

**XO SEAT  
XO STOOL**

**INSTRUCTIONS  
FOR USE**





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## **1 EXTRAORDINARY DENTISTRY**

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XO CARE A/S provides treatment solutions that are easy to understand and intuitive to use.

To fully benefit from all the extraordinary features of your XO product please carefully read these instructions for use.

Get further information at [xo-care.com](http://xo-care.com) or contact us at [info@xo-care.com](mailto:info@xo-care.com).

Best regards

XO CARE A/S

## 2 OPERATION

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### 2.1 GENERAL

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



***To remain healthy, it is extremely important to maintain a healthy sitting position by adjusting the height and seat angle of the operator's stool as described in this section!***

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.



**Figure 1 – Upright, balanced, sitting position**

### 2.2 XO SEAT

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



**Figure 2 – Adjustment of seat height**

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<sup>1</sup> See AC Mandal, 1981, The seated man (Homo Sedens) the seated work position. Theory and practice.  
<https://www.ncbi.nlm.nih.gov/pubmed/15676394>

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



Figure 3 – Adjusting the seat angle

### 2.3 XO STOOL

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

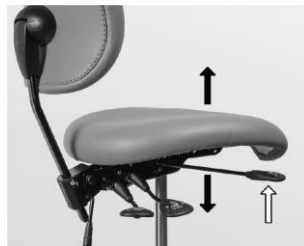


Figure 4 – Adjusting the seat height



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

### 3 INFECTION CONTROL AND MAINTENANCE

#### 3.1 GENERAL

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

**Table 1 – Cleaning, disinfection and sterilization methods / List of detachable parts**

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

#### 3.2 CONSUMABLES

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

**Table 2 – Consumables**

Product	REF	Reference	Note	Supplied units
XO Gentle Disinfection	AP-832	3.5	Disinfection of <i>all</i> surfaces.	In box with 6 x 1 liter
XO Fabric Makeup	AP-833	3.5	Cleaning and care of XO Comfort fabric.	In box with 1 x 0.5 liter

#### 3.3 DETERGENTS AND DISINFECTANTS



Figure 8 – XO Gentle Disinfection & XO Fabric Makeup

***XO Gentle Disinfection can be used on all surfaces of XO FLOW.***

***Use undiluted.***



***Apply to a dry, lint free cloth and fully wet the surfaces. Then allow them to dry. The disinfection is effective after 1 minute.***

***Do not use an excessive amount of liquid.***

***Please see more details in safety data sheets at [xo-care.com](http://xo-care.com) and in the instructions supplied with the disinfectant.***

***XO Fabric Makeup is for cleaning and care of XO Comfort fabric.***

***Use undiluted.***



***Apply to a dry, lint-free cloth to remove stains as soon as possible.***

***Do not use an excessive amount of liquid.***

***Shall be applied to the cloth – never directly to the fabric!***

***Please see more details in safety data sheets at [xo-care.com](http://xo-care.com) and in the instructions supplied with the detergent.***



***Do not use any other disinfectants for cleaning and disinfection of the unit and patient chair than described in these instructions for use. Doing so may damage the product!***




***Failure to comply with these precautions may affect safe use of the unit as well as XO's product warranty.***



## 4 SYMBOLS

List of symbols used on the product, in this manual and user interface.

**Table 3 – List of symbols**  
**List of symbols used in these instructions for use and on the product labeling:**

	<p><i>Safety related prohibitive action</i></p>
	<p><i>Safety related mandatory action</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>

## 5 DIMENSIONS AND TECHNICAL DATA

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### 5.1 TECHNICAL SPECIFICATIONS

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

## 6 LEGAL

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### 6.1 LABEL

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

### 6.2 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**  
REF CF-100

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Subject to change



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