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### SIDIZ TNB500HLDAGRAY

# SIDIZ T50 Ergonomic Home Office Chair Instruction Manual

Model: TNB500HLDAGRAY

## 1. PRODUCT OVERVIEW

The SIDIZ T50 Ergonomic Home Office Chair is designed for high performance and personalized comfort, trusted by multinational companies worldwide. It features an S-curve design for optimal spinal support and boasts over 10 adjustable functions to suit various postures and body types. This manual provides detailed instructions for assembly, operation, maintenance, and troubleshooting to ensure you get the most out of your T50 chair.





Figure 1.1: The SIDIZ T50 Ergonomic Home Office Chair in Grey, showcasing its modern design and mesh back.

**3D ARMREST**

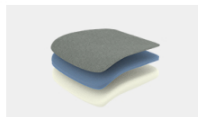
Height, angle and depth adjustable armrests help relieve pressure on your shoulders, supporting you at the right place.

**STAR BASE**

Ensuring stability, the chair moves easily to access different parts of their workspace.

**LAYERED SEAT CUSHION**

T50's seat cushion is made in layers, properly supporting you but also hugging your body's curves.



**FORWARD TILTING**

You can sit flat, or lean forward for more focused work.



**SEAT DEPTH**

Adjust the seat depth to add more space in your seat.



**DURABLE FABRIC WITH 100,000 + RUBS**

T50 fabric is high quality and built to last through extensive use without showing wear and tear.

Figure 1.2: The SIDIZ T50 chair seamlessly integrates into various environments, including professional offices, gaming setups, and home office spaces, highlighting its versatility.

## 2. ASSEMBLY AND INITIAL SETUP

The SIDIZ T50 chair requires some assembly. Detailed step-by-step instructions and all necessary tools are included in the product packaging. Please refer to the separate assembly guide provided with your chair for specific instructions. Ensure all components are present and undamaged before beginning assembly.

**Important Safety Information:** This product has a maximum weight capacity of 275 lbs (125 kg) and complies with ANSI/BIFMA standards. Improper use of adjustable mechanisms or exceeding the weight limit may cause injury. Always follow assembly instructions and guidelines for safe operation.

## 3. OPERATING INSTRUCTIONS: ADJUSTMENTS

The SIDIZ T50 chair offers a wide range of adjustments to customize your seating experience. Familiarize yourself with these functions to achieve optimal ergonomic support.

### EVERYTHING ABOUT T50

#### SYNCHRONIZED AND 5 STEPS RECLINE TILTING

The seat and backrest tilt independently in response to natural body movements. The tilt mechanism allows the most suitable movement for your different postures.

#### ADJUSTABLE LUMBAR SUPPORT

The lumbar support gives a more sophisticated support to your body. Adjustable in height and depth, find the best setting for yourself.

#### S-CURVE BACKREST

The beautiful shape embodying human spines contributes to ergonomic comfort and stability.



#### ADJUSTABLE HEADREST

Height and angle adjustable to suit different postures.

#### BREATHABLE PRO TENSION MESH

Premium-quality mesh is breathable for comfort, and offers a more pleasant sitting experience.

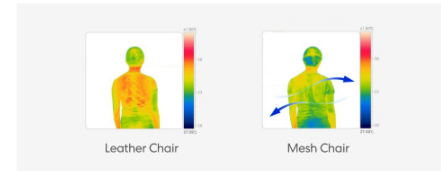


Figure 3.1: Overview of the SIDIZ T50's adjustable components, including headrest, mesh back, lumbar support, armrests, tilt, and seat depth.

### 3.1. Chair Height Adjustment

To adjust the chair's height, locate the lever on the right side, beneath the seat. While seated, pull the lever up to lower the chair. To raise the chair, stand up slightly and pull the lever up. Release the lever at your desired height.

### 3.2. Tilt and Recline Mechanism

The T50 features synchronized 5-step recline tilting. The seat and backrest tilt independently to respond to natural body movements. This mechanism allows for the most suitable movement for different postures.

- **Tilt Lock:** To lock the tilt position, push the lever on the left side, beneath the seat, downwards.
- **Tilt Unlock:** To unlock the tilt, pull the lever upwards.
- **Tilt Tension:** Adjust the resistance of the recline by turning the knob located underneath the seat, towards the front. Turn clockwise to increase tension, counter-clockwise to decrease.

### 3.3. Forward Tilting

The chair offers a forward tilting function, allowing you to sit flat or lean slightly forward for more focused work. Engage this feature using the appropriate control (refer to your assembly guide for exact lever location, typically near the tilt controls).

