SimpleRise

ADJUSTABLE TABLE

WATCH NOW

Scan me on your phone camera to watch our assembly video.

USER MANUAL

PRODUCT CODE: FN08010013

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CareCo

INTRODUCING THE SIMPLERISE TABLE

Whether you're resting, reading, or recovering, the SimpleRise Table supports your comfort throughout the day.

Due to CareCo's commitment to continuous product improvement, product information and designs are subject to change without notice. No claims can be made based on the data or illustrations in this user manual.

Unauthorized modifications and/or installation of unapproved 3rd party components and accessories are not permitted.

This product is not designed to support a person's weight. Do not sit, stand, or lean heavily on the table at any time.

When in use as an overbed table, the gap measurement between the footboard/headboard and the table must be less than 60mm or greater than 318mm to minimise the risk of entrapment.

The latest/current version of this user manual is available on our website.

CareCo

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www.CareCo.co.uk

Thank you for choosing CareCo.

This manual can be viewed in PDF format at the following URL: **www.careco.co.uk**

BEFORE USE

- Read & understand this user manual as well as any additional warnings/leaflets supplied.
- Ensure the table has been correctly assembled and is safely positioned with enough space to function without obstruction.
- Keep this user manual in a safe place for future reference.

If any additional assembly, disassembly and/or operation assistance is required, please contact CareCo.

KEY DEFINITIONS

This user manual contains warnings and suggestions marked with the following symbols:

⚠ **WARNING!** Highlights a potentially hazardous condition/situation for the user and/or product.

SUGGESTION General suggestions and advice for operating the product.

Need help with assembly?

We've put together a step-by-step assembly guide to help you get your product set up safely and correctly. Just scan the QR code with your phone camera to play the video.

WATCH NOW

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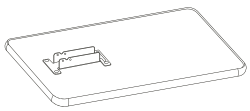
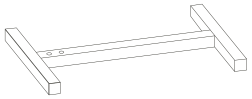
GETTING STARTED

CARTON CONTENTS

Contact CareCo immediately if any of the listed contents are missing.

PART IDENTIFICATION	IMAGE	DESCRIPTION	QUANTITY
A		Table Top	1
B		Table Base	1
C		Table Upright	1
D		Castor	2
E		Locking Castor	2
F		Small Screw	1
G		Two-Hole Plate	1
H		M6 Bolt	2
I		M6 Nut	2
J		Hex Bolt	2
K		Washer	2

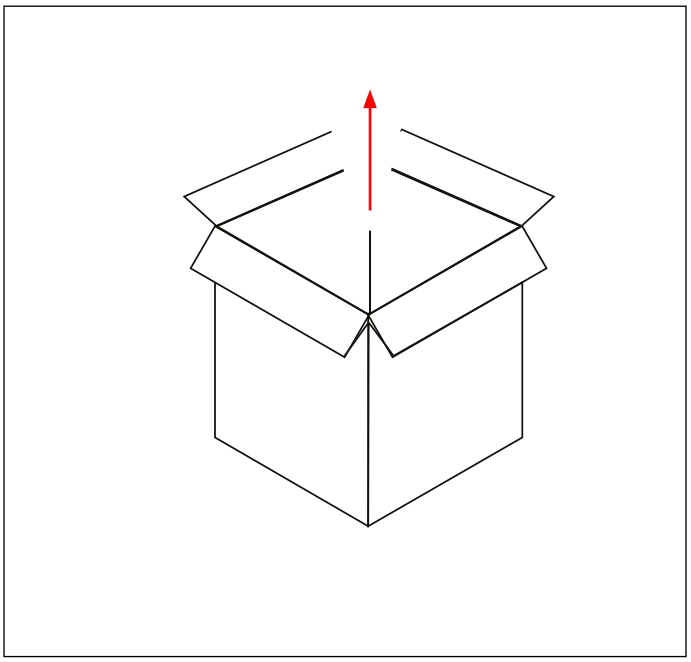
We strongly recommend that you keep the box and internal packaging for the duration of your warranty period.

