BACK CARE solutions

OPERA 40 | INSTRUCTIONS



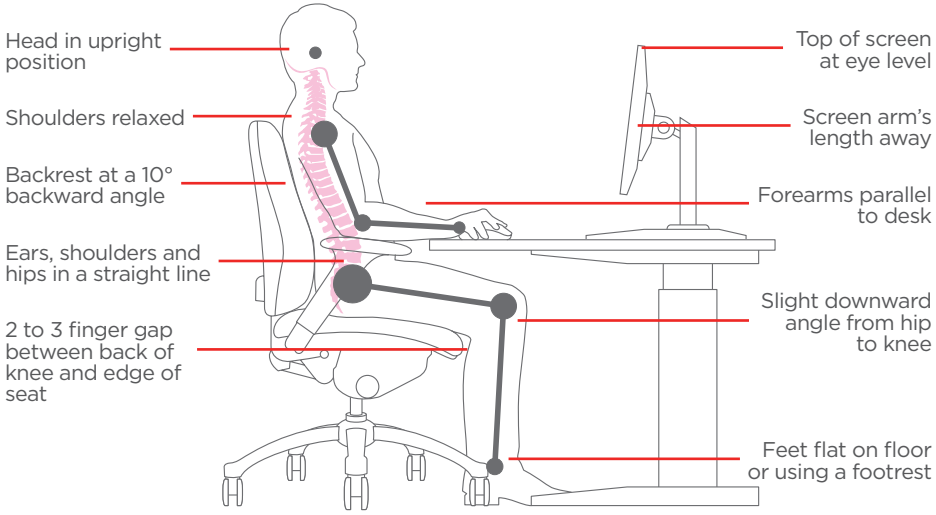
SUPPORT WHERE YOU NEED IT

THANK YOU

Firstly, we would like to take this opportunity to thank you for choosing one of our Opera 40 chairs. You have made an excellent choice and we are confident the chair will provide you with all the support and comfort you need for many years to come.

HOW TO SIT WITH A HEALTHY POSTURE

For a healthy posture, your spine should be lengthened and the natural 'S' shape of your back promoted. This will ensure you are not sitting in a slouched or hunched position and that your back is protected against strain and fatigue. The following illustration shows how to sit with a good posture when using your chair at a computer workstation.



SETTING UP YOUR CHAIR

When making any adjustments, please sit with your bottom as far back into the chair as possible. This ensures you are fully supported and discourages slouching. Once the chair is set up, please fine-tune the settings, over time, so you always enjoy optimal comfort and support.

For the best results, please follow these instructions in the order provided.



1 SEAT HEIGHT



1. Pull the chair height lever up to release the lock. To raise the height, you will need to take your weight off the chair
2. Adjust the height so that your hips are slightly higher than your knees
3. Once you are happy with the height, release the lever to set

Please Note: If sat in the chair when the lever is activated the seat height may suddenly drop. Please adjust with caution

2 SEAT DEPTH



1. Pull the seat depth lever up to release the lock
2. To increase the seat depth, slide your hips forward and the seat will follow your movement
3. To reduce the seat depth, push your body towards the backrest. Aim to leave a 2 to 3 finger gap between the back of your knees and the seat
4. Once you are happy with the depth, release the lever to set

3 SEAT ANGLE



1. Pull the seat angle lever upwards to release the lock and brace yourself in case the chair tilts forward or backwards. If the tension is too weak or too strong then refer to instruction 4(Rocking Action)

2. Lean backwards and forwards and the seat will follow your movements. Aim to have the seat set parallel with the floor

3. Once you are happy with the angle, release the lever to set

4 ROCKING ACTION



1. Repeat Point 1 from the Seat Angle Instructions if you wish to utilise the rocking action on the chair

2. If you feel the chair pushing you forward, reduce the tension by turning the wheel located at the front left clockwise. If you feel the chair tilt backwards too easily then increase the tension by turning the same wheel anti-clockwise

