stomdevice

INSTRUCTIONS FOR USE AND SAFETY



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INSTRUCTIONS FOR USE AND SAFETY

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AUTHENTICITY OF THE CHAIR

On a genuine Bestool you can find a label of authenticity with an individualised serial number.



ASSEMBLING THE CHAIR

Please contact the retailer if necessary.

If the chair has been delivered at temperatures below +10 °C, store it in room temperature for 24 hours before assembling. This will stabilize the temperature of the gas spring.

Remove the protecting cardboard and plastic from the wheels and the caster frame. Place the frame upside down on the floor and fix the wheels by pushing them into the holes. Make sure the frame is on a suitable surface (e.g. a mat) so that it stays clean and does not become scratched.



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Place the frame upright on the floor and place the gas spring in the central hole of the frame as shown in the picture.



Place the seat at the top of the gas spring. Adjust the seat with the height adjustment lever into the extreme positions. This will lubricate the gas spring.



Chairs equipped with pedal adjustment are mainly delivered by the retailer fully assembled.

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USING THE CHAIR

Playing with the chair is forbidden. The chair is meant to be used indoors in normal temperature, air pressure and humidity conditions. Make sure that the chair is used on a levelled floor to prevent slipping and falling over.

SITTING ON THE CHAIR

Initially adjust the seat to an adequately low position. Climb on to the chair from behind close to the chair. Simultaneously stabilize the seat by grabbing it lightly from the front.

You can also accordingly sit on it sideways from behind. Make sure that the chair does not slide from under you. Raise your other leg over the seat to the side and place the chair under you.





Do not sit on the chair from the front. This will prevent the chair from sliding under.

Sit far back on the chair to ensure a correct sitting position. Your sitting bones should be placed on the thickest part of the padding and your inner thighs should not be pressed by the edges of the seat.

Caution must be taken when using the chair equipped with the standard wheels as they are free rolling.

It is possible to fall off the chair. Make sure that you use the chair correctly and have ground contact with your feet.

ROLLING THE CHAIR

Use a pull-push motion with your feet to move sideways. Be careful not to let your toes get run over by the wheels.

Do not roll with the chair on an unstable surface.

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RISING FROM THE CHAIR

Move your feet slightly forward and stand up by shifting your weight onto the feet to leave the chair behind you.

ADJUSTING THE HEIGHT, CHOOSING THE GAS SPRING

Use the arc shaped lever to adjust the seat to an optimal height.

Adjusting the seat higher is achieved by lightening the user's weight onto one's feet and pulling the height adjustment lever upwards. Release the lever when the height is optimal.





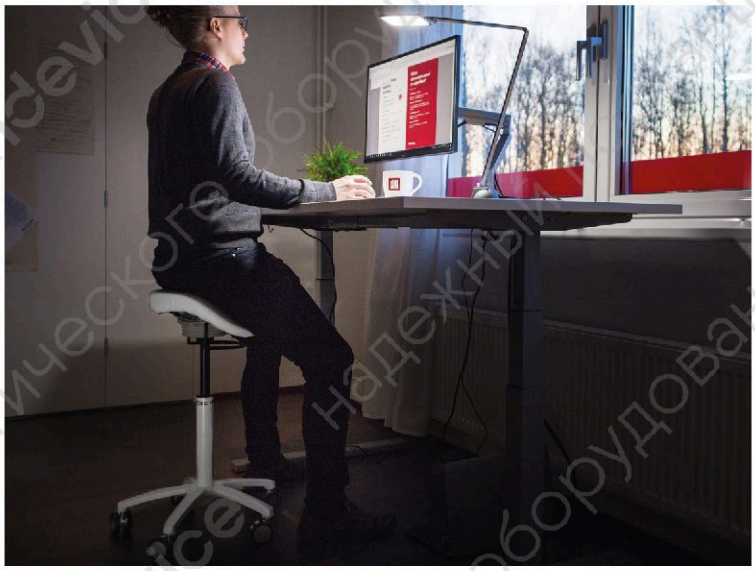
Lowering the seat is achieved by the user's own weight and pulling the lever upwards. Release the lever when the height is optimal. It is also advisable to slightly shift the weight onto the feet when lowering the seat. This will prevent an abrupt descent.

The gas spring must be suitable for the user. The chair should not be used by a person who cannot reach to the ground with their feet while sitting.

