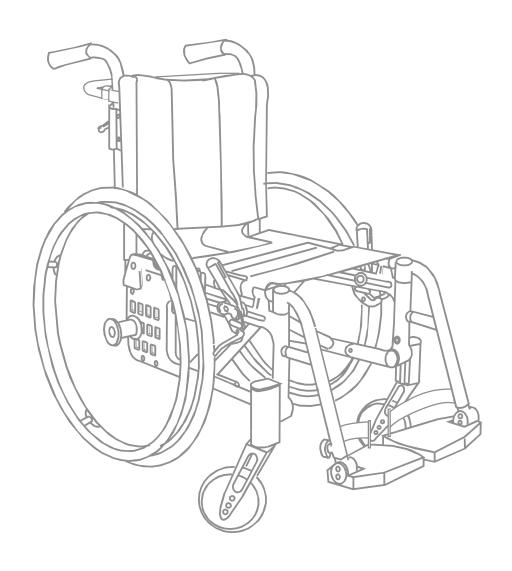
# Cross XL Manual English

# oetac<sup>®</sup>

**74236M** 2015-11-06



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#### 1 General

The manual must be read thoroughly to avoid damage when handling and using the Cross XL chair.



is a warning triangle to indicate that special care should be taken.

(!) provides advice and tips worth considering

Anti-tips

available as an accessory. At the correct setting they will prevent the wheelchair from tipping back wards. We recommend all users to use the anti-tip devices, unless you are an experienced user with absolute control over your wheelchair.

Cross XL is a manual, cross-folded, extra wide allround chair with multiple functions and is intended for use both outdoors and indoors. The seat is adjustable in height, angle and depth. The backrest is adjustable in height, angle and shape. The footrests are adjustable in height, angle and depth. Cross XL can be supplemented and adjusted if needs change. A large range of options and accessories are available: Various types of backrest and legrest, fixing points for transport in mobility service buses, anti-tips, and various types of handrims and brakes etc.

Cross XL has the best prerequisites to create comfort, functionality and good manoeuvrability.

#### Crash test

Etac's wheelchairs are tested in accordance with ISO 7176-19 and ISO 10542. These ISO standards specify requirements for the design of the wheelchair's restraint points, how the wheelchair and the user are secured in the vehicle, and also describe how tests should be carried out and how the test results should be interpreted. Etac's wheelchairs are crash tested at the Technical Research Institute of Sweden. The tests were carried out with normal settings on the wheelchairs (see manual for the respective wheelchair) and with an UNWIN\_WWR/ATF/K/R restraining device and an UNWIN\_WWR/HD/ATF/K/R 3-point belt.

The cross-folded wheelchairs Cross, Twin and Transit were supplemented with securing points.

**Seat widths:** From 47,5 cm to 60 cm.

Max. user weight: 155 kg

**Service life:** The product is tested and fulfils the demands stated in EN 12183. The main product's durability and lifetime is at least five years when used in accordance with intended use, the safety instructions, the reconditioning manual and instructions for use in the user manual. The main product consists of the chassis for seat and back support. Additional parts/accessories are handled in accordance with the manual and reconditioning manual. The actual lifetime can vary, depending on how much and how intensively the product is being used, but a maximum of 10 years. If the product is intended for use after the service life period specified by Etac, it is the responsibility of the product owner to ensure product functionality in accordance with the manual and reconditioning instructions. If this cannot be ensured then the product should be taken out of use.

The following methods of surface treatment have been used: Lacquered surfaces=Polyester powder coating Non-lacquered aluminium parts=Anodized coating Non-lacquered steel surfaces=Galvanized

The tool kit contains: 5 Allen keys: 6, 5, 5, 4 and 3 mm

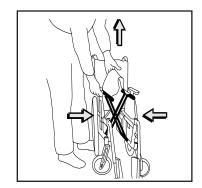
3 Ring spanners: 13, 10 and 8 mm 1 Socket spanner: 24/19 mm

1 Phillips screwdriver

# 2 Handling/Transport

#### 2:1 Folding

- If a steering bar and/or cross brace is mounted, they should be removed.
- Flip up the footrests.
- Lift up the seat, see illustration.

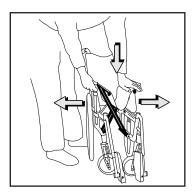


#### 2:2 Unfolding

- Push down on one side of the seat frame, using the whole of the flat of the hand, see illustration.



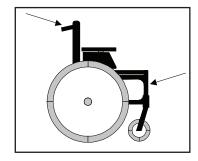
Do not hold the seat frame tube while unfolding as there is a risk of pinching your fingers.



#### 2:3 Lifting the wheelchair

Wheelchair without lockable legrests:

- Flip up the footrests and swing the legrests in under the seat, or remove them completely.
- Lift by holding the push handles and the front part of the frame by the legrest mounting point.

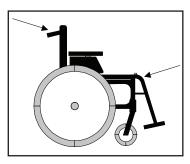


Wheelchair with lockable legrests:

- Lift using the push handles and legrests.

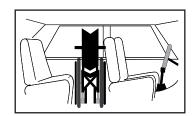


Before lifting, ensure that the height adjustable push handles are securely fastened.



#### 2:4 Transportation in vehicles

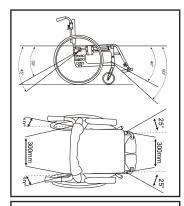
*Private car/taxi:* The wheelchair should be placed in the car boot. If this is not possible, ensure that the wheelchair is placed safely in the back seat, so that it is not able to overturn or roll. If possible secure the wheelchair with the car's safety belt.



# 2 Handling/Transport

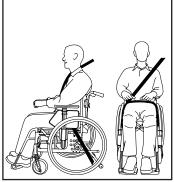
#### 2:5 Securing

The wheelchair must be secured as follows, the straps must not be put through the wheels or around the back tubes.



#### 2:6 Seat belt

If the wheelchair is used as a seat for travelling Etac recommends that the user wears the 3-point seat belt that is fitted in the vehicle. It is important that the 3-point belt is fitted correctly, as in the illustrations:



#### 2:7 Recommendations

Etac recommends in the following order:

- 1) The user transfers to a seat in the vehicle and uses the vehicle's 3-point belt while travelling. The wheelchair is then placed in the boot or safely in the back seat so that it cannot overturn or roll.
- 2) The wheelchair is secured facing forwards in the vehicle as per this manual, the user uses a separate 3-point belt that is secured in the vehicle. This is the way in which the wheelchair is tested and approved according to the ISO-standard for crash testing of wheelchairs in vehicles.
- 3) According to directive 2001/85/EC, appendix VII, point 3.8.3. there are specially marked wheelchair locations in vehicles that permit transport with a wheelchair facing in the opposite direction of travel. If this means of travel is used, the user/carer must be aware while travelling, prepared for sudden movements and have the capacity to maintain a safe sitting position throughout the entire journey. The user's disabilities must not be of such an extent that he/she is not able to hold onto the handles fitted in the vehicle when there are changes of speed or direction.

