

Manual for using your Relax4U armchair.



NL: Kijk op de website voor de NL versie van de gebruiksaanwijzing: www.de-toekomst.nl

FR: Pour le manuel en français, veuillez consulter notre site internet www.sittingvision.com

DE: Die Bedienungsanleitung in Deutsch finden Sie auf unserer Website: www.sittingvision.com

Manual for using your Relax4U armchair

Congratulations, you have chosen a relaxing armchair from the Relax4U series. We would like to wish you a great deal of relaxation, comfort and enjoyment from your armchair after reading this manual. Please carefully read this manual in its entirety before you start using your armchair.

Table of Contents

- page 2 Positioning the armchair, Safety.
- page 3 Fingertip controls.
- page 4 Operating the armchair without the lift, with the footrest; no options.
- page 5 Operating the armchair without the lift; with the footrest; electric top swing option or electrically inflatable lumbar support.
- page 6 Operating the armchair without the lift; with the footrest; electric top swing option and electrically inflatable lumbar support.
- page 7 Operating the armchair with the lift, with the footrest; no options.
- page 8 Operating the armchair with the lift; with the footrest; electric top swing option or electrically inflatable lumbar support.
- page 9 Operating the armchair with the lift; with the footrest; electric top swing option and electrically inflatable lumbar support.
- page 10 Operating the armchair with the gas spring; without the footrest; no options.
- page 11 Operating the armchair with the Bluetooth remote control (basic functions).
- page 13 Operating the armchair with the Bluetooth remote control (optional functions).
- page 14 Operating the armchair with the Bluetooth remote control (preferred positions).
- page 15 Pairing the Bluetooth remote control.
- page 16 Resetting the armchair.
- page 17 Using the battery.
- page 19 Upholstery: Leather.
- page 21 Upholstery: Fabric.

1.1 Positioning

- The armchair needs to be positioned on a flat surface. An armchair which has not been positioned on a flat surface can damage the adjustment mechanism and may result in a creaking adjustment mechanism. Please consider the floor/surface when moving the armchair. It's advisable to stick felt pads underneath the armchair base to prevent damage when positioning the armchair on scratch-sensitive flooring. We can't accept responsibility for damage to flooring, caused by the armchair. Never lift your armchair by the top of the arms. When moving the armchair, lift it by the bottom of the arms or the side panel.
- **If your armchair is equipped with a battery, this will need to be charged for approximately 6 to 8 hours once you have unpacked your armchair. The battery will not come supplied from the factory fully charged. You can find out how to charge the battery at point 4.3.**
- Avoid positioning your armchair in direct sunlight or near a fireplace / wood stove. This is to prevent discolouration and/or deformation of the armchair.

1.2 Safety

- Always make sure children and/or pets can't get trapped in between the moving parts when operating the armchair. Don't allow children to operate or play with the armchair!
- Armchairs with a lift are equipped with a brake (gear) which "locks" the armchair when the stand-up function is being used. If you want to get up out of the armchair or sit down in the armchair when the armchair is set to use the stand-up function, you can only do so once the armchair is "locked" and can no longer turn! There is a risk of the armchair turning if it isn't "locked", which means you won't be able to push yourself off. We are not responsible for any damage and/or injury caused by the incorrect use of the stand-up function.

2. Fingertip controls.

You can find the fingertip controls, which will allow you to adjust the armchair, on the inside of the arm, or on the side of the seat on some models.

The fingertip controls can be either in silver or black. The colour is dependent on the base you have chosen.

There are various different versions, depending on the options you have chosen for your armchair. The following diagram will show you which explanation applies to you

Your armchair does not have a stand-up function:

==> You don't have any extra options ==> read explanation 2.1

==> You have an electric top swing as an option ==> read explanation 2.2

==> You have electrically inflatable lumbar support as an option ==> read explanation 2.2

==> You have both of the aforementioned options ==> read explanation 2.3

Your armchair has a stand-up function:

==> You don't have any extra options ==> read explanation 2.4

==> You have an electric top swing as an option ==> read explanation 2.5

==> You have electrically inflatable lumbar support as an option ==> read explanation 2.5

==> You have both of the aforementioned options ==> read explanation 2.6

2.1 Operating the armchair (without the lift/with the footrest) using the fingertip controls in the arm or seat panel.

Your armchair has 3 motors, but no extra option. Your control panel has 3 keys.



