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## SIHOO M57

# SIHOO M57 Ergonomic Office Chair User Manual

Model: M57

## INTRODUCTION

Thank you for choosing the SIHOO M57 Ergonomic Office Chair. This manual provides detailed instructions for assembly, operation, and maintenance to ensure optimal use and longevity of your chair. Please read this manual thoroughly before assembly and use.





Image: The SIHOO M57 Ergonomic Office Chair in light grey, showcasing its mesh backrest, adjustable headrest, and chrome base.

## SAFETY INFORMATION

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- Do not exceed the maximum weight capacity of 330 pounds (150 kg).
- Ensure all components are properly assembled and tightened before use to maintain stability.
- Adjust chair features cautiously to prevent injury. Avoid sudden movements when adjusting.
- Keep hands and fingers clear of moving parts during adjustment.
- Do not stand on the chair.
- Use the chair on a flat, stable surface.

## PACKAGE CONTENTS

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Before beginning assembly, please verify that all parts are present:

- Arm Pads (2)
- Seat Cushion (1)
- Casters (Wheels) (5)
- Backrest (1)
- Headrest (1)
- Gas Lift (1)

- Chair Base (1)
- Mechanism (1)
- Hardware Kit (screws, tools)

## ASSEMBLY INSTRUCTIONS

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Assembly typically takes 15-30 minutes. It is recommended to assemble the chair on a soft, clean surface to prevent damage.

1. **Attach Casters to Base:** Insert each of the five casters into the holes at the end of each leg of the chair base. Push firmly until they click into place.
2. **Insert Gas Lift:** Place the gas lift cylinder into the center hole of the chair base.
3. **Attach Mechanism to Seat:** Align the chair mechanism with the screw holes on the underside of the seat cushion. Secure with the provided screws and tighten using the included tool. Ensure the front of the mechanism faces the front of the seat.
4. **Attach Armrests to Seat:** Secure the armrests to the sides of the seat cushion using the designated screws.
5. **Connect Seat to Gas Lift:** Carefully place the assembled seat onto the gas lift cylinder, ensuring it is centered and stable.
6. **Attach Backrest to Seat:** Align the backrest with the mounting points on the seat mechanism. Secure with screws.
7. **Install Headrest:** Insert the headrest into the top of the backrest. Adjust to your preferred height and angle.
8. **Final Check:** Verify all screws are tightened and all components are securely in place before using the chair.

## OPERATING INSTRUCTIONS (ADJUSTMENTS)

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The SIHOO M57 chair offers multiple adjustment options to customize your seating experience for optimal ergonomic support.

# ERGONOMIC DESIGN



Image: An illustration highlighting the ergonomic design of the SIHOO M57 chair, pointing out the headrest, 3D armrest, and lumbar adjustments.

## 1. Seat Height Adjustment

To adjust the seat height, locate the lever on the right side beneath the seat. Pull the lever upwards while taking your weight off the seat to raise it. To lower the seat, pull the lever upwards while remaining seated. Release the lever to lock the height.

## 2. Recline Function and Tilt Tension

- **Recline Angle:** The backrest can recline from 90° to 126°. To recline, pull the lever on the left side of the seat outwards. Lean back to your desired angle and push the lever inwards to lock the recline position.
- **Tilt Tension:** The round knob located under the front of 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).

# SYNCHRO RECLINING BACKREST



Image: An illustration detailing the recline lock lever and the tilt tension knob, indicating how to adjust the chair's recline and resistance.

## 3. Adjustable Headrest

- **Height Adjustment:** Grasp the headrest and pull it up or push it down to adjust its height. It can be adjusted by approximately 3.15 inches (8 cm).
- **Angle Adjustment:** The headrest can also be tilted forward or backward by up to 45° to provide optimal neck support.

