mind” 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.



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

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

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

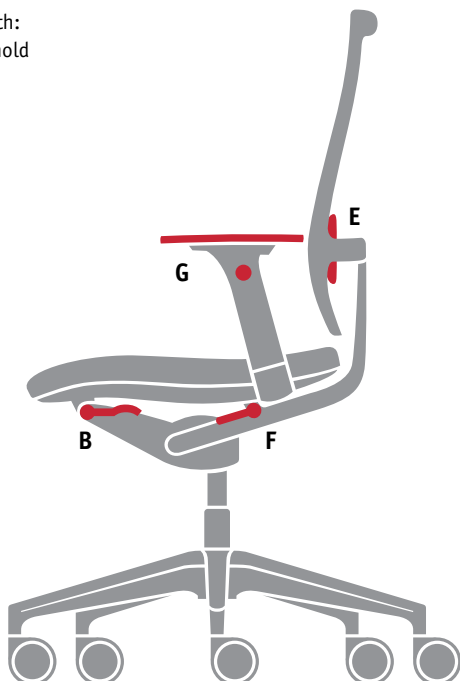


E

Height of the lumbar support (optional)

- ▶ Adjusting the height:
 1. Do not lean against the backrest
 2. Sliding lumbar adjustment

For installation at a later date, please observe the user notes provided in these instructions.



F

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. Swivel the lever located under the seat forwards through 180°, the seat tilts back into the zero position

G

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 the armrest:

The armrest covers swivel to the left and right, with a click-stop

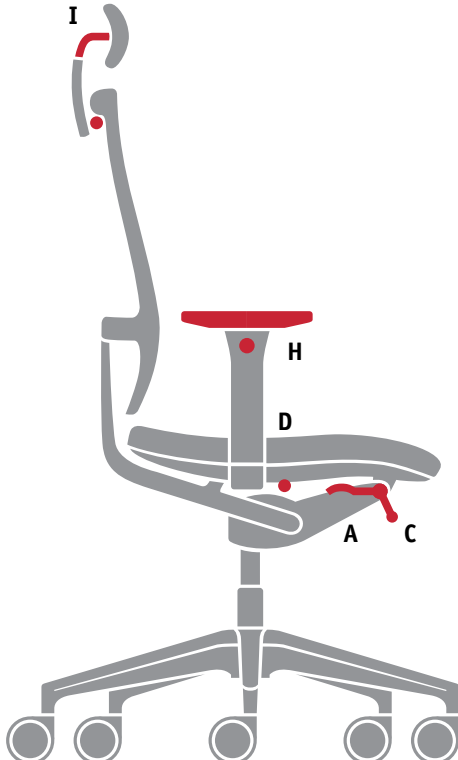
H

Adjusting the 3D armrests at the sliding seat version (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 the armrest:

The armrest covers rotate freely through 360°; by turning them only 180°, you can change the width between the armrests
- ▶ Adjusting the armrest width:
 1. Loosen the bolts with a Torx-head screwdriver (TX30)
 2. Move armrests into required position
 3. Tighten bolts again

I**I**

Adjustment of the headrest (optional)

- ▶ Adjusting the headrest height:

Push the headrest to the desired height (it is continuously adjustable)
- ▶ 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 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/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 can only be changed at 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.

Lumbar support

The lumbar support can be fitted retrospectively by placement in the channels provided on either side of the inside frame of the backrest. Simply slide one side of the lumbar support into position and then stretch it across to locate into the grooves on the other side.

Servicing

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

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Schweiz

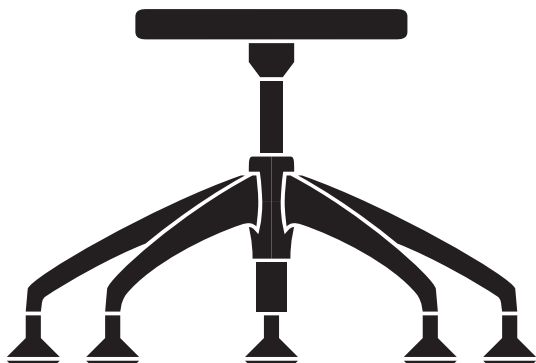
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Ottoman

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

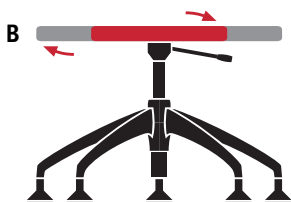
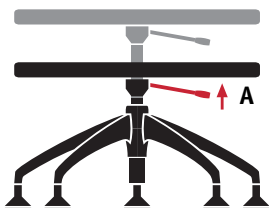
Basculación del apoyo (B)

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.



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