

RECARO C 7000



FEATURES OF YOUR RECARO SEAT

COMMERCIAL VEHICLE SEAT			
POS.		VERSION	
		C 7000	C 6000
1	Adjusting the backrest	X	X
2	Adjusting the shoulder support	X	–
3	Adjusting the seat height	X	X
4	Adjusting the vertical damping system with locking	X	X
5	Adjusting the seat tilt	X	X
6	Express down	X	X
7	Length adjustment (distance from seat to pedals)	X	X
8	Length adjustment via comfort release	OPT.	OPT.
9	Locking the horizontal damping system	X	X
10	Adjusting the seat cushion length	X	X
11	Adjusting the armrest tilt	X	X
12	Ventilation, two-stage	X	–
13	Seat heating, two-stage	X	X
14	Adjusting the side support on the seat cushion	X	–
15	Adjusting the side support on the backrest	X	X
16	Adjusting the pelvis support	X	X
17	Adjusting the lumbar support	X	X

Important!

In order to operate all of the electrical features, the ignition must be switched on.

REGISTRATION

In conjunction with your new RECARO seat we are offering you the opportunity to take advantage of an extension of the legal warranty and of numerous extra free services.

Register your seat free of charge:

Either on the website www.register.recaro-automotive.com
Or by phone on +49 631 4182222.



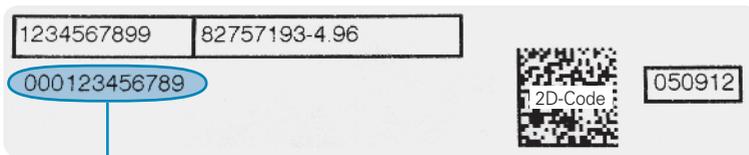
We have another bonus for you: With registration comes documentation that you have acquired a Genuine RECARO product.

You require the following information in order to register:

- Manufacturer of your vehicle
- Vehicle model
- Year of manufacture*
- Current km status*
- Seat purchase date
- Chassis number*
- Vehicle registration number*
- Your RECARO seat serial number

*voluntary information

You will find the serial number for your seat on the sticker on the back of this instruction manual.



Seat serial number

CODE TABLE FOR SEATS

MODEL DESIGNATION	TRADE DESIGNATION	ABE NUMBER (GENERAL OPERATING PERMIT)
RECARO CV Seat 1	RECARO C 7000	91317
RECARO CV Seat 2	RECARO C 6000	91303

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SAFETY INSTRUCTIONS

Please note:

In choosing a RECARO seat, you have decided on a high quality seat. A RECARO seat can, however, only optimally fulfill its function in the vehicle if it is operated correctly.

To ensure that your seat also „sits“ properly, you must firstly adapt it to your own very personal comfort requirements. These operating instructions should help you to obtain the correct settings. For this reason, you should read the following pages carefully.

We wish you a good journey!



CAUTION

Before you get out of the vehicle, lower the seat completely with the express down switch. Otherwise, there is a risk of the seat rebounding upwards and your legs becoming jammed between the steering wheel and the seat.

EXPLANATION OF SYMBOLS AND KEYWORDS

SYMBOL	KEYWORD	MEANING
	DANGER	In this case, there is a direct risk of very serious or fatal injuries.
	WARNING	This is a possibly hazardous situation resulting in highly serious or fatal injuries.
	CAUTION	Designates a possibly hazardous situation which can lead to very slight injuries or material damage.
	NOTICE	This must be observed, as failure to do so may result in both the product and its environment being damaged. The product's proper functioning and safety may also be impaired or eliminated.



DANGER

If you try to adjust the seat while driving, you may lose control of the vehicle and cause an accident. For this reason you should adjust your seat only when the vehicle is stopped.

Foreign bodies in the belt buckle or in the seat body may result in malfunctions or risks to the user's safety.

NOTICE

If you do not operate your RECARO seat according to these instructions or if you modify this seat or the equipment installed, RECARO accepts no liability for this seat and consequent losses. In addition to the exclusion of liability, any modification or misuse of the RECARO seat results in the voiding of any claims under the guarantee.

