

**XO SEAT
XO STOOL**

**INSTRUCTIONS
FOR USE**



TABLE OF CONTENTS

| | |
|---|---|
| 1 Operation | 3 |
| 2 Infection control and maintenance | 5 |
| 3 Symbols | 6 |
| 4 Dimensions..... | 7 |
| 5 Legal | 7 |



1 OPERATION

GENERAL

We recommend that practitioners sit in an upright, balanced position with an angle between thighs and upper body of about 120° – see Figure 1.



Figure 1 – Upright, balanced, sitting position

| | | |
|---|--|---|
|  | <p><i>To remain healthy, it is extremely important to maintain a correct sitting position by adjusting the height and seat angle of the operator's stool as described in this section!</i></p> <p><i>See also AC Mandal, 1981, The seated man (Homo Sedens) the seated work position. Theory and practice.</i> https://www.ncbi.nlm.nih.gov/pubmed/15676394.</p> |  |
|---|--|---|

XO SEAT and XO STOOL are available in two sizes: 1) for operators below 180 cm of height and 2) for operators who are taller.

If the XO SEAT/XO STOOL is too low or too high, it is possible to replace the gas spring with a shorter or longer version.

If the height difference between the operator and the chairside assistant is more than 10 cm, a foot-ring may be fitted.

| | | |
|---|---|---|
|  | <p>See more information at https://www.xo-care.com/products/operator-stools/seat-stool/overview/.</p> |  |
|---|---|---|

XO SEAT

Adjust the seat height using the left handle as shown in Figure 2.

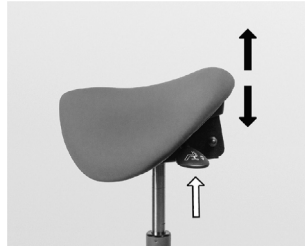


Figure 2 – Adjustment of seat height

Adjust the seat angle with the right handle as shown in Figure 3

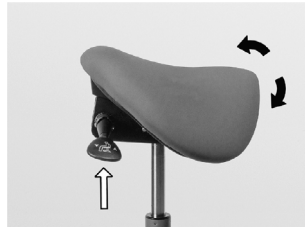


Figure 3 – Adjusting the seat angle

XO STOOL

Adjust the seat height as shown in Figure 4 and the seat angle as shown in Figure 5.

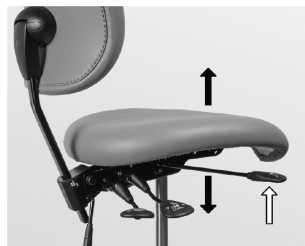


Figure 4 – Adjusting the seat height



Figure 5 – Adjusting the seat angle

Adjust the backrest as shown in Figure 6 and Figure 7.



Figure 6 – Adjusting the backrest angle



Figure 7 – Adjusting the backrest height

2 INFECTION CONTROL AND MAINTENANCE

GENERAL

Clean and disinfect XO SEAT and XO STOOL as described below in Table 1.

Table 1 – Cleaning and disinfection methods

| Product / part | Cleaning | Chemical disinfection |
|--------------------------------------|---|------------------------|
| All surfaces of XO SEAT and XO STOOL | Mild detergent with a twisted lint-free cloth. | XO Gentle Disinfection |
| XO Comfort tissue | Dry or moisturized soft lint-free cloth. XO Fabric Makeup. | XO Gentle Disinfection |

CONSUMABLES

Table 2 below shows a list of consumables available for XO FLOW.




Table 2 – Consumables

| Product | REF | Note | Supplied units |
|------------------------|--------|---|---------------------------|
| XO Gentle Disinfection | AP-832 | Disinfection of all surfaces. | In box with 6 x 1 liter |
| XO Fabric Makeup | AP-833 | Cleaning and care of XO Comfort fabric. | In box with 1 x 0.5 liter |

DETERGENTS AND DISINFECTANTS







Figure 8 – XO Gentle Disinfection & XO Fabric Makeup

| | |
|---|---|
|  | <p><i><u>XO Gentle Disinfection</u> can be used on all surfaces of XO SEAT and XO STOOL.</i></p> <p><i>Use undiluted.</i></p> <p><i>Apply to a dry, lint free cloth and fully wet the surfaces. Then allow them to dry. The disinfection is effective after 1 minute.</i></p> <p><i>Do not use an excessive amount of liquid.</i></p> <p><i>Please see more details in safety data sheets at xo-care.com and in the instructions supplied with the disinfectant.</i></p> |
|  | <p><i><u>XO Fabric Makeup</u> is for cleaning and care of XO Comfort fabric.</i></p> <p><i>Use undiluted.</i></p> <p><i>Apply to a dry, lint-free cloth to remove stains as soon as possible.</i></p> <p><i>Do not use an excessive amount of liquid.</i></p> <p><i>Shall be applied to the cloth – <u>never</u> directly to the cushion!</i></p> <p><i>Please see more details in safety data sheets at xo-care.com and in the instructions supplied with the detergent.</i></p> |
|  | <p><i>Do not use any other disinfectants for cleaning and disinfection than described in these instructions for use. Doing so may damage the product!</i></p> <p><i>Failure to comply with these precautions may affect safe use of the product as well as XO's product warranty.</i></p> |

3 SYMBOLS

List of symbols used on the product and in these instructions.

Table 3 – List of symbols

| | |
|---|---|
|  | <p><i>Safety related prohibitive action</i></p> |
|  | <p><i>Safety related mandatory action</i></p> |
|  | <p><i>Notification</i></p> |
|  | <p><i>Dispose of in accordance with the Waste Electrical and Electronic Equipment Directive 2012/19/EU of the European Parliament and the Council of the European Union; Do not dispose of with domestic waste.</i></p> |

4 DIMENSIONS

DIMENSIONS

Table 4 – Boxes dimensions and weight

| Box | Dimensions (cm) L x W x H | Gross weight (kg) |
|----------|---------------------------|-------------------|
| XO SEAT | 60 x 60 x 37 | 10.3 |
| XO STOOL | 60 x 60 x 37 | 14.6 |

5 LEGAL

LABEL

Please see the silver label with serial numbers, color codes etc. under the seat.

PRODUCT DISPOSAL INFORMATION

Within the European Union this product must not be disposed of with household waste. Instead, it is the responsibility of the owner to dispose of the waste equipment by handing it over to a designated collection point for the recycling of electrical and electronic equipment waste. The separate collection and recycling of waste equipment at the time of disposal will help to conserve natural resources and ensure that it is recycled in a manner that protects human health and the environment. For more information about where to drop off waste equipment for recycling, please contact the local city office, or the XO Partner.

Disposal of electrical products in countries outside the European Union should be done in line with local regulations.



This product is to be disposed by authorized service personnel as required by local ordinances or regulations!

**XO SEAT
XO STOOL**

Instructions for use

Document ID: YB-800

VER 2.1

2022-03-30

Subject to change



**XO CARE A/S
Copenhagen
Denmark**

Usserød Mølle
Håndværkersvinget 6
DK 2970 Hørsholm
+45 70 20 55 11
info@xo-care.com
xo-care.com