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› [Zinus Elias 160 x 190 cm Double Metal Bed Frame Instruction Manual](#)

**Zinus EU-FBMMHDZC-12L**

# **Zinus Elias 160 x 190 cm Double Metal Bed Frame Instruction Manual**

Model: EU-FBMMHDZC-12L

## **1. INTRODUCTION**

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This manual provides detailed instructions for the assembly, operation, and maintenance of your Zinus Elias 160 x 190 cm Double Metal Bed Frame. Please read all instructions carefully before assembly and retain this manual for future reference. This bed frame is designed to provide a sturdy and modern foundation for your mattress, featuring a durable metal construction and a stylish headboard.



Image 1.1: Fully assembled Zinus Elias Double Metal Bed Frame.

## 2. SAFETY INFORMATION

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### **WARNING: Assemble with care to ensure stability and prevent any risk of injury.**

- Always follow assembly instructions precisely.
- Ensure all bolts and screws are securely tightened before use.
- Do not overtighten fasteners, as this may damage components.
- Regularly check all connections to ensure they remain secure.
- Keep small parts and packaging materials away from children.
- Do not stand on the bed frame or use it as a ladder.
- Use only the mattress size specified for this bed frame (160 x 190 cm).

## 3. PACKAGE CONTENTS

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Before beginning assembly, verify that all components are present and undamaged. If any parts are missing or

damaged, please contact customer support.