Notes on these operating instructions

The operating instructions provided contain specific safety instructions for RECARO seats, which are based on your vehicle's operating instructions and supplement them.

For your own safety, and for that of third parties, these operating instructions must be kept in the vehicle with your vehicle operating manual, for as long as the RECARO seat remains in the vehicle. Thus you have all the necessary information together at your disposal.



CAUTION

Fitting additional parts

Under no condition should additional objects (such as cup holders, clothes hooks, fire extinguishers etc.) be attached to the seat. An exception to this are the accessories mentioned in the installation instructions, which also describes how to fit them.

OPERATING RECARO SEATS

Fold out the RECARO C 7000 and RECARO C 6000 overview diagrams from the front page of the instructions. A description of how to best adjust your seat can be found on pages 41 to 47.



CAUTION

Each time you use a seat adjuster, you must take care to ensure that it locks completely.

1. Adjusting the backrest

You can move the backrest into the desired position by pulling up the lever. When the lever is pulled, it releases the lock and the backrest moves forward, spring-assisted.

To move the backrest backwards, pull the lever upwards, pushing the backrest backwards with your upper body at the same time.



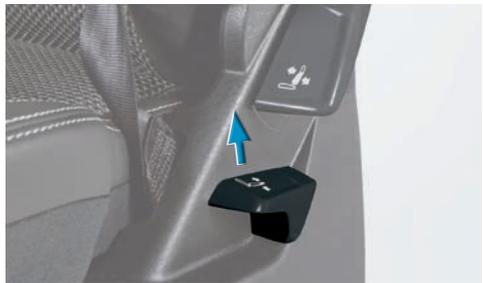
CAUTION

The backrest is spring-loaded in the direction of travel. As you press the backrest adjustment lever on the unoccupied seat, you must hold the backrest to prevent it from springing forward in an uncontrolled manner.

2. Adjusting the shoulder support

Pulling up the lever releases the lock, and the backrest shoulder support is moved forwards.

To move this section backwards again, pull the lever upwards, pushing the shoulder support backwards with your upper body and head at the same time.



3. Adjusting the seat height

The height adjustment of your RECARO seat is unaffected by weight. The adjustment range is divided into nine stages.

To obtain a higher/lower seating position, pull/press the lever upwards/downwards into the notch setting that gives you your required individual sitting height.



4. Adjusting the vertical damping system with locking

You can adjust your seat's damping system in seven stages, according to your requirements.

By pulling the lever upwards and releasing it in the appropriate notch, the damping becomes softer.

By pressing the lever downwards it becomes harder. The damper is locked by engaging it in one of the bottom two notches.



5. Adjusting the seat tilt

By pulling the lever and moving your body backwards and forwards, you can adjust the seat tilt according to your requirements.



6. Express down

To lower the seat quickly into the lowest possible position, push the switch downwards.

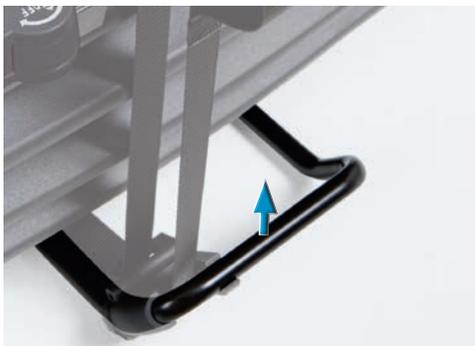
The air suspension system of the seat is completely deflated and the seat moves to lowest stop position.

To return to the preset height, disable express down by moving the switch up again.



7. Length adjustment

To unlock the seat length adjuster, lift the U-shaped handle. The seat may now be moved backwards or forwards. When you have reached the desired position, release the adjustment handle again. Ensure that the left and right tracks audibly click into place and that the U-shaped handle has returned to its downward locked position.



DANGER

If you try to adjust the seat while driving, you may lose control of the vehicle and cause an accident. For this reason, you should adjust your seat only when the vehicle is stationary.

