



# Stool Bioswing

Instruction for use



**EN**

8000702 | Instructions for use for Stool Bioswing | REV 03  
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## RUCK® Stool Bioswing

- › Diese Gebrauchsanweisung können Sie in weiteren Sprachen unter nachfolgendem Link herunterladen oder telefonisch anfordern.
- › Tämän käyttöohjeen voitte ladata useilla eri kielillä seuraavasta linkistä tai pyytää tietoa puhelimitse.
- › Puede descargar este manual en diferentes idiomas en el siguiente enlace o bien solicitarlo por teléfono.
- › Instrukcje te mogą być pobierane w innych językach pod poniższym linkiem lub telefonicznie
- › Tento návod je také k dispozici v jiných jazycích. Použijte prosím následující odkaz ke stažení návodu nebo si je vyžádejte telefonicky.
- › Šo lietošanas instrukciju citās valodās iespējams lejuplādēt zemāk norādītajā saitē vai pieprasīt telefoniski.
- › This manual is also available in other languages. Please use the following link to download the manual or request it on the phone.
- › Questo manuale è disponibile anche in altre lingue. Lo si può scaricare utilizzando il seguente link o richiederlo per telefono.
- › 此說明書另有提供其他國家語言，請點擊此連結下載檔案，或透過電話詢問下載亦可。
- › Navodila za uporabo lahko v številnih jezikih pridobite na sledeči povezavi ali naročite prek telefona
- › Acest manual este disponibil si in alte versiuni de limba. Accesati link-ul urmator pentru a descarca manualul sau il puteti solicita telefonic.
- › Ви можете загрузить руководство по эксплуатации на других языках кликнув на ссылку или запросив по телефону.
- › Τis οδηγίες χρήσεως μπορείτε να τις βρείτε και σε άλλες γλώσσες, πατώντας στο παρακάτω link για να τις κατεβάσετε ή να τις ζητήσετε τηλεφωνικώς.
- › U kunt de gebruiksaanwijzing in diverse talen downloaden onder de volgende link. Ook kunt u deze telefonisch aanvragen.
- › Ce manuel d'utilisation est disponible aussi en autre langues. Veuillez utiliser le lien suivant pour le télécharger ou demandez-le par téléphone.
- › Bu kullanim klavuzunu farklı dillerdede aşağıdaki bağlantıdan indirebilir yada telefon ile istiyebilirsiniz.
- › Atsiisiqskite instrukcija lietuvių kalbą paspaudę šią nuorodą, arba paskambinę telefonu.
- › A használati útmutatót magyar nyelven a következő linkről tudja tölteni, vagy kérheti telefonon.
- › ופלטב תמו שקבל או אבא קנילב תופסו תופשב העפחה תוארוה תא דירוהל ככות.
- › 여러 언어로 된 사용설명서를 다음 링크에서 다운로드하시거나 전화로 요청하실 수 있습니다.
- › Hægt er að sækja þessar notkunarleiðbeiningar á öðrum tungumálum með eftirfarandi tengli eða panta þær símileiðis
- › Ezen kezelési útmutató további nyelveken a következő linken keresztül tölthető le, vagy telefonon megkérhető
- › この取扱説明書はその他の言語でも以下のリンクでダウンロードしていただくことが可能です。またはお電話でお問い合わせいただければご案内申し上げます。
- › Denne brugsanvisning kan du downloade på flere sprog på efterfølgende link eller bestille telefonisk
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- › Цю інструкцію по експлуатації на інших мовах ви можете завантажити за нижчеказаним посиланням на сайт або запросити по телефону



1. hellmut-ruck.de
2. Search term: "Item number"
3. Downloads

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> Instructions for Use

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## **Congratulations on the purchase of a RUCK® Stool Bioswing**

With the RUCK® Stool Bioswing, you are making an appreciable contribution to sitting ergonomically and you are supporting your back muscles in a particularly effective manner. The BIOSWING system is a unique technology. Movable toward all sides, with controlled cushioning effect and dynamic reflection of the body's energy. Continuous micro-impulses influence the postural muscles and encourage an active sense of equilibrium. This results in improved concentration and higher performance throughout the working day.

In order to use all settings optimally, please read these operating instructions.

