

Sytas 001

Sytas Ergonomic Desk Chair Model 001 Instruction Manual

Comprehensive guide for assembly, operation, and maintenance.

1. INTRODUCTION

This manual provides detailed instructions for the assembly, operation, and maintenance of your Sytas Ergonomic Desk Chair Model 001. Please read all instructions carefully before use to ensure proper function and safety.

2. PRODUCT FEATURES

- **Ergonomic Design:** S-shaped backrest with supportive lumbar support aligns with the spine to reduce muscle fatigue.
- **Breathable Mesh Back:** High-density double-layer mesh back promotes airflow for comfort.
- **Comfortable Seat Cushion:** Thick padded seat cushion with high resilience foam provides all-day comfort.
- **Adjustable Tilt Tension:** Features a 90°-120° tilt tension for work and relaxation.
- **Multiple Adjustments:** 10 cm gas lift for height adjustment and 90° thick padded flip-up arms for space-saving.
- **Smooth Mobility:** 360° swivel and smooth-rolling casters for easy movement.
- **Durable Construction:** Sturdy base with a maximum weight capacity of 300 lbs (113 kg).

ERGONOMIC DESIGN

Care for your back



Image: The Sytas Ergonomic Desk Chair highlighting its S-shaped backrest and integrated lumbar support.

3. PACKAGE CONTENTS

Upon unpacking, ensure all components are present. The package typically includes:

- Chair Backrest
- Seat Cushion
- Armrests (2)
- Base (5-star)
- Casters (5)
- Gas Lift Cylinder
- Mechanism Plate
- Hardware Kit (screws, washers, Allen key, decorative caps)

360° Smooth & Quiet



Image: Detailed view of the hardware kit, showing labeled screws and tools for assembly.

4. SETUP AND ASSEMBLY

Assembly typically takes 15-20 minutes. Follow these steps for proper setup:

1. **Attach Casters to Base:** Insert each of the five casters into the holes at the end of the chair base arms until they click securely into place.
2. **Insert Gas Lift:** Place the gas lift cylinder into the central hole of the assembled base.
3. **Attach Armrests to Backrest:** Secure the armrests to the chair backrest using the designated screws from the hardware kit. Ensure they are firmly tightened.
4. **Attach Backrest/Armrest Assembly to Seat:** Connect the backrest with attached armrests to the seat cushion using the appropriate screws.
5. **Attach Mechanism Plate to Seat:** Secure the mechanism plate to the underside of the seat cushion using the specified screws. Ensure the control levers face the front of the chair.
6. **Connect Seat to Gas Lift:** Carefully place the assembled seat onto the gas lift cylinder, ensuring it is centered and stable. Apply gentle downward pressure to secure.
7. **Install Decorative Caps:** Cover any visible screw heads with the provided decorative caps for a finished look.

5. OPERATING INSTRUCTIONS

Your Sytas Ergonomic Desk Chair offers several adjustable features to customize your seating experience:

- **Height Adjustment:** To adjust the chair height, pull the lever located under the seat upwards. While holding the lever, raise or lower your body to the desired height. Release the lever to lock the height.
- **Tilt Function:** The chair features a 90°-120° tilt tension. Pull out the adjustment lever (usually on the side) to enable tilting. Push it back in to lock the chair in an upright position.
- **Armrest Adjustment:** The padded armrests can be flipped up 90° to save space or accommodate different desk heights. Simply lift them upwards until they lock into position, or push them down to return to the standard position.

MULTIPLE ADJUSTABLE

Any Aspects Meet Your Needs



Image: The Sytas Ergonomic Desk Chair demonstrating its adjustable armrests and height adjustment lever.

120° ROCKING STYLE

Relax yourself in one step



Image: Close-up of the tilt tension knob and operation lever on the Sytas Ergonomic Desk Chair.

6. MAINTENANCE

To maintain the longevity and appearance of your chair:

- **Cleaning:** Wipe clean with a damp cloth. Avoid harsh chemicals that may damage the mesh or fabric.
- **Regular Checks:** Periodically check all screws and bolts to ensure they are tight. Re-tighten if necessary to prevent loosening over time.

7. IMPORTANT SAFETY INFORMATION

Please observe the following safety guidelines:

- **Maximum Weight Limit:** The chair has a maximum weight limit of 300 lbs (113 kg). Do not exceed this limit.
- **Proper Use:** Ensure the chair is used within its weight limit and follow all assembly and usage instructions for safe operation.
- **Stability:** Always sit properly in the chair with both feet on the floor or a footrest to maintain stability. Avoid standing on the chair.