SETTING UP YOUR SIMPLERISE TABLE

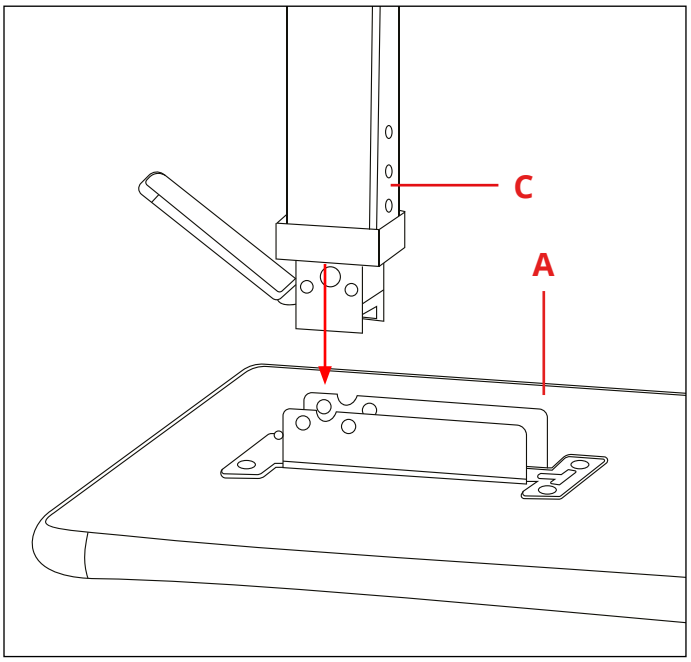
TOOLS REQUIRED

L-Shaped Screwdriver / Hex Wrench	Wrench

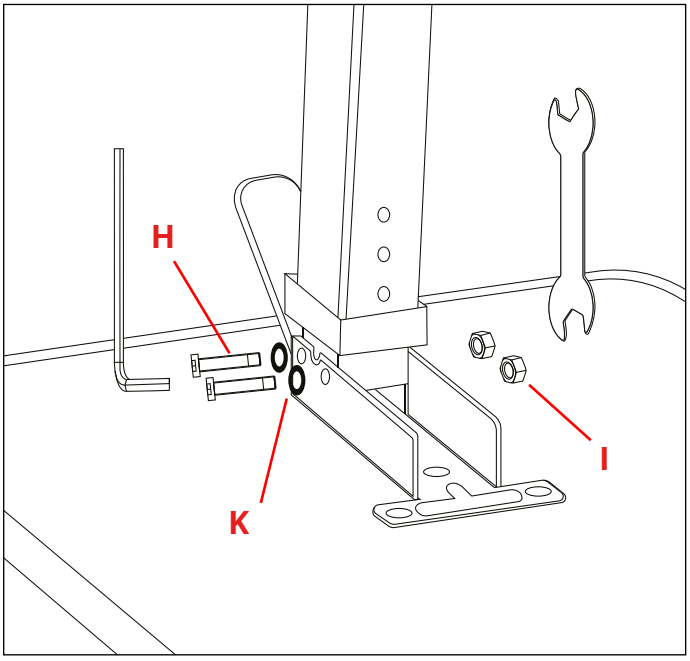
ASSEMBLY



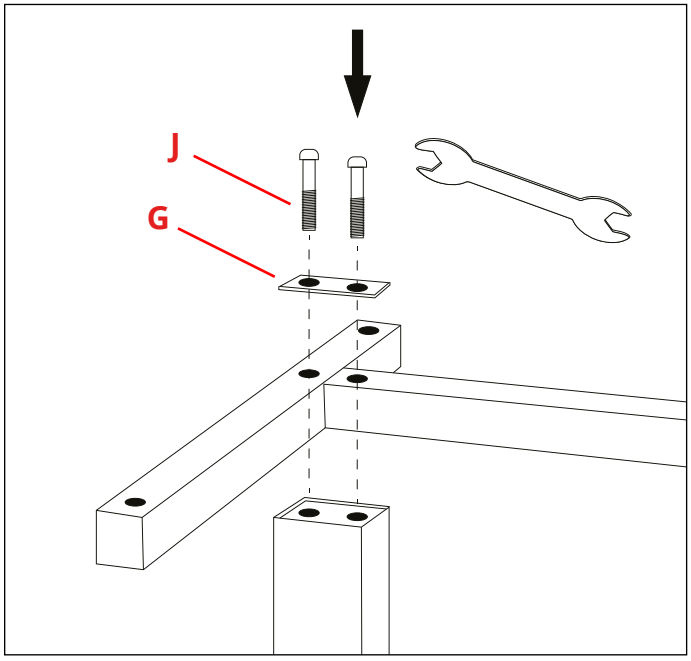
1. Remove all components from the outer packaging and place them onto a level surface.