Kind regards,  
HELLMUT RUCK GmbH



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## 1 Declaration relating to these instructions for use

Hellmut Ruck GmbH reserves all rights to modify and supplement these instructions for use. Hellmut Ruck GmbH has taken great care to keep these instructions free of inaccuracies and omissions. Please contact us if you find mistakes or inaccuracies. However, Hellmut Ruck GmbH assumes no liability for mistakes in these instructions for use or consequential damage resulting from the provision of these instructions for use or their application when using the product.

These instructions for use must not be disseminated or supplemented without the express approval of Hellmut Ruck GmbH.



**This symbol identifies a potential point of danger for people or for the device itself. It must be taken note of.**



**This symbol identifies useful information. Additional information about the product and how to use it is provided here.**

## 2 Scope of delivery

Check that the delivery is complete.

1 treatment chair

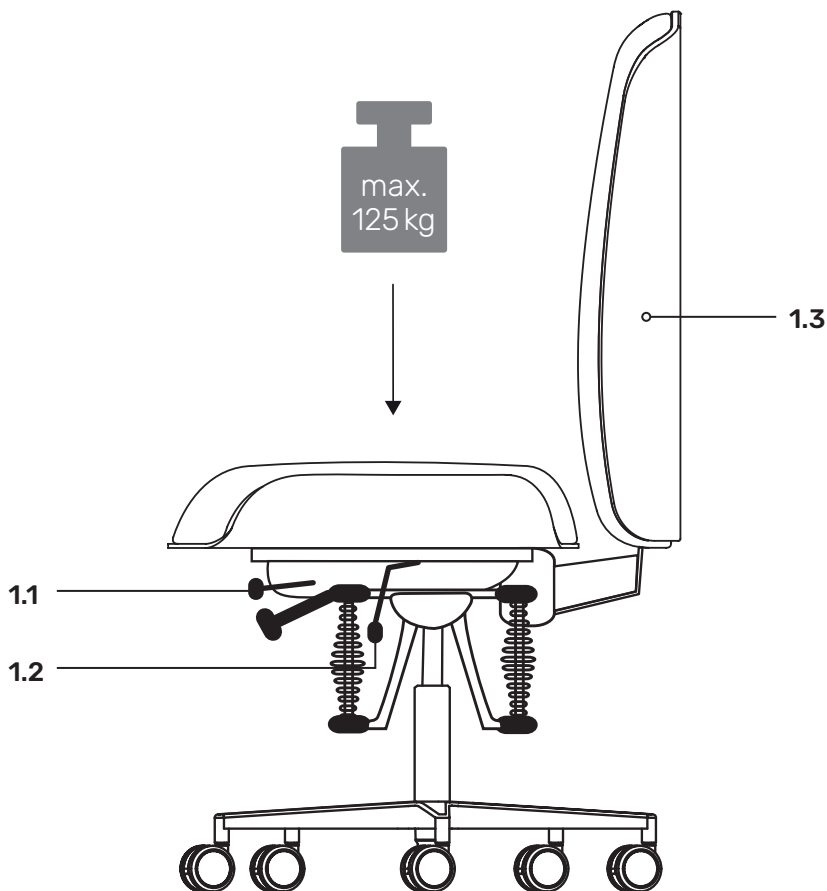
1 set of instructions for use



### **Packaging**

The packaging has been designed to protect the product while in transit. The packaging materials used have been selected with due regard for environmental issues and can be recycled.