8. SPECIFICATIONS

Feature	Detail
Brand	Sytas
Model Name	001
Color	Grey
Product Dimensions	22.05"D x 20.87"W x 9.84"H
Seat Height	19.68 Inches
Seat Depth	19.6 inches
Back Style	Solid Back (Mesh)
Special Feature	Space Saving (Flip-up Arms)
Maximum Weight Recommendation	300 lbs (113 Kilograms)
Material	Foam (cushion), Mesh (back), Plastic (frame), Metal (base)
Item Weight	27.6 pounds
UPC	717765843789



PRODUCT DIMENSIONS

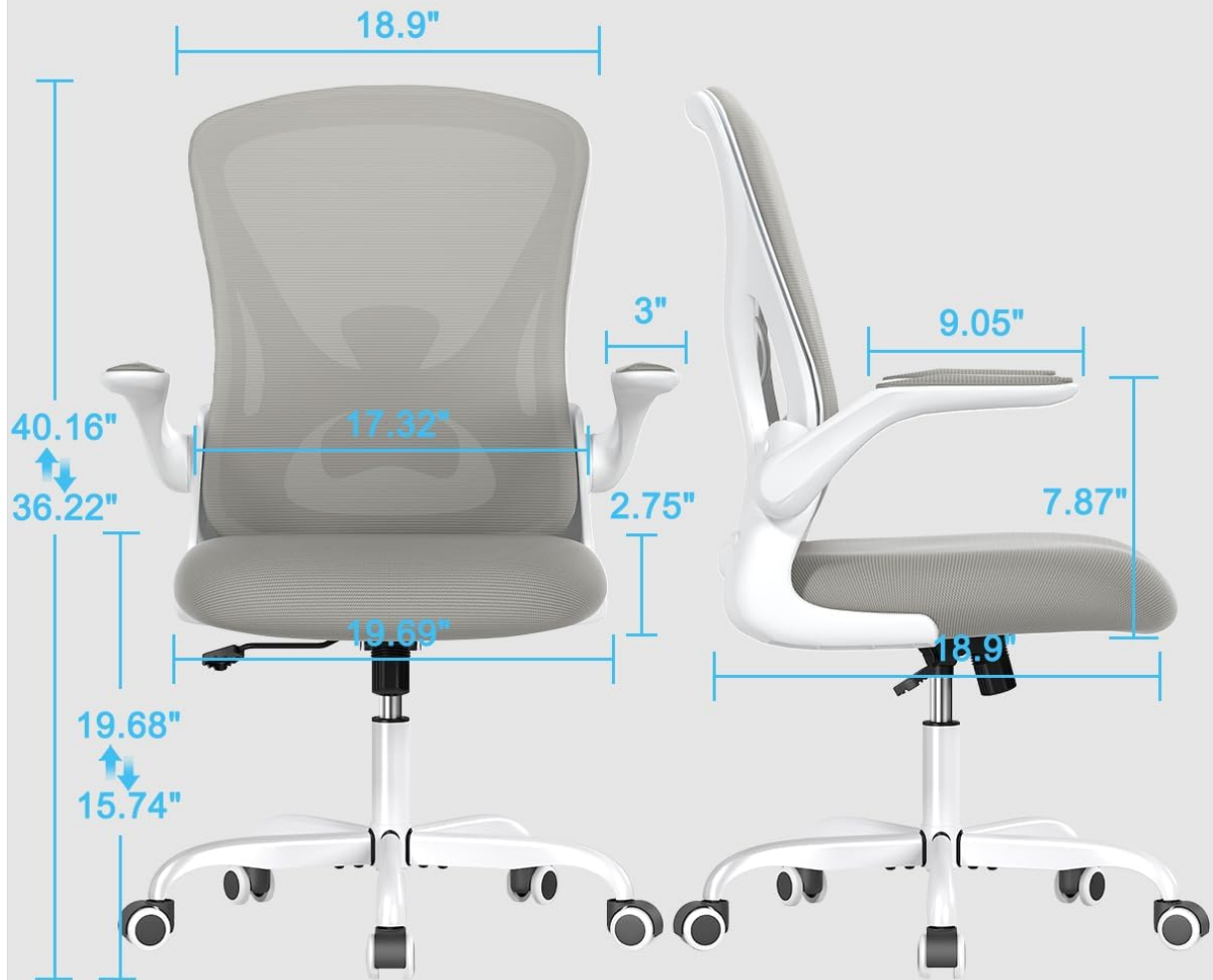


Image: Diagram illustrating the key dimensions of the Sytas Ergonomic Desk Chair.

9. WARRANTY AND SUPPORT

For warranty information or customer support, please contact Sytas Furniture directly. Refer to the product packaging or the official Sytas website for contact details.