In conjunction with points 2 and 3:

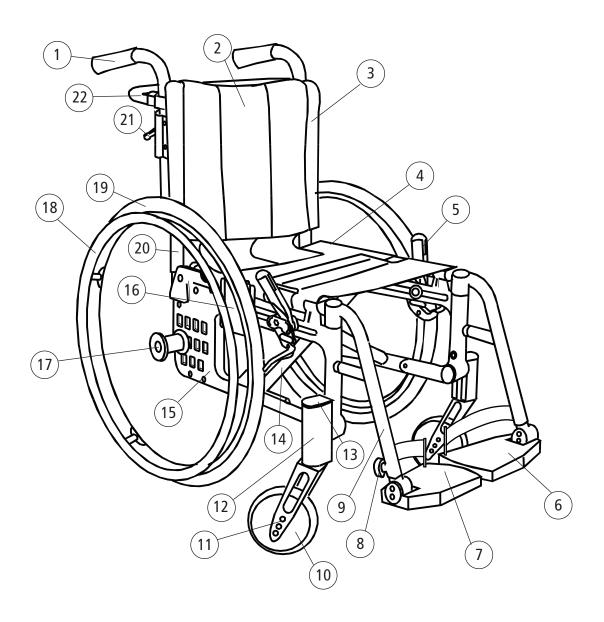
- a positioning belt should be used
- a correctly adjusted headrest should be used
- the backrest should be level with or above the user's shoulders
- the parking brake should be used
- the anti-tips should be lowered

#### 2 Handling/Transport

#### 2:8 Warning

- The wheelchair's positioning belt is not sufficient to prevent the user from being thrown out of the wheelchair in the event of sudden braking.
- The restraining device must not be passed through the wheels or around the back tubes.
- Options/accessories that can be removed without tools, such as trays, must be removed and secured or placed where they cannot fly around inside the vehicle in the event of a collision.
- If the wheelchair has been involved in a collision in a motor vehicle, it should be inspected at a Technical Aids Centre or by Etac before being used again.

# 3 Product description Cross XL



- 1 Push handles
- 2 Backrest cover
- 3 Backrest upholstery
- 4 Seat upholstery
- 5 Brake
- 6 Footrest
- 7 Widened footrest 52.5-60
- 8 Footrest locking knob
- 9 Legrest
- 10 Castor wheel
- 11 Front fork

- 12 Front fork attachment
- 13 Protective stopper
- 14 Cross
- 15 Side frame
- 16 Armrest attachment
- 17 Quick release hub
- 18 Handrim
- 19 Rear wheel
- 20 Back tube
- 21 Locking knob, push handles
- 22 Cross brace

# 4 The chairs possibilities

Seat height Seat angle	Rear Front 40-50 cm 40-51 cm  Max forward angle: 2 cm lower front than back. Max backward angle: 6 cm higher front than back.	Seat height rear
Castor wheel	6" half-massive/ 6,5" massive	
Front fork	Short/medium, with 3 alternative height positions for the castor wheel	
Rear wheel	20", 22" or 24" High-pressure 1" Low- pressure 1 3/8" Solid	
	Camber angle 2° or 0°	
Handrims	Stainless, plastic coated, cellular rubber, aluminium	
Seat	Black fabric/hard seat/ECS (ECS, a fixed seat/backrest system with anatomically shaped cushions, detachable)	
Backrest Cross back 2	<u>Type</u> <u>Height</u> <u>Backrest angle</u> standard 30-45 cm -5° - +15° high 38-55 cm -5° - +15°	
Seat depth (functional)	Short frame 36-42 cm. Long frame 42-48 cm. Short frame 42-48 cm. Long frame 48-54 cm.	Seat depth Functional seat depth

# 4 The chairs possibilities

Ryggrest Cross- back 3A	Type Monoangular Biangular Triangular	Height 32-45 cm 32-45 cm 32-45 cm	Backrest angle -5° - +20° -5° - +20° -5° - +20°	
	Monoangular Biangular Triangular	+10° (fixed) ±6° (at 10° back ±12° (vid 10° ba		Seat depth Functional seat depth
Seat dept (functional)		5-42 cm. Long fra 2-48 cm. Long fra o 6 cm.		
Backrest upholstery	Adjustable plu:	sh upholstery/ECS		
Backrest cover	Standard/Com	fort/Tidy		
Push handles		Iternative bow ha justable at interva		
Fixed push handles	Fits for Crossba Right/left mode			
Legrests, detachable, adjustable side- ways	Standard knee	angle/narrow/nar	row short	
	Lockable, stand short	dard knee angle/n	arrow/narrow	by by
Angle adjustable	depth, angle a flip-up calf sup Mod 2 with ca height and side Mod 3 with fo seat width.	lf support adjusta	available with ble in angle, t from 40 cm	

# 4 The chairs possibilities

	Plaster legrest/amputee legrest/ amputee weight	
Armrest	short 25 cm/long 35 cm	
Footrest	Std Max length: 51 cm. Min length: 33 cm.  Extended attachment tubes +10 cm Shorter attachment tubes -8 cm	
	One-piece footrest	
	One-piece footrest complete for 35-37,5 seat width, adjustable in angle, settable height and depth	
Front fork attachment	Standard/widened 6 cm Adjustable 4 cm in height	+6 cm
Brakes	Standard/Single hand brake, both alternatives with standard, angled or extended handle.	
Single hand drive	For right or left side. Telescoping axle, easy to remove when folding	

# 5 Accessories

Armrest height-adjustable 25 cm long, solid top, black	
Armrest height-adjustable 38 cm long, solid top, black	
Armrest cover detachable, 25 or 38 cm long padded or gel, dark grey plush or black Dartex	
Armrest cushion wide and soft, 8x40 cm, fits onto armrest	
Armrest cushion Hemi swing-away for mounting on long armrests	
Armrest foldable height adjustable or fixed height	
Side guard black	
Mudguard right and left	
Thigh support	
Widening kit to extend handrims, brake and armrests 10 mm on each side	
Tray transparent, fits onto long armrest	
Tray Hemi tip up right / left	
Bracket for seat extension	
Seat cushion dark grey plush and black velour, 56 cm, cut according to seat depth set, washable	

# 5 Accessories

Seat cushion Tidy, water repellent, wipe clean	
Comfort wedge for the cushion, evens out the front part of the seat	(s)
Seat and backrest cushions ECS in PE or memory foam, cover in dark-grey plush or black Dartex	
Cover for calf support on angle adjustable legrest model 3	
Calf strap detachable, black nylon, adjustable in length	
Padding for calf strap	
Heel straps black nylon, adjustable length	
Extended footrest fits onto the existing footrest	
Positioning belt two pieces, with snap-lock, fixing points on the wheelchair frame	
Seat belt with snap lock	
Headrest mounts on steering bar, adjustable in height, depth and angle Available in several models	
Back wedge length 15 and 30 cm, attached with Velcro	
Trunk support settable in depth and angle, black Dartex, foldable, incl. attachment	
Trunk support Cross back 3A, PUR or Dartex	
Trunk support Cross back 3A, swing-aside, medium or large cushion	
Anti-tips foldable, height settable	A STATE OF THE STA

# 5 Accessories

Anti-tips telescopic, foldable, settable				
Anti-tips with tilter, foldable, height s	Anti-tips with tilter, foldable, height settable			
Tilter (not for low seat heights 20" /	22" in position C	)	ا افتاد امد افتاد افت افتاد افتاد افتاد افتاد افتاد افتاد امداد افت افت افت افت اصدا افت افت افت افت افت افت افض افض افض افض افض افض افض افض افض افض	
Cane holder two parts, one of which around the cane.	is an elasticated s	ection that is fastened		
Spoke guard with grey or yellow print			( <u>6</u> )	
Tetra quick release adapter for persons with reduced hand function				
Transport attachment when mounted				
Tool kit	<b>===</b>			
Bags Rain cape Proof				
Bags Case Logic		Weather protector Proof		
Gloves		Leg warmer Proof		

 $Information\ about\ bags,\ gloves\ and\ clothes\ is\ available\ at\ www.etacbutiken.com$ 

# 6 Settings seat

#### 6:1 Front seat height

The front seat height (see Part "The chairs possibilities") is dependent on:

Castor wheel 6", 6.5".

Front fork attachmentSettable height and angle.