Each key has a dual function (Function F1 and F2): Pressing a key will cause a motor to move. The motor will move in the opposite direction if you release the key and press it again.

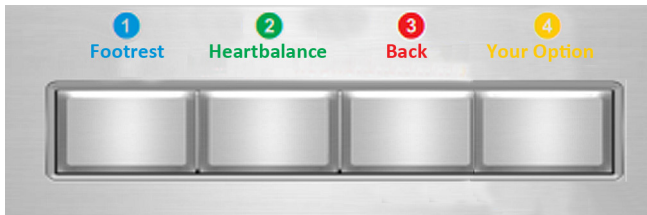
The front key (1 - footrest) is for operating the footrest. The footrest will unfold when you press the key; the armchair will move further into the heart balance once the footrest is fully unfolded. Release the key for a minimum of 2 seconds and press this again to move the heart balance function and footrest back again.

The centre key (2 - seat tilt) is for operating the heart balance function. This will tilt the armchair in its entirety; the footrest and back will remain in the same position relative to each other. Release the key for a minimum of 2 seconds and press this again to move the heart balance function back again.

The rear key (3 - back) is for operating the back. Pressing the key will move the backrest backwards. Release the key for a minimum of 2 seconds and press this again to move the back forward again.

2.2 Operating the armchair (without the lift/with the footrest) using the fingertip controls in the arm or seat panel.

Your armchair has 3 motors with one extra option. Your control panel has 4 keys.



Each key has a dual function (Function F1 and F2): Pressing a key will cause a motor to move. The motor will move in the opposite direction if you release the key and press it again.

The front key (1 - footrest) is for operating the footrest. The footrest will unfold when you press the key; the armchair will move further into the heart balance once the footrest is fully unfolded. Release the key for a minimum of 2 seconds and press this again to move the heart balance function and footrest back again.

The second key (2 - heart balance) is for operating the heart balance function. This will allow you to tilt the armchair in its entirety; the footrest and back will remain in the same position relative to each other.

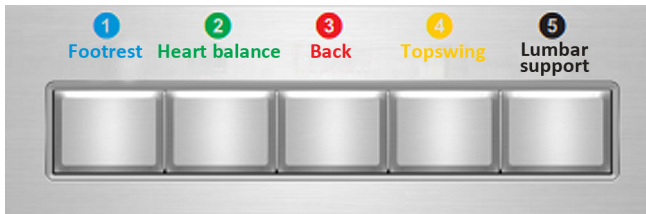
Release the key for a minimum of 2 seconds and press this again to move the heart balance function back again.

The third key (3 - back) is for operating the back. Pressing the key will move the backrest backwards. Release the key for a minimum of 2 seconds and press this again to move the back forward again.

The rear key (4 - Your option) is for operating the extra option. This could be an electric top swing, or the electrically inflatable lumbar support. Pressing this key will move the top swing forward or inflate the lumbar support. Release the key for a minimum of 2 seconds and press this again to move the top swing backwards again, or deflate the lumbar support.

2.3 Operating the armchair (without the lift / with the footrest) using the fingertip controls in the arm or seat panel.

Your armchair has 3 motors with two extra options. Your control panel has 5 keys.



Each key has a dual function (Function F1 and F2): Pressing a key will cause a motor to move. The motor will move in the opposite direction if you release the key and press it again.

The front key (1 - footrest) is for operating the footrest. The footrest will unfold when you press the key; the armchair will move further into the heart balance once the footrest is fully unfolded. Release the key for a minimum of 2 seconds and press this again to move the heart balance function and footrest back again.

The second key (2 - heart balance) is for operating the heart balance function. This will allow you to tilt the armchair in its entirety; the footrest and back will remain the same position relative to each other.

Release the key for a minimum of 2 seconds and press this again to move the heart balance function back again.

The third key (3 - back) is for operating the back. Pressing the key will move the backrest backwards. Release the key for a minimum of 2 seconds and press this again to move the back forward again.

