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## Zinus ZU-FBMMH7-42T

# ZINUS Heidi Metal Platform Bed Frame (Twin, White) - Instruction Manual

Model: ZU-FBMMH7-42T | Brand: Zinus

## 1. INTRODUCTION

This manual provides detailed instructions for the assembly, operation, and maintenance of your ZINUS Heidi Metal Platform Bed Frame. The elegant and timeless Heidi Bed is a classic metal platform bed designed for durability and modern construction. It features a sturdy steel mattress platform, eliminating the need for a box spring, and offers 11 inches of under-bed clearance for storage. All necessary tools and parts are included for a straightforward setup.

## 2. PRODUCT FEATURES

- **Durable Steel Construction:** Crafted from reliable steel for long-lasting support.
- **Traditional Elegance:** Features a soft silhouette with an ornate spindle headboard and footboard.
- **No Box Spring Needed:** Designed with a sturdy mattress platform for direct mattress placement.
- **Under Bed Storage:** Provides 11 inches of clearance for convenient storage solutions.
- **Easy Assembly:** All tools and step-by-step instructions are included in one compact shipping box for quick setup.
- **Worry-Free Warranty:** Includes a 5-year limited manufacturer's warranty for peace of mind.

## 3. PACKAGE CONTENTS

Verify that all components are present before beginning assembly. The package includes:

- Headboard and Footboard sections
- Side Rails
- Center Support Bar(s)
- Support Legs
- Wooden Slats with non-slip tape

- Assembly Hardware (bolts, washers)
- Assembly Tools (hex key, ratchet)
- Instruction Manual

# One box, everything you need



Image: All components of the ZINUS Heidi bed frame laid out for assembly.

## 4. SETUP/ASSEMBLY

Follow these step-by-step instructions for easy assembly. All parts are clearly labeled, and all necessary tools are provided.

1. **Unpack and Identify Parts:** Carefully remove all components from the packaging. Lay them out and match them against the parts list in your instruction manual.
2. **Assemble Headboard and Footboard:** Connect the headboard and footboard sections using the provided hardware.
3. **Attach Side Rails:** Securely attach the side rails to the assembled headboard and footboard.
4. **Install Center Support:** Place and secure the center support bar(s) and support legs.
5. **Position Wooden Slats:** Lay the wooden slats across the frame. The slats feature non-slip tape to keep your mattress in place.
6. **Tighten All Connections:** Ensure all bolts and connections are fully tightened for stability.

Video: Official ZINUS Heidi Metal Platform Bed Frame assembly guide. This video demonstrates the step-by-step process of setting up the bed frame, from unpacking to final assembly.

# Easy-to-maneuver box



Image: The compact packaging and assembled bed frame, illustrating the ease of handling and setup.

## 5. DIMENSIONS & CAPACITY

The ZINUS Heidi Metal Platform Bed Frame is designed to provide ample space and support.

- **Size:** Twin
- **Product Dimensions (L x W x H):** 77.5" x 38.4" x 42.5"
- **Ground to Item Distance (Under-bed Clearance):** 11 Inches
- **Weight Capacity:** Up to 350 lbs (Twin size)
- **Recommended Mattress Thickness:** 10 or 12 inches to best showcase the headboard.

