

Soohow CAM02080

Soohow Ergonomic Office Chair Instruction Manual (Model CAM02080)

Brand: Soohow | **Model:** CAM02080

INTRODUCTION

This manual provides instructions for the assembly, operation, and maintenance of your Soohow Ergonomic Office Chair, Model CAM02080. Please read this manual thoroughly before assembly and use to ensure proper function and safety.

SAFETY INFORMATION

Please read and follow all safety instructions before use. Failure to do so may result in injury or damage to the product.

- Do not exceed the maximum weight capacity of 300 lbs.
- Be cautious when using the flip-up armrests to avoid injury.
- Always assemble the chair according to the provided instructions.
- Keep children and pets away from the assembly area.
- Ensure all screws and bolts are tightened securely before use.

PACKAGE CONTENTS

Verify that all components are present before beginning assembly. If any parts are missing or damaged, contact customer support.

- Backrest Assembly
- Seat Cushion Assembly
- Armrests (2)
- Gas Lift Cylinder

- Star Base
- Casters (5)
- Headrest
- Hardware Pack (screws, washers, Allen wrench)

ASSEMBLY INSTRUCTIONS

Assembly typically takes approximately 15 minutes. Follow these steps carefully.

1. **Attach Casters to 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.
2. **Insert Gas Lift:** Place the gas lift cylinder into the center hole of the star base.
3. **Attach Armrests to Seat:** Secure the armrests to the underside of the seat cushion using the provided screws. Ensure they are oriented correctly.
4. **Attach Backrest to Seat:** Align the backrest with the seat cushion and secure it using the designated screws.
5. **Attach Headrest:** Slide the headrest into the top of the backrest until it locks into position.
6. **Connect Seat to Gas Lift:** Carefully place the assembled seat and backrest onto the gas lift cylinder, ensuring it is centered and stable.
7. **Final Check:** Verify all connections are secure and the chair is stable before use.

PRODUCT DIMENSIONS

Product Dimensions



This image illustrates the overall dimensions of the chair, including height, width, and depth measurements for various components like the headrest, backrest, and seat.

The Soohow Ergonomic Office Chair has the following approximate dimensions:

- **Overall Height:** 44.9" - 48.4"
- **Overall Width:** 25.7"
- **Overall Depth:** 27.2"
- **Seat Height Range:** 17.7" - 21.3"
- **Backrest Width:** 19.3"
- **Seat Depth:** 18.3"
- **Maximum Weight Capacity:** 300 lbs

OPERATING INSTRUCTIONS

1. Chair Height Adjustment

To adjust the chair's height, locate the lever under the right side of the seat. Pull the lever upwards while seated to lower the chair, or stand up and pull the lever upwards to raise the chair. Release the lever at the desired height.

Your browser does not support the video tag.

This video demonstrates how to adjust the chair's height and utilize the rocking function, including tension adjustment.

2. Lumbar Support Adjustment

The lumbar support system can be adjusted to fit your lower back for optimal comfort and spinal health.

- **Vertical Adjustment:** The lumbar support can be adjusted vertically by 1.7 inches. Gently push or pull the lumbar support up or down to your preferred position.
- **Depth Adjustment:** The lumbar support can be adjusted forward or backward by 0.8 inches. Rotate the knob located on the side of the backrest to move the support closer or further from your back.



This image details the adjustment points for the ergonomic lumbar support, showing how to move it up/down and forward/backward.

3. Headrest Adjustment

The headrest offers multiple adjustment options to support your neck and head.

- **Height Adjustment:** The headrest can be adjusted vertically by 3.9 inches. Pull the headrest up or push it down to your desired height.
- **Rotation:** The headrest can rotate 45°. Adjust the angle to comfortably support your head.
- **Depth Adjustment:** The headrest can be adjusted forward or backward by 0.8 inches.

