

## Yaheetech YA-00134064

# Yaheetech Ergonomic Office Chair User Manual

Brand: Yaheetech | Model: YA-00134064

## 1. INTRODUCTION

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Thank you for choosing the Yaheetech Ergonomic Office Chair. This chair is designed to provide optimal comfort and support for long hours of sitting, featuring a breathable mesh back, adjustable headrest, flexible lumbar support, and versatile armrests. Please read this manual carefully before assembly and use to ensure proper setup and operation, and to maximize the lifespan of your chair.

## 2. SAFETY INSTRUCTIONS

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- Ensure all parts are present and undamaged before assembly. Do not use if any parts are missing or broken.
- Assemble the chair on a soft, clean surface to prevent scratches.
- Do not overtighten screws during assembly to avoid damaging components.
- Keep children and pets away during assembly.
- Do not stand on the chair or use it as a step stool.
- Do not exceed the maximum weight capacity of 136 kg (300 lbs).
- Regularly check all bolts and screws for tightness and re-tighten as necessary.
- Use the chair only for its intended purpose as an office chair.

## 3. PACKAGE CONTENTS

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Please verify that all the following components are included in your package:

- Chair Backrest (1)
- Seat Cushion (1)
- Armrests (2)
- Headrest (1)
- Gas Lift Cylinder (1)
- Star Base (1)

- Casters (5)
- Mechanism Plate (1)
- Hardware Pack (Screws, Washers, Allen Wrench) (1)

## 4. ASSEMBLY INSTRUCTIONS

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Follow these steps carefully to assemble your Yaheetech Ergonomic Office Chair:

### 1. Step 1: Attach Casters to Star Base

Insert each of the five casters into the holes at the end of each leg of the star base. Push firmly until they click into place.



### MOBILITÀ CONVENIENTE

La base a stella larga 70 cm è stabile e non crolla,  
le rotelle silenziose permettono alla sedia di  
muoversi agevolmente da qualsiasi angolazione

Image: The sturdy star base with smoothly rolling casters, highlighting convenient mobility.

### 2. Step 2: Insert Gas Lift into Star Base

Place the gas lift cylinder into the center hole of the assembled star base. Ensure it is seated firmly.

# MULTIFUNZIONALE



Image: An overview of the chair's multifunctional aspects, including the gas lift and stable star base.

### 3. Step 3: Attach Mechanism Plate to Seat Cushion

Align the mechanism plate with the pre-drilled holes on the underside of the seat cushion. Secure it using the appropriate screws from the hardware pack and the provided Allen wrench. Ensure the front of the mechanism faces the front of the seat.



Image: Detailed view of the seat's adjustment lever for height and the control knob for tilt tension.

#### 4. **Step 4: Attach Armrests to Seat Cushion**

Attach the armrests to the sides of the seat cushion, aligning them with the holes on the mechanism plate. Secure with screws. Note that the armrests are foldable, so ensure they are oriented correctly.





Image: Demonstration of the armrests folding up to a 90-degree angle, allowing the chair to be pushed closer to a desk.

#### 5. **Step 5: Attach Backrest to Seat Assembly**

Connect the backrest to the seat cushion assembly using the remaining screws. Ensure a secure and stable connection.





Image: The complete Yaheetech Ergonomic Office Chair, showcasing its design and components.

#### 6. **Step 6: Attach Headrest**

Slide the headrest into the designated slots at the top of the backrest. Adjust its height as desired.



# MULTIFUNZIONALE



Image: An overview of the chair's multifunctional aspects, including the adjustable headrest.

## 5. OPERATING INSTRUCTIONS

Your Yaheetech Ergonomic Office Chair offers several adjustable features to customize your seating experience:

### 5.1 Seat Height Adjustment

To adjust the seat height, pull the lever located on the right side under the seat upwards. While holding the lever, stand up to raise the seat or sit down to lower it. Release the lever at your desired height to lock it in place.



Image: The lever under the seat used for adjusting seat height and locking the rocking function.

## 5.2 Recline/Rocking Function

To enable the rocking function, pull the same lever (used for height adjustment) outwards. To lock the chair in an upright position, push the lever inwards. The tension of the rocking motion can be adjusted by rotating the round knob located under the seat, towards the front. Turn clockwise to increase tension (harder to recline) and counter-clockwise to decrease tension (easier to recline).