2. Align the connecting bracket on Table Upright (C) with the mounting plate on Table Top (A).

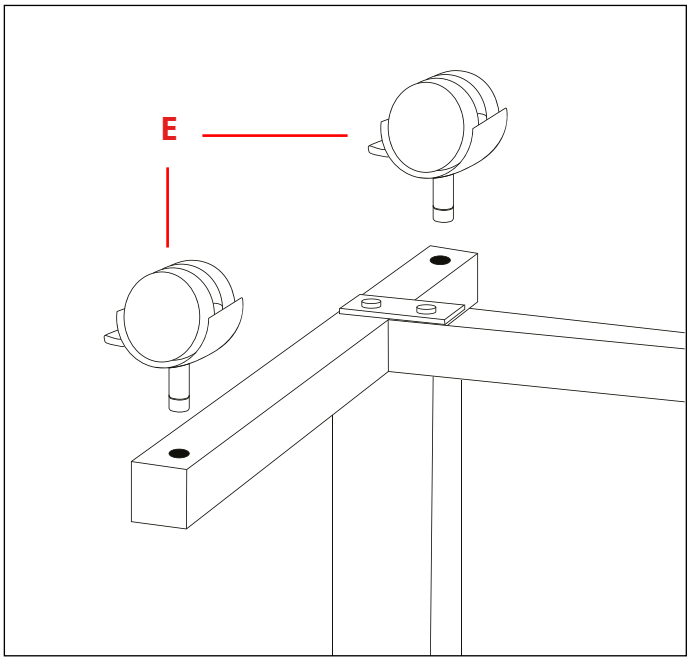


3. Insert both M6 Bolts (H), and Washers (K) into the Table Top connection points, then secure with M6 Nuts (I).

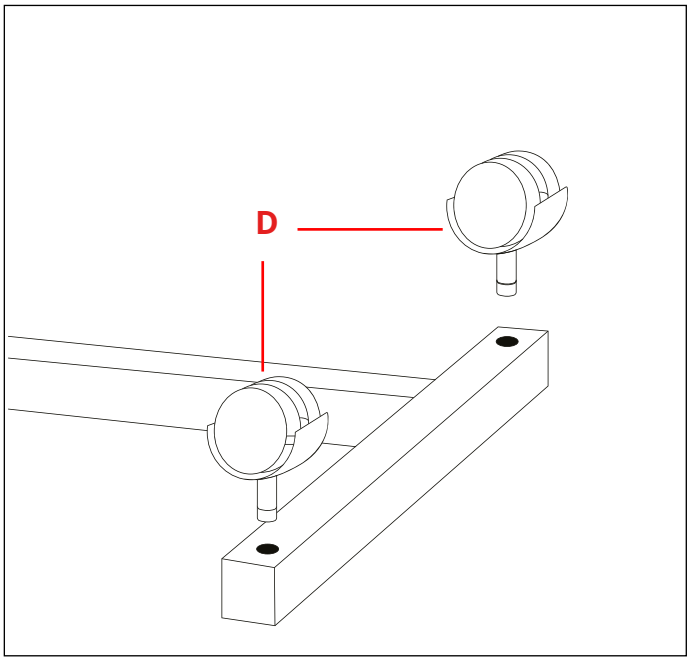


4. Align the Table Base (B) to the Table Upright (C), ensuring the screw inserts face upward.

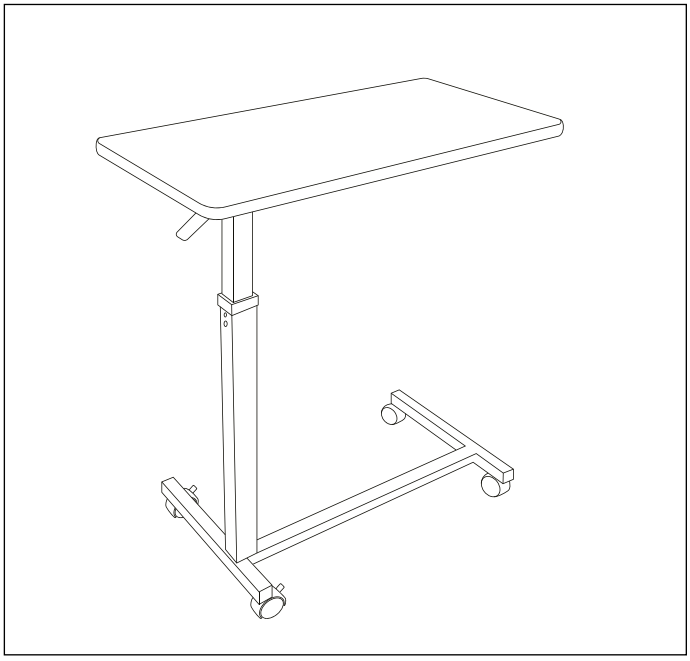
   Position the Two-Hole Plate (G), then insert Hex Bolts (J) and tighten.