The fourth key (4 - top swing) is for operating the electric top swing. Pressing this key will move the top swing forward. Release the key for a minimum of 2 seconds and press this again to move the top swing backwards again.

The rear key (5 - lumbar support) is for operating the electrically inflatable lumbar support. Pressing this key will inflate the lumbar support. Release the key for a minimum of 2 seconds and press this again to deflate the lumbar support.

2.4 Operating the armchair (with the lift/with the footrest) using the fingertip controls in the arm or seat panel.

Your armchair has 3 motors and a stand-up function, but no extra option. Your control panel has 3 keys.



Each key has a dual function (Function F1 and F2): Pressing a key will cause a motor to move. The motor will move in the opposite direction if you release the key and press it again.

The front key (1 - footrest) is for operating the footrest. The footrest will unfold when you press the key; the armchair will move further into the heart balance once the footrest is fully unfolded. Release the key for a minimum of 2 seconds and press this again to move the heart balance function and footrest back again.

The centre key (2 - lift) is for operating the lift function. This will allow you to bring the armchair into its stand-up position. Release the key for a minimum of 2 seconds and press this again to return the armchair to its neutral position.

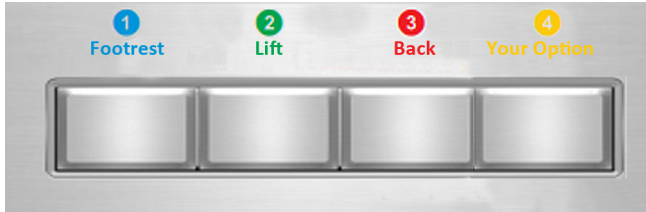
The rear key (3 - back) is for operating the back. Pressing the key will move the backrest backwards. Release the key for a minimum of 2 seconds and press this again to move the back forward again.

Press the two keys (2+3) at the same time to activate the heart balance function. This will tilt the armchair in its entirety; the footrest and back will remain the same position relative to each other. Release the keys for a minimum of 2 seconds and subsequently press the 2nd key to return the heart balance function back to the neutral position.

The stand-up function can only be operated with a closed footrest and the back in an upright position.

2.5 Operating the armchair (with the lift/with the footrest) using the fingertip controls in the arm or seat panel.

Your armchair has 3 motors and a stand-up function with one extra option. Your control panel has 4 keys.



Each key has a dual function (Function F1 and F2): Pressing a key will cause a motor to move. The motor will move in the opposite direction if you release the key and press it again.

The front key (1 - footrest) is for operating the footrest. The footrest will unfold when you press the key; the armchair will move further into the heart balance once the footrest is fully unfolded. Release the key for a minimum of 2 seconds and press this again to move the heart balance function and footrest back again.

The second key (2 - lift) is for operating the stand-up function. This will allow you to bring the armchair into its stand-up position.

Release the key for a minimum of 2 seconds and press this again to return the armchair to its neutral position.

The third key (3 - back) is for operating the back. Pressing the key will move the backrest backwards. Release the key for a minimum of 2 seconds and press this again to move the back forward again.

The rear key (4 - Your option) is for operating the extra option. This could be an electric top swing, or the electrically inflatable lumbar support. Pressing this key will move the top swing forward or inflate the lumbar support. Release the key for a minimum of 2 seconds and press this again to move the top swing backwards again, or deflate the lumbar support.

Press the two keys (2+3) at the same time to activate the heart balance function. This will tilt the armchair in its entirety; the footrest and back will remain the same position relative to each other. Release the keys for a minimum of 2 seconds and subsequently press the 2nd key to return the heart balance function back to the neutral position.

The stand-up function can only be operated with a closed footrest and the back in an upright position.

2.6 Operating the armchair (with the lift/with the footrest) using the fingertip controls in the arm or seat panel.

Your armchair has 3 motors with two extra options. Your control panel has 5 keys.



Each key has a dual function (Function F1 and F2): Pressing a key will cause a motor to move. The motor will move in the opposite direction if you release the key and press it again.

The front key (1 - footrest) is for operating the footrest. The footrest will unfold when you press the key; the armchair will move further into the heart balance once the footrest is fully unfolded. Release the key for a minimum of 2 seconds and press this again to move the heart balance function and footrest back again.