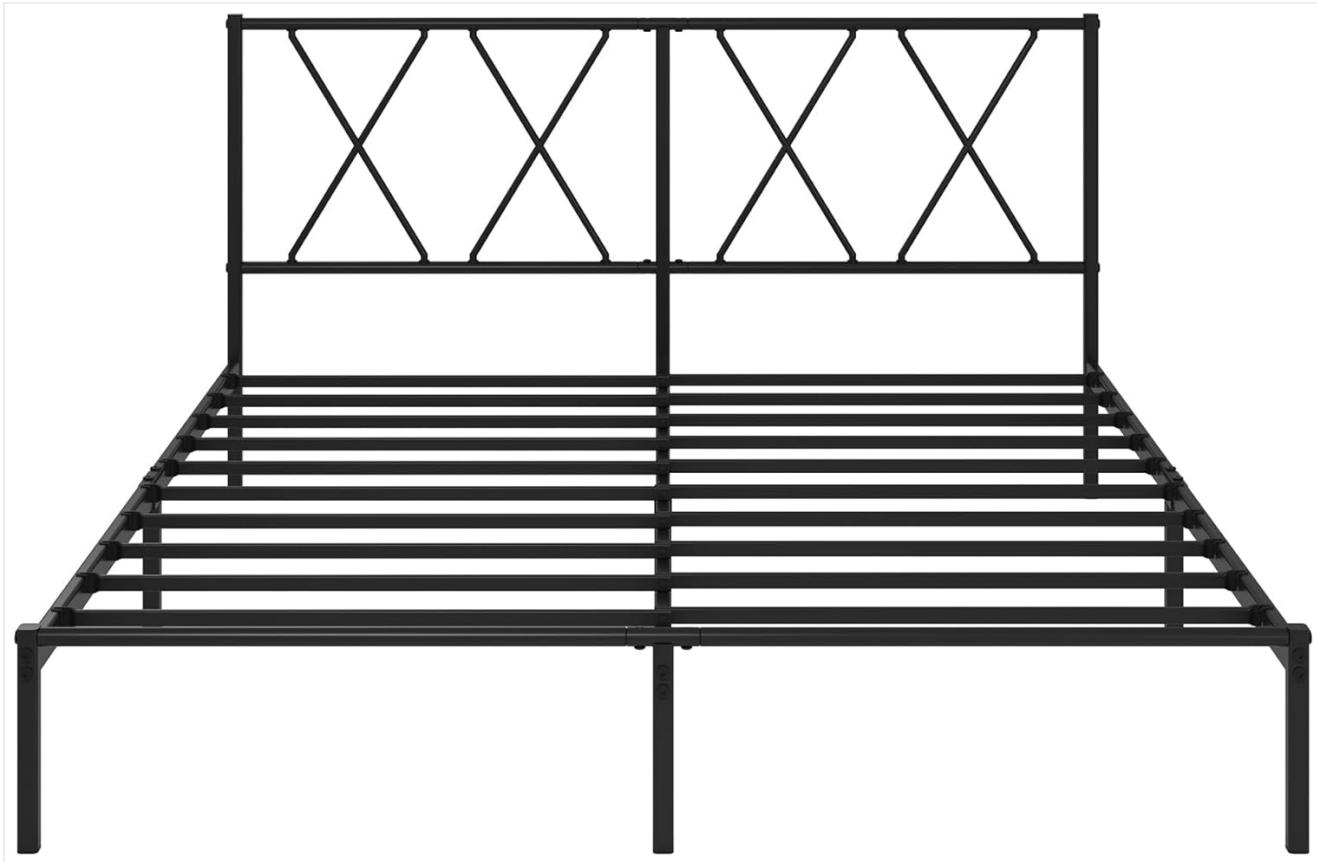


Image 3.1: All components of the Zinus Elias bed frame before assembly.

### **Included Components:**

- Headboard
- Side Rails
- Center Support Beam
- Metal Slats
- Support Legs
- Assembly Tools (including a ratchet wrench)
- Installation Manual

## **4. SETUP AND ASSEMBLY**

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Assembly is designed to be straightforward and quick. All necessary tools are included. Follow the numbered steps for an effortless setup.

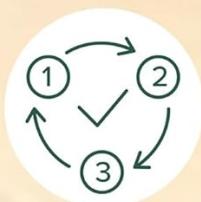
# Facile come contare 1, 2, 3



Si monta in  
pochi minuti



Pratica chiave  
a cricchetto inclusa



Montaggio  
numerato



Image 4.1: Visual guide for easy assembly, highlighting the included ratchet wrench.

- 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 each component using the parts list.
- Assemble Headboard:** Attach the headboard sections together if they are separate. Ensure all bolts are finger-tightened initially.
- Connect Side Rails:** Attach the side rails to the headboard. Use the provided bolts and the ratchet wrench for secure fastening.
- Install Center Support:** Place the center support beam and attach it to the designated points on the headboard and footboard (or side rails).
- Attach Support Legs:** Securely attach all support legs to the frame. Ensure they are evenly distributed and firmly tightened.
- Place Metal Slats:** Lay the metal slats across the frame. The fixed metal slats are designed for stability and mattress support. Ensure they are properly seated in their designated positions.
- Final Tightening:** Once all components are in place, go back and securely tighten all bolts and screws using the provided ratchet wrench. Do not overtighten.

Doghe in  
metallo  
fissate



Base in  
acciaio  
robusto

Robusto  
telaio di  
supporto  
in metallo



Image 4.2: Detail of the fixed metal slats and robust steel frame construction.



Robusto meccanismo  
di sicurezza



Design  
pieghevole



Cuscinetto  
antiscivolo

Image 4.3: Features including robust safety mechanism, foldable design, and anti-slip pads for stability.

## 5. OPERATING INSTRUCTIONS

The Zinus Elias bed frame is designed to support your mattress directly, eliminating the need for a box spring. Simply place your 160 x 190 cm mattress directly onto the metal slats.

### **Under-Bed Storage:**

This bed frame offers approximately 30 cm (11.8 inches) of clearance underneath, providing valuable space for storage. Utilize storage bins or containers to keep your bedroom organized.

# Ampio spazio sotto il letto



Image 5.1: Example of utilizing the under-bed storage space.