Front fork Short and medium length with three alternative

height settings for the castor wheel.

Δ

Risk of tipping: Always check the positioning of

the anti-tips.

(!) See also point 14: "Alternative seat heights/angles".



The height may be adjusted by changing the castor wheel itself or by changing its position in the fork. Unscrew the castor wheel and place it at the desired height in the front fork.



Tools: 5 mm Allen key and 10 mm U-spanner.

(!) Also adjust the angle of the front fork attachment, see point 6:5.

#### 6:3 Adjusting the height of the front fork attachment

The height of the front fork can be adjusted 4 cm up or down by loosening the two attachment screws (A and B) 1-2 turns. See position marking (C) to obtain equal height on both sides. Check and adjust the angle of the attachment and tighten the screws.



Tools: 6 mm Allen key (a spirit level may be useful).



Risk of tipping: Always check the positioning of the anti-tips.

(!) Also adjust the angle of the front fork attachment, see point 6:5.

#### 6:4 Changing front fork

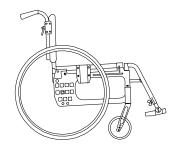
Pull out the plug attachment on the front fork attachment to reach the retaining nut. Unscrew the nut and pull out the front fork. Take the washer and ball bearings and put it on the new fork (the bevelled side (A) <u>towards</u> the fork). Insert the new fork into the attachment. It is also important to ensure that the washers in the attachment (under the retaining nut) are placed in the right order, with the spring washer (B) on top.

Tighten the retaining nut until it cannot be turned any more. Loosen it 1/2-1 turn. The spring washer then has the correct tension. It reduces the risk of the castor starting to "wobble".

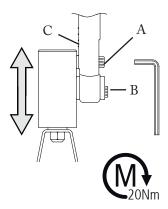


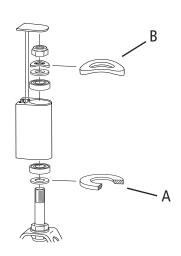
Tools: 19 mm socket spanner.

(!) Also adjust the angle of the front fork attachment, see point 6:5.









# 6 Settings seat

#### 6:5 Setting the angle of front fork attachment

The correct angle setting is important for the wheelchair's manoeuvrability.

- Loosen the lower attachment screw(A) about 2 turns so that the tag (C) moves freely inside the shaft.
- Insert the Allen key in the hole (B) and turn until the attachment is at 90° to the floor.
- Always start from a position that enables the wheel to move forward in the rotation (D).
- Hold the shaft in place while the lower attachment screw is tightened.



Tools: 6 mm Allen key (a spirit level may be useful).

(!) Keep your eye on something vertical, e.g. a doorpost or a table leg when setting the angle.



Risk of tipping: Always check the positioning of the anti-tips.

#### 6:6 Rear seat height

The rear seat height is dependent on:

The size of the rear wheels 24", 22" or 20"

The position of the rear wheels, 3 alternative heights: A-B-C



Risk of tipping: Always check the positioning of the anti-tips.

(!) See also point 14: "Alternative seat heights/angles".

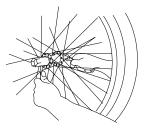
# Seat height rear

#### 6:7 Rear wheel with quick release hubs

The shaft axle is movable and can also be adjusted in length. Turn the nut on the axle inwards/outwards while at the same time holding the axle with an adjustable spanner.



When attaching the rear wheels, always check that they are securely mounted. The button in the hub should pop out to the original position.



#### 6:8 Height adjustment of the rear wheels

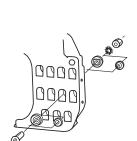
Loosen the hub sleeve, washers and nuts and reassemble it at the desired height. At the same time you should also test for correct balance, see point 9:8.



Tools: 24 mm socket spanner.



- -Check that the rear wheels are correctly mounted, see point 6:7. -Always check the positioning of the anti-tips.
- -Always adjust the brakes after re-positioning the rear wheels.
- (!) Also adjust the angle of the front fork attachment.





### 6 Settings seat

#### 6:9 Adjusting the brakes

The brakes are infinitely settable.

- Loosen the nut (A) a couple of turns and slide the brake until the brake block is about 15-20 mm from the tyre when the brake is not applied.
- Ensure that the brake is positioned straight in the groove and tighten the nut appr. 5 Nm. Test the brakes.



Tools: 5 mm Allen key.

If the rear wheel is positioned in one of the forward settings it is possible for a legrest, when swung to the side, to unlock an applied brake. To avoid this the brake handle should be adjusted so that you attain a "neutral" position. In this way the brakes are released only when the handle is pushed close to the wheel.

- Loosen the screw on the inside of the brake handle.

Remove the oval plate, turn it 180°(the pins on the plate's inside must sit in the upper hole) and tighten it again.



Tools: Phillips screwdriver.

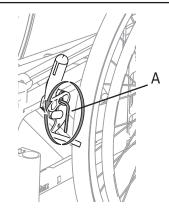


The braking effect is dependent on the air pressure in the tyres.

The brakes are parking brakes and should not be applied during use.



The brake does not work with 20" low pressure or solid tyres in pos. A3, B4 or C4.



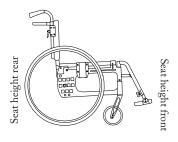
Brake lever extensions and angled brake handles are available as accessories.

#### 6:10 Seat angle

The seat angle is dependent on the difference between the front and the rear seat heights. The seat can also be set angled forwards.

For max. angle of the chair, see "The chairs possibilities".

- (!) If the seat angle is changed:
  - Adjust the angle of the front fork attachment.
  - Also check the angle of the backrest.





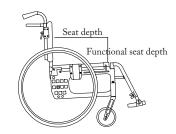
Bear in mind the risk of tipping, always adjust the position of the anti-tips.

#### 6:11 Seat depth Cross XL with adjustable seat upholstery

The seat depth can be adjusted (Also see "The chairs possibilities") by lifting the front seat upholstery and sliding it backwards or forwards.

With Cross backrest 3A triangular, the seat depth can be further adjusted by means of the lumbar angle (see the settings section for Cross backrest 3A).

The functional seat depth is dependent on the setting of the back upholstery. It can be upto 6 cm longer than stated seat depth measured from the seat tube.



# 7 Settings backrest mod. 2

#### 7:1 Backrest

The backrest is settable in height and angle and has adjustable backrest upholstery.



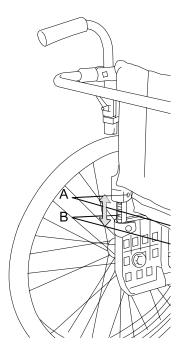
Risk of tipping: Always check the position of the anti-tips after adjusting the backrest.

#### 7:2 Backrest height

The backrest height is continuously settable (See "The chairs possibilities"). Loosen the screws (A) 2-3 turns to set the height of the backrest. Ensure that both sides are at the same height by checking against the ruler (B) on the back of the back tube. Tighten the screws securely.



Tools: Allen key 5 mm.



#### 7:3 Backrest angle

The backrest angle is infinitely variable (See "The chairs possibilities"). The angle is adjusted using the nut on the inside of the rear wheel attachments.

- Loosen the nut on one of the back tubes, set the desired angle and tighten the nut firmly again.
- Repeat the procedure on the other side.

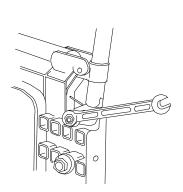


Tools: 13 mm ring spanner.

(!) Check that the angle is the same on both sides by comparing the distance between the back tube and the armrest guard.



Risk of tipping: Always check the positioning of the anti-tips when changing the backrest angle.