### 3 Product description

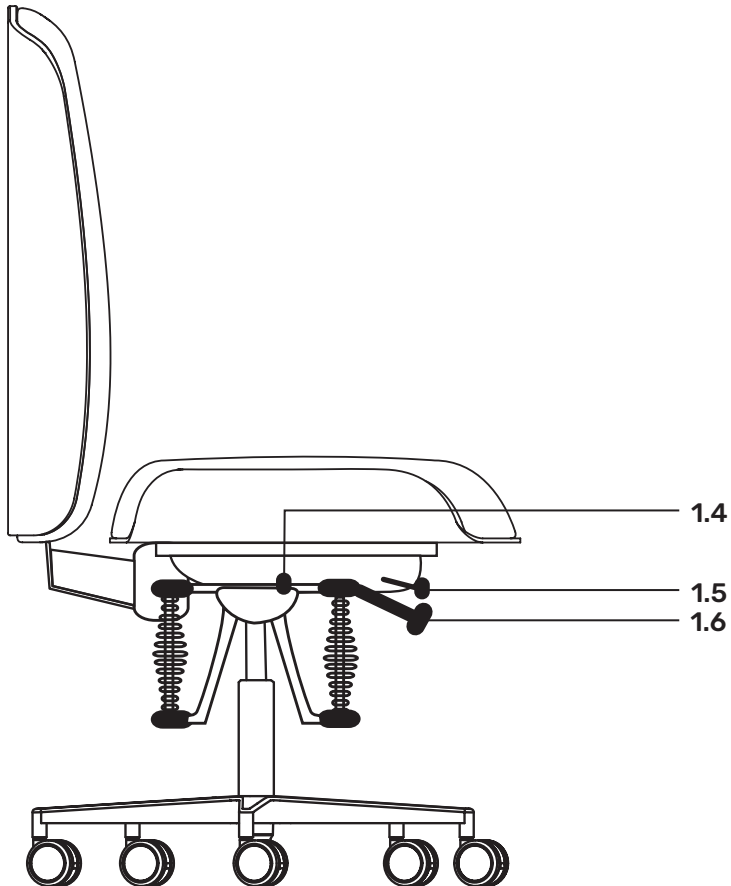


- 1.1 Seat inclination
- 1.2 Seat height
- 1.3 Backrest height

### 3.1 Safety Note



Use the RUCK® Stool Bioswing exclusively for seating purposes according to the intended use. Never step onto a swivel chair!



**1.4** Backrest tilt (VarioBackMatic)

**1.5** Seat depth

**1.6** Backrest tilt pressure

### 3.2 Adjusting the seat height



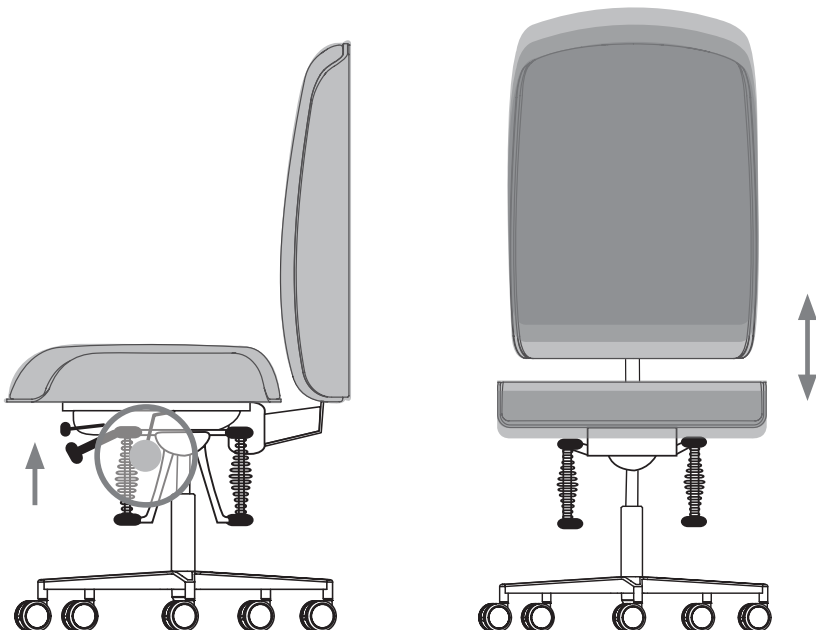
The angle of the thigh and calf should range from a right angle to a slightly open angle. The seat height should be set at the level of the hollow of the knee. Both feet should be make contact with the floor across their entire length.

#### Lowering seating surface

Pull the control handle upward while seated and release at the desired position. Pay attention to the risk of getting caught between the base and the seat workings when lowering the seating surface.

#### Raising seating surface

Take pressure off the seat, pull the control handle upwards, and release at the desired position.





