

Lie-down workstation assembly manual

A quick (but important) note before we get started:

While all of our products are designed to slot in and out of each other with ease, this is sometimes not the case upon first assembly.

Wood is a natural, hygroscopic material. This means that it absorbs moisture from the air in humid or damp conditions and releases moisture in arid or dry conditions. This moisture means wood can swell and expand or it can dry-out and contract. Timber can be sealed to prevent this from happening but sealing timber generally involves harmful chemicals and makes the timber difficult to recycle. This goes against our ethics as a company.

We make our joints very tight fitting to ensure our products are stable when in use. These tight joints, combined with the swelling of timber caused when it absorbs moisture during transportation, can make the first assembly difficult. ***Some light tapping with a hammer may be required for the first assembly or two.*** With continued assembly/disassembly and using our products in an indoor setting, the joints will loosen and the timber will shrink as it dries out, making your workstation very easy to assemble or disassemble quickly with no tools necessary.

We just wanted you to be aware of that before we begin :)

The 6 pieces:



Fig 1

Base piece X2



Fig 2

Side Leg X2



Fig 3

Bottom Cross piece



Fig 4

Top Cross piece

Assembly:

Step 1:

Place one of the Base pieces on the ground.

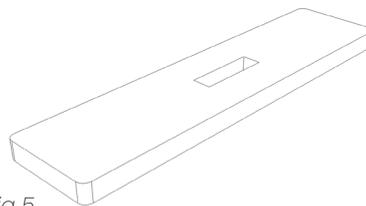


Fig 5

Step 2:

Slot one of the Side Legs into the Base Piece.

Make sure to keep the overhang on the longer side of the slot in the Base piece (Fig 8; red arrows indicate longer side).

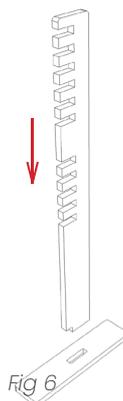


Fig 6

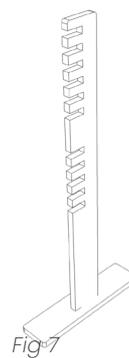


Fig 7

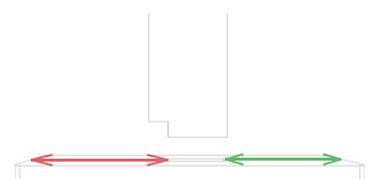


Fig 8

Step 3:

Repeat steps 1 and 2 with the other Base piece and Side Leg.

Step 4:

Slot the Bottom Cross piece into the Side Legs.

As a guide to set this to a comfortable height, your middle fingers should be able to reach the "F" and "@" keys on your laptop *while keeping your elbows on the ground*.

The protruding nub is used to prevent the laptop from sliding away from you while in use.

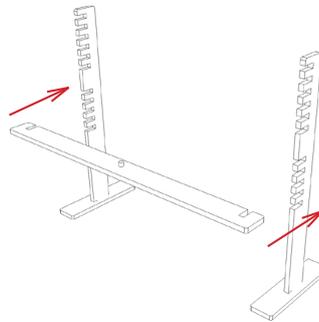


Fig 9

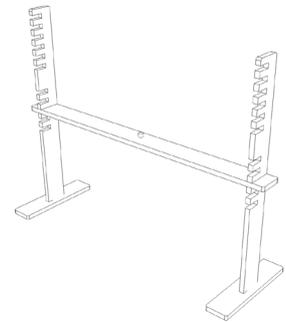


Fig 10

Step 5:

Slot the Top Cross piece into the Side Legs.

Choose the height for this piece based on the height of your laptop. *Your laptop should be resting on the Bottom Cross piece*. The Top Cross piece is only there to stop the laptop from moving and it should not be used to take the weight of the laptop as this can damage the laptop.

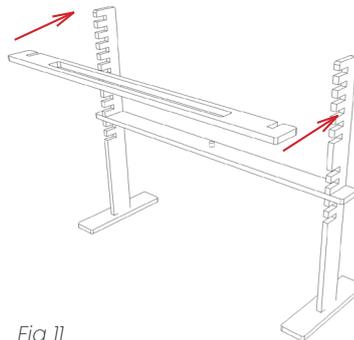


Fig 11

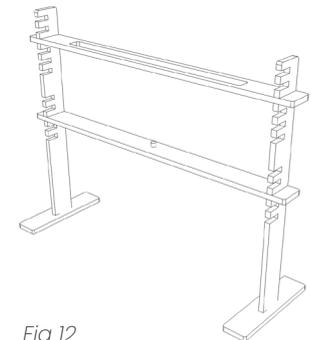


Fig 12

Be careful when inserting your laptop into the Top Cross piece's slot and try to avoid scraping it off the timber surrounds.

Tips:

- We recommend lying on a yoga mat to give some cushion to your back. A very thin pillow can also add extra comfort.
- Try to keep your elbows on the ground as much as possible while using the workstation. This will relieve pressure on your anterior deltoids (front shoulder muscle).
- Using this workstation all day may not suit some people. In that case, it should be used as an option for a few hours a day to take pressure off the spine when needed.

Do not stand or place excess force on the workstation. Please be very careful when inserting your laptop. 100 Tree Furniture will not accept any responsibility for injuries or damage to persons or equipment caused by the improper use of our products.

Thank you for choosing 100 Tree Furniture and for supporting the environment :)