# Dimensions & capacity

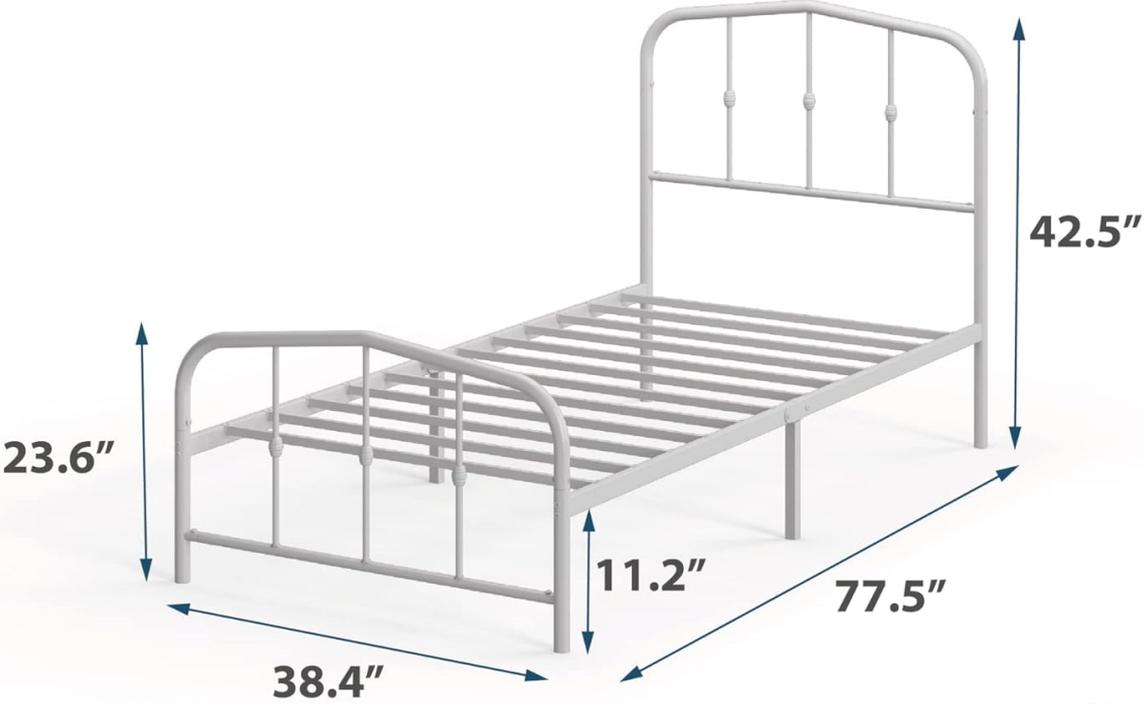


Image: Detailed dimensions and weight capacity for the Twin size bed frame.



Image: Illustration of the 11.2-inch under-bed storage space.

# Mattress thickness guide



Image: Recommended mattress thickness guide for optimal aesthetic and comfort.

## 6. OPERATING

To ensure the longevity and safety of your bed frame, please adhere to the following operational guidelines:

- Ensure the mattress is properly centered and fully supported by the wooden slats.
- Do not exceed the maximum weight capacity of 350 lbs for the Twin size bed frame.
- Avoid standing or jumping on the bed frame, as this can cause damage or injury.
- Periodically check all connections and hardware to ensure they remain tight and secure.

## 7. MAINTENANCE

Regular maintenance will help keep your ZINUS Heidi Metal Platform Bed Frame in excellent condition:

- **Cleaning:** Wipe the metal frame with a soft, damp cloth. Avoid using abrasive cleaners or harsh chemicals, as these can damage the finish.
- **Hardware Check:** Every 3-6 months, inspect all bolts and screws. Tighten any loose connections to maintain

stability and prevent squeaking.

- **Slats Inspection:** Ensure wooden slats are free from damage and properly seated within the frame. Replace any broken slats immediately.

## 8. TROUBLESHOOTING

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If you encounter any issues with your bed frame, refer to the following common solutions:

- **Squeaking Noises:** This is often caused by loose hardware. Re-tighten all bolts and screws. Ensure all wooden slats are correctly positioned and the non-slip tape is intact.
- **Mattress Sliding:** The wooden slats are equipped with non-slip tape. Ensure this tape is clean and making proper contact with your mattress. If the tape is worn, consider replacing it or adding additional non-slip material.
- **Instability/Wobbling:** Verify that all frame connections are securely fastened. Check that the support legs are evenly touching the floor.
- **Missing or Damaged Parts:** If you find any parts missing or damaged upon arrival, do not proceed with assembly. Contact Zinus customer support immediately for assistance.

## 9. SPECIFICATIONS

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Feature	Detail
Size	Twin
Product Dimensions (L x W x H)	77.5" x 38.4" x 42.5"
Color	White
Finish Type	Steel
Material	Metal
Assembly Required	Yes
Ground To Item Distance	11 Inches
Weight Capacity	350 lbs
Model Number	ZU-FBMMH7-42T
UPC	841550333220

## 10. WARRANTY & SUPPORT

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Your ZINUS Heidi Metal Platform Bed Frame comes with a comprehensive warranty and dedicated customer support.

- **Warranty:** Enjoy a worry-free 5-year limited manufacturer's warranty. This warranty covers defects in materials and workmanship under normal use. Please refer to the warranty card included in your package for full terms and conditions.
- **Customer Support:** For any questions, concerns, or assistance with your product, please contact Zinus customer support. Visit the official Zinus website or refer to your product packaging for contact information.