8. Length adjustment via comfort release

To unlock the seat length adjuster from the upper sitting position RECARO provides a comfort release. Pull upwards on the loop and the seat can be moved backwards or forwards. When you have reached the desired position, let go of the loop again. Ensure that the left and right tracks audibly click into place.



9. Locking the horizontal damping system

To enable horizontal damping, turn the lever completely to the left in the direction of travel [ON].

To disable horizontal damping, turn the lever completely to the right in the direction of travel [OFF].



NOTICE

After horizontal damping has been disabled, check that the seat is securely locked by moving the seat cushion backwards and forwards.

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10. Adjusting the seat cushion length

Pull the handle situated at the front in the centre below the seat cushion upwards as far as it will go.

The seat cushion is now unlocked and can be moved backwards and forwards in 10 mm stages up to 60 mm by shifting your body weight.



NOTICE

Please make sure that there are no objects in the gap between the backrest and seat cushion, as these might impede the functioning of the safety belt.

11. Armrests

With the help of the rotary knob, the armrest tilt can be adjusted according to your requirements.

At the same time, the weight should be taken off the armrest by raising it slightly.

The armrest can also be folded back completely to make it easier to leave the seat.



NOTICE

In the case of vehicles with manual transmission, it is possible that the gear lever may collide with the armrest. In this case, the armrest must be folded up while the vehicle is moving.

12. Seat ventilation

To switch on the first stage, press the rocker switch forward from its central position (small symbol).

To switch on the second stage, press the rocker switch backward from its central position (large symbol). To switch off, press the rocker switch back into its central position.



NOTICE

Please take care to ensure that the ventilation holes on the back of the backrest do not become blocked or obstructed.



13. Seat heating

To switch on the first stage, press the rocker switch forward from its central position (small symbol).

To switch on the second stage, press the rocker switch backward from its central position (large symbol).

To switch off, press the rocker switch back into its central position.



CAUTION

If the seat heating pads are damaged, there is a risk of electric shock. Do not place heavy or sharp-edged objects on the seat and do not stand or kneel on it.

If the seat becomes wet, the seat heating must not be used to dry it. Switch off the seat heating when you leave the vehicle.

NOTICE

The electrical functions of heating and ventilation are protected by an additional fuse in the cable harness. If the seat heating or ventilation do not work when the switch is operated, please check this fuse first.

14. Side support adjustment on the seat cushion

Adjust the seat cushion side supports individually with the rocker switch.

To increase the side support, push the rocker switch up from the central position.

To reduce the side support, push the rocker switch down from the central position.



15. Side support adjustment on the backrest

Adjust the backrest side support individually with the rocker switch. To increase the side support, push the rocker switch forward from the central position. To reduce the side support, push the rocker switch back from the central position.



16. Adjusting the pelvis support

The pelvis forms the base for sitting and controls the posture of the upper body and spinal column from a central position. By providing suitable support, the pelvis can be propped up, thus avoiding the possibility of pain and complaints.

Under the backrest foam component, there is a pelvic air cushion, which can be inflated as necessary using the rocker switch. To inflate it, push the appropriate switch forward and, to deflate it, push it back from the central position.



17. Adjusting the lumbar support

The lumbar spine area is under particular stress in the sitting position. The possible occurrence of pain and complaints may be prevented by suitable support.

Under the backrest foam component, there is a lumbar air cushion, which can be individually inflated using the rocker switch.

To inflate it, push the appropriate switch forward from the central position and, to deflate it, push it rearwards.





OPTIMAL SEAT SETTING

This description is intended to help you to adopt an anatomically correct sitting position. The better you sit, the more relaxed the journey will be and the fitter and more confident you will be on arrival. An incorrect sitting position can result in back pains, losing concentration and becoming tired quickly.

For that reason, please adjust your RECARO seat carefully in the sequence described here. In each step you are given a description of how to handle the particular control element, how to select the best setting and the area in which your new RECARO seat offers a bonus in comfort.

