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## Zinus EU-FBMMHCZC-12F

# Zinus Elias Metal Bed Frame with Headboard, 140x190 cm

Model: EU-FBMMHCZC-12F

Thank you for choosing Zinus. Please read this manual carefully before assembly and use.

## IMPORTANT SAFETY INFORMATION

**WARNING: During assembly, handle included tools with care. Be cautious of sharp metal edges. Do not exceed the maximum load capacity of 300 kg (660 lbs).**

- Keep all parts and packaging materials away from children.
- Ensure all bolts and screws are securely tightened before use.
- Periodically check and re-tighten all connections.
- Do not stand or jump on the bed frame.
- Use only on a flat, level surface.

## PACKAGE CONTENTS

Before beginning assembly, verify that all components are present. If any parts are missing or damaged, please contact Zinus customer support.

- Headboard components
- Side rails
- Center support beam
- Metal slats
- Support legs
- Assembly tools (ratchet wrench, Allen key)
- Hardware pack (bolts, washers, nuts)
- Installation Manual

## SETUP AND ASSEMBLY INSTRUCTIONS

Assembly is designed to be straightforward and can be completed in minutes with the included tools. Follow the numbered steps carefully.

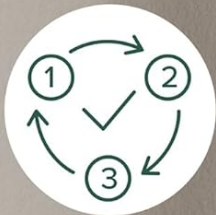
# Aussi simple que dire 1, 2, 3



S'assemble en  
quelques minutes



Clée a  
cliquet inclus



Assemblage  
par numéros



Figure 1: Overview of the easy assembly process, highlighting quick setup, included tools, and numbered parts.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, soft surface (like a carpet) to prevent scratches. Identify all parts against the package contents list.
2. **Assemble Headboard:** Attach the headboard components together using the provided bolts and the ratchet wrench. Ensure all connections are snug but do not overtighten initially.
3. **Attach Side Rails:** Connect the side rails to the assembled headboard using the appropriate hardware.
4. **Install Center Support:** Secure the center support beam to the side rails. This beam often has adjustable feet for leveling.
5. **Place Slats:** Position the metal slats across the frame. The slats are designed to interlock or secure into place for enhanced stability.



Les lattes s'emboîtent  
les unes dans les autres  
pour une meilleure stabilité



Conception  
pliable



Patin  
antidérapant

Figure 2: Detail of the bed frame's construction, showing how slats interlock for stability, the foldable design, and an anti-slip pad on the leg.

6. **Secure Slats and Frame:** Ensure all metal slats are securely fastened to the frame. The robust steel base and frame provide reliable support.

Lattes  
métalliques  
sécurisées



Base en  
acier robuste

Cadre  
métallique  
robuste



Figure 3: Illustration of the secured metal slats and the robust steel construction of the bed frame.

7. **Final Tightening:** Once all parts are assembled, go back and fully tighten all bolts and screws. Do not overtighten.
8. **Place Mattress:** Carefully place your mattress (sold separately) onto the assembled bed frame.





Figure 4: The Zinus Elias bed frame fully assembled and ready for use.

## OPERATING INSTRUCTIONS

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The Zinus Elias bed frame is designed for stable and comfortable sleep. To ensure optimal performance and longevity:

- Ensure your mattress is properly centered on the frame.
- Do not exceed the maximum weight capacity of 300 kg (660 lbs), including the mattress and occupants.
- Utilize the 30 cm (approximately 11.8 inches) of under-bed clearance for storage, keeping your bedroom organized.

**Ample espace de rangement sous le lit**

**26.4cm**

Figure 5: Illustration of the ample under-bed storage space provided by the bed frame.





Figure 6: Example of utilizing the under-bed storage space.

## MAINTENANCE

- **Cleaning:** Wipe the metal frame with a damp cloth and mild detergent. Avoid abrasive cleaners.
- **Connection Checks:** Periodically (every 3-6 months) inspect all bolts and screws to ensure they remain tight. Re-tighten if necessary to maintain stability and prevent squeaking.
- **Inspection:** Check for any signs of wear or damage to the frame or slats. If damage is found, discontinue use and contact customer support.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Squeaking noises	Loose bolts or connections.	Re-tighten all bolts and screws. Ensure slats are properly seated.