The second key (2 - lift) is for operating the stand-up function. This will allow you to bring the armchair into its stand-up position.

Release the key for a minimum of 2 seconds and press this again to return the armchair to its neutral position.

The third key (3 - back) is for operating the back. Pressing the key will move the backrest backwards. Release the key for a minimum of 2 seconds and press this again to move the back forward again.

The fourth key (4 - top swing) is for operating the electric top swing. Pressing this key will move the top swing forward. Release the key for a minimum of 2 seconds and press this again to move the top swing backwards again.

The rear key (5 - lumbar support) is for operating the electrically inflatable lumbar support. Pressing this key will inflate the lumbar support. Release the key for a minimum of 2 seconds and press this again to deflate the lumbar support.

Press the two keys (2+3) at the same time to activate the heart balance function. This will tilt the armchair in its entirety; the footrest and back will remain the same position relative to each other. Release the keys for a minimum of 2 seconds and subsequently press the 2nd key to return the heart balance function back to the neutral position.

The stand-up function can only be operated with a closed footrest and a back in an upright position.

2.7 Armchair with gas spring operation (without the footrest).

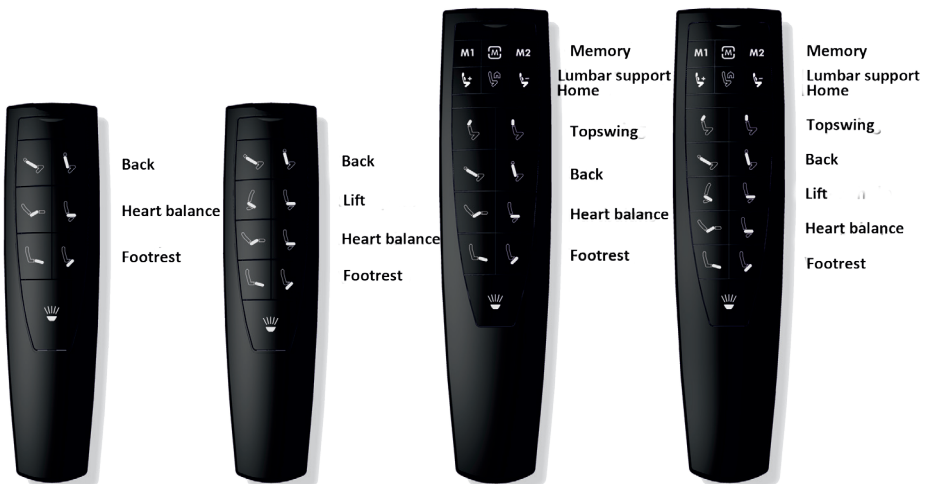
You can infinitely adjust the back with the lever on the side of your armchair if you have opted for a manually adjustable armchair. A manually adjustable top swing has been built into the back. This can be pulled forward for optimal support of your head. You may also have a footstool (hocker) as an additional extra. This footstool is not intended for sitting on.

3. Bluetooth remote control.



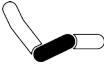





3.1 Operating the armchair using a wireless remote control

If you have opted for a wireless remote control as an extra, this will **NOT** replace the controls in the arm or seat for safety reasons. The remote control can be supplied with every electrically adjustable armchair (with or without the stand-up function). You will need to insert the batteries supplied before you can use the remote control.

Compare the following remote controls with the remote control which came with your armchair.








This is an overview of the basic functions: Back, heart balance, stand-up function and foot support.

| Function | Motor(s) | Icon | Function description |
|-----------------|----------|--|--|
| Back | 3 |  | The back moves backwards. |
| | |  | The back moves forwards. |
| Heart balance | 2, 1 |  | The seat tilts back. The foot support will appear from underneath the seat as soon as this has been tilted backwards. |
| | |  | The seat tilts to the "home" position. The foot support will move back underneath the seat as soon as this has arrived in the "home" position. |
| Lift (optional) | 2, 3 |  | The armchair will first be brought back to the "home" position from every position. The armchair will move into the "stand-up" position if the key is released and subsequently pressed again. |
| | |  | The armchair will be brought back to the "home" position from the "stand-up" position. |
| Foot support | 1, 2 |  | The footrest folds out. As soon as this has been fully unfolded, motor 2 will move the seat into the "heart balance" position. |
| | |  | The footrest folds in. Motor 2 will return the seat to the "home" position as soon as this has been fully folded in. |

This is an overview of the optional functions (keys): Home, headrest, lumbar pump and memory functions.