Image: The control knob under the seat for adjusting the tension of the chair's rocking function.

### 5.3 Armrest Adjustment (Foldable)

The armrests can be folded upwards by 90 degrees. Simply lift the armrests to raise them. This feature allows the chair to be pushed closer to your desk, saving space when not in use.



Image: The chair's armrests can be folded up to a 90-degree angle for space-saving convenience.

## 5.4 Headrest Adjustment

The headrest can be adjusted vertically to provide optimal neck and head support. Gently push or pull the headrest up or down to your preferred height.

# MULTIFUNZIONALE



Image: The adjustable headrest provides customized support for the head and neck.

## 5.5 Lumbar Support Adjustment

The flexible lumbar support can be adjusted to align with the natural curve of your lower back. Gently slide the lumbar support mechanism up or down on the backrest to find your most comfortable position.



# DESIGN ERGONOMICO

Si adatta alle curve naturali del corpo offrendo grande comfort per la schiena



## SUPPORTO PER AVAMBRACCI

Permette di rilassare braccia e mani

## SUPPORTO PER LA TESTA

Il poggiatesta regolabile allevia la pressione sul collo

## SUPPORTO PER LE SPALLE

Il materiale a rete garantisce traspirabilità e un supporto robusto

## SUPPORTO LOMBARE REGOLABILE

Allevia il dolore alla schiena causato da lunghe ore seduti

## DESIGN A S-CURVE

Protegge efficacemente il coccige

Image: The ergonomic design highlights the adjustable lumbar support for optimal back comfort.

## 6. MAINTENANCE AND CARE

- **Cleaning:** For general cleaning, wipe the chair with a soft, damp cloth. For mesh areas, use a mild soap solution and a soft brush, then wipe with a clean, damp cloth. Avoid harsh chemicals or abrasive cleaners.
- **Inspection:** Periodically check all screws and bolts to ensure they are tight. Re-tighten if necessary to maintain stability and safety.
- **Casters:** Keep the casters clean and free of debris (hair, dust, etc.) to ensure smooth rolling.
- **Avoid Direct Sunlight:** Prolonged exposure to direct sunlight can cause fading or damage to the chair's materials.

## 7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Chair is wobbly	Loose screws or bolts	Check and tighten all assembly screws and bolts.



Problem	Possible Cause	Solution
Gas lift not working	Lever not engaged properly or gas lift malfunction	Ensure the height adjustment lever is fully engaged. If issue persists, contact customer support.
Chair squeaks	Loose connections or friction between parts	Tighten all screws. Apply a small amount of silicone lubricant to moving parts if necessary.
Casters not rolling smoothly	Debris caught in casters	Remove any hair, dust, or debris from the caster wheels.

## 8. SPECIFICATIONS

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Feature	Detail
Brand	Yaheetech
Model	YA-00134064
Color	White/Pink
Materials	Polyester, Sponge, Metal
Overall Dimensions (L x W x H)	70 x 70 x 121.5-131.5 cm (27.6 x 27.6 x 47.8-51.8 inches)
Seat Dimensions (W x D)	51 x 50 cm (20.1 x 19.7 inches)
Adjustable Seat Height	45-55 cm (17.7-21.7 inches)
Armrest Height (from ground)	64-74 cm (25.2-29.1 inches)
Maximum Load Capacity	136 kg (300 lbs)
Item Weight	11.5 kg (25.4 lbs)
Shipping Weight	13.5 kg (29.8 lbs)

# SPECIFICATIONS



Materiali:	Poliestere, Spugna, Metallo
Dimensioni :	70×70×121,5-131,5 cm
Dimensioni del sedile:	51 cm × 50 cm
Altezza del sedile regolabile:	45-55 cm
Altezza dei braccioli al suolo:	64-74 cm
Carico massimo:	136 kg
Peso dell'articolo:	11,5 kg
Peso di spedizione:	13,5 kg

Image: A visual representation of the chair's dimensions and a summary of its key specifications.

## 9. WARRANTY AND SUPPORT






For any questions, concerns, or issues regarding your Yaheetech Ergonomic Office Chair, please contact Yaheetech customer service. Refer to your purchase documentation or the Yaheetech official website for contact details and warranty information.

