

# Assembly Instructions

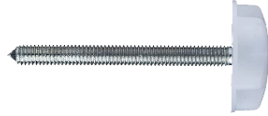
## for 5ft and 6ft Adjustable Beds

### Fitting pack includes

12 x Silver Glides



4 x Headboard Bolts



4 x Plastic Spacers



2 x U-Clips

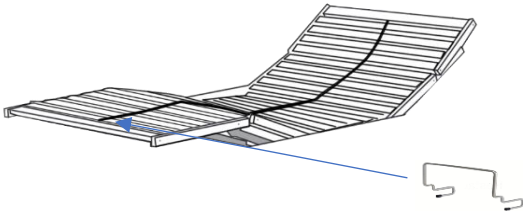


1 Once unwrapped, turn the adjustable bases on their sides and un-clip the mains cables and handsets from below the slatted base.

2 Insert the 6 silver glide feet into the underside of each base. 1 in each corner and 2 in the middle of the base. You may have to tap them in with a rubber mallet.

3 Push both halves together and place the u-clips over the 2 wooden straps at the bottom of the base

4



Fit silver mattress retaining bars onto the first wooden slat at the foot of each base. This stops the mattresses from sliding down when the headends are raised.

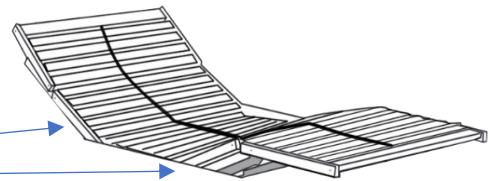
5



Bolt-on massage unit

If you have purchased a massage unit, this will be required to be bolted to under side of the slatted frame in the lower back and thigh area.

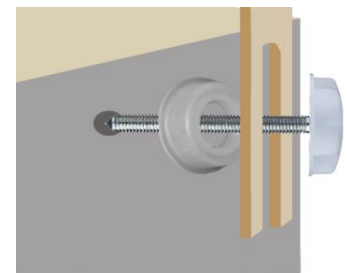
The massage unit requires to be plugged into a mains socket.



6



If you are using a headboard, place the plastic spacers over the threaded bolt. Insert the bolts into the hole provided in the base and turn clockwise, leaving enough space for the headboard strut to slide in between the spacers and the bolt heads. The bolts can now be tightened by hand.



7 Once plugged in, you can raise or lower the bed ends separately or together to a point of comfort or a sitting position that will aid you when getting in and out of bed.