Problem	Possible Cause	Solution
Bed frame feels unstable	Uneven floor; loose connections; incorrect assembly.	Ensure the bed is on a level surface. Check and tighten all connections. Review assembly steps.
Mattress sliding	No anti-slip measures; incorrect mattress size.	Ensure the mattress fits correctly. Consider using an anti-slip mat between the mattress and slats if needed.

SPECIFICATIONS

**Brand:** Zinus

**Model Number:** EU-FBMMHCZC-12F

**Color:** Black

**Material:** Metal (Steel)

**Product Dimensions (L x W x H):** 195 x 140 x 90.7 cm (76.8 x 55.1 x 35.7 inches)

**Compatible Mattress Size:** 140 x 190 cm (Queen size equivalent in some regions)

**Under-bed Clearance:** Approximately 30 cm (11.8 inches)

**Item Weight:** 13.5 kg (29.8 lbs)

**Maximum Load Capacity:** 300 kg (660 lbs)

**Special Features:** All tools included, no box spring needed, durable structure, easy assembly, squeak-resistant.

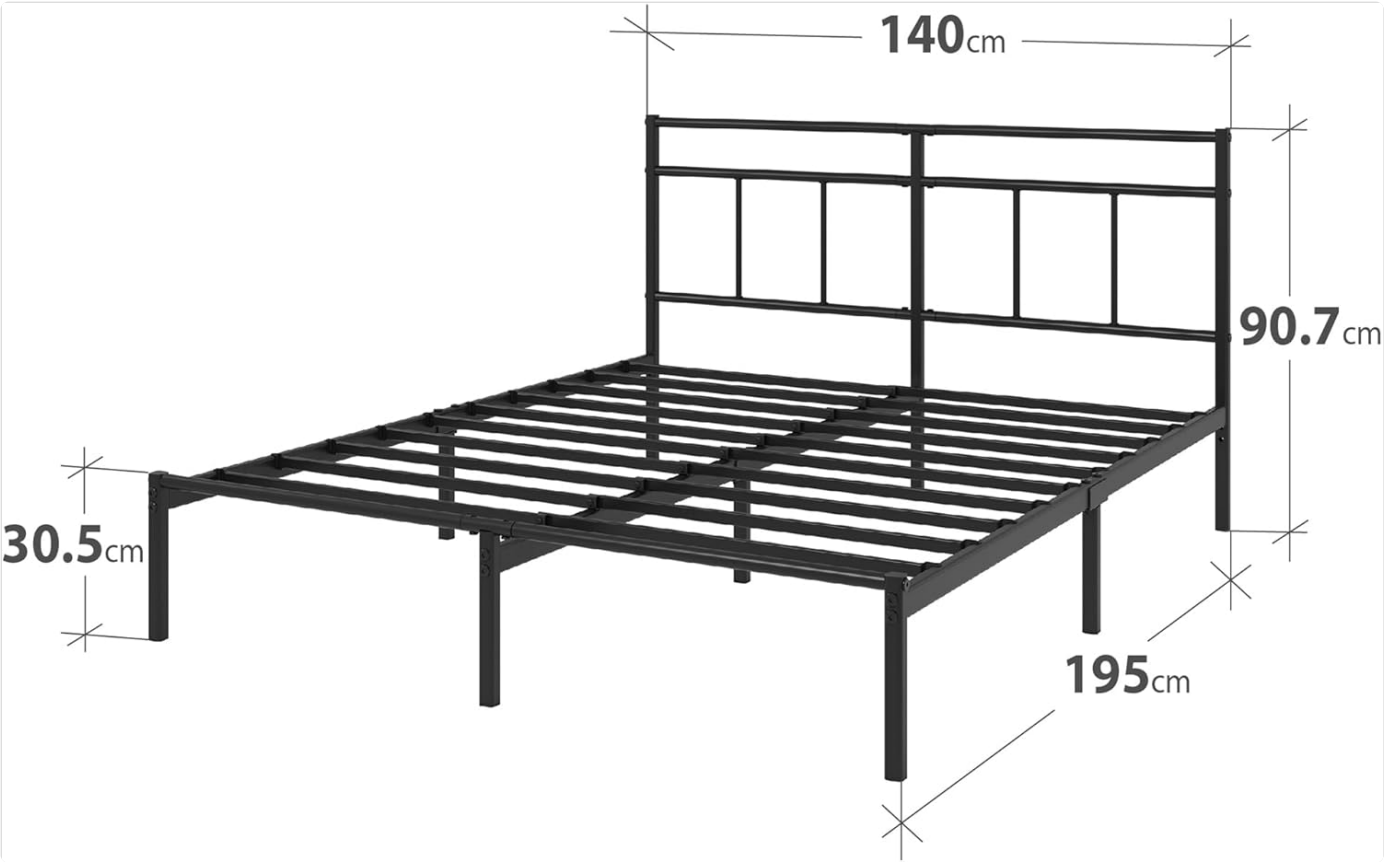


Figure 7: Detailed dimensions of the Zinus Elias bed frame.

WARRANTY INFORMATION

The Zinus Elias Metal Bed Frame comes with a**5-year limited warranty**. This warranty covers manufacturing defects in materials and workmanship under normal use. Please retain your proof of purchase for warranty claims. For full warranty



terms and conditions, please refer to the documentation included with your product or visit the official Zinus website.

## CUSTOMER SUPPORT

If you have any questions, require assistance with assembly, or need to report missing/damaged parts, please contact Zinus customer support:

**Website:** [www.zinus.com](http://www.zinus.com)

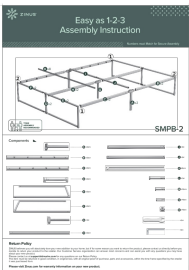

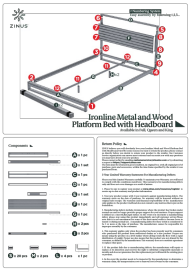
**Email:** Refer to Zinus website for regional contact information.

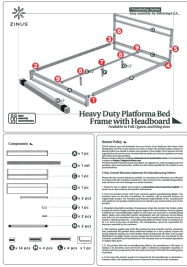
**Phone:** Refer to Zinus website for regional contact information.

Please have your model number (EU-FBMMHCZC-12F) and purchase date ready when contacting support.