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The sitting position is correct when the user's thighs are at a 135-degree angle and the heels of the feet are almost directly under the hip bones and shoulders. In this position the hips turn forward, the lower back forms a natural arch and the upper back straightens.



Adjust your workstation according to the chair's correct height. The desk is typically at a correct level when your elbows are relaxed at the sides of your body at a 90-degree angle. Your eyebrows should be level with the upper edge of your monitor. To prevent unnecessary strain of the neck muscles, do not tilt your head down when using a monitor.

ADJUSTING THE WIDTH OF THE SEAT

To unlock the width adjustment, pull the smaller lever in front of the seat and turn it 1-1½ turns anticlockwise. Adjust the width of the seat to your personal liking by grabbing both edges of the seat and either broadening or narrowing the centre gap.



Lock the width adjustment by turning the lever clockwise the same amount as when unlocking it. The centre gap is recommended to be kept at least slightly open to reduce pressure on the pelvic floor.

Pay attention that you always rotate the lever the same amount when relocking as when opening the width adjustment.

A stable locking of the seat is usually achieved when the lever cannot be easily rotated an entire clockwise round and then returned to the previous full round before pressing down.

Your muscles and tissues can become slightly sore, especially around the area of the sitting bones, when first using the chair. In the beginning, use the chair for shorter periods and gradually increase the usage time.

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Bestool has complete saddle chair adjustment options all in one product. It can be used as an adjustable two part (see picture 7), a fixed two part or a locked one part saddle chair.



The centre gap adjustment range has been designed so that it is not possible to adjust the seat to an excessively wide position that could be possibly harmful for the user.

ADJUSTING THE RESPONSE OF THE SEAT MECHANISM

The response of the seat mechanism can be adjusted from the two nuts beneath the seat. The adjustment can be done with the tool you receive with your chair or with another appropriate tool. The seat conforms more to the user's movements when the seat mechanism response is increased. Usually a half round turn already leads to a different feel.

Increase the flexibility by first opening the lower nut (counter-clockwise) and then the upper nut as shown in the picture below. First place the hooked end of the adjustment tool into the slot of the nut.



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Finally tighten (clockwise) the lower nut of the seat mechanism. Do not tighten the nut excessively. If both nuts rotate simultaneously, keep the other in place with the tool.



Decrease the flexibility by first tightening the upper nut (clockwise) and then tightening the lower nut.

Do not open or tighten the nuts excessively. The mechanism has been designed to give at least some, but not too much flexibility.

DISASSEMBLING THE CHAIR

The disassembling is recommended to be done with an assistant holding the chair in place. First raise the seat to its highest position. Flip the chair upside down. Place the chute shaped disassembling tool no. 1 upwards into the contact point of the seat and the narrower part of the gas spring as shown in the picture below. Fix the disassembling tool no. 1 lightly with tape around the gas spring. Bang with a hammer the shorter wedged side of the disassembling tool no. 1 with adequate force (not too hard) to remove the seat.



Attention! Make sure that the seat does not drop on to the ground from a height over 10 cm. There must be a suitable underlay beneath the seat, e.g. a soft mat, so that it does not become dirty or scratched if it drops. You can also try removing the seat carefully with the chair placed sideways.

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Next place the gas spring upside down between your thighs and lightly apply pressure to it. The caster frame should rest against your thighs. Place the disassembling tool no. 2 at the rear end of the gas spring as shown in the picture below. Hold onto the disassembling tool no. 2 and bang the other end of it with a hammer until you feel the gas spring detach from the frame.



Attention! Make sure the frame horns are evenly resting against your thighs and that the frame does not hit other parts of your body. Also make sure that you lightly apply pressure to the gas spring with your thighs to prevent dropping the gas spring or caster frame. Authentic logo equipped Bestool disassembling tools can be borrowed from a retailer.

MAINTENANCE

Cleaning the leather seat
Wipe the leather with a lightly dampened cloth from time to time. Immediately clean off stains with a cloth dampened with water, mild detergent or conditioner especially meant for upholstery leather. Under no circumstance use strong detergents or other damaging substances. Be aware that colour leaking fabrics or other materials can dye the leather.

Maintenance of the gas spring, caster frame and body of the chair
The gas spring, caster frame and body of the chair can be carefully cleaned with a cloth dampened with mild disinfection solution. The upper part of the gas spring can be sprayed with general-purpose lubricant if its operation has significantly decelerated.

Spare parts are available and the seat can be reupholstered.

PARTS OF THE CHAIR, ESPECIALLY THE GAS SPRING, SHOULD NOT BE DISASSEMBLED OR OPENED.