# 7 Settings backrest mod. 2

#### 7:4 Backrest upholstery

The contour of the backrest upholstery is individually adjustable by using the five Velcro straps and the backrest cover.

- Allow the cover plenty of room between seat and backrest, so that it is possible to "sit in" against the backrest.
- Loosen all the straps and ensure that the user is sitting as far back in the seat as possible.
- Tighten the straps so that they follow the contours of the back and give support to the lumbar region.



Risk of tipping: Always check the positioning of the anti-tips after adjusting the backrest upholstery.

(!) Do not over-tighten the upper Velcro straps as this can prevent the cross-brace from unfolding properly, i.e. the back tubes do not sit flush in the side-frames.



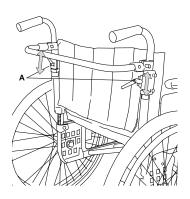
#### 7:5 Height adjustable push handles

The push handles can be set at intervals of 2 cm.

- Loosen the knob (A) and press the plastic washer. Install desired height.
- Ensure that the push handles are locked in the correct position. Tighten the knob again.



Ensure that the knobs are properly tightened. This is especially important if you intend to lift the wheelchair whilst the user is sitting in it.

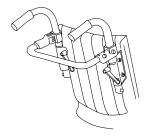


#### 7:6 Cross brace, backrest (standard on Cross XL)

A cross brace is fitted to the backrest for extra stability. The cross brace is fixed to the push handles and can easily be removed using the snap lock.



The cross brace must be uncoupled if the chair is to be folded.

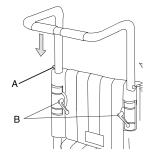


#### 7:7 Bow handle

The steering bar is height adjustable and detachable. It is mounted in the push handle attachment, and is adjusted in the same way, see point 7:5. A headrest may also be fitted to the steering bar, see part "Assembly instructions, Accessories".

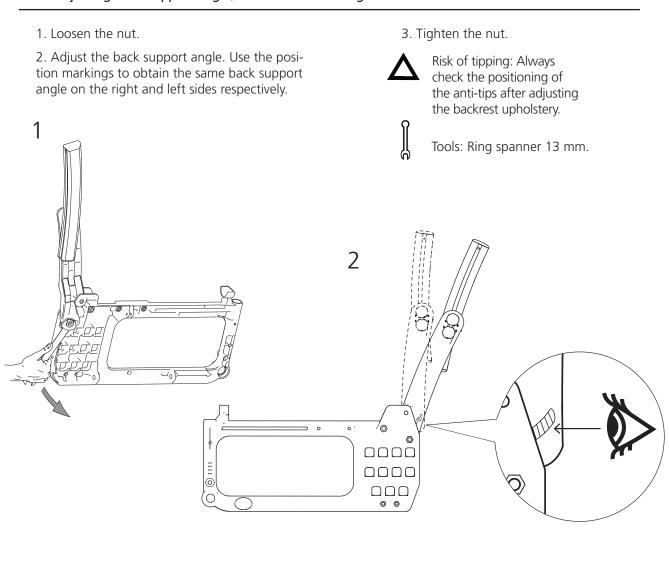


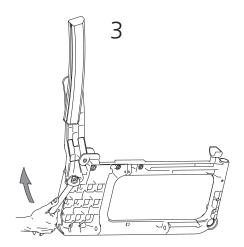
The steering bar must be removed before the chair can be folded. Ensure that the knobs are properly tightened. This is especially important if you intend to lift the wheelchair whilst the user is sitting in it.



# 8 Settings backrest 3A

#### 8:1 Adjusting back support angle, mono- bi- and triangular back





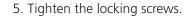
# 8 Settings backrest 3A monoangular back

#### 8:2 Adjusting back support height

- 1. Remove the protective cover.
- 2. Loosen the locking screws max. 1 turn.

3-4. Adjust the back support height using the graduation and marking on the lower back rod.

3



6. Fit the protective cover.

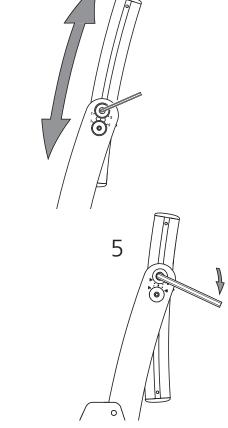


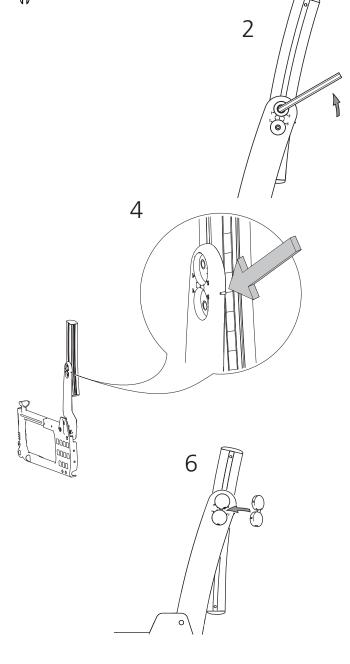
Risk of tipping: Always check the positioning of the anti-tips after adjusting the backrest upholstery.



Tools: Allen key 5 NV.







# 8 Settings backrest 3A biangular back

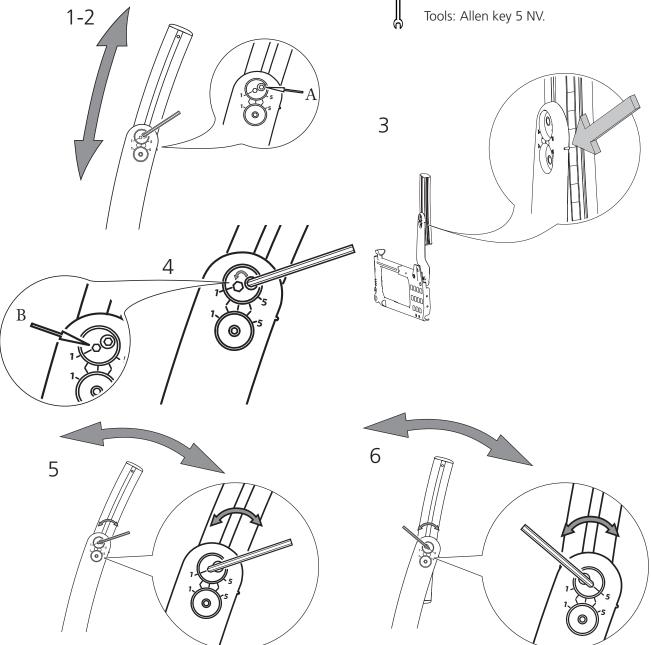
#### 8:3 Adjusting back support height and lumbar angle

- 1-2. Remove the protective cover and loosen the locking screw (A) max. 1 turn (see also illustration 1 on page 20).
- 3. Adjust the back support height using the graduation and the marking on the lower back rod.
- 4. Move the Allen key to the eccentric shaft's key handle (B).
- 5-6. Install desired lumbar angle.
- 7. Tighten the locking screw and fit the protective cover as in illustration 5-6 on page 20.



Risk of tipping: Always check the positioning of the anti-tips after adjusting the backrest upholstery.