The keys on this page can only be found on the 15 and 17 key remote control

| Function | Motor(s) | Icon | Function description |
|---------------------------|------------|---|--|
| Home | 1, 2, 3, 4 |  | The armchair will return to the “home” position. Nothing will happen if the armchair is already in the “home” position |
| | | | |
| Headrest (optional) | 4 |  | The headrest moves forward. |
| | |  | The headrest moves backwards. |
| Lumbar support (optional) | Pump |  | The lumbar support is inflated. |
| | |  | The lumbar support is deflated. |
| Memory | | M | For setting the memory functions. See explanation at paragraph 3.2 |
| | | M1 | Memory key 1; see explanation at paragraph 3.2 |
| | | M2 | Memory key 2; see explanation at paragraph 3.2 |

3.2 Setting the preferred positions (**M1 and M2**)*

* This function is only included on remote controls with 15 or 17 keys

You have the option of setting two of your favourite armchair settings via the remote control. Place your armchair in the preferred position before setting the preferred position.

- Place your armchair in the desired preferred position.
- Press the **M** key on the remote control 3 times in quick succession. The keys on the remote control will now start flashing.
- Now press the button with the desired memory position (**M1** or **M2**) to confirm your preference.
- A short beep will confirm the preferred setting.

The armchair will now move to your chosen preferred position every time you keep the **M1** or **M2** key pressed in.



3.3 Pairing the Bluetooth remote control

The remote control has already been read in the factory and adjusted to your armchair. Should the remote control not work, first check whether the batteries are still making good contact and replace them if necessary. You can try pairing the remote control with the armchair again, should it still not work after that.

Very important!!! The Bluetooth remote control will first need to be reset before you can try pairing it again.

Performing the reset

- Simultaneously press the keys shown below on the remote control **and hold**



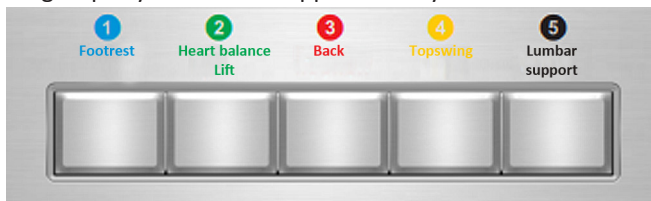
- The background lighting at the top of the remote control will start flashing



- The reset will be complete as soon as the lighting stops flashing and lights up continuously.
- **Now** you can let go of the keys.

Pairing

Press the fingertip keys 1 and 3 for approximately 10 seconds.



- The lighting behind the fingertip controls will flash blue.
- Now briefly press the keys shown on the remote control. A short beep will confirm the pairing is complete.



3.4 Resetting your armchair.

Your battery may be empty if your armchair is no longer functioning. Charge the battery as described in point 4. You can perform a reset if the armchair still isn't functioning. To do this, press the (first) three keys on your control panel for more than 10 seconds. The lights behind the controls will light up and one or more motors will start to move, followed by a beep. The reset will subsequently be complete. You can now use your armchair again.

Please contact your retailer if your armchair still doesn't work.

4. Using the battery.

4.1 First charge before initial use.

The battery should be charged for at least 6 to 8 hours in order for it to reach its full usage capacity. The charger can be used as a transformer. You can continuously keep the armchair connected without it overcharging the battery. Do consider the fact that keeping the charger continuously connected will affect the battery's life.

4.2 Using the battery.

Using the battery will decrease the capacity. The operating time is dependent on many factors, including the user's weight, the ambient temperature and the intensity of use. The lights behind the keys on the keypad will light up blue while you are operating the armchair by pressing the keypad.

This indicates the battery has sufficient capacity.

You should charge the battery as soon as possible if the lights are red during operation, or if a beep sounds.