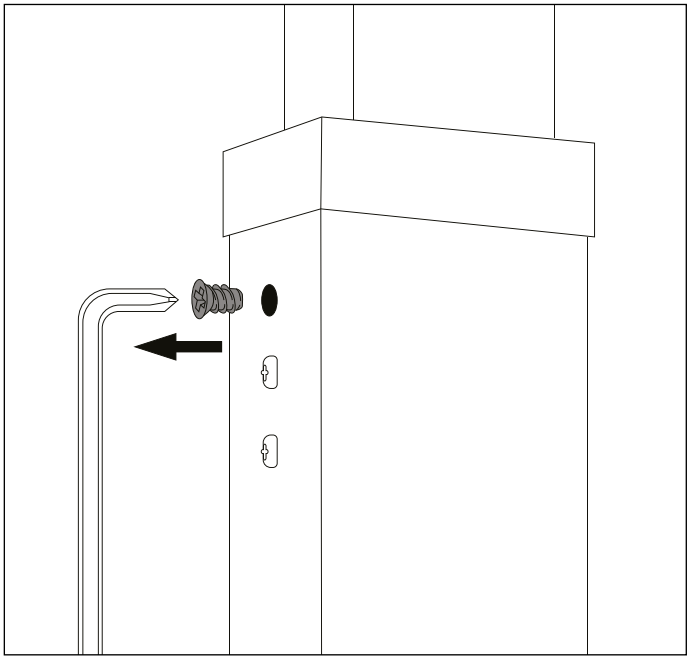
5. Insert Locking Castors (E) into the Table Base (B) on the same side as the Table Upright (C).



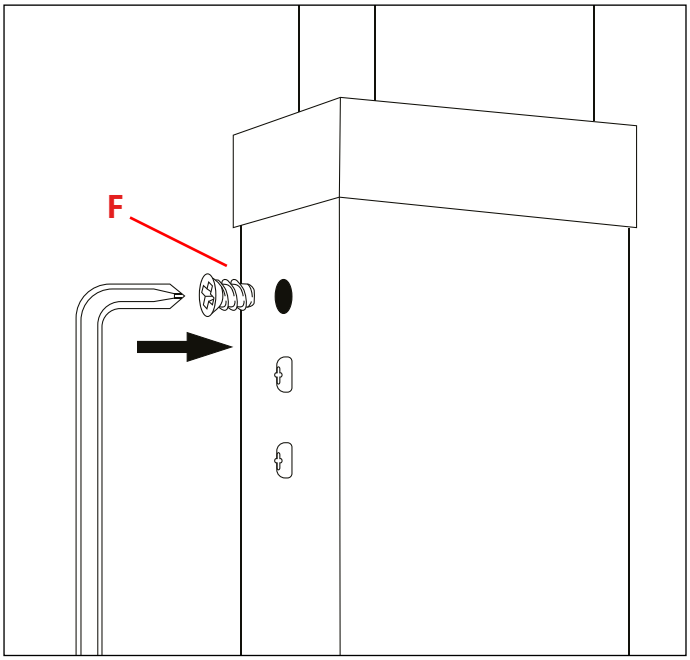
6. Insert Castors (D) into the Table Base (B) on the side opposite the Table Upright (C).



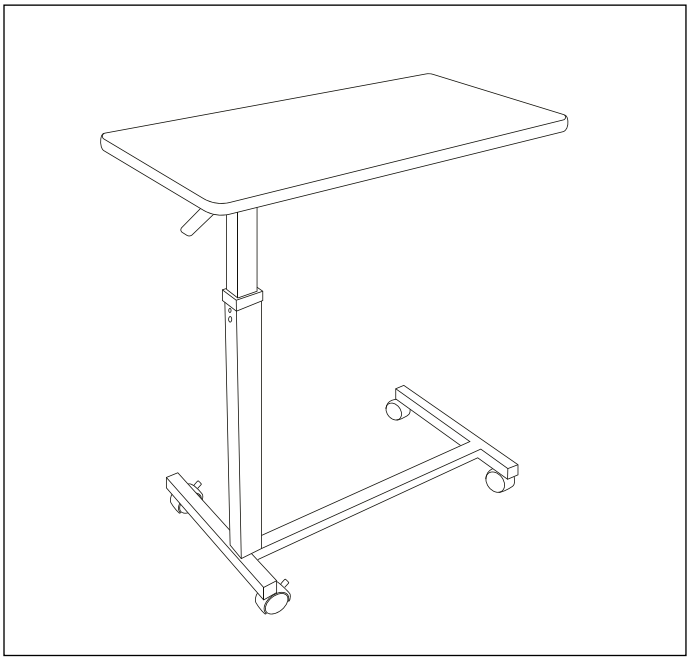
7. Set the table in an upright position.