# 8 Settings backrest 3A triangular back

#### 8:4 Adjusting back support height and lumbar angle

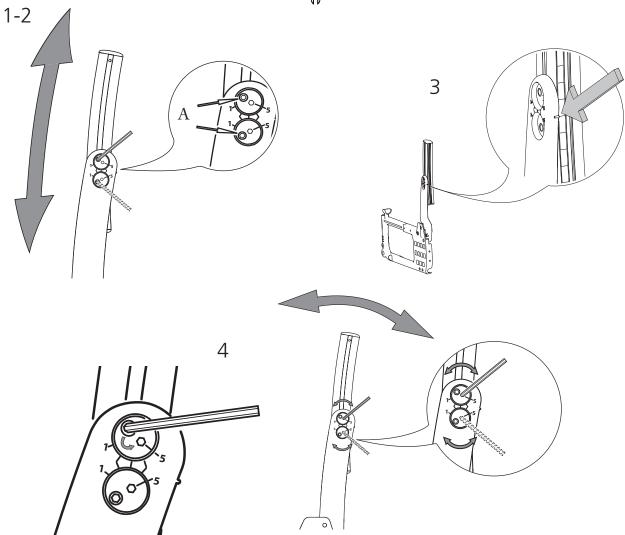
- 1-2. Remove the protective cover and loosen the locking screws (A) max. 1 turn (see also illustration 1-2 on page 20).
- 3. Adjust the back support height using the graduation and the marking on the lower back rod. Tighten the locking screws max. 1/2 turn.
- 4. Place the Allen key in the selected eccentric shaft's locking screw and loosen it 1/2 turn. Move the Allen key to the eccentric shaft's key handle and set the required lumbar angle.
- 5. Tighten the locking screws and fit the protective cover as in illustration 5-6 on page 20.
- ! We recommend that you start adjusting the lumbar angle with the upper eccentric shaft. If a larger angle is required, adjust the lower eccentric shaft as well.



Risk of tipping: Always check the positioning of the anti-tips after adjusting the backrest upholstery.



Tools: Allen key 5 NV.



# 8 Settings backrest 3A triangular back

#### 8:5 Adjusting seat depth by means of lumbar angle

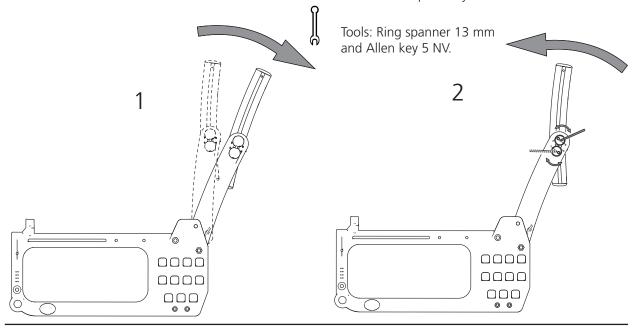
An extended seat depth is achieved by opening the back support angle (hip) and then the lumbar angle.

1. Adjust the back support angle (see also illustration 1-3 on page 20).

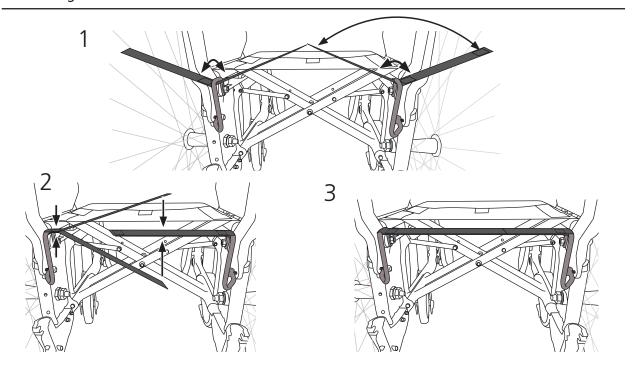
2. Adjust the lumbar angle to the required back support angle using the eccentric shafts as in point 4-5 on page 22.

3. If necessary fit seat extender (accessory).

Risk of tipping: Always check the positioning of the anti-tips after adjusting the backrest upholstery.



#### 8:6 Fitting seat extender



# 9 Settings: legrests

#### 9:1 Legrests with fixed or adjustable angle

<u>Fixed:</u> The legrests are detachable and can be swung to the side or under the seat.

They are available in two different knee angles: standard and narrow. The narrow legrest is also available 8 cm shorter. All 3 variants can be obtained as lockable.

<u>Adjustable:</u> In addition there are several types of variable, angle-adjusted legrests with calf supports.

Amputee legrests and amputee weight are also available as alternatives to legrests.



Never stand on the footrests as there is a risk of tipping! Never carry a wheelchair by legrests other than lockable.

#### 9:2 Legrest with fixed knee angle (wide or narrow)

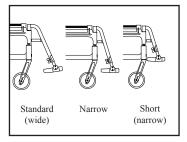
With narrow knee angle the feet are 5 cm closer to the seat than with the standard angle. The narrow legrests are a good alternative when the seat depth is shortened, but they can only be used with 5" castor wheels. For a raised footrest, the narrow footrest is also available in a shortened version, (combined with footrest with shortened attachment bar).



When lifting a wheelchair without lockable legrests:

Swing the legrests under the seat or remove them completely and lift using the frame (lower or upper tubes).

The narrow legrest limits the choice of castors.



#### 9:3 Lockable legrests (option)

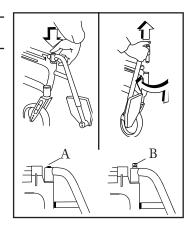
Cross XL can be supplied with lockable legrests. The legrests are detachable and

can be swung to the side or under the seat.

- To remove the legrests, press down on the red button (A) and lift.
- To fasten the legrests press down on the red button (A), put the legrest into place and release the button.
  The legrest is now locked, (B).



Before lifting the wheelchair check that the legrests are locked.



# 9 Settings: legrests

#### 9:4 Continuously angle-adjustable legrest (option)

There are three types of angle adjustable legrest.

<u>Mod. 1:</u> With or without plush covered calf plate which is adjustable in height, depth and angle. The calf plate can also be mounted as a knee stop.

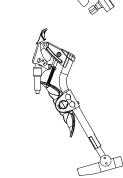
(!) See assembly instructions supplied for mounting the calf support.

Mod.2: With foldable calf support which is adjustable in angle, height and sideways. Calf support in polyurethane.

Mod. 3: With polyamide or plush calf support that is hinged and angleadjustable for optimum fit against the calf. The calf support can be fitted at 2 different heights on the legrest tube. With seat width 35 and 37,5 calf support of polyamide can only be used on one side.



Never stand on the footrests as there is a risk of tipping! When lifting a wheelchair, remove the legrests and lift using the frame (lower or upper part).



#### 9:5 Amputee legrest (option)

The amputee legrest is settable in height. It can also be adjusted forwards, sideways and in angle. It can be used both on the left and right side of the chair.

- Angle and sideways: loosen the lever under the plate.
- Forwards/backwards: loosen the knobs under the plate.
- Height: use the Allen key provided.

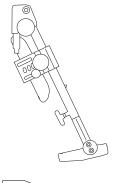


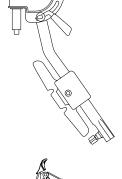
Tools: 4 mm Allen key (provided with the amputee legrest).

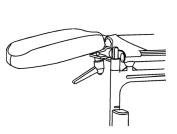


Never sit on the amputee leg support.

When lifting the wheelchair, remove the amputee leg support, swing the other legrest in under the seat (or remove it) and lift using the frame (lower or upper part).







# 9 Settings: legrests

#### 9:6 Height of the footrests

Cross XL is supplied with flip-up footrests, adjustable in height. The footrests are also settable in angle and depth.

Height Loosen the locking handle (A) on the legrest fully.

Remove the screw (B).

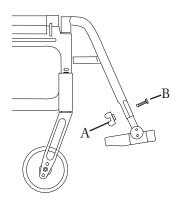
Set the height. Replace the screw and handle. Tighten securely.

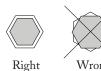
Max. length: 51 cm. Min. length: 33 cm.