IMPORTANT:

When adjusting the seat, place both feet firmly on the cab floor. The seat must be positioned in such a way that you are able to easily reach the steering wheel, pedals and basic controls in the cab. In addition, from your sitting position you ought to have the best possible view in all directions, of your mirrors, displays, vehicle fittings and controls.

Step 1:

Adjusting the seat height

The seat height can be moved up and down in nine stages using the switch (3).

Adjust the seat height in such a way that the pedals can be reached effortlessly and pushed all the way down. At the same time there must be a guarantee of an optimal field of vision in all directions, of mirrors, displays, vehicle fittings and controls.



Your RECARO Comfort-Plus: For getting out of the vehicle, you should move the seat to the lowest position, using the switch (6) for express down. If you push the switch upwards again, the seat's memory function automatically moves the seat back to the previously set height position.

Step 2:

Adjusting the length position

Move your buttocks as close as possible up against the backrest. By pulling on the U-shaped handle (7), you unlock the seat tracks and move the seat forward in the direction of travel or back to the desired position. After you have released the U-shaped handle, make sure that both seat tracks audibly click into place.

Choose the distance in such a way that your legs are still slightly bent when you have pressed the pedals down fully and that the front edge of the seat is not causing any unpleasant pressure marks. You should be able to bend your arms as you place them round the steering wheel.



Your RECARO Comfort-Plus: With the new easy unlocking system (8, optional), a belt loop on the front edge of the seat cushion, it is easier for you to reach the length adjustment and are not forced to bend down to the vehicle floor.

Step 3:

Adjusting the seat tilt

Pull the handle (5) up as far as it will go, thus unlocking the seat tilt function. The desired position can be individually selected by shifting your weight back or forward and fixed it by releasing the handle.

The seat tilt must be selected in such a way that the pedals can be fully pushed down with the legs slightly bent. The thighs should rest lightly on the seat, without feeling pressure from the front edge of the seat cushion. Remember also, that if the cushion angle is too flat you may slip forward which results in removal of support from the backrest. On the other hand, too steep an angle can increase the pressure on the lumbar spine and thighs.

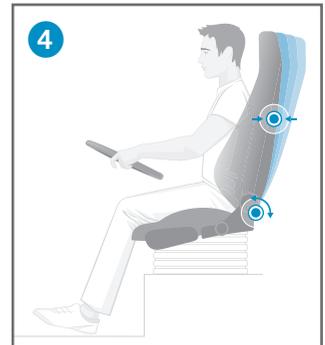


Step 4:

Adjusting the backrest angle

Move your buttocks as close as possible up against the backrest. Release the backrest lock by pulling up the lever (1). The backrest moves forward, spring-assisted. Through upper body pressure, you move the backrest into the desired position and fix it by releasing the lever.

Choose the backrest angle such that you can easily place your arms round the steering wheel when they are slightly bent. While turning the steering wheel, you should maintain shoulder contact with the seat. The angle should not be set higher than 15° to 20°. A backrest that is adjusted too far back increases the risk of neck pain.



Step 5:

Adjust the shoulder support

Pulling up the lever (2) releases the lock, and the backrest shoulder support is tilted forward, spring-assisted. Using the pressure of the upper body and head you adjust the shoulder section to the desired position and are able to release the lever again.

Adjust the shoulder area support in such a way that it best matches your spinal column's natural S shape and that the shoulder area touches the backrest without feeling any pressure. Thus you support the upper back, take the pressure off the neck muscles and prevent muscle tension.



Step 6:

Adjusting the seat cushion length

Pull the handle (10) up as far as it will go, thus unlocking the seat cushion. If you shift your weight, the seat cushion can be moved backwards and forwards in six stages.

The seat cushion length should be adjusted so that the thigh to just before the hollow of the knee can rest slightly on the edge of the seat cushion without pressure being exerted. A distance of between two and three finger widths between the hollow of the knee and the seat cushion edge acts as a rule of thumb.



Step 7:

Adjusting the pelvis support

The pelvis support air chamber can be inflated by pushing the rocker switch (16) forward in the direction of travel to the plus symbol and it can be deflated by pushing it to the minus symbol.