4.3 Charging the battery

- The charging time depends on the residual capacity in the battery, but will be somewhere between 6 and 8 hours.
- A green indicator light will light up on the adapter/charger to indicate it's connected to the mains / socket during the charging process.
- The lights behind the keys on the control panel will light up red during the charging process. These lights will light up blue once the battery is 100% charged.
- The armchair can be used normally during the charging process.



4.4 General battery user manual

- Important: when charging a cold battery (5 degrees or less), allow the battery to reach room temperature for at least one hour before connecting it to the charger.
- The battery can't be charged at temperatures below 0 degrees and above 40 degrees Celsius.
- Only use your battery in well-ventilated areas.
- Only use the original battery, cables and adapter / charger.
- Using an extension cable is not recommended.
- The battery, cables and adapter / charger may not be used if they show any signs of damage. Should you notice any damage, please contact your supplier to replace these parts.
- The battery should be used with the necessary level of care. So don't drop or bump it, or expose the battery to strong vibrations.
- Don't expose your battery to naked flames.
- Don't try to open the battery.
- Don't immerse the battery in water.
- Keep the battery out of reach of children.

4.5 Environment

Never throw the battery away with normal domestic waste at the end of its life, but instead hand it in at a collection point designated by the government.

This will ensure you are contributing to a cleaner living environment.

Important: **The battery should be fully charged at least once every 3 months, even with little or no use.**

The battery and charger come with a 1 year warranty.

5. Upholstery

5.1 Leather

Maintenance

We, as Meubelfabriek de Toekomst, recommend products supplied by Oranje Furniture Care or LCK.

LEATHER MAINTENANCE **Why does leather need to be maintained?**

- Leather will still have a moisture percentage of approximately 12% after tanning. Leather can start to dry out over time as a result of central heating and the effects of light.
- Sunlight and artificial light can fade the leather. Aniline and vintage leather (Afrika, Vintage, Rancho, Puur and Royal) are particularly sensitive to this.
- UV radiation will cause aniline and vintage leather to lose colour and start to feel hard and dry. Cracking can occur with pigmented leather.
- So-called user pollution on the leather can occur through normal daily use. This pollution consists of clothing particles, perspiration, skin fats and dust. These can clog the pores of the leather and subsequently settle in the grain. Fats can change into fatty acids under the influence of light. It's also possible for the leather to react to an increased acidity of the user. This acid can affect the leather's top layer.
- The beauty of the leather can be maintained by cleaning it 2-4 times* per year with the Natural Leather Cleaner or Keralux® mild cleaner and protecting your leather with the recommended protector or spray. This will simultaneously also combat the early fading of especially dark aniline colours. We also recommend cleaning the leather more regularly with the Natural Leather Cleaner or Keralux® soft cleaner in places where there is a great deal of contact with the skin, like the armrests and headrest.

Easily finding the right product: You can find the appropriate maintenance products on the www.relax-careproducts.nl or www.oranjefurniturecare.com websites.

Damage resulting from perspiration, skin fats and medication usage: There are numerous medicines which can affect the composition of someone's perspiration. A link has been established with damaged furniture in some cases, like chemotherapy for example. People don't quickly associate blood thinners, anti-depressants and other medication with harmful side effects in the form of perspiration. Of course we are no medical professionals, but there is a definite link to the aforementioned medication. This is extraordinarily unpleasant for those involved and the link is unfortunately often established too late. In other words, the damage has already been done. Perspiration and skin fats can darken leather, cause cracking or loosen the top layer. This will then mainly be obvious in places which are in contact with the skin. Typical places are the (front of the) armrests, or the spot where the head rests on the leather.

What can you preventatively do about perspiration, skin fats and medication usage?

Make sure all places which are in contact with the skin are extra protected. Another possibility is to increase the frequency of maintenance activities. We would normally recommend cleaning / caring 2 x per year. Oranje or Keralux® products can safely be used up to 12 x per year. Plus cleaning is just as important as caring/protecting. Let the foam do its work when cleaning. Don't polish too hard, but allow it to soak for a while and wipe with a damp cloth. Subsequently apply the Oranje or Keralux® product thinly and evenly.

Please note, thinly! Pigmented leather types can be given extra protection with the Oranje Leather Care & Protect or Keralux® strong protector. The protector contains special active ingredients which will effectively protect your smooth leather furniture against premature contamination.