## 6. MAINTENANCE AND CARE

- **Cleaning:** Wipe the metal frame with a soft, damp cloth. Avoid using harsh chemicals or abrasive cleaners, as these can damage the finish.
- **Tightness Check:** Periodically (every 3-6 months) check all bolts and screws to ensure they are still tight. Retighten if necessary to maintain stability and prevent squeaking.
- **Movement:** When moving the bed frame, lift it rather than dragging it to prevent damage to the frame or your flooring.

## 7. TROUBLESHOOTING

### Squeaking Noises:

Squeaking is often caused by loose connections. Re-tighten all bolts and screws. Ensure the mattress is properly seated on the slats. If squeaking persists, check for any uneven surfaces under the bed legs.

### Missing Parts:

If any parts are missing upon unboxing, do not proceed with assembly. Contact Zinus customer support immediately for assistance and replacement parts.

#### Instability:

Ensure all legs are firmly on the ground and all connections are securely tightened. Verify that the bed frame is on a level surface.

## 8. SPECIFICATIONS

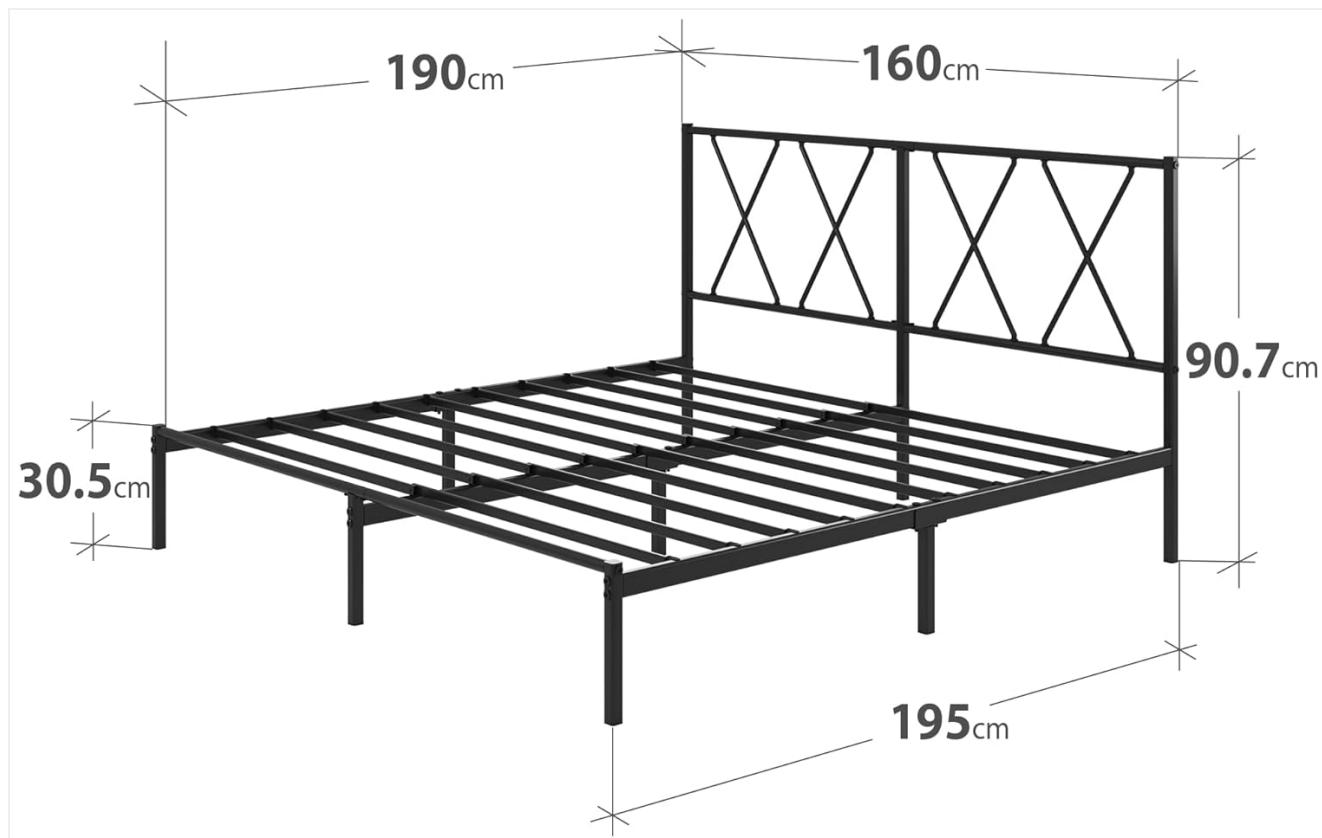


Image 8.1: Detailed dimensions of the Zinus Elias Double Metal Bed Frame.

Feature	Detail
Brand	Zinus
Model Number	EU-FBMMHDZC-12L
Color	Black
Material	Metal (Steel)
Product Dimensions (L x W x H)	195 x 160 x 90.7 cm
Compatible Mattress Size	160 x 190 cm (Double)
Under-Bed Clearance	Approx. 30 cm
Item Weight	14.4 kg
Special Features	Easy Assembly, No Box Spring Needed, Durable Structure, Squeak-Resistant, All Tools Included

Feature	Detail
Country of Origin	China

## 9. WARRANTY AND SUPPORT

### Limited 5-Year Warranty:

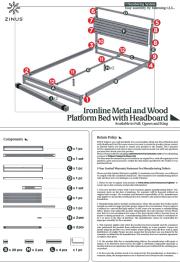
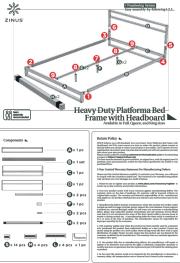
