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› TRALT Ergonomic Office Chair (Model YQ005-2) Instruction Manual

TRALT YQ005-2

TRALT Ergonomic Office Chair (Model YQ005-2)

INSTRUCTION MANUAL

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Introduction

Thank you for choosing the TRALT Ergonomic Office Chair. This manual provides essential information for the safe assembly, operation, and maintenance of your new chair. Please read these instructions thoroughly before use and retain them for future reference.



Figure 1: TRALT Ergonomic Office Chair (Model YQ005-2)

Safety Information

WARNING: Failure to follow these safety instructions may result in injury or damage to the product.

- Do not exceed the maximum weight capacity of 330 pounds.
- Follow all assembly instructions carefully to ensure stability and safety.
- Use the chair on a flat, stable surface to prevent tipping.
- Keep children away from the chair during assembly. Small parts may pose a choking hazard.
- Ensure all bolts and screws are securely tightened before use. Periodically check and re-tighten as necessary.
- Avoid standing on the chair or using it as a step stool.

Parts List

Before assembly, verify that all components are present and undamaged. Refer to the diagram below for identification.



Figure 2: Product Dimensions and Components Overview

- Backrest (Mesh)
- Seat Cushion
- Armrests (2)
- Mechanism/Control Unit
- Gas Lift Cylinder
- Gas Lift Cover
- Star Base
- Casters (5)
- Hardware (Screws, Washers, Allen Wrench)

Assembly Instructions

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

1. **Attach Casters to Star Base:** Insert each of the five casters into the holes at the end of the star base legs. Push firmly until they click into place.
2. **Insert Gas Lift:** Place the gas lift cylinder into the center hole of the star base. Cover the gas lift with the plastic cover.
3. **Attach Mechanism to Seat:** Align the control mechanism with the screw holes on the underside of the seat cushion. Ensure the front of the mechanism faces the front of the seat. Secure with screws using the provided Allen wrench.
4. **Attach Armrests to Seat:** Attach the armrests to the sides of the seat cushion using the designated screws. Do not fully tighten yet.
5. **Attach Backrest to Seat and Armrests:** Align the backrest with the mounting points on the seat and armrests. Secure with screws. Once all screws are in place, fully tighten all screws for the armrests and backrest.
6. **Connect Seat Assembly to Gas Lift:** Carefully place the assembled seat and backrest onto the gas lift cylinder, ensuring the center hole of the mechanism aligns with the top of the gas lift. Press down firmly to secure.

Operating Instructions

Your TRALT Ergonomic Office Chair features several adjustments to optimize your comfort and support.