3. Ensure the rocking action is locked prior to getting in or out of the chair by pushing the seat angle lever down

5 RANGE LIMITER



1. Using the wheel on the front right, turn it fully clockwise to increase the forward tilt range
2. To limit the range of the tilt movement, turn the same wheel fully anti-clockwise
3. Once the position is selected, the rocking action can be used

6 BACK ANGLE



1. Sit without leaning back too heavily into the chair so the backrest doesn't recline too quickly when you release the lock
2. Pull the back angle lever upwards to release the lock
3. Gently lean backwards and forwards and the backrest will follow your movement. Aim for approximately a 10 to 15° backward angle
4. Once you are happy with the angle, release the lever to set

7 BACK HEIGHT



1. Hold the backrest with both hands and raise it up so the lumbar support sits comfortably in the small of your back. You will hear clicks as you lift it
2. Once you are happy with the height, let go of the backrest and it will hold its position
3. To re-set, lift the backrest beyond the highest setting and it will drop to its lowest position. You can then repeat instruction number 1 & 2

8 LUMBAR SUPPORT



1. Squeeze the lumbar pump until the lower part of the backrest feels comfortable and supportive in the small of your back
2. You may find it best to start with little or no air in the lumbar. If you feel you need more support, increase gradually to allow your body time to get used to it
3. To decrease the amount of lumbar support, press the deflate button

9 ARMREST HEIGHT



1. Sit with your arms resting naturally at your sides
2. Push the armrest height adjustment button to release the lock
3. Position the armrests so your forearms rest comfortably on the pads, parallel with the floor and with your shoulders relaxed
4. Once you are happy with the height, release the lever to set

Please Note: Arm rests are designed to be used as resting supports for your arms when seated in the chair. Please do not use them to push out of the chair as this can cause damage

10 NECK REST SETTING



1. To adjust the height, simply lift up or push down
2. The neck rest has dual hinges so you can fine-tune the positioning. The neck rest should make you feel fully supported while maintaining a natural posture. There should be no pressure on your neck and upper body as you relax into the neck rest
3. The neck rest should ideally be used for relaxation and not for constant support

CARING FOR YOUR CHAIR

UPHOLSTERY
We recommend regularly cleaning your upholstery to maintain the life span of the fabric.

To remove dust and crumbs, use a microfiber cloth and gently wipe over the chair surface. You could also use a soft bristle hoover attachment to gently clean the surface.

To clean the fabric, we recommend using a clean cloth and warm water. For heavily soiled fabric, you may need an upholstery cleaner and specially formulated upholstery cleaner.

METAL AND PLASTIC HARDWARE
We recommend dusting off your chair hardware like the levers, base and castors as build-up of dirt can compromise the chair's function. They can be wiped down with a damp cloth or dusted using a microfiber cloth to remove any excess dirt or grease.

We suggest regularly checking your castors to make sure there are no threads or hairs tangled around the wheels as this may cause them to jam and not run freely.

MECHANISM MAINTENANCE
Our mechanisms require regular lubrication, this stops the moving parts drying out and rubbing together which can lead to a squeaking sound from the metalwork. By regularly spraying WD40 on the clutch plates at the back of the mechanism it is kept lubricated. This can be done without opening the mechanism as the clutch plates are exposed at the back of the chair.

It is important not to open or remove any of the covers to the mechanism as only authorised professional are permitted to do so. Doing so may invalidate the manufacturer warranty.

SERVICING AND REPAIRS
If you feel that the product is showing reduced or altered performance, please contact the dealer or manufacturer for help with troubleshooting.

We do recommend getting the chair serviced to ensure the performance of the chair and to maintain its lifespan. This can be arranged by contacting the dealer from whom the chair was originally purchased.







SUPPORT WHERE YOU NEED IT

The Old Bakery, Club Street
Bamber Bridge, PR5 6FN

01772 330333 office@backcs.co.uk backcs.co.uk backcare2