

SIDIZ T80

SIDIZ T80 Premium Ergonomic Office Chair User Manual

Model: T80 (TN800HLDA)

Brand: SIDIZ

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1. OVERVIEW

The SIDIZ T80 Premium Ergonomic Office Chair is designed for extreme comfort and support in home and office environments. It features a patented tilt mechanism, adjustable headrest, lumbar support, 3D armrests, forward tilt, and seat depth adjustments to accommodate various postures and user preferences. This manual provides detailed instructions for assembly, operation, and maintenance to ensure optimal use and longevity of your chair.



Redefining the Art of Sitting

Why SIDIZ T80?

- Authentic German technology combined with Korean craftsmanship
- Premium finishing and ergonomic excellence with advanced adjustability
- Durable quality complying with ANSI/BIFMA standards up to 275 lbs

SIDIZ

Image: The SIDIZ T80 chair in a contemporary office environment, highlighting its design and ergonomic features.

2. SETUP AND ASSEMBLY

Before beginning assembly, ensure all components are present and undamaged. It is recommended to assemble the

chair on a carpeted surface to prevent scratches. Refer to the assembly guide video for visual instructions.

2.1. Assembly Video Guide

Your browser does not support the video tag.

Video: Official SIDIZ T80 Assembly Guide (2022). This video provides step-by-step visual instructions for assembling your new chair.

2.2. Component Check

Unpack all items from the box and verify against the parts list in your physical manual. Ensure all screws, wrenches, and chair components are accounted for.



* This is a staged cut, and please refer to detail images for exact color information.

Image: An exploded view of the SIDIZ T80 chair components, including the base, seat, backrest with armrests, headrest, gas lift, and various bolts and tools. This helps in verifying all parts are present before assembly.

Important: Some bolts may have thread-locking fluid applied to prevent loosening. These may require more force to insert. Use only the provided wrenches; power tools may damage the bolts.

3. OPERATING INSTRUCTIONS

The SIDIZ T80 chair offers multiple adjustment features to customize your seating experience for optimal ergonomics and comfort. Familiarize yourself with each adjustment to find your perfect fit.

3.1. User Guide Video

Your browser does not support the video tag.

Video: Official SIDIZ T80 User Guide. This video demonstrates how to use the various adjustment features of the chair.

3.2. Adjustments

- **Seat Height Adjustment:** Locate the lever on the right side under the seat. Pull the lever up while seated to lower the seat, or pull it up while standing to raise the seat. Adjust until your feet are flat on the floor and your knees are at a 90-degree angle.
- **Seat Depth Adjustment:** Find the lever on the left side under the seat. Pull the lever and slide the seat forward or backward. Ensure there is a small gap (about two fingers' width) between the edge of the seat and the back of your knees.
- **Seat Angle Adjustment (Forward Tilt):** The T80 features a forward tilt function. This allows the seat to tilt slightly forward, promoting an active sitting posture for focused work. Engage this feature using the appropriate control under the seat.
- **Headrest Adjustment:** The headrest can be adjusted for both height and angle. Gently pull the headrest up or push down to adjust its height. Tilt the headrest forward or backward to find the most comfortable angle for neck support.
- **Armrest Height Adjustment:** Press the button on the side of each armrest and slide the armrest up or down. Adjust so your arms rest comfortably at a 90-degree angle at the elbow, relieving pressure from your shoulders.
- **Armrest Angle/Depth Adjustment:** The 3D armrests allow for angle and depth adjustments. Rotate the armrest pads inward or outward, and slide them forward or backward to support your arms in various tasks.
- **Tilt Tension Adjustment:** The knob located under the seat controls the tilt tension. Turn clockwise to increase tension (making it harder to recline) or counter-clockwise to decrease tension (making it easier to recline). Adjust to your preferred recline resistance.
- **Tilt Angle Adjustment (4-step Multi-limiter):** The chair offers a 4-step multi-limiter for the recline angle. Use the lever on the left side to select your desired recline position and lock it in place.
- **Lumbar Support Height Adjustment:** The lumbar support can be adjusted vertically to fit the natural curve of your lower back. Gently slide the lumbar support up or down on the backrest to find the optimal position.



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Image: A comprehensive diagram illustrating the various adjustable components of the SIDIZ T80 chair, such as headrest height and angle, lumbar support, 3D armrests, seat height, seat depth, and tilt mechanisms.

4. MAINTENANCE

Regular maintenance helps preserve the appearance and functionality of your SIDIZ T80 chair.

- **Cleaning:** Wipe clean with a damp cloth. For fabric and mesh areas, use a mild soap solution if necessary, and blot dry. Avoid harsh chemicals or abrasive cleaners.
- **Inspection:** Periodically check all bolts and connections to ensure they are tight. Re-tighten if any looseness is detected.
- **Casters:** Keep casters free of debris (hair, dust) to ensure smooth movement.

5. TROUBLESHOOTING

If you encounter issues with your SIDIZ T80 chair, refer to the following common solutions:

- **Chair does not adjust height:** Ensure the gas lift lever is fully engaged or disengaged as required. Check for any obstructions around the gas lift cylinder.
- **Chair wobbles or feels unstable:** Verify that all assembly bolts are securely tightened. Ensure the chair is on a flat, even surface.
- **Difficulty reclining or adjusting tilt tension:** Adjust the tilt tension knob (under the seat) to a lighter setting if reclining is too stiff, or a firmer setting if it reclines too easily. Ensure the tilt lock is disengaged if you wish to recline freely.
- **Casters not rolling smoothly:** Inspect casters for trapped hair or debris and clean them.

For further assistance, please contact SIDIZ customer support.

6. SPECIFICATIONS

Feature	Detail
Brand	SIDIZ
Model Name	Sidiz T80 (TN800HLDA)
Color	Light Grey
Product Dimensions	21.9"D x 28.9"W x 51.9"H
Maximum Weight Recommendation	275 Pounds
Material	Mesh, Fabric, Plastic, Steel
Special Features	Adjustable Height, Adjustable Lumbar, 3D Arm Rests, Ergonomic, Head Support, Forward Tilt, Seat Depth
Certifications	ANSI/BIFMA, Greenguard Certified
Assembly	DIY partly assembled







Image: A diagram illustrating the key dimensions of the SIDIZ T80 chair, including seat height, seat depth, back width, and headrest height.

7. WARRANTY AND SUPPORT

The SIDIZ T80 chair is designed for durability and quality. For specific warranty information, please refer to the documentation included with your purchase or visit the official SIDIZ website.

- **Returns:** 30 days returns accepted.
- **Customer Support:** For any inquiries or assistance, please contact SIDIZ customer support.

You can visit the official SIDIZ store for more information:[SIDIZ Store on Amazon](#).

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