# ADJUSTABLE HEADREST

Effectively support head and relax neck

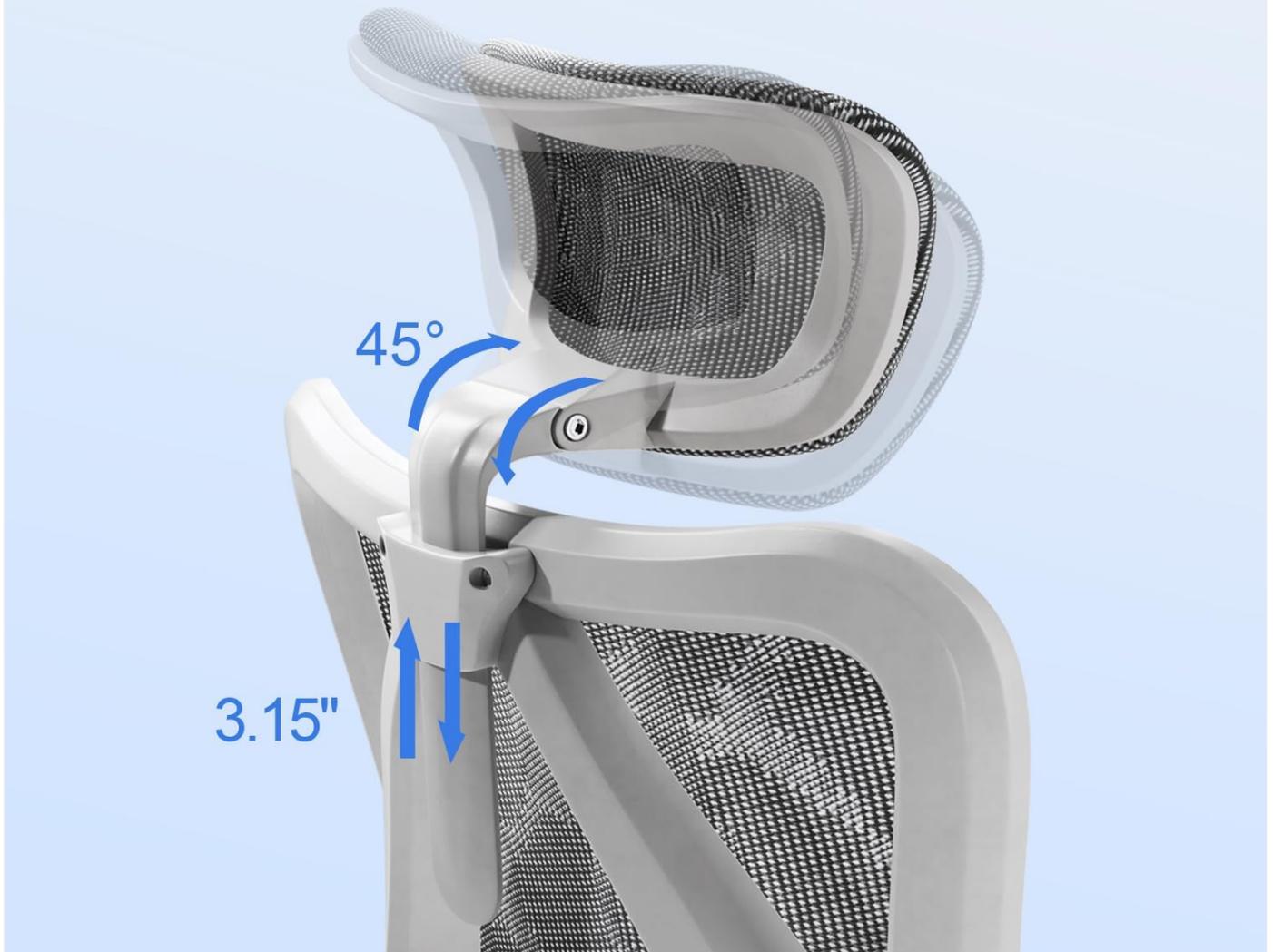


Image: A close-up diagram illustrating the vertical and angular adjustments of the headrest, showing a 3.15-inch height range and 45-degree tilt.

## 4. Lumbar Support Adjustment

The lumbar support can be adjusted in both height and depth to conform to the natural curve of your lower back. Locate the lumbar support mechanism on the backrest and adjust as needed for personalized comfort.

## 5. 3D Adjustable Armrests

The armrests offer three-dimensional adjustment:

- **Height Adjustment:** Press the button on the side of the armrest and move it up or down.
- **Forward/Backward Adjustment:** Slide the armrest pad forward or backward.
- **Rotation:** Rotate the armrest pads inwards or outwards by up to 34°.