### 3.3 Adjusting the seat inclination

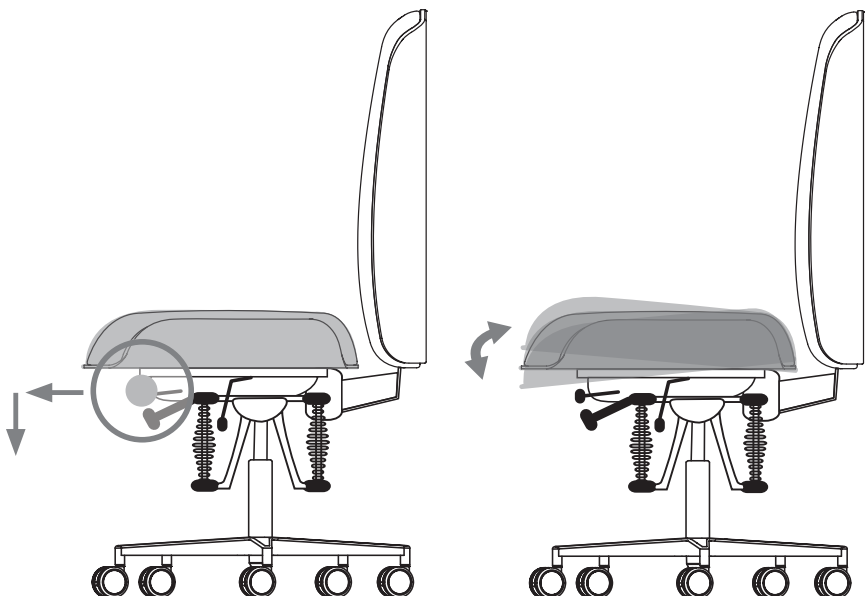
To support the physiologically correct pelvic tilt, you can adjust the seating surface either with permanent contact or at any tilt. The tilt ensures the desired straightening of the spine in its natural double-S position.

#### 3.3.1 Seat inclination with permanent contact

While seated, push the control handle forward and then down. The seating surface tilts in accordance with the shifting body weight and calf position. Deactivate it by pulling the control handle upwards.

#### 3.3.2 Individual adjustment of the seat inclination

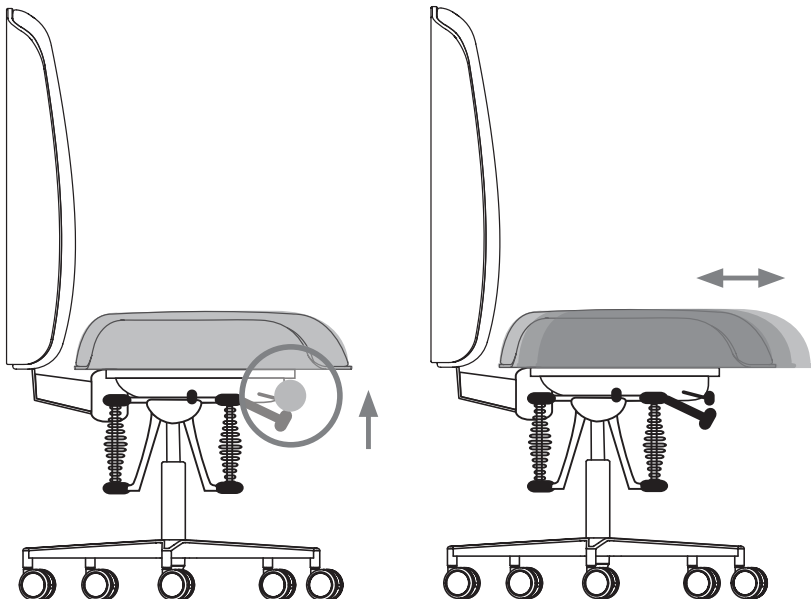
While seated, press the control handle forward and determine the desired tilt by shifting your weight/thigh position, and then release the control handle.



## 3.4 Adjusting the seat depth

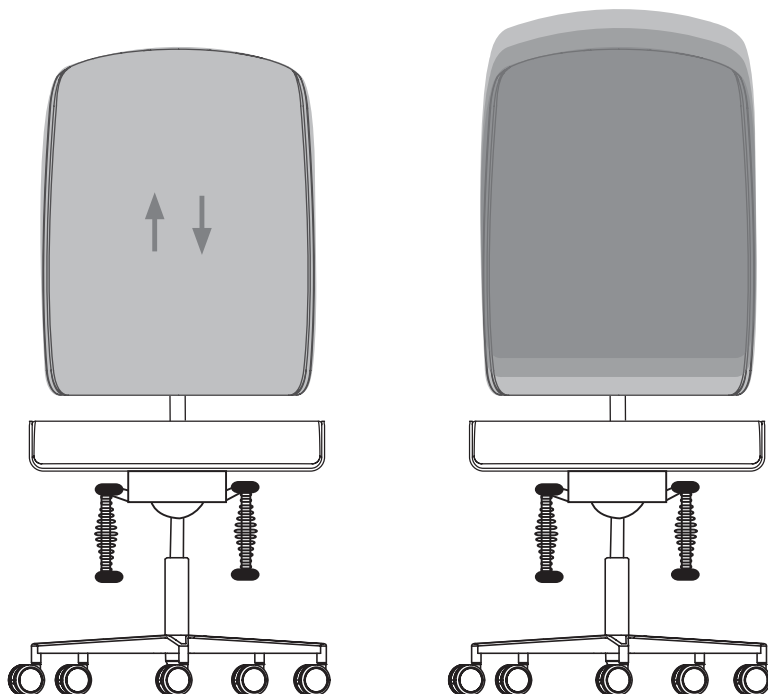
With the seat depth adjustment, you can optimally adjust the seating surface to your thigh. Note that the seat front edge is about 3 finger widths from the hollow of the knee.