For outdoor use the footrests should be raised 4-5 cm above the ground. Never stand on the footrests as there is a risk of tipping!

Make sure the screw head locks in the hexagon hole.





#### 9:7 Angle and depth of the footrests

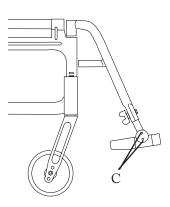
The footrests can also be adjusted in angle and depth.

Angle Loosen the screws (C) slightly. Adjust to the required position and tighten again.

Tools: 5 mm Allen key.

Depth The sides of the footrests have different lengths. By changing the left side for the right they will extend further forwards.

(!) If the depth is altered, the angle must be adjusted.



#### 10:1 General

#### Parking:

Increase the overall support base of the wheelchair by reversing for about 10 cm, thereby ensuring the castor wheels swing forwards.

If the user is left alone in the wheelchair, ensure that the brakes are applied and that the anti-tips are swung down.

#### 10:2 Driving technique, kerbs and raised thresholds: up

User, driving up forwards:

This technique is recommended only for experienced wheelchair users.

- Ensure that the anti-tips are turned upwards.
- Drive forward to the edge of the kerb/threshold.
- Balance the wheelchair on its rear wheels so that the castors lift high enough to come up on the pavement. Grasp the handrims firmly, at the same time leaning forwards with your upper body.



Be sure to turn the anti-tips back to the down position.

Care giver, driving up forwards:

- Ensure that the anti-tips are turned upwards.
- Tilt the wheelchair, if necessary with help from the tilter, so that the castor wheels come up on the pavement.
- Lift by the push handles to help the rear wheels up.



Be sure to turn the anti-tips back to the down position.

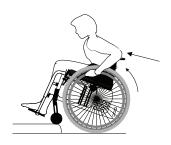


This technique only works if there is a low kerb/threshold, relative to the installed height of the footrests.

- Ensure that the anti-tips are turned upwards.
- Reverse to the edge of the kerb/threshold.
- Take a firm hold of the handrims while at the same time leaning forwards.



Be sure to turn the anti-tips back to the up position.







#### Care giver, driving up backwards:

- Reverse the chair to the edge of the kerb/threshold.
- Tilt the wheelchair up, if necessary with help from the tilter, so that the castor wheels are in the air.
- Pull the wheelchair upwards and backwards, ensuring that the castor wheels have cleared the edge before setting down the wheelchair onto all four wheels.



Be sure to turn the anti-tips back to the down position.



#### 10:3 Driving technique, kerb: down

#### User, driving down forwards:

This technique is recommended only for experienced wheelchair users.

- Ensure that the anti-tips are turned upwards.
- Drive forward to the edge of the kerb.
- Take a firm hold on the handrims and drive "straight out" so that the wheelchair lands on all four wheels simultaneously.



Be sure to turn the anti-tips back to the down position.

#### Care giver, driving down forwards:

- Ensure that the anti-tips are turned upwards.
- Tilt the wheelchair up, if necessary with help from the tilter, so that the castor wheels are in the air.
- Drive carefully down the kerb and set down the castor wheels onto the ground again.



Be sure to turn the anti-tips back to the down position.

#### User, driving down backwards:

This technique is not recommended for differences in level of over 10 cm.

- Ensure that the anti-tips are turned upwards.
- Reverse to the edge of the kerb.
- Reverse carefully down while at the same time leaning forwards.



There is a greater risk of tipping during this manoeuvre. Be sure to turn the anti-tips back to the down position.

#### Care giver, driving down backwards:

- Ensure that the anti-tips are turned upwards.
- Reverse the wheelchair to the edge of the kerb.
- Drive carefully down the kerb and reverse the wheelchair on the rear wheels until the castors have cleared the obstacle.
- Set down the wheelchair once again on all four wheels.









#### 10:4 Driving technique, inclined surface

Please read this important advice for driving up or downhill carefully to minimise the risk of tipping.

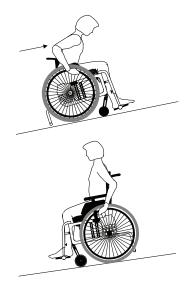
(!) Avoid turning round in the middle of a hill.Always drive as straight up/down as possible.It is better to ask for help than to take a risk on your own.

Uphill driving: Lean forwards to correct your centre of balance.

Downhill driving: Lean against the backrest to correct your centre of bal-

ance. Control your speed using the handrims, not by

means of the brakes!



#### 10:5 Driving technique, stairs: up



Always ask for help.

Never use an escalator, even if a care giver is available. We always recommend using two carers for this transfer. One who walks behind and holds on to the push handle and one who walks in front and holds on to the frame (or in the legrests if these are lockable).

#### With care giver, backwards:

- Turn the anti-tips upwards and ensure that height adjustable push handles are securely tightened.
- Reverse the wheelchair to the first step.
- Tilt the chair onto its rear wheels, if necessary using the tilter to help.
- Pull the wheelchair slowly upwards, one step at a time, keeping it balanced on the rear wheels at all times.
- When the last step has been cleared, continue backwards so that the castor wheels are over the ground before setting down the wheelchair on all four wheels.



Be sure to turn the anti-tips back to the down position after completed transfer.

(!) The care givers should remember to use the strength in their legs and to keep their backs as straight as possible while lifting.



#### 10:6 Driving technique, stairs: down



Always ask for help.

Never use an escalator, even if a care giver is available. We always recommend using two carers for this transfer. One who walks behind and holds on to the push handle and one who walks in front and holds on to the frame (or in the legrests if these are lockable).

#### With care giver, forwards:

- Be sure to turn the anti-tips back to the up position and ensure that height adjustable push handles are securely tightened.
- Drive forward to the first step and tilt the wheelchair onto its rear wheels if necessary with help from the tilter.
- Drive carefully down, one step at a time, keeping the chair balanced on its rear wheels at all times.
- After clearing the last step, "set down" the wheelchair once again on all four wheels.



Be sure to turn the anti-tips back to the down position after completed transfer.

(!) The care givers should remember to use the strength in their legs and to keep their backs as straight as possible while lifting.

#### 10:7 Driving technique, transferring into/out of the wheelchair

The technique for transferring a user should be practised with trained personnel.

All that is provided here is some important advice to consider in conjunction with transferring a user into or out of the wheelchair.

With or without a care giver, sideways.

#### Before transferring:

- Increase the overall support base of the wheelchair by reversing for about 10 cm, thereby ensuring the castor wheels swing forwards. The wheelchair should be positioned as close to where the transfer is going to take place as possible.
- Apply the brakes, remove or swing up armrest/side guard and legrest on the side you intend to move across

# With or without a care giver, from the front. Before transferring:

- Increase the overall support base of the wheelchair by reversing for about 10 cm, thereby ensuring the castor wheels swing forwards. The wheelchair should be positioned close to where the transfer is going to take place.
- Apply the brakes, remove the armrest/side guard and swing the legrest in under the seat one the side you intend to move across.



Never stand on the footrests as there is a risk of tipping!

(!) The care givers should remember to use the strength in their legs and to keep their backs as straight as possible while lifting.



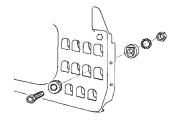




#### 10:8 Adjusting the centre of balance

The centre of balance can be adjusted by changing the position of the rear wheels.

 Move the axle shaft/rear wheels forwards/backwards as shown in point 6:8.





Also adjust the brakes, see point 6:9.



Tools: 24 mm socket spanner (10 mm spanner).

When the position of the rear wheels is moved forwards the wheelchair becomes much more manoeuvrable, but the tendency to tip backwards increases.

(!) The centre of balance is also altered when the seat and/or backrest angle is adjusted.