We are committed to providing high-quality products and support to ensure your satisfaction.

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### Related Documents - YA-00134064

<div><div>Yaheetech</div><div>592328</div><div></div><div><p>1. Please read this instruction manual carefully before assembling the chair.</p><p>2. Please read the safety instructions and warnings on the instruction manual.</p><p>3. Please read the safety instructions and warnings on the instruction manual.</p><p>4. Please read the safety instructions and warnings on the instruction manual.</p><p>5. Please read the safety instructions and warnings on the instruction manual.</p></div></div>	<p><a href="#">Yaheetech 592328 Ergonomic Office Chair Assembly and Maintenance Guide</a></p> <p>Comprehensive assembly instructions, maintenance tips, and user guide for the Yaheetech 592328 ergonomic office chair. Learn how to assemble, care for, and adjust your chair for optimal comfort and longevity.</p>
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<p>Yaheetech</p> <p>614812/614813</p>  <p>1. Please read the instruction manual carefully before assembling the chair. 2. Please ensure the floor surface is flat and stable before assembling the chair. 3. Please ensure the chair is assembled on a hard floor surface. 4. Please ensure the chair is assembled on a hard floor surface. 5. Please ensure the chair is assembled on a hard floor surface.</p>	<p><a href="#">Yaheetech Ergonomic Gaming Chair Installation Guide</a></p> <p>Step-by-step instructions and parts list for assembling your Yaheetech ergonomic gaming chair, featuring massage lumbar support and adjustable footrest. Ensure proper setup for optimal comfort and performance.</p>
<p>Yaheetech</p> <p>592506(Black)</p>  <p>1. Please read the instruction manual carefully before assembling the chair. 2. Please ensure the floor surface is flat and stable before assembling the chair. 3. Please ensure the chair is assembled on a hard floor surface. 4. Please ensure the chair is assembled on a hard floor surface. 5. Please ensure the chair is assembled on a hard floor surface.</p>	<p><a href="#">Yaheetech 592506 Black Office Chair Assembly Instructions</a></p> <p>Comprehensive guide for assembling the Yaheetech 592506 Black ergonomic office chair, including parts identification, step-by-step instructions, and maintenance tips.</p>
<p>Yaheetech</p> <p>592389</p>  <p>1. Please read the instruction manual carefully before assembling the chair. 2. Please ensure the floor surface is flat and stable before assembling the chair. 3. Please ensure the chair is assembled on a hard floor surface. 4. Please ensure the chair is assembled on a hard floor surface. 5. Please ensure the chair is assembled on a hard floor surface.</p>	<p><a href="#">Yaheetech 592389 Velvet Office Chair Assembly and Maintenance Guide</a></p> <p>Comprehensive assembly instructions, safety guidelines, and maintenance tips for the Yaheetech 592389 velvet office chair. Learn how to assemble, use, and care for your chair.</p>
<p>Yaheetech</p> <p>592614</p>  <p>1. Please read the instruction manual carefully before assembling the chair. 2. Please ensure the floor surface is flat and stable before assembling the chair. 3. Please ensure the chair is assembled on a hard floor surface. 4. Please ensure the chair is assembled on a hard floor surface. 5. Please ensure the chair is assembled on a hard floor surface.</p>	<p><a href="#">Yaheetech 592614 Velvet Desk Chair - Assembly Instructions and Care Guide</a></p> <p>Comprehensive assembly instructions, safety warnings, and maintenance guide for the Yaheetech 592614 Velvet Desk Chair. Learn how to assemble, adjust, and care for your chair.</p>
<p>Yaheetech</p> <p>592318</p>  <p>1. Please read the instruction manual carefully before assembling the chair. 2. Please ensure the floor surface is flat and stable before assembling the chair. 3. Please ensure the chair is assembled on a hard floor surface. 4. Please ensure the chair is assembled on a hard floor surface. 5. Please ensure the chair is assembled on a hard floor surface.</p>	<p><a href="#">Yaheetech 592318 Ergonomic Office Chair Assembly Instructions</a></p> <p>Detailed, step-by-step assembly guide for the Yaheetech 592318 ergonomic office chair. Includes parts list, safety information, and maintenance tips for optimal use.</p>