

SIHOO S300

SIHOO S300 Ergonomic Office Chair User Manual

Model: S300

1. INTRODUCTION

Thank you for choosing the SIHOO S300 Ergonomic Office Chair. This manual provides detailed instructions for assembly, operation, adjustment, and maintenance to ensure optimal performance and longevity of your chair. Please read this manual thoroughly before use and retain it for future reference.

2. SAFETY INFORMATION

Your SIHOO S300 chair is designed with safety in mind and meets US BIFMA standards for backrest strength, seat impact, and caster durability. It uses an SGS certified gas cylinder for reliability.

- Ensure all parts are securely fastened before use.
- Do not stand on the chair.
- Avoid using the chair on uneven surfaces.
- Keep children away from moving parts during adjustment.
- Do not use the chair if any part is damaged or missing. Contact support for replacement parts.

3. ASSEMBLY INSTRUCTIONS

The SIHOO S300 chair is designed for easy assembly. A detailed instruction manual, necessary tools, auxiliary parts, and gloves are included in the package.

3.1 Unpacking

Carefully remove all components from the packaging. Verify that all parts listed in the included manual are present.

3.2 Step-by-Step Assembly

Follow the step-by-step instructions provided in the separate assembly manual. It is recommended to assemble the chair on a soft, clean surface to prevent scratches.



Image: Overview of SIHOO S300 office chairs in an office setting, illustrating the assembled product.

4. PRODUCT FEATURES

- **Ergonomic Design:** Developed based on over 10 years of research into human ergonomics and sitting posture to reduce fatigue during long working hours.
- **Integrated Headrest and Backrest:** Provides effective support for the neck and back with a simple, unique aesthetic.
- **6D Linked Armrests:** Offers multi-directional arm support with smooth operation, including height, rotation, and forward/backward adjustments.
- **Pressure-Free Seat Cushion:** Waterfall-shaped seat cushion maximizes contact area and minimizes pressure, promoting smooth blood circulation.

5. ADJUSTMENTS

5.1 Backrest Height Adjustment

The backrest can be adjusted to 5 different height positions (7cm range) to accommodate various body heights.

デュアル・ダイナミック ランバーサポート

ダブルサポート、腰部全体を快適にサポートします



Image: Close-up of the backrest showing the 5-stage height adjustment mechanism. Adjust the backrest by lifting it to the desired position.

5.2 Automatic Adaptive Lumbar Support

The automatic adaptive lumbar support mimics the natural curve of the waist. Its 6D automatic deformation function provides comprehensive support for different body types, reducing strain on the waist and shoulders.

プレミアムな独立背もたれ

高さ5段階調整可能、様々な身長に合わせる



Image: Detailed view of the dual dynamic lumbar support system, showing its flexible design for automatic adaptation.

5.3 6D Linked Armrest Adjustment

The 6D linked armrests offer multiple adjustment options:

- **Height Adjustment:** 6.5cm range.
- **Rotation:** 75° left and right.
- **Flip-up:** 35° upward.
- **Forward/Backward:** 5cm adjustment.

These adjustments allow for precise positioning to provide comfortable arm support during work or leisure.

広々とした一体型ヘッドレスト

ヘッドレストと背もたれを一体型に設計され、
首と背中を効果的なサポートする



Image: Illustrations demonstrating the various adjustments of the 6D armrests, including height, rotation, and forward/backward movement.

5.4 Reclining Adjustment

The chair features 3 stages of reclining functionality, allowing adjustment up to a maximum of 130 degrees. This is ideal for relaxing during breaks or for a quick nap.

革新的な6Dアームレスト

業界をリードするアームレストで、
全方位の腕サポートを提供します



Image: A person demonstrating the reclining function of the chair, showing the chair in a reclined position.

5.5 Seat Depth Adjustment

The seat depth can be adjusted by 5cm using a single lever. This allows users to customize the seat position to their body type and sitting preference, ensuring proper thigh support.

コーディネートされたクッションと背もたれ

リクライニング時、クッションと背もたれが自動的に調整する、
人体の臀部と背部の圧力を椅子に適度に分散させ、
ダイナミックなサポート効果を発揮します



Image: Close-up of the seat base showing the lever for 5cm seat depth adjustment.

6. OPERATING THE CONTROLS

All adjustment controls are conveniently located on the side of the seat cushion, allowing for easy, one-handed operation. These controls manage height, seat depth, reclining, and recline tension.

片手で簡単にコントロール

調整ボタンはクッションのサイドにあり、
片手で簡単にさまざまな操作ができます



Image: Close-up of the control levers located under the seat, indicating their functions for various adjustments.

7. MAINTENANCE

- Regularly check all screws and bolts to ensure they are tight.
- Clean mesh surfaces with a soft, damp cloth and mild detergent. Avoid abrasive cleaners.
- Wipe metal parts with a dry cloth to prevent rust.
- Avoid exposing the chair to direct sunlight or extreme temperatures to prevent material degradation.

8. TROUBLESHOOTING

- **Squeaking Noises:** Check for loose connections and tighten all bolts. Applying a small amount of lubricant to moving parts may help.
- **Difficulty Adjusting:** Ensure no obstructions are present. Refer to the specific adjustment section for correct operation.
- **Chair Wobbles:** Verify that the base and casters are correctly installed and all connections are secure.
- For persistent issues, please contact SIHOO customer support.

9. SPECIFICATIONS

Feature	Detail
Brand	SIHOO
Model	S300
Color	Light Gray (based on current product variant)
Material	Polypropylene (frame), Polyester (seat material)
Product Dimensions (D x W x H)	70 cm x 70 cm x 117 cm
Item Weight	26.3 kg
Backrest Style	Solid Back
Armrest Style	6D Linked Armrests (Note: Product specifications may list 'Armless' for certain configurations, but this model features 6D adjustable armrests as described in the features section.)
Caster Style	Caster
Reclining Stages	3
Special Feature	Back Support
Country of Origin	China

Note: Specifications are subject to change without notice.

10. WARRANTY AND SUPPORT

The SIHOO S300 Ergonomic Office Chair comes with a **3-year quality warranty** from the date of purchase. If you encounter any product defects or have questions, please contact our Japanese support team. Our team is dedicated to providing prompt and courteous assistance. For support, please refer to the contact information provided in your purchase documentation or visit the official SIHOO website.