While seated, pull the control handle up and simultaneously change the seat depth by pushing the seat cushion forward or backward.



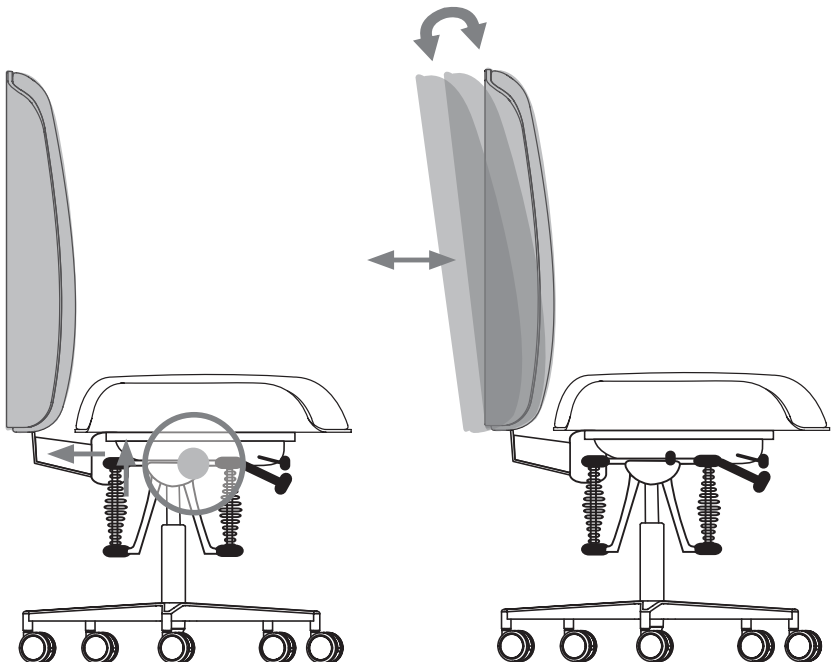
## 3.5 Adjusting the height of the backrest

You can adjust the backrest individually to your height. While seated, use both hands to reach backwards and raise or lower the backrest to the desired height by sliding it. Please note: The backrest can only be slid down when it is in the highest position.