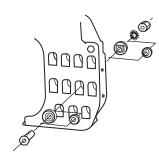
We recommend the use of anti-tips.



Ensure that rear wheels with quick release hubs are mounted securely, see point 6:7.

#### 10:9 Changing the camber angle, Cross XL

The rear wheels are mounted with a standard 2° camber angle. You can change the camber angle by changing the washers between the axle shaft and the nut.





Tools: 24 mm socket spanner and adjustable spanner.

#### 10:10 Handrims

The way in which the user is able to grip the handrims is influenced by the handrim's material and its distance from the wheel. Cellular rubber and plastic coated handrims are available as options.



Cellular rubber/ plastic coated handrims increases the friction.

Violent braking can cause mild friction burns (e.g. blisters).



Be aware that when passing through narrow spaces there is a risk of getting your fingers caught. There is also a risk of fingers getting caught in the spokes.



If there is a risk of the user's fingers getting caught in the spokes we recommend spoke guards.

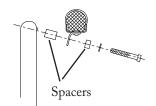
#### 10:11 Adjusting the distance of the handrim

Aluminium, stainless, plastic-coated and cellular rubber handrims for 24", 22" and 20" rear wheel:

The distance between the wheel and the handrim can be adjusted by adding or removing spacers.



Tools: 4 mm Allen key.



# 11 Assembly instructions accessories

Assembly instructions are always Instructions are provided with accessories when they are supplied by Etac.

Instructions are also available on our website. www.etac.com

#### 11:1 Seat cushion and comfort wedge

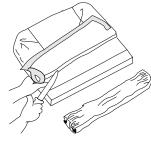
It can be cut to the desired depth either at the front or back edge. When measuring the length, ensure that the cushion is properly positioned between the back tubes with the rounded corners to the rear.



The cushion is a standard model and is not suitable for users with sitting sores.

A comfort wedge is a useful accessory for the seat cushion. It evens out the front edge of the seat, giving even greater seat comfort. Place the comfort wedge in the cushion-cover's inside pocket, under the cushion.

The arrow on the comfort wedge should be on the top-side pointing forwards.





#### 11:2 Armrest, detachable, height adjustment

The detachable armrest comes in two versions, with short or long armrest guard. The armrest attachment can be fitted in 2 different heights. In position 1 the height of the armrest is settable between 19 and 26 cm, and in position 2 (standard) between 24 and 31 cm, with 1 cm intervals.



Tools: 10 mm spanner, 5 mm Allen key.

The lock lug is used both to set the height of the armrest and secure the side guard:

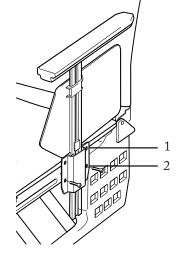
- Loosen the screw that fastens the lock lug.
- Slide the guard up or down to the desired height.
  - Retighten the lug on the sideguard.

Tools: 3 mm Allen key.



Never use the armrests to lift the wheelchair.

If necessary the right armrest can be fitted on the left side and viceversa.

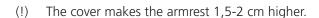


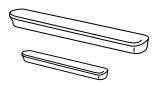
(!) With 24" low pressure or solid tyres in pos. C1, the armrest's sideguard does not cover the front edge of the rear wheel.

# 11 Assembly instructions accessories

#### 11:3 Padded cover, armrest

The detachable armrests can be supplemented with a padded or gel cover. The covers are manufactured in dark grey plush, or alternatively black Dartex, and they are washable.





#### 11:4 Armrest, flip-up, height adjustment

The flip-up armrest comes in two varieties, height adjustable and fixed. It is mounted onto the wheel-chair's frame and can be flipped upwards/backwards by pressing the red lever (A) inwards. Mount the armrest according to the assembly instructions supplied.

The armrest height is settable between

22 and 30 cm with 1 cm intervals.

- Push the red lever to one side and loosen the screws that fix the armrest bracket to the frame.
- Slide the armrest up or down to the desired height.
- Tighten the screws again.

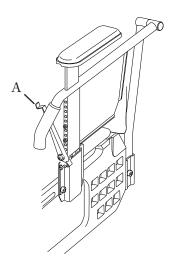


Tools: 3 mm Allen key.



Never use the armrests to lift the wheelchair.

 These armrests cannot be combined with a cane holder or with 24" or 22" rear wheel in position C.



#### 11:5 Positioning belt

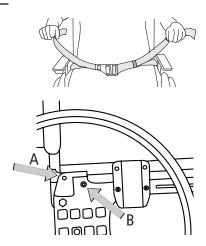
The positioning belt is in two parts, is adjustable in length and has a snaplock. It can be mounted either in the backrest joint (A) or in the holes just in front of the backrest joint (B), above the wheel mounts. Assembly instructions are supplied with the belt.

(!) Ensure that the user does not slide forwards in the seat as this can lead to the belt impairing the supply of blood to the hip/waist area.



The belt is to be used only for positioning in the wheelchair. It must not be used as a substitute for a car safety belt.

We recommend the front position. (B) It counteracts sliding forward more effectively.



# 11 Assembly instructions accessories

#### 11:6 Anti-tip, mounting

The anti-tip consists of two parts:

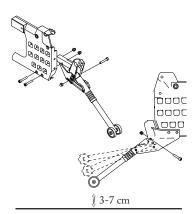
- The attachment bar is mounted under the wheel mount (see illus).
- The anti-tip bar is mounted at the desired height. (see illustration) To allow you to negotiate thresholds and the edges of thick carpets, a distance of 3-7 cm from the floor to the stabiliser wheel is recommended.



Tools: 5 mm Allen key



After adjusting the seat height, centre of balance or backrest angle, always ensure that you check the function of the anti-tip.



Ĵ 3-7 cm

Telescopic anti-tips can be adjusted in length and angle by pressing in the snap-lock pin.

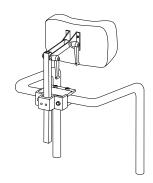
#### 11:7 Headrest

The headrest is mounted onto the steering bar (option, see point 7:7). The headrest is adjustable in height, depth and angle, and is detachable. Assembly instructions are supplied with the headrest.

(!) Before the headrest is adjusted, ensure that the user has a good, secure sitting posture.



Check the balance of the wheelchair when the user leans against the headrest. We recommend the use of anti-tips.



#### 12 Care and maintenance

#### Upholstery

The upholstery is made of two-ply polyester or coated fabric.

The seat upholstery is fastened lengthways to the seat frame, and can easily be removed from the frame by unscrewing the end caps.

The backrest upholstery is removed by loosening the screws of the push handle attachments and then pulling the upholstery upwards.

Wash seat and backrest upholstery according to the washing instructions on the product.

#### Rear wheel, castor wheel, front fork attachment

**Tyre/inner tube:** Check the tyre pressure (see side of tyre) at least once a month, also check the tread.

**Spokes:** Loose spokes can lead to wheel wobble. Consult a cycle dealer or your Technical Aids

Centre if it is necessary to adjust the spokes.

**Wheel axles:** Clean the wheel axles from hair and dirt as necessary.

**Ball bearings:** Require no maintenance.

**Handrims:** If a handrim should be damaged in such a way that it could lead to injury, it should be

replaced.

Front fork attachment: To achieve the best operating conditions, the attachments should be installed at the

correct angle.

Check also that the front forks are tightened according to instructions, see point 6:4.

#### **Brakes**

The braking effect is dependent on the air pressure in the tyres. Encrusted dirt can have a negative effect on the brake mechanism. Check the functioning of the brakes once a month. In the event of adjustments, see point 6:9.

