

yeah!

sedus

Instructions for use



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 backrest

- ▶ 1. Do not lean against the backrest 2. Pull the lever upwards 3. Lift/lower backrest to the required position 4. Release lever to lock



C Inflation of the lumbar curve (optional)

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



D 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



E Strength of the backrest pressure

- ▶ 1. Adjusting the backrest dynamically (D) 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)



F 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



G Seat angle (optional)

- ▶ 1. Stand up 2. Twist the knob backwards (the seat will tilt forward by 4°) or downwards (the seat will go back to its original position)



H Width-adjustment of the standard armrests (optional)

- ▶ 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)

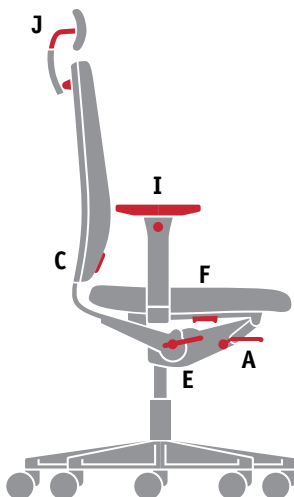
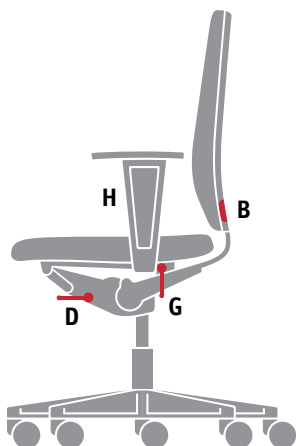
- ▶ Height: 1. Press the button, lift or lower the armrest 2. Release the button to engage the armrest
- ▶ Depth: Push the armrest cover backwards or forwards to engage
- ▶ Swivelling armrest covers: up to 15° inwards and outwards; also swivels 360° with more force; a 180° turn changes the width between the armrests
- ▶ Adjusting the space between the armrests: 1. Loosen the bolts with a Torx-head screwdriver (TX40) 2. Move armrests into required position 3. Tighten bolts again



J 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

The functions of the swivel chair

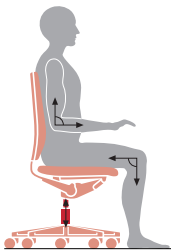


Healthy sitting is a question of attitude



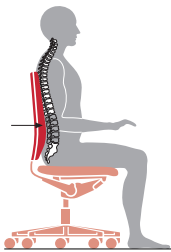
► Use the whole seat area

The anatomically shaped seat should be fully occupied. Only then is proper contact with the supporting backrest assured. yeah! 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 so that the curve of the backrest supports your spinal column at the 3rd and 4th lumbar vertebrae (area of the largest outward curve). This stabilises the natural S-shape of your 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. yeah! 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

Deutschland: Sedus Stoll Aktiengesellschaft, Brückenstraße 15, D-79761 Waldshut
Telefon (07751) 84-0, Telefax (07751) 84-310, sedus@sedus.de, www.sedus.de

Belgique: B-9230 Wetteren, Telefoon (09) 369 9614, www.sedus.be

España: E-28830 San Fernando de Henares, Teléfono 91/597 0176, www.sedus.es

France : F-75008 Paris, Téléphone 01 53 77 20 50, www.sedus.fr

Great Britain: London EC1V 4DU, Telephone 020 7566 3990, www.sedus.co.uk

Italia: I-22071 Cadorago (CO), Telefono 031.494.111, www.sedus.it

Nederland: NL-2718 SZ Zoetermeer, Telefon 079 3631590, www.sedus.nl

Österreich: A-5301 Eugendorf, Telefon (06225) 21054-0, www.sedus.at

Schweiz: CH-4613 Rickenbach, Telefon 062/216 4114, www.sedus.ch