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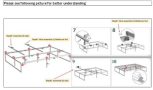
## Related Documents - EU-FBMMHCZC-12F

	<p><a href="#">ZINUS SMPB-2 Lorelei Metal Platform Bed Frame Assembly Instructions</a></p> <p>Easy-to-follow assembly guide for the ZINUS SMPB-2 Lorelei 14-inch metal platform bed frame. Includes detailed steps, component list, and return policy for a smooth setup.</p>
	<p><a href="#">Zinus FSSSB4ZC-14 Bed Frame Assembly Instructions</a></p> <p>Step-by-step assembly guide for the Zinus FSSSB4ZC-14 Metal Platform Bed Frame. Learn how to easily assemble your new bed with clear instructions and component lists.</p>
	<p><a href="#">ZINUS Ironline Metal and Wood Platform Bed with Headboard Assembly Guide</a></p> <p>Step-by-step assembly instructions and warranty details for the ZINUS Ironline Metal and Wood Platform Bed with Headboard. Includes component list and product information for Full, Queen, and King sizes.</p>



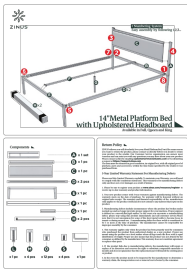
### [ZINUS Heavy Duty Platform Bed Frame with Headboard Assembly and Warranty Guide](#)

Comprehensive guide for assembling the ZINUS Heavy Duty Platform Bed Frame with Headboard, including parts list, step-by-step instructions, and 5-year limited warranty information. Available for Full, Queen, and King sizes.



### [Zinus Lorelai Metal Platform Bed Frame Assembly Guide](#)

Step-by-step assembly instructions for the Zinus Lorelai 36 cm Metal Platform Bed Frame, including details on parts and assembly process.



### [ZINUS Korey Metal Platform Bed Frame with Upholstered Headboard Assembly Instructions](#)

Comprehensive assembly guide for the ZINUS Korey Metal Platform Bed Frame with Upholstered Headboard. Features a component list, step-by-step instructions, and warranty details for this furniture piece.