3D Adjustable Headrest

Neck's Paradise: Angles for Every Mood



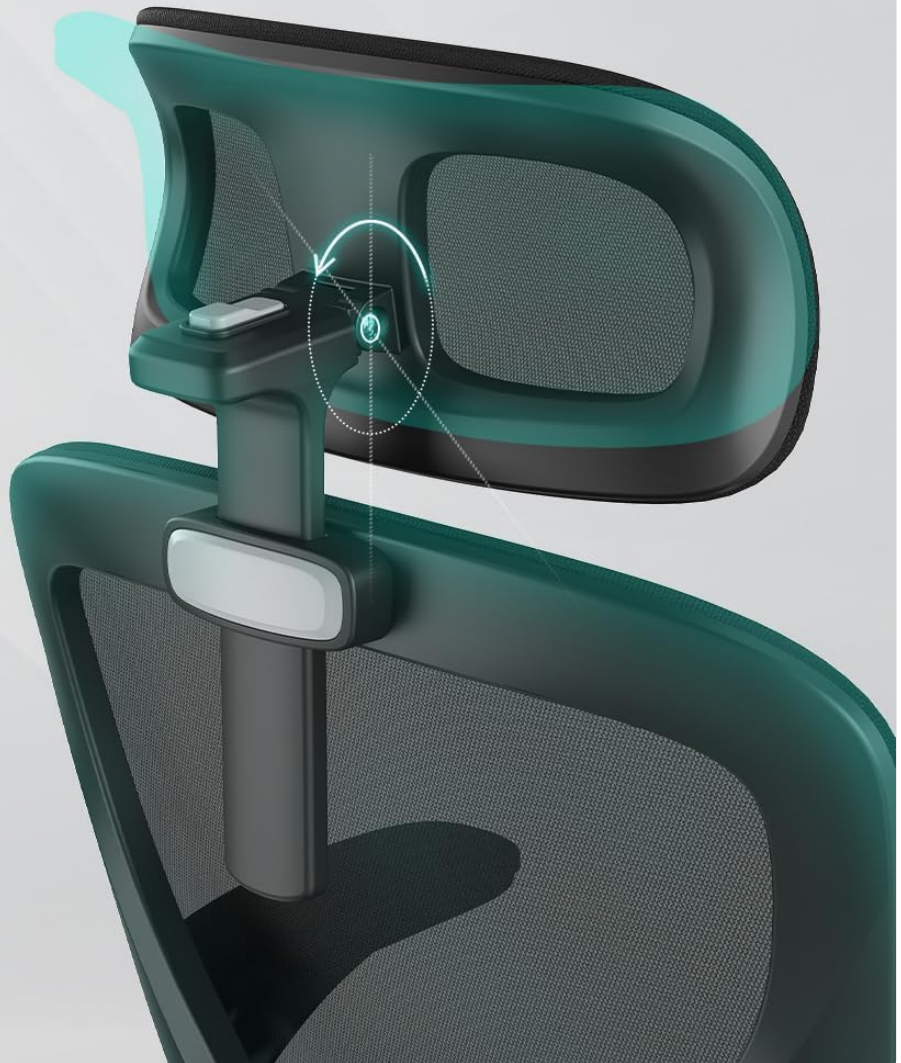
3.9" Lifting



45° Rotation



0.8" Front and Back



This image demonstrates the three-dimensional adjustments available for the headrest, including height, rotation, and depth.

4. Flip-up Armrests

The armrests can be flipped up to save space, allowing the chair to be tucked under a desk when not in use.

- To raise the armrests, simply lift them upwards until they lock into a vertical position.
- To lower them, gently pull them down.

90° Flip-up Armrests

Maximize Space, Minimize Clutter: Up and Away Armrests



This image illustrates the 90-degree flip-up armrests, showing how they can be moved to maximize space.

5. Rocking Function and Tilt Lock

The chair features a rocking function for relaxation and a tilt lock to secure the backrest in an upright position.

- **Activate Rocking:** Pull the lever under the cushion outwards to unlock the rocking function. The backrest can recline up to 120°.
- **Adjust Tension:** Rotate the round knob located under the seat to adjust the tension of the rocking mechanism. Turn clockwise for more resistance, counter-clockwise for less.
- **Lock Backrest:** Push the lever inwards to lock the backrest in an upright position.



Rocking Function

Switch from Work to Rest



Tension adjustment



Tilt-lock

This image shows the chair's rocking range and highlights the tension adjustment knob and tilt-lock lever for the rocking function.

MAINTENANCE

Regular maintenance helps prolong the life and appearance of your chair.

- **Cleaning:** Wipe clean with a damp cloth. Avoid harsh chemicals or abrasive cleaners. For mesh areas, a soft brush can be used to remove dust.
- **Inspection:** Periodically check all screws and bolts to ensure they are tight. Re-tighten if necessary.
- **Casters:** Keep casters free of hair and debris to ensure smooth movement.
- **Weight Limit:** Do not exceed the maximum weight capacity of 300 lbs.

TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Chair does not raise or lower.	Gas lift malfunction or lever not engaged.	Ensure the height adjustment lever is fully engaged. If the issue persists, the gas lift may need replacement.
Chair is wobbly or unstable.	Loose screws or improper assembly.	Check and tighten all assembly screws and bolts. Ensure the gas lift is properly seated in the base.
Casters do not roll smoothly.	Debris caught in casters.	Remove any hair, dust, or debris from the caster wheels.
Backrest does not rock or is too stiff/loose.	Tilt lock engaged or tension not adjusted.	Ensure the tilt lock lever is disengaged. Adjust the rocking tension knob under the seat.

SPECIFICATIONS

Feature	Detail
Brand	Soohow
Model Number	CAM02080
Color	Black-black
Material	Nylon (Frame), Foam (Seat), Mesh (Backrest)
Product Dimensions (D x W x H)	27.2" x 25.7" x 40" (Adjustable height up to 48.4")
Item Weight	28.5 pounds
Maximum Weight Recommendation	300 pounds
Back Style	Mesh Back, High Back
Adjustable Features	Chair Height, Lumbar Support (Vertical & Depth), Headrest (Height, Rotation, Depth), Flip-up Armrests, Rocking Function with Tension Adjustment
Included Components	Casters

WARRANTY AND SUPPORT

Soohow provides quality products and customer service. For any questions, missing parts, or issues not covered in this manual, please contact Soohow customer support through your purchase platform or the official brand website. Please retain your proof of purchase for any warranty claims.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

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