# 3D ADJUSTABLE ARMREST

Protect your elbows and relax hand pressure

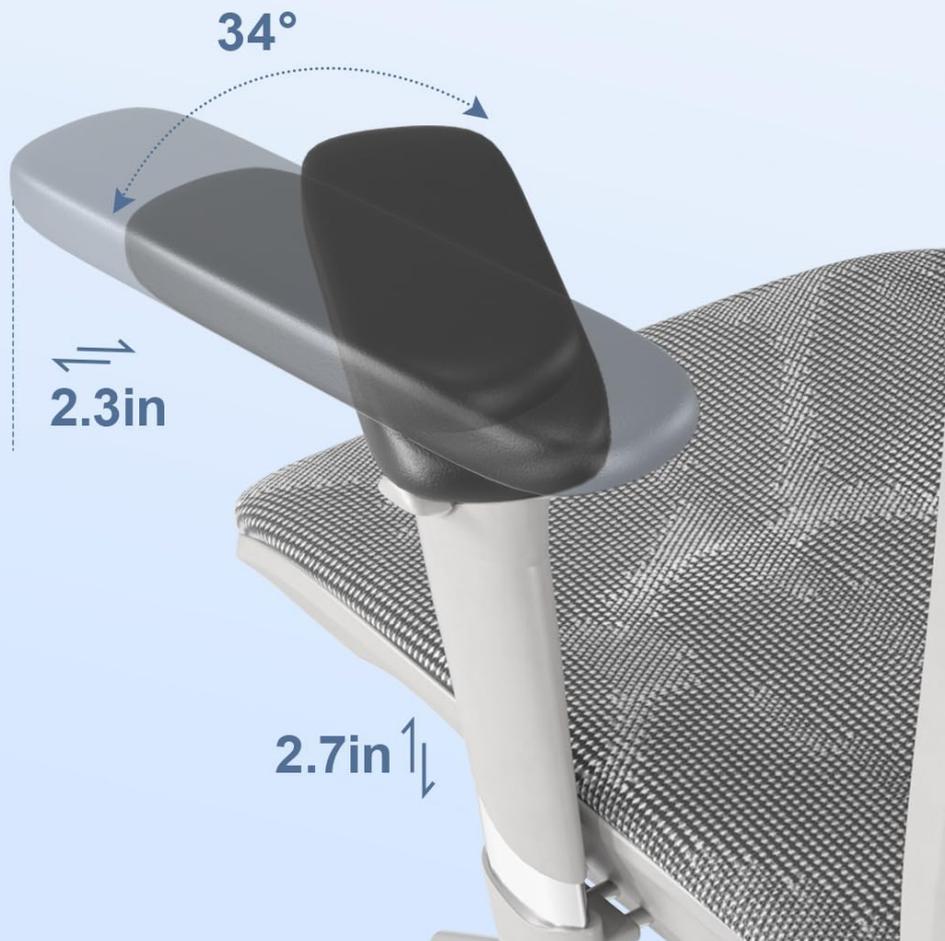


Image: A detailed diagram illustrating the three-dimensional adjustments of the armrests, including height, forward/backward movement, and 34-degree rotation.

## 6. 360° Swivel

The chair is designed with a 360° swivel function, allowing for free movement and easy access to your workspace.

## MAINTENANCE

- **Cleaning:** Wipe clean with a damp cloth. Avoid harsh chemicals or abrasive cleaners that may damage the mesh or frame.
- **Regular Checks:** Periodically check all screws and bolts to ensure they remain tight. Re-tighten if necessary.
- **Caster Care:** Keep casters free of debris (hair, dust) to ensure smooth rolling and prevent scratches on flooring.

## TROUBLESHOOTING

- **Chair Squeaks:** Check for loose screws and tighten them. A small amount of silicone spray on moving parts (excluding the gas lift) may help.
- **Difficulty Adjusting Height:** Ensure the gas lift lever is fully engaged. If the issue persists, the gas lift may need replacement.
- **Casters Not Rolling Smoothly:** Clean any debris from the casters. Ensure they are securely inserted into the base.
- **Chair Feels Unstable:** Verify all assembly screws are securely tightened, especially those connecting the base and backrest.

## SPECIFICATIONS

<b>Brand</b>	SIHOO
<b>Model Name</b>	M57-M114
<b>Color</b>	Light Grey
<b>Product Dimensions</b>	30.31"D x 13.39"W x 25.59"H
<b>Maximum Weight Recommendation</b>	330 Pounds (150 kg)
<b>Material Type</b>	Mesh
<b>Back Style</b>	High Back
<b>Special Features</b>	Adjustable Lumbar, 3D Armrests, Adjustable Headrest, Tilt Function, 360° Swivel
<b>Certifications</b>	BIFMA, SGS



Image: A diagram displaying the various dimensions of the SIHOO M57 chair, including height, width, and depth measurements for different components.

## WARRANTY AND SUPPORT

- **Warranty:** Every SIHOO office chair comes with a 3-year warranty.
- **Returns:** Easy 30-day returns are available.
- **Customer Service:** For any issues or questions, contact SIHOO customer service. Responses are typically provided within 24 hours, and free replacement parts will be sent if needed.
- **Protection Plans:** Additional protection plans may be available for purchase, including 2-year and 3-year options.