8. Remove the top black screw on the Table Upright (C).



9. Replace with Small Screw (F) and tighten.

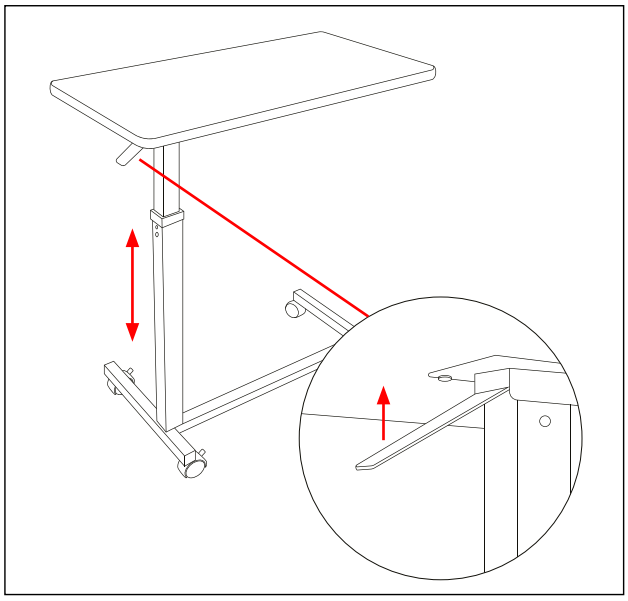


10. Your SimpleRise Table is now ready for use.

SUGGESTION Ensure all table components are secure before use.

ADJUSTMENTS

HEIGHT ADJUSTMENT



RAISE

1. Lift & hold the height adjustment lever, then lift the table lightly from underneath.
2. Release the lever to lock the position.

LOWER

1. Lift & hold the height adjustment lever, then push down lightly on the Table-Top.
2. Release the lever to lock the position.

⚠ **WARNING!** Do not put pressure on the unsupported side of the Table-Top, opposite the Table Upright (C).

⚠ **WARNING!** Beware of finger traps/pinch points when lifting, adjusting, and transporting the table.

⚠ **WARNING!** Ensure the table is secure after adjusting to avoid product damage and/or user injury.

LOOKING AFTER YOUR ADJUSTABLE TABLE

CLEANING

Clean the table regularly using a damp cloth and/or mild soap.

Do not use abrasive cleaning materials as this may damage the table and its components.

Dry the table thoroughly with a towel after cleaning.

MAINTENANCE

Your adjustable table is made up of components which over time will become susceptible to wear and tear.

Knowing how to properly care and maintain your table will ensure peak performance and safe operation for years to come.

MAINTENANCE SCHEDULE

Carry out regular inspections to keep the product in optimum condition.

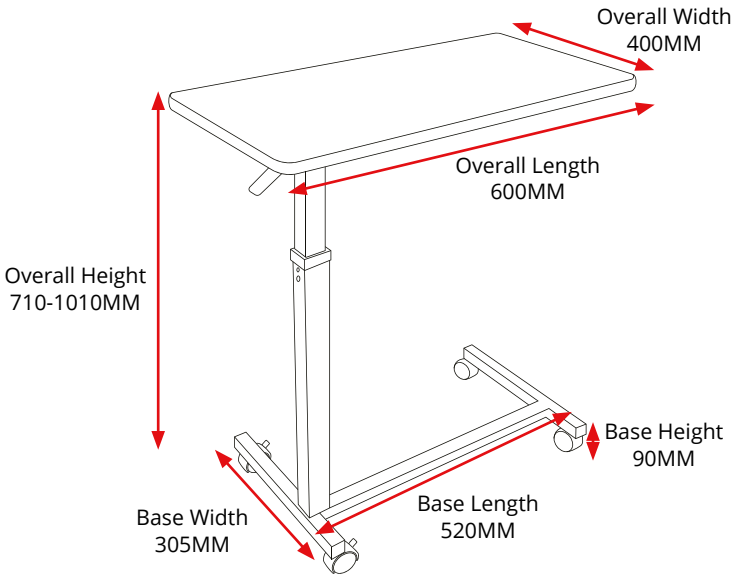
COMPONENT	INSPECTION DESCRIPTION	AT ANY TIME	WEEKLY	MONTHLY	QUARTERLY
Castors	Ensure castors move freely and are secure.			○	
Table Upright Height Adjustment	Ensure the mechanism functions smoothly.				○
Overall	Overall check for wear and residue build-up. Cleaning if required.		○		