Oranje Furniture Care and LCK leather care advice

Complete sets:

| | | |
|-----------------------|----------------------------------|------------------|
| Covered leather | Leather Care Kit Care & Protect | - Keralux set P |
| Open / sanded leather | Leather Care Kit Brushed Leather | - Keralux set Vi |
| Wax / Oil leather | Leather Care Kit Wax & Oil | - Keralux set S |

Individual bottles:

| | | |
|-----------------------|---|--|
| Standard cleaning | Natural Leather Cleaner | - Keralux mild cleaner |
| Powerful cleaning | Leather Strong Cleaner | - Keralux strong cleaner |
| Covered leather | Leather Care & Protect | - Keralux lotion P |
| Open / sanded leather | Brushed Leather Protector Leather Vintage Lotion | - Keralux Spray N - Keralux lotion Vi |
| Wax / Oil leather | Leather wax & oil | - Keralux lotion S |

Crease formation

It will start to become visible where you sit as you use your armchair. Leather will stretch under load, partly due to the elasticity of the foam. The so-called usage lustre will become visible on the seat. This can already start to show after just a few “seats” (see image), depending on the leather.

This is a very normal phenomenon. You can limit the usage lustre by “smoothing” the seat with your hands every day.

The back will also show signs that the armchair is being used. These creases are sometimes also referred to as living creases and will not affect your armchair’s lifespan. Leather is a fantastic material, something which only becomes more beautiful with time!



5.2 Fabric

Maintenance

Vacuum the furniture every week with a so-called furniture nozzle. Small sand particles can have an abrasive effect, causing the fabric to wear faster.

Every kind of fabric will discolour to a greater or lesser extent over time under the influence of sunlight. Cotton fabrics are more sensitive to this than woollen fabrics. Generally speaking, lighter fabrics discolour less than darker colours. The absolute best thing is to avoid direct sunlight on your furniture as much as possible.

Not all fabrics will behave the same when used to upholster a certain model. This is mainly due to the stretchability of the different fabrics. The less elastic the fabric is, the clearer the creases will become visible on the armchair and seams.

5.3 Foams

The seating furniture will adapt to your body shape. The body will need to adapt to the furniture when it's placed on a hard surface. This is actually the other way around with comfort seating furniture. The foam products will slowly adapt; to the conditions of use, like the daily usage duration, temperature and body weight.

The adjustment time can last up to 6 months after the initial use, depending on usage. Maximum comfort levels will have been reached after this period of use.

Polyurethane foam

Polyurethane foam is the raw material which mainly determines the comfort. This product is often also referred to as cold foam in the Netherlands. The material is non-toxic, is produced CFC-free and is recyclable. One specific property of cold foam is that it's initially quite stiff, but becomes more elastic with use. The stiffness will drop by approximately 15%. The material will stabilise at this level.

5.4 General

- Every single armchair is produced with the greatest of care. The production of an armchair is human work. Every single armchair is made by hand. That's why no two armchairs are ever the same. Small external differences are inevitable and emphasise the traditional production of your armchair(s).
- Most armchairs are equipped with a zip on the back. This zip is required for upholstering. We use so-called blind zips. However, it is still possible for this black zip to be visible (see image at the bottom of the page). The seam can open, revealing the zip, because there is tension on the cover. This can also happen due to the pressure put on the leather as soon as you sit down in the armchair. The zip can particularly become visible in places where several pieces of the leather come together. This is unavoidable.
- It's almost impossible to adjust the system without making any noise, as a relaxing armchair consists of many moving parts. These sounds and "creaks" can be heard both when adjusting the armchair and in a neutral position.
Creaking can also be caused by the armchair being placed on a non-flat surface.
- Distribute your weight across the seat and back. Of course it's still possible for you to tend to sit more to the left or right in your armchair. Also be aware of the fact that your armchair may "move with you". This could result in your armchair cover lying more to the right or left (i.e. at an angle) on the back. The armchair will mould itself to its user.
- Don't use your armchair's armrests as a step or seat.
- The seat is not suitable for standing on. The suspension will then be locally overloaded.
- Never look/bend over the back of the seat with your knees on the seat.