#### Washing the frame

It is important to keep the wheelchair clean, both for your own comfort and the longevity of the chair. It is equipped with drainage holes which ensures that it is easy to wash and dry.

Clean the frame with a non-abrasive cleaning agent with a pH level between 5 and 9, or with a 70% disinfectant solution. Rinse and dry.

#### Touch-up paint

Touch-up paint is available for minor scratches and chips in all the frame colours available for Cross wheel-chairs.

#### Miscellaneous

If there is a fault in your wheelchair you should contact your dealer or Technical Aids Centre. Defective wheelchairs should not be used. If your chair needs reconditioning or repair, only original parts from Etac or components with equal quality, as specified in Cross diagrams, should be used. Etac will not be held responsible for damage or injury caused by use of non-original parts.

(!) When necessary, lubricate moving parts/joints with bicycle oil or similar.

# 12 Care and maintenance

#### **Fault-finding chart**

Problem\* Solution

The wheelchair pulls to the side	- Inflate the tyres - Adjust the front fork attachment's angular setting - Check that the front fork attachments are mounted at the same height - Rear wheel mountings are incorrectly fitted - The user is distributing weight unevenly - More strength being used on one side than the other when propelling the chair
The wheelchair feels "heavy" to propel	<ul> <li>Inflate the tyres</li> <li>Rear wheel mountings are incorrectly fitted</li> <li>Clean the castor axles from hair and dirt</li> <li>Too much weight over the castors. Adjust the centre of balance</li> </ul>
The wheelchair feels "heavy" to turn	<ul> <li>Inflate the tyres</li> <li>Check that the front forks are not too tight</li> <li>Adjust the front fork attachment's angular setting</li> <li>Clean the castor axles from hair and dirt</li> <li>Too much weight over the castors. Adjust the centre of balance</li> </ul>
Brakes not effective	- Inflate the tyres - Adjust the distance between brake and tyre
Rear wheels "loose"	- Adjust the length of the axle shaft
Rear wheels hard to remove/replace	- Clean and lubricate quick release with cycle oil or similar - Adjust the length of the axle shaft
The castors "wobble"	<ul> <li>The front forks are not tight enough</li> <li>Check that the front fork attachments are mounted at the same height</li> <li>Adjust the front fork attachment's angular setting</li> <li>Too much weight over the castors. Adjust the centre of balance</li> </ul>
The wheelchair is hard to fold /unfold	- The upholstery is too tight - Clean and lubricate the cross-brace under the seat
The wheelchair feels "awk- ward"	- Inflate the tyres - Check that screws, nuts and bolts are properly tightened

- (!) When necessary, lubricate moving parts/joints with bicycle oil or similar.
- \* The user may experience several of these problems if the wheelchair is incorrectly adjusted or is being incorrectly used.

# 13 Tests and guarantees

**Cross XL** is tested and approved for use indoors and outside and is CE marked.

Max. user weight is 155 kg.

The Swedish Institute of

**Assistive Technology** carries out both functional and technical tests.

Testing methods conform to ISO standard 7176.

**CE marking:** The product has passed all tests and met all criteria set by European stand-

ards for specific product groups.

A proof that the product meets national and EU MDD

(Medical Device Directive) requirements.

Gives customers the chance to choose the right product by comparing test

data.

**Guarantee:** 5 year guarantee against material and manufacturing defects.

For terms and conditions, see www.etac.com

**Special adaptations** comprise everything that falls outside the instructions and settings in this

Manual. Wheelchairs specially adapted by customers are not eligible for Etac's CE marking. Etac's guarantee no longer applies. If in doubt about

adaptations, consult Etac.

**Combining** Cross XL with another product, not manufactured by Etac:

In general neither of the products will retain their

CE marking. Etac has agreements with a number of firms whose products are approved in combination with Cross, including seat systems and motors. These can be combined and still retain their CE certificates from the manu-

facturer. Please contact Etac for up-to-date information.

# 14 Alternative seat heights/angles

**Rear seat height table** (Measurements given can vary  $\pm$  2% depending on tyre type and seat angle)

#### Cross XL

	Rear wheel pos	Seat height rear seat angle 3°	Distance rear wheel-seat
	A 1-3	50 cm	10 cm
24"	B- 1-4	45 cm	14.5 cm
	C- 1-4	41 cm	19 cm

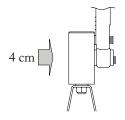
#### Cross XL

	Rear wheel pos	Seat height rear seat angle 3°	Distance rear wheel-seat
	A 1-3	49 cm	7.5 cm
22"	B- 1-4	44 cm	12 cm
	C- 1-4	40 cm	16.5 cm

#### Cross XL

	Rear wheel pos	Seat height rear seat angle 3°	Distance rear wheel-seat
	A 1-3	47 cm	5 cm
20	B- 1-4	42 cm	9.5 cm
	C- 1-4	38 cm	14 cm

# Distance rear wheel/seat C DOOD A COO 4321 A 221 C A 2



Front fork attachment is infinitely settable 4 cm in height.

#### Front seat height table

		Castor wheel	
Fork	Position	6"	6½"
Short	S 1	-	-
	S 2	40-44 cm	41-45 cm
3 —————————————————————————————————————	S 3	41-45 cm	42-46 cm
Medium I	M 1	43-47 cm	44-48 cm
1 ///	M 2	44-48 cm	45-49 cm
3	M 3	46-50 cm	47-51 cm

For correct installation of front fork attachment: Max. backward inclination 6 cm (9°), max. forward inclination 2 cm (3°).

# 15 Weights and dimensions, standard models

# Cross XL 47,5-60 cm

Type of chair	Art. no.	Seat depth from back tubes**	Seat height front	Seat height rear	Backrest height***	Total width	Transport width	Weight with rear wheels
1	1							KG
47.5 short	13120813	36-42 cm	40-51 cm	40-50 cm	32-45 cm	68.5 cm	*22/32 cm	16,2 kg
47.5 long	13120814	42-48	40-51	40-50	32-45	68.5	*22/32	16,4
50 short	13120811	36-42	40-51	40-50	32-45	71.0	*22/32	16,3
50 long	13120812	42-48	40-51	40-50	32-45	71.0	*22/32	16,5
52.5 short	13120815	36-42	40-51	40-50	32-45	73.5	*22/32	16,6
52.5 long	13120816	42-48	40-51	40-50	32-45	73.5	*22/32	16,8
55 short	13120817	36-42	40-51	40-50	32-45	76.0	*22/32	16,7
55 long	13120818	42-48	40-51	40-50	32-45	76.0	*22/32	16,9
57.5 short	13120819	36-42	40-51	40-50	32-45	78.5	*22/32	16,8
57.5 long	13120820	42-48	40-51	40-50	32-45	78.5	*22/32	17,0
60 short	13120821	36-42	40-51	40-50	32-45	81.0	*22/32	16,9
60 long	13120822	42-48	40-51	40-50	32-45	81.0	*22/32	17,1

**Choice of frame colours:** 01 = black, 02 = red, 22 = grey texture, 30 = blue texture, 31 = steel blue, 32 = olive-green, 33 = sea green texture, 34 = plum texture, 53 = grey blaster.

Cross XL: Weights and dimensions given are for a chair with 24" rear wheels with quick-release hubs, aluminium handrims, cross brace back, legrests, footrests, heel strap, brakes, armrest attachment, 6 1/2" castor wheels with medium forks. Measurements given can vary  $\pm 2\%$  cm.

<sup>\*</sup> Without rear wheels

<sup>\*\*</sup> Cross backrest 3A Triangular 36-48 (short frame) and 42-56 cm (long frame)

<sup>\*\*\*</sup> Applies to Cross backrest 3A (For Cross back mod. 2 applies 30-45 cm)

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