Adjust the pelvis support so that the pelvis is supported on the iliac crest without irritating pressure and is thus kept upright. Too little support results in the pelvis being tilted backwards and thus in flattening of the natural lumbar column curvature, which is highly undesirable from an anatomical point of view. On the other hand, excessive support can lead to pressure marks and hollow back.



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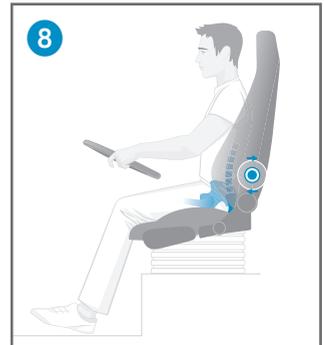
Your RECARO Comfort-Plus: With the anatomically correctly positioned pelvis support you place your upper body in an upright position completely automatically and thus prevent tiredness and muscle tension problems.

Step 8:

Adjusting the lumbar support

The lumbar support air chamber can be inflated by pushing the rocker switch (17) forward in the direction of travel to the plus symbol and it can be deflated by pushing it to the minus symbol.

The lumbar support continues the work of the pelvis support (Step 7), by supporting the lumbar spine on the propped-up pelvis. Its natural curve should be complemented and supported by inflating the air chamber, without using positive pressure.

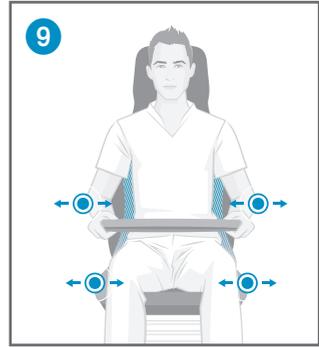


Step 9:

Adjusting the side supports

By pushing the rocker switch (14) upwards, the seat cushion side supports (RECARO C 7000 only) can be adjusted inwards and they can be adjusted outwards by pushing it downwards. By pushing the rocker switch forward in the direction of travel, the backrest side supports can be adjusted inwards and by pushing it back, adjusted further outwards.

Use inward or outward side support adjustment to support the body so that your thighs and your upper body have firm, comfortable side support. Particularly on winding, uneven roads, you prevent muscle tension and fatigue symptoms.



Your RECARO Comfort-Plus: For the first time in a commercial vehicle seat, RECARO gives you the chance to adjust the side supports in the seat cushion and thus provides your whole body with optimal side support on an individual basis.

Step 10:

Choosing the seating climate

The seat heating can be adjusted by the switch (13) in two stages. The ventilation (RECARO C 7000 only) can also be adjusted by the switch (12) in two stages.

For an optimal seating climate, adjust the heating and/or ventilation in such a way that your body is pleasantly heated or cooled according to the outside temperature and your individual requirements. Please bear in mind that operating the ventilation system at the maximum setting (especially when combined with wearing wet clothing) may in some cases lead to health problems, as a result of localised low temperatures. It is preferable to use the reduced ventilation blower setting for a longer period.



Your RECARO Comfort-Plus: For the first time in a commercial vehicle seat, your RECARO C 7000 makes it possible to use ventilation and heating simultaneously for a unique seating climate. The air-permeable 3D Aero fabric of the RECARO C 7000 provides outstanding additional climatic features.

Step 11:

Adjusting the vertical damping

The vertical damping can be changed up and down in nine stages with the handle (4). The function can also be locked completely.

With this feature, the seat moderates vertical bumps and jolts, and thus reduces the vertical stress on the body. Hard damping settings lend themselves, for example, to extreme manoeuvres. Soft settings reduce the stresses on bad roads or off road. Locking the vertical damping may be advisable to prevent undesirable movements of the seat on extremely uneven surfaces.



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Step 12:

Adjusting the horizontal damping (optional)

Rotate the handle (9) horizontally to the left as far as it will go in order to disable the horizontal damping.

With this feature, the seat moderates vertical bumps and jolts and thus reduces the vertical stress on the body. Horizontal damping can remain permanently switched on.

