ALERA PLUS™

ASSEMBLY INSTRUCTIONS

Sit/Stand Series
Adjustable height stool
AAP-SS600

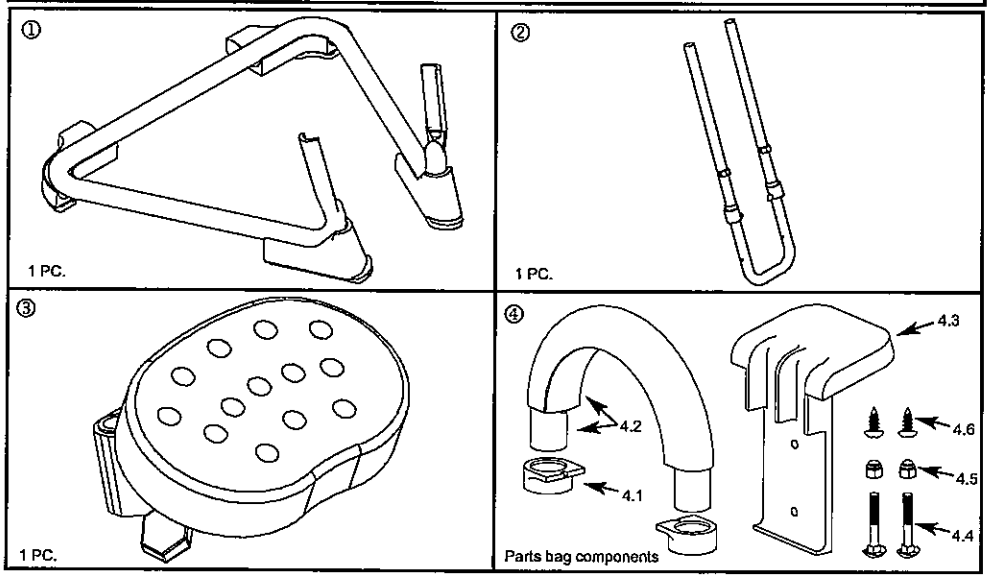
Read these instructions before starting; follow assembly procedures carefully.

1. Base base ① right-side up on a flat surface or workbench. Insert support column ② into groove at base. Bumper stops must be towards rear of sit stand. Align the holes in support column with holes in base. Insert bolts (4.4) from outside and fasten down from inside with fiber hex nuts (4.5) to secure base. Slide shrouds down column to cover top of base. Shroud should be positioned over hex nuts.
2. Place base on the floor. Slide seat assembly ③ onto support column. Push down front of seat to lock seat position.
3. Mount handle (4.3) to back of seat assembly. Align holes in handle with holes in back of seat assembly. Secure handle with two screws (4.6).
4. Grooves in top of right and left sleeves (4.1) should be aligned with tabs of handle cover (4.2). Be sure the seat is facing the correct direction **before** inserting the handle and handle cover.

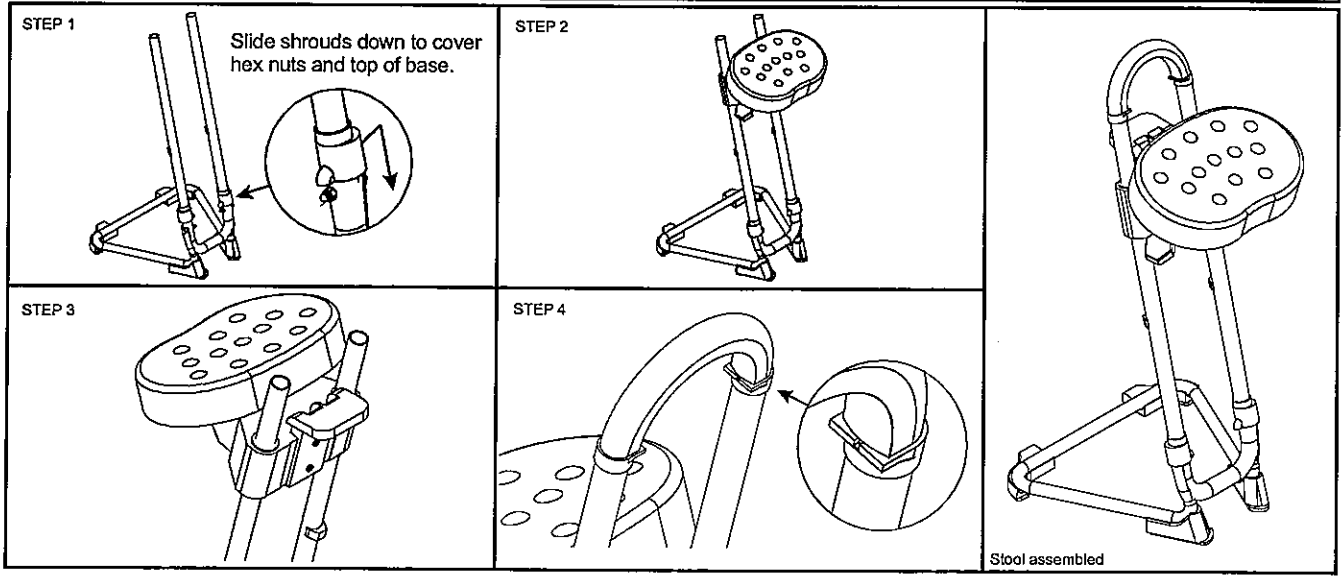
   WARNING: It is important the tabs in handle engage in column to ensure that handle locks in place.