WARNINGS & TECHNICAL INFORMATION

SPECIFICATIONS

OVERALL LENGTH (MM)	600
OVERALL WIDTH (MM)	400
MIN/MAX HEIGHT (MM)	710 - 1010
BASE LENGTH (MM)	520
BASE WIDTH (MM)	305
BASE HEIGHT (MM)	90
OVERALL WEIGHT (KG)	7.5
MAX LOAD (KG)	30
EXPECTED SERVICE LIFE (YEARS)	3

DIMENSIONS (MM)



Due to manufacturing tolerances and continued product improvement, this specification can be subject to a variance of (+ or -) 3%.

PRODUCT RE-ISSUING

Ensure the product is safe and functions as intended before re-issuing.

RECYCLING & DISPOSAL

Disposal or recycling of the product should be completed through an approved distributor or disposal facility. (Local disposal & recycling regulations may apply)

Contact CareCo if further advice is needed regarding recycling & disposal.

INTENDED USE

This table is intended to provide a flat, stable surface for activities, small items and/or tasks,

INTENDED ENVIRONMENT

This table is suitable for indoor use only.

MODIFICATIONS

Unauthorized modifications and/or installation of unapproved 3rd party components and accessories can result in personal injury and product damage. Do not modify the table as this will avoid your warranty.

PRODUCT IDENTIFICATION

The product identification label is located on the table upright.

SimpleRise Adjustable Over Bed Table Tables

REF FN08010013

PO NUMBER:

Jiangsu Intco Medical Products Co., Ltd., No 298 Yandunshan Road, Dangang District, Zhenjiang, Jiangsu Province, China

CareCo, 1 Turing Court, Great Notley, Braintree, Essex, CM77 7AT

Max Weight Capacity: 30 KG

DEFINITIONS

#	Model number
LOT	Batch code
	Date of manufacturer
	Manufacturer's address
	Product expiry date
UK REP	UK responsible person
UK CA	UKCA Mark
NON STERILE	Non sterile
	Refer to instruction manual
	Caution
	Indicates electrical / electronic equipment must be disposed of in accordance with the WEEE regulation.
	Keep away from rain
	Keep away from sunlight

GENERAL WARNINGS

- Do not exceed the maximum load of 30kg.
- Do not place hot objects on the table.
- Beware of finger traps/pinch points when lifting, adjusting, and transporting the table.
- Ensure the floor surface supporting the table is level.
- Do not sit, stand, or lean heavily on the table at any time.
- Ensure the table is secure after adjusting to avoid product damage and/or user injury.

WARRANTY

If a component requires repair or replacement due to a specific manufacturing or material defect within its warranty period, it will be repaired or replaced free of charge by CareCo.

1-YEAR LIMITED WARRANTY

Consumables are not covered under normal warranty circumstances unless they have clearly suffered excessive wear or damage as a direct result of a manufacturing defect.

Parts that have been previously replaced that require subsequent repair or replacement due to manufacturing defects will be honoured for the remainder of the table's warranty period.

Parts that have been purchased by the end user after the original warranty period has expired have a warranty period of 12 months.

CareCo is not responsible if the table requires repair or replacement as a direct result of:

- Changes or modifications made to the table that fall outside of the manufacturer's specifications
- The table not being serviced or maintained according to the manufacturer's recommendations contained in this user manual.
- Negligence, Accidental Damage, and Improper use
- Repairs attempted before CareCo have been notified
- The table being purposely damaged or mistreated

In the unlikely event that this table is recalled, CareCo will notify the user. Please ensure that your contact information is up to date.

Alternatively, please visit our website for any product alerts: www.CareCo.co.uk

NOTES

CareCo

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2607-04

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