CHOOSING THE WHEELS

The standard wheels are free rolling. Use soft wheels on hard surfaces and vice versa. On concrete or in industrial environments, use industrial rubber wheels. Various locking wheel options are also available, such as brake unloaded castors. Choose the correct wheels according to the surface and intended use.

CHANGING THE WHEELS

Place the chair sideways on the floor. Remove the wheels from the frame by pulling them. If necessary, you can e.g. use a slot screw driver to torque the wheel from the frame joint. Provided that the peg of the wheel gets stuck in the frame, use pliers to remove it. If needed, you can tap the pliers a few times with a hammer to release the peg from the frame. Replace the wheels with new ones every few years depending on the amount of usage and environment.

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RECYCLING THE CHAIR

Discard the materials according to the current waste legislation. Disassemble the chair into parts: dislocate the seat, the gas spring (metal waste), the caster frame (metal waste) and the wheels according to the disassembling instructions. Remove the leather by cutting and discard all padding and plastic parts. Make sure that only the metal parts of the seat are left in place. The plastic parts of the wheels can be removed for example with a hammer or chisel using a bench vise.

PRODUCT WARRANTY

The Finnish Bestool ("manufacturer") chairs and all related accessories have a 5-year warranty. The date of purchase must be verified with the product serial number and receipt. The warranty is valid from the date of purchase and covers constructional, material and manufacturing defects that occur in normal and regular use of the chair in interior use. The defects must be reclaimed to the manufacturer immediately and within seven days of noticing the defect or when it should have been noticed. The manufacturer has no obligations to take into account reclamations after this period. Attention! A broken or malfunctioning chair should never be used! In such cases immediately contact the retailer.

The retailer or buyer must always, if necessary, post the product to the manufacturer at their own expense after which the manufacturer will inspect the reclaimed product case-by-case. It is also possible to send a clear picture and depiction of the reclaimable product to the manufacturer by email, if this has been agreed on in advance. The manufacturer will send a compensatory part/product or return the repaired or replaced product to the retailer or buyer. The warranty does not pay for work or other expenses caused by installing the retailer's or buyer's spare parts or removing old parts, if the manufacturer has provided sufficient instructions for these proceedings. If it is noted that the product is not defective or the warranty does not take into consideration the defect, the retailer or buyer is obliged to compensate the expenses, including shipping fees, to the manufacturer caused by the inspection of the product.

If the shipping of the reclaimable product or assessing the warranty coverage from photos and description is unreasonably expensive or impractical, the manufacturer may use an unbiased consultant to verify the reclamation.

The guarantee does not cover normal wear and tear, colliding with other objects, breaking/ wearing/ sagging/ pressing caused by objects or something similar, careless or inappropriate use, use not consistent with instructions in the manual, product-altering or modifications, falling or dropping the product, marks caused by pets. The appearance of the leather upholstery can become variegated. The natural quality and character of the leather can be perceived in certain places.

The warranty provided by the manufacturer is the one and only valid warranty. The retailer or buyer can only demand the repairing of defects or malfunctions or replacement after the deliberation of the manufacturer when the warranty covers the issues at hand. The manufacturer is in no way accountable for expenses caused by accidents or for revenue or client losses. The manufacturer has no responsibility of honouring warranty terms granted by the retailer or a third party, if they are additions or conflict with the manufacturer's original warranty. The aforementioned applies also to product suitability for a certain purpose or its validity of sale.

FREEDOM OF RESPONSIBILITY

Attention! Take this chapter into consideration before using the product!
The user of the product is responsible for all usage and suitable utilisation of Bestool products. Read the entire manual before using the product and obey the given instructions. The products should be tested and used with exceptional care. Bestool does not account for accidents that happen during or after using, testing or trying its products, injuries, impediments or the like, other than those that come under mandatory law.

Remember to take regular brakes from sitting according to existing guidelines. Do not use the product if you are not completely healthy or if you have an illness or ailment or something similar that restricts sitting. Discuss with a doctor and/or physiotherapist before using the product. You can also contact a retailer for further advice on using the product. Do not use the product if you feel pain or sensations that differ from normal muscle soreness related to preliminary use of the chair.

Only use the chair equipped with original parts or genuine spare parts and according to the chair's intended use. Do not use the chair or any of its components for other purposes or as parts for other products.

The weight limit of the product is 130 kg.

Always make sure that you use the product as intended.

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