

early bird

sedus

Instructions for use



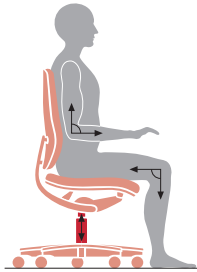
Healthy sitting is a question of attitude



► Use the whole seat surface

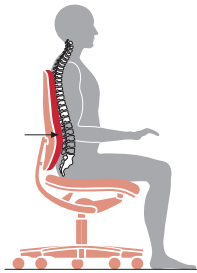
The anatomically shaped seat should be fully occupied. Only then is proper contact with the supporting backrest assured.

early bird 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. early bird is fitted with a "Similar" mechanism, which allows you to adjust the pressure of the backrest individually. The backrest and the seat therefore automatically support you in every sitting 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

Height of the lumbar support

- ▶ Adjusting the height:
 1. Do not lean against the backrest
 2. Adjust the handles on both sides to the desired height



D

Strength of the backrest pressure

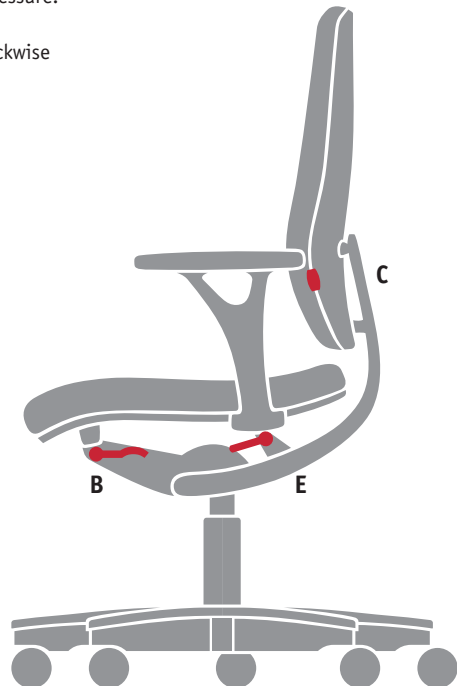
- ▶ Increasing the backrest pressure:
 1. Pull out the handle
 2. Crank the handle clockwise (forwards)
 3. Push the handle back in
- ▶ Reducing the backrest pressure:
 1. Pull out the handle
 2. Crank the handle anticlockwise (backwards)
 3. Push the handle back in



E

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





F
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



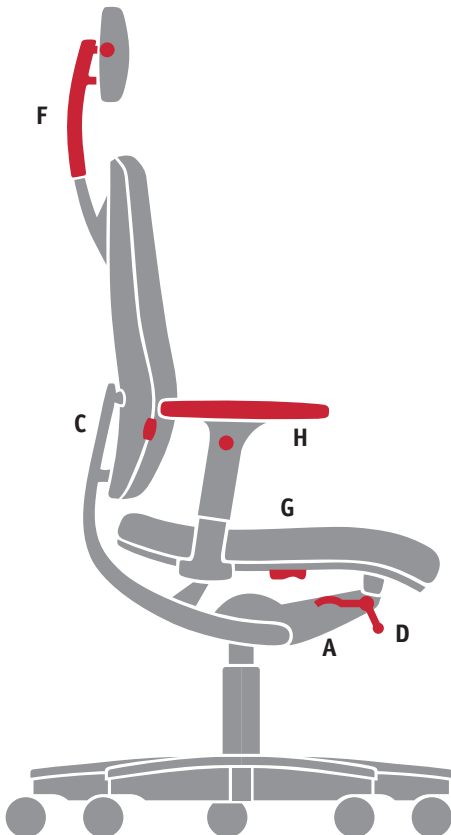
G
Depth of the seat (optional)

- ▶ Adjusting the seat depth:
 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



H
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, and the armrest will engage
- ▶ Adjusting the armrest depth: Push the armrest backwards or forwards; it will engage automatically



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

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 Massemenssteenweg 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., Parque Empresarial San Fernando, Avenida Castilla, 2
Edificio Italia – 1ª planta, E-28830 San Fernando de Henares
Teléfono 91/597 01 76, Telefax 91/676 32 45
E-Mail sedus.es@sedus.com, Internet www.sedus.es

France

Sedus Sarl, 10 rue Auber, F-75009 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
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 Volta snc, I-22071 Cadorago (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

75.0450.900