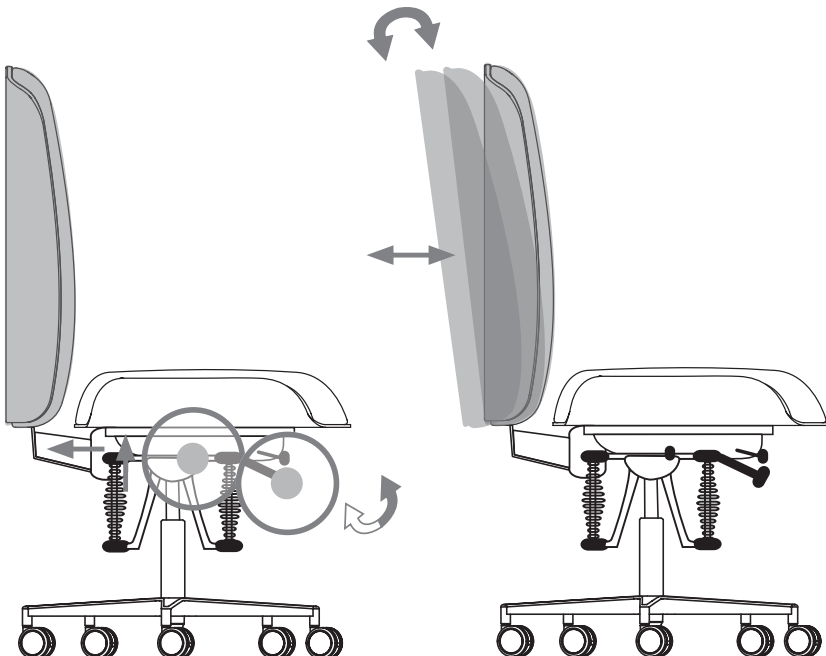
### 3.6 Backrest tilt

The backrest adjustment enables stepless tilting. This can be fixed or follow your movements with the permanent function. In this way you promote dynamic seating behaviour in particular. For the permanent function, pull the control handle upwards while seated – the backrest follows your movements. If you release the lever, the backrest tilt is fixed. If you press the control handle up and back, permanent contact is continuously activated.



## 3.7 VarioBackMatic (backrest pressure)

VarioBackMatic is the stepless back pressure adjustment for optimised seating. Try to choose the setting so that you never have the feeling of using a great amount of force when you lean back. While seated, pull the control handle up. The backrest follows your movements. Release the lever and the backrest is fixed in its tilt. You can activate permanent contact by pulling the control handle up and pushing it backwards. You can activate back pressure by pulling the control handle up while seated and pushing it backwards. The backrest can be moved in the tilt. Turn the hand wheel, at the front right under the seat, clockwise to increase the back pressure; turning it anti-clockwise decreases the pressure.



### 4 Disinfection and cleaning



#### **Danger of damage due to incorrect care of leatherette, plastics and wood surfaces!**

Disinfect the contact surfaces after each treatment with RUCK surface disinfection wipes, alcohol-free (item no. 2967002, item no. 2967102 or item no. 2967202) for medical devices.

Please observe the exposure times of the disinfectants according to the product labelling. One minute for bacteria, five minutes for fungi. Further information on the disinfectant.

Danger of damage due to improper care of surfaces. Do not use any concentrated disinfectants, solvents, cleaning agents or liquids that contain alcohol (>50 % alcohol content). Do not use spray disinfection.

Take great care to ensure that the cleaning utensils used are clean. If mineral contaminants such as grains of sand or dust are embedded in the cleaning agents, this can destroy the surface. Do not use any scouring agents, such as abrasive cleaners, cleaning sponges or similar items that may contain abrasive particles. Residues of leaked fluids must be removed from the surface immediately with a soft cloth.

For gentle cleaning of the surfaces, use a soft cotton cloth or the RUCK microfibre cloth which is gentle on surfaces (item no. 29616).

Caution: Other cleaning cloths with plastic fibres can have an abrasive effect and consequently they can damage the surface.

Over time, traces of use can appear on the surfaces. These are more or less noticeable depending on light incidence. They do not constitute a lessening of utility. As is the case with all surfaces over the long term, due to the wear involved in the daily routine of the medical practice, they cannot be avoided. Spots or stains caused by liquids that may corrode the surface (such as propolis, tea tree oil, cleaners that contain chlorine or similar substances) are categorically excluded from the warranty.

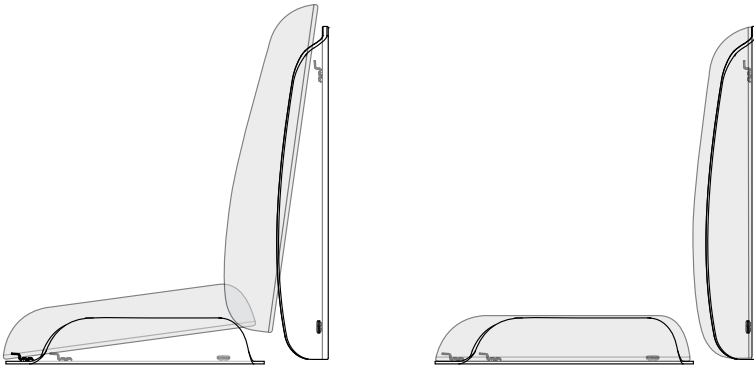


### **Cushion discolouration due to articles of clothing**

Clothing, such as jeans, can cause discolouration of the cushion surfaces. If possible, you should attempt to remove discolouration residues with a soft cloth and the RUCK® leatherette cleaner and care product, 500 ml (item no. 2947001). RUCK recommends that you use disposable covers whenever possible. After cleaning and disinfection, surface disinfectants must be allowed to effectively evaporate before the next treatment; i.e. allow surface disinfectants to thoroughly dry as specified by the manufacturer, but do not wipe surfaces dry.