   Insert handle, handle cover and sleeves (4.2) onto top of support column. Tap handle into place.

PARTS LIST



ASSEMBLY



GENERAL SAFETY INSTRUCTIONS

1. DO NOT STAND ON THIS STOOL. DO NOT USE STOOL AS A STEP LADDER.
2. Use this product only for seating one person at a time.
3. Do not use this stool unless all screws are firmly secured.
4. At least every 4 months, check all screws are firmly secured.
5. If parts are missing, damaged, broken or worn, stop use of this product until repairs are made using factory authorized parts.
6. This stool is designed and intended for users up to 300 lbs. Use by users above 300 lbs. is not recommended since it could weaken the stool construction and potentially cause injury.
7. FAILURE TO FOLLOW THESE WARNINGS COULD RESULT IN SERIOUS INJURY.
8. Warranty may be void is stool is used while damaged. Immediately call 1-800-733-4000 and report any problems.

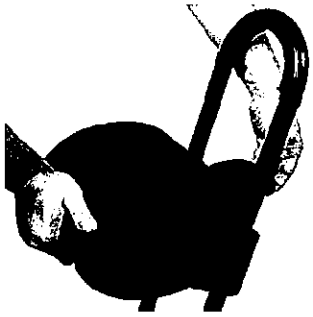
ERGONOMIC FEATURES

To maximize the ergonomic benefits of the Sit/Stand, it is essential to understand how adjustments effect your posture.

CAUTION: Make sure you grasp seat handle before lifting front of seat and adjusting seat height to prevent pinching of your fingers.

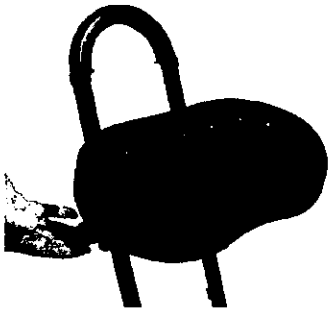
1. Lift seat from under front center of seat to unlock it. Seat assembly can now slide freely up and down the support column. Seat assembly is adjustable in height from 22¾" to 32¾". Position seat assembly at a comfortable height in relation to your body size and the height of the work surface. Seat should be high enough for you to rest your weight on while maintaining a slight bend in the knees. Grasp seat handle to maintain desired seat height. Push front of seat down completely to lock seat height.

Grasp front of seat with one hand and handle at back of seat with other hand. Lift seat from under front center of seat to unlock it. Position seat assembly at desired height.

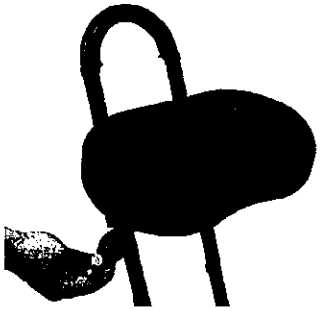


Grasp seat handle to maintain desired seat height. Push front of seat down completely to lock seat height.

2. Raise handle under right side of seat to tilt seat into position. Always tilt seat forward to accommodate a leaning posture. Lower handle to lock seat at desired angle.



Raise handle under right side of seat and tilt seat to desired angle.



Lower handle to lock seat at desired angle.

3. Padded seat is ergonomically contoured and textured for breathability. Position your weight on center of the seat. Allow seat to swivel with your body when reaching from side to side.

MAINTENANCE

Clean polyurethane seat with soap and water. To repair small cuts in polyurethane, apply a few drops of quick drying glue in the cut and press sides together until glue sets. Periodically check faasteners for tightness. Replace pads if worn.