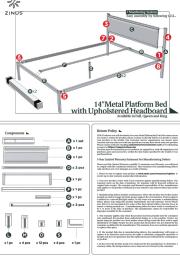
The Zinus Elias Metal Bed Frame comes with a robust limited 5-year warranty. This warranty covers manufacturing defects and ensures peace of mind for durable use. Please refer to the warranty card included with your product for full terms and conditions.

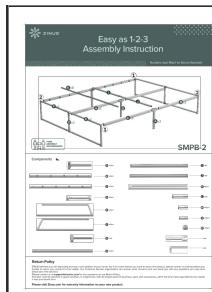
### Customer Support:

For any questions, missing parts, or warranty claims, please contact Zinus customer support. Contact information can typically be found on the Zinus official website or on the packaging materials.

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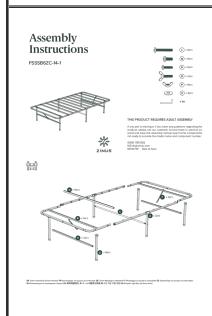
### Related Documents - EU-FBMMHDZC-12L

	<p><a href="#"><u>ZINUS Ironline Metal and Wood Platform Bed with Headboard Assembly Guide</u></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>
	<p><a href="#"><u>ZINUS Heavy Duty Platform Bed Frame with Headboard Assembly and Warranty Guide</u></a></p> <p>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.</p>
	<p><a href="#"><u>Classic Framed Wood Platform Bed Assembly Instructions</u></a></p> <p>Step-by-step assembly instructions for the Classic Framed Wood Platform Bed, including a parts list and diagrams.</p>
	<p><a href="#"><u>ZINUS Korey Metal Platform Bed Frame with Upholstered Headboard Assembly Instructions</u></a></p> <p>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.</p>



### [ZINUS SMPB-2 Lorelei Metal Platform Bed Frame Assembly Instructions](#)

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.



### [Zinus FSSSB6ZC-14-1 Essential Bed Base Assembly Instructions](#)

Step-by-step assembly guide for the Zinus FSSSB6ZC-14-1 Essential Bed Base. Includes parts list, diagrams, and contact information for Zinus customer support.