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> [vidaXL Bed Frame Grey Metal Twin \(90 x 200 cm\) Instruction Manual](#)

vidaXL 286493

vidaXL Bed Frame Instruction Manual

Model: 286493

1. PRODUCT OVERVIEW

This manual provides detailed instructions for the assembly, operation, and maintenance of your vidaXL Grey Metal Twin Bed Frame. Please read this manual thoroughly before assembly and use to ensure proper setup and safe operation. The vidaXL Grey Metal Twin Bed Frame (Model 286493) is designed to provide a sturdy and classic foundation for your mattress, suitable for a mattress measuring 90 x 200 cm. Its metal construction ensures durability and stability.



Figure 1.1: Assembled vidaXL Grey Metal Twin Bed Frame with mattress and pillow.

2. SAFETY INFORMATION

WARNING: Assembly may involve pinch points. Exercise caution during assembly to prevent injury.

CAUTION: Ensure proper assembly to prevent instability or collapse of the bed frame. Do not exceed the recommended weight limit for this bed frame. Refer to the specifications section for details.

Always ensure all bolts and connections are securely tightened before use. Periodically check all connections for tightness.

3. PARTS LIST

Before beginning assembly, verify that all parts are present and undamaged. If any parts are missing or damaged, do not proceed with assembly. Contact vidaXL customer support for assistance.

Note: A detailed diagram with labeled parts is typically included in the physical packaging. This list provides a general overview.

- Headboard components
- Footboard components
- Side rails
- Support legs
- Metal slats (included components)
- Assembly hardware (bolts, nuts, washers, Allen wrench)



Figure 3.1: Main components of the bed frame before assembly.

4. SETUP AND ASSEMBLY

Assembly is required for this bed frame. It is recommended to have two people for assembly to ensure ease and safety. Approximate assembly time is 45 minutes.

4.1 Preparation

- Clear an open, flat area for assembly.

- Unpack all components and lay them out.
- Identify all parts using the provided parts list and diagrams.
- Ensure you have the necessary tools (usually an Allen wrench is included).

4.2 Assembly Steps

1. **Assemble Headboard and Footboard:** Connect the vertical and horizontal bars of the headboard and footboard sections using the provided bolts and nuts. Do not fully tighten bolts until all sections are loosely assembled.
2. **Attach Side Rails:** Connect the side rails to the assembled headboard and footboard. Ensure the connections are secure.
3. **Install Center Support Legs:** Attach any central support legs to the main frame as indicated in the diagrams. These provide additional stability.
4. **Insert Slats:** Place the metal slats into the designated slots or attach them to the side rails. The bed frame includes integrated metal slats, eliminating the need for a separate box spring.
5. **Final Tightening:** Once all components are in place and aligned, systematically tighten all bolts and screws. Ensure all connections are firm and secure.



Figure 4.1: Dimensional view of the bed frame, useful during assembly for orientation.



Figure 4.2: Detail of the slat connection, showing how the metal slats integrate with the frame.

5. OPERATING INSTRUCTIONS

Once assembled, the bed frame is ready for use. Place a compatible mattress (90 x 200 cm) directly onto the metal slats. No box spring is needed.

Ensure the bed frame is placed on a level surface to prevent wobbling and ensure stability.

6. MAINTENANCE

Regular maintenance will help prolong the life and appearance of your bed frame.

- **Cleaning:** Wipe with a dry cloth to remove dust and dirt. For more stubborn marks, a slightly damp cloth can be used, followed immediately by a dry cloth to prevent moisture damage. Avoid abrasive cleaners or harsh chemicals.
- **Inspections:** Periodically check all bolts and connections to ensure they remain tight. Re-tighten if necessary.
- **Movement:** When moving the bed frame, lift it rather than dragging it to prevent damage to the frame or your

flooring.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Bed frame is wobbly or unstable.	Loose bolts or uneven floor.	Ensure all bolts are fully tightened. Move the bed to a level surface.
Squeaking noises.	Loose connections or friction between metal parts.	Tighten all bolts. Apply a small amount of silicone spray or wax to contact points if squeaking persists (avoiding areas that support the mattress directly).
Parts do not align during assembly.	Incorrect orientation of parts or bolts tightened too early.	Loosen all bolts, re-orient parts according to diagrams, and then gradually tighten. Ensure parts are not forced.

8. SPECIFICATIONS

- **Model:** 286493
- **Brand:** vidaXL
- **Color:** Grey
- **Material:** Metal
- **Overall Dimensions (L x W x H):** 205 cm x 97 cm x 83.5 cm (80.71"L x 38.19"W x 32.87"H)
- **Compatible Mattress Size (W x L):** 90 cm x 200 cm (Twin)
- **Bed Height from Floor:** 28 cm (Ground To Item Distance)
- **Included Components:** Slats (No Box Spring Needed)
- **Finish Type:** Lacquered
- **Assembly Required:** Yes
- **Product Care:** Wipe with Dry Cloth
- **Item Weight:** 27.3 pounds

9. WARRANTY AND SUPPORT

For information regarding warranty coverage, returns, or technical support, please refer to the purchase documentation or contact vidaXL customer service directly. Contact details are typically available on the vidaXL official website or through your retailer.

Manufacturer: vidaXL

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