PROTECT YOUR SPINE AND LOWER BACK

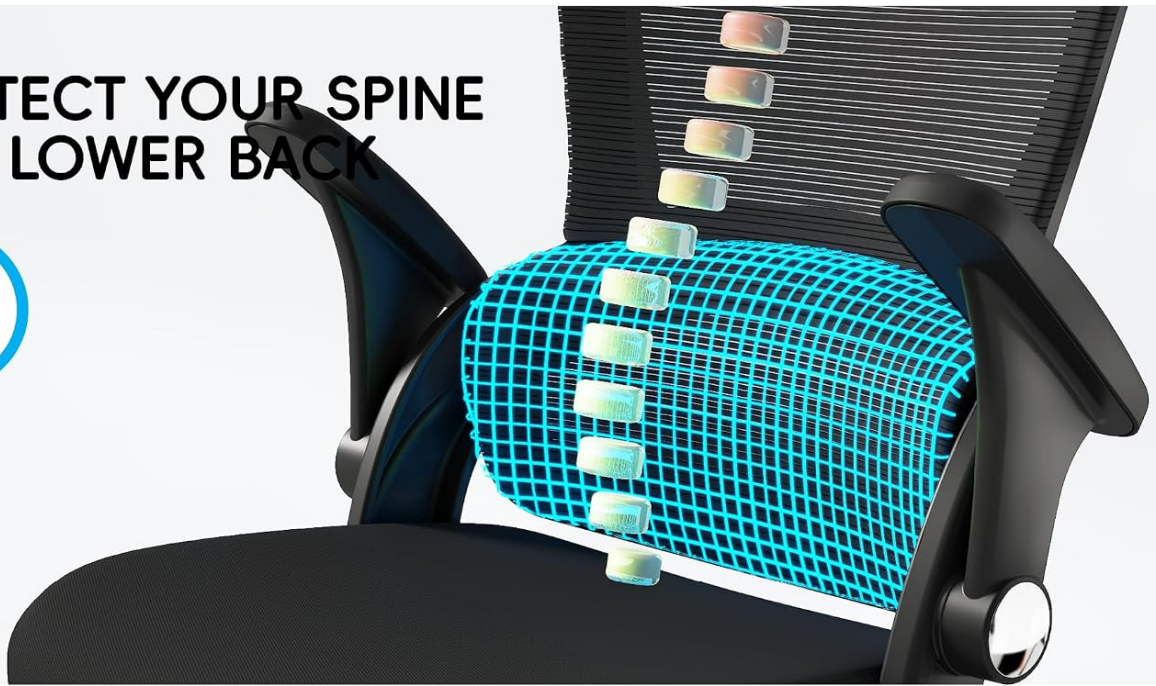


Figure 3: Multi-Adjustable Features

- **Height Adjustment:** To raise the seat, lift the lever located under the right side of the seat while taking your weight off the chair. To lower the seat, lift the lever while seated. Release the lever at your desired height.
- **Recline/Rocking Function:** Pull out the lever on the left side of the seat to enable the rocking function. Push the lever in to lock the backrest in an upright position. The chair allows for a 90-120 degree recline range.
- **Tilt Tension Adjustment:** Rotate the round knob located under the front of the seat clockwise to increase tilt tension (making it harder to recline) or counter-clockwise to decrease tension (making it easier to recline).
- **Lumbar Support:** The chair features an independent lumbar support designed to contour to your spine. This support is fixed to provide consistent lower back comfort.
- **Flip-Up Armrests:** The armrests can be flipped up 90 degrees to allow the chair to slide under a desk or for increased mobility. Simply lift the armrests upwards until they lock into the vertical position.

MULTI - ADJUSTABLE

More ergonomically designed

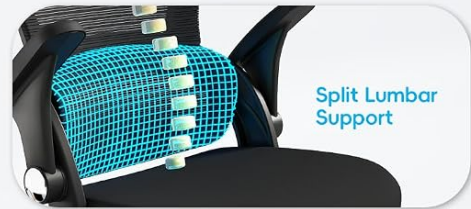


Figure 4: Ergonomic Adjustments



Figure 5: Ergonomic Lumbar Support Detail

ERGONOMIC DESIGN

---Comfort Meets Style



Figure 6: High Elastic Sponge Cushion

Maintenance and Care

- **Cleaning:** Wipe the mesh backrest and seat cushion with a damp cloth and mild soap. Avoid harsh chemicals or abrasive cleaners.
- **Frame Cleaning:** Clean the metal and plastic components with a soft, dry cloth.
- **Inspection:** Periodically check all bolts and screws to ensure they are tight. Re-tighten if necessary to maintain stability and safety.
- **Caster Care:** Keep casters free of hair and debris to ensure smooth rolling.

Troubleshooting

Problem	Possible Cause	Solution
Chair is noisy (creaking/squeaking)	Loose bolts; friction between components	Check and tighten all assembly bolts. Apply a small amount of silicone lubricant to moving parts or contact points if noise persists.

Problem	Possible Cause	Solution
Difficulty adjusting seat height	Gas lift malfunction; lever obstruction	Ensure the height adjustment lever is fully engaged. Check for any obstructions. If the issue persists, the gas lift may need replacement.
Chair feels unstable or wobbly	Loose connections; uneven floor	Re-tighten all assembly screws. Ensure the chair is on a flat, level surface. Check if casters are fully inserted.
Casters not rolling smoothly	Debris in casters; damaged casters	Remove any hair or debris from the caster wheels. If casters are damaged, they may need replacement.

Specifications

Feature	Detail
Brand	TRALT
Model Name	YQ005-2
Color	Black
Product Dimensions	23"D x 25"W x 50"H
Back Style	Mesh Back
Special Feature	Adjustable Headrest (Note: This model does not include a headrest, but the feature is listed in general product specifications)
Maximum Weight Recommendation	330 Pounds
Style	Office Chair
Age Range (Description)	Adult
Included Components	Office Chair (disassembled components)
Indoor/Outdoor Usage	Indoor
Seat Depth	19.7 inches
Fill Material	Foam
Item Weight	25.8 pounds

Warranty and Support

For warranty information, product support, or to purchase replacement parts, please contact TRALT customer service. Details can typically be found on the product packaging or the official TRALT website. Please have your model number (YQ005-2) and purchase date available when contacting support.

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Ask a question about this manual

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Answered questions about this manual

How do I disassemble the TRALT Ergonomic Office Chair (Model YQ005-2) to return it, specifically how do I pull out the base and gas lift?

Disassembling an office chair like the TRALT YQ005-2 can be difficult because the gas lift cylinder and star base use a friction-fit (tapered) connection that tightens over time with use. To disassemble it for...

[Read full answer](#)