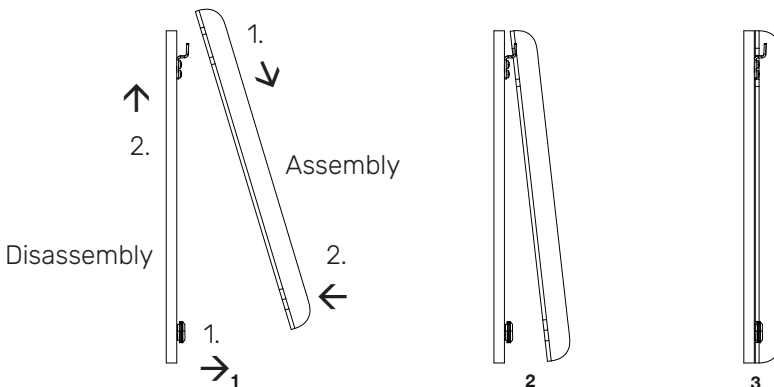
### 5 Replacing cushions

As shown in the illustrations below, the cushions of the treatment chair can be replaced individually.



#### Recommendation for cushion replacement

Because the cushions of the treatment chairs are constantly subjected to significant stress, we recommend reupholstery after approx. three years (with normal use).





## 6 Maintenance

Your RUCK® Stool Bioswing is maintenance-free during normal use.



### **Gas-pressurised springs**

Replacement and work in the area of the gas-pressurised springs for height adjustment may only be carried out by trained specialists. Do not heat or open gas-pressurised springs by force.

### **Castors**

For your safety, the RUCK® BIOSWING CHAIRseries is equipped with self-braking castors to impede movement in the unloaded state. When you change your floor covering, make sure to choose the correct castors. When used on soft floors (such as carpet), the chair should be equipped with hard castors. The hard castors are monochromatic. When used on hard floors (such as parquet, tiles, linoleum), the chair should be equipped with soft castors. The soft castors are dichromatic, that means that the tread has a different colour.

## 7 Spare parts

Item no. 9705101, castor set for RUCK® STOOL

Item no. 7844001, reupholstery for STOOL Bioswing backrest, on existing cushion board.

Art. Nr. 7844002 reupholstery for Bioswing STOOL seat, on existing cushion board.

Please contact RUCK SERVICE for more spare parts.



**If you have any questions, please also contact our RUCK SERVICE department.**

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E-Mail [service@hellmut-ruck.de](mailto:service@hellmut-ruck.de)

## **8      Warranty**

The product comes with a 2-year warranty. Normal wear of surfaces, casters, handles etc., and other moving parts is excluded from the warranty. Traces of use and signs of wear and tear due to age and use, which are based on normal use corresponding to the performance values and the nature of the product, are in accordance with the contract and are not defects in the legal sense.

The warranty runs from the date of purchase when the product was first bought. The date of purchase must be confirmed by the sales receipt. Within the scope of the warranty, HELLMUT RUCK GmbH will, at no charge, either repair or replace the defective products, at RUCK's discretion.

The prerequisite is carriage-paid shipment of the defective product together with the purchase receipt. The local agent is responsible for claims made outside of Germany. In case of doubt, please check with RUCK before returning the device.

The warranty becomes null and void if we find that the problem was caused by improper or incorrect installation/assembly or usage, by non-observance of the instructions for use, by external intervention or as a result of a non-authorized repair or modification.

The warranty is limited to repair or replacement of the product. Further liability (particularly loss of revenue or earnings) is excluded. If however, it turns out that it is a problem that is not covered by the terms of the warranty or that the period of the guarantee has elapsed, any costs for inspection and repair must be borne by the customer.

We reserve the right to make changes to and deviations from the technical design.

## 9 Technical data

Seat height with "short" gas-pressurised spring:	48 - 61 cm
Seating surface (W/D):	41/42,5 cm
Backrest surface (W/H):	40/49 cm
Castors:	Lightweight castors for hard floors
Base, aluminium diameter:	Aluminium base
Special benefits:	Bioswing seat workings, seat depth adjustment of 5 cm
Seat inclination:	8°
Backrest height adjustment:	8 cm

## 10 Disposal



### **Environmental hazard!**

Incorrect disposal endangers our environment.



- > The **PODOLOG® STOOL BIOSWING** must be disposed of through available return and collection systems at the end of its service life!

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