### 3.4. Adjustable Headrest

The headrest can be adjusted in both height and angle to suit different postures and provide optimal neck support. Gently push or pull the headrest up or down to adjust its height. Tilt the headrest forward or backward to find your preferred angle.

### 3.5. Adjustable Lumbar Support

The lumbar support provides sophisticated support to your lower back. It is adjustable in both height and depth. Locate the controls on the backrest (typically knobs or levers) to fine-tune the lumbar support to your body's contours.

### 3.6. 3D Armrests

The 3D armrests are adjustable in height, angle, and depth to relieve pressure on your shoulders and support your arms in the correct position. Use the buttons or levers on the armrests to make these adjustments.

### 3.7. Adjustable Seat Depth

Adjust the seat depth to add more space in your seat, ensuring proper leg circulation and back support. Locate the lever or button beneath the seat (often on the left side) and slide the seat forward or backward to your desired position.

## 4. MAINTENANCE AND CARE

Proper care will extend the life and appearance of your SIDIZ T50 chair.

- **Cleaning:** The manufacturer recommends to **Wipe Clean** the chair. Use a soft, damp cloth with mild soap and water for general cleaning. Avoid harsh chemicals or abrasive cleaners, as they may damage the mesh, fabric, or plastic components.
- **Mesh Back:** For the ventilated mesh back, gently wipe with a damp cloth. For deeper cleaning, a mild fabric cleaner can be used, but always test on an inconspicuous area first.
- **Cushion Seat:** The layered seat cushion is made with durable fabric. Spot clean as needed with a suitable upholstery cleaner.
- **Moving Parts:** Periodically check all screws and bolts to ensure they are tight. Do not over-tighten. Lubricate moving parts (e.g., casters, gas lift) if they become stiff or noisy, using a silicone-based lubricant.
- **Casters:** Keep the casters clean from hair and debris to ensure smooth movement.

## 5. TROUBLESHOOTING

If you encounter issues with your SIDIZ T50 chair, try the following common troubleshooting steps:

- **Chair Squeaks:** Check all bolted connections and tighten if loose. Apply a small amount of silicone lubricant to moving parts, especially where metal components meet.
- **Difficulty Adjusting Height:** Ensure the gas lift lever is fully engaged. If the chair still doesn't adjust, the gas lift cylinder may need replacement.
- **Chair Tilts Unevenly:** Verify that the tilt tension knob is not overtightened or too loose. Check for any

obstructions under the chair base.

- **Casters Not Rolling Smoothly:** Remove any hair, dust, or debris from the caster wheels. If damaged, casters may need replacement.

If these steps do not resolve the issue, please contact SIDIZ customer support for further assistance.

## 6. PRODUCT SPECIFICATIONS

Below are the key specifications for the SIDIZ T50 Ergonomic Home Office Chair:

### T50 IN YOUR LIFE

TURNING YOUR DREAM SPACE INTO REALITY



#### @Office

Trusted by global companies, T50 can easily blend into any collaborative workspace.



#### @Gaming

With supreme quality and maximized adjustability, T50 will help you elevate your gaming experience.



#### @Home Office

Ergonomic and modern looking T50 is good for home environments as well. Upgrade your performance.

Figure 6.1: Dimensional drawing of the SIDIZ T50 chair, showing height, width, and depth measurements.

Specification	Detail
Brand	SIDIZ
Model Name	Sidiz T50 (TNB500HLDAGRAY)
Color	Grey
Product Dimensions	28.9"D x 28.9"W x 45.8"H
Item Weight	49 pounds (22.2 kg)
Maximum Weight Recommendation	275 Pounds (125 kg)
Back Style	Mesh
Special Features	Adjustable Headrest, Adjustable Height, Adjustable Lumbar, Ergonomic, Reclining
Product Care Instructions	Wipe Clean
Material (Fill)	Foam
Furniture Finish	Plastic

ANSI/BIFMA Compliant	Yes
GreenGuard Certified	Yes

## 7. WARRANTY AND SUPPORT

SIDIZ is committed to providing high-quality products and customer satisfaction.

- **Return Policy:** This product is eligible for 30-day easy returns. Please refer to your purchase platform's return policy for specific details and procedures.
- **Customer Support:** For any questions, concerns, or assistance with your SIDIZ T50 chair, please contact SIDIZ customer support. You can find contact information on the official SIDIZ website or through your purchase platform.
- **Certifications:** The SIDIZ T50 chair complies with ANSI/BIFMA standards, ensuring durability and safety for office furniture. It is also Greenguard certified by UL, indicating low chemical emissions for improved indoor air quality.

For more information about SIDIZ products and services, please visit the official [SIDIZ Store on Amazon](#).