



# BACK CARE solutions

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- Remove all items from the box and ensure everything is included (arms and neck rest will only be included if specifically on your order)
- Slot each castor into the feet of the star base if they are not already connected – ensuring they are fully inserted
- Place the star base on the floor and insert the gas stem with the narrow tip facing upwards
- On the underside of the seat mechanism you will find a circular slot for this gas stem tip to go into. Place the seat mechanism onto the gas stem so it fits into the slot
- Once positioned, kneel on the seat and lift the middle of the three levers for the seat height to ensure it is securely fitted
- If your chair has arm rests these will already be attached to the seat base
- If your chair has a neck rest, slot this into the recess at the top of the backrest

SUPPORT WHERE YOU NEED IT



**OPERA 20**  
ASSEMBLY INSTRUCTIONS

