

iamcomfi

coccyx
Making you feel comfortable

Instructions for Use

Please read carefully

Product Name: Coccyx Cushion

Models: Tender, Medium, Firm

Revision 2 - Date of Issue 19.12.2024



Take a seat and relax into lasting comfort...



"This is by far one of the best purchases I have made in a very long time. I work in an office and although I have a chair that is comfortable, being sat for long periods of times puts pressure on my lower back and coccyx. Since I have had this cushion I have found sitting down more bearable and has allowed me to focus on working without the dull pain in around the base of my back."

Dale Watkins

INSTRUCTIONS FOR USE PLEASE READ CAREFULLY

Place the cushion in the middle of your chair with the U-shape cutout facing the back of your seat as shown in the picture to the left.

Take a seat and find a comfortable position whilst aiming to align your tailbone and spine above the rear cut-out of the cushion. Take regular breaks to move around every 30 minutes to an hour

For maximum comfort and effect, please read the section about ergonomics and pain

**SCAN THE QR CODE
TO SEE VIDEO INSTRUCTIONS**

OR VISIT

www.iamcomfi.com/vipbonuses



TIPS FOR OFFICE ERGONOMICS AND PAIN PREVENTION

1. The monitor should be roughly an arm's length away, your eye level below the top of the monitor, so that you can keep your head and neck straight and your eyes naturally on the middle of the screen

2. Adjust your work surface to match your height, so that you don't need to bend forward to type on your keyboard

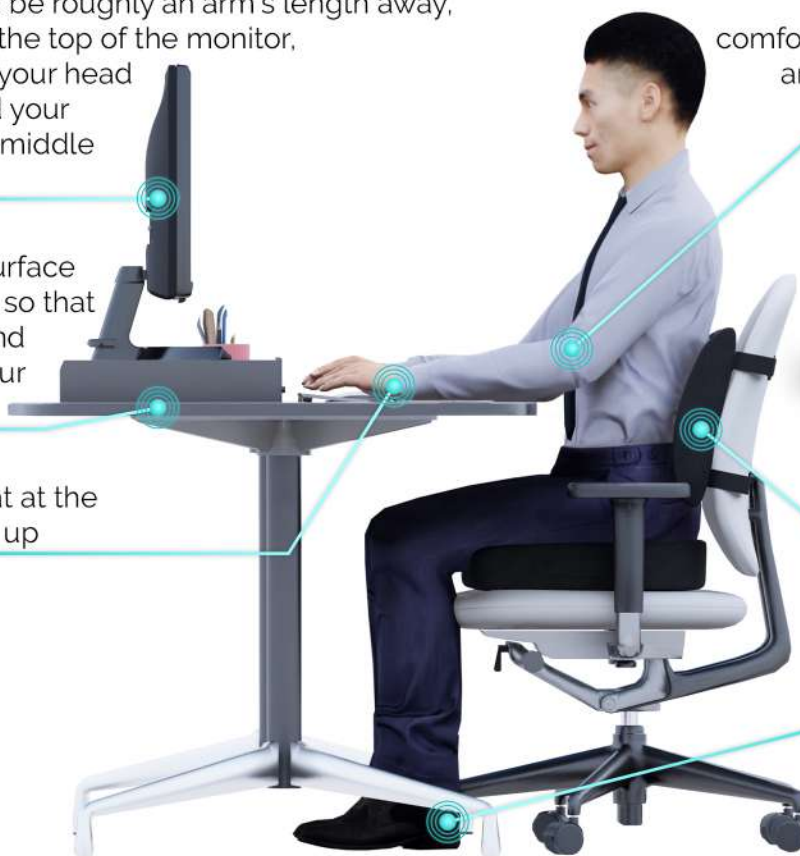
3. Keep your wrists flat at the keyboard, not angled up

4. Place your upper arms comfortably parallel to your spine, and your forearms and hands rested on the work surface.



5. Try the iamcomfi lumbar cushion for more support

6. Keep your feet flat on the ground or on a footrest as opposed to leaving them hanging



INTENDED USE

The iamcomfi coccyx cushion with its ergonomic and contoured design and memory foam core material distributes bodyweight evenly. It reduces pressure at the main contact points between the seating surface and the body and increases comfort when sitting for long periods of time.

It is suitable for use in office chairs, car seats and other flat seating surfaces.

Intended user group: people of adult age.

Models and recommended user weight:

Tender: less than 70 kg,

Medium: 60-90 kg

Firm: greater than 80 kg

All models are identical in appearance, structure and material function, there is difference only in cushion hardness, which does not affect the effectiveness, function and safety of the product.

Intended service life: 24 months

Repeat use: In a professional healthcare environment the iamcomfi coccyx cushion is not intended for reuse.

INDICATIONS OF USE

With its U-shape rear cutout the iamcomfi Coccyx Cushion can ease the pressure on the tailbone and it may also prove to be effective in alleviating discomfort for people suffering from coccyx pain, sciatica or lower back pain.

CONTRAINDICATIONS OF USE

If you suffer from any of the below conditions, please consult your doctor prior to using the cushion:

Degenerative, herniated, or bulging discs | degenerative joint disease | any spinal problems | acute lumbar injuries | spinal, rib or pelvic fractures | severe osteoporosis. Not to be used for unstable fractures in the spinal column and pelvic area, open wounds, lymphatic foot and critical circulatory disorders. Disease patterns in which the attending physician or therapist advises against the use of the cushion.

IN CASE OF ADVERSE EVENTS

All serious incidents occurring in connection with the seat cushion should be escalated to the manufacturer and the competent authorities:

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contact@iamcomfi.com

UK: Medicines & Healthcare,
products Regulatory Agency
(MHRA) GB-151 Buckingham Palace Road
London SW1W 9SZ
<https://yellowcard.mhra.gov.uk>

EU: Bundesinstitut für Arzneimittel
und Medizinprodukte, BfArM,
Kurt-Georg-Kiesinger-Allee
Bonn 353175
<https://www.bfarm.de>

WARNINGS, PRECAUTIONS AND SAFETY INSTRUCTIONS

- Always consult your doctor prior to use. **If you experience any discomfort or pain during or after using the cushion, please stop using it immediately and consult your doctor before resuming the use of the cushion.**
- Carelessness causes fire! **Keep the seat cushions away from fire-inducing heat, sparks or open fire.**
- To avoid danger of suffocation, **keep the plastic packaging away from babies and children**
- **Continuous use of the cushion on leather surfaces without an intermediate layer can cause damage.** If you think this might happen we suggest placing a protective cover inbetween the cushion and the seating surface.
- **The hardness/softness of the memory foam material changes with temperature.** Once the cushion adapts to your body heat, it conforms to the curvature of your thighs and bottom. It does take some time to get used to sitting on the cushion so **please give your body a few days to adapt.**

SPECIFICATION OF TECHNICAL DATA

Dimensions of the Coccyx Cushion Tender/Medium/Firm models:
45 cm (width) x 36.5 cm (depth) x 7 cm (height) / 17.7 in x 14.3 in x 2.7 in







Weight: 0.8 kg

INFORMATION ON CLEANING

The outer cover is hand & machine washable
Open the front zipper and remove the foam core.
The inner cover is not removable.

Wash the cover at 30°C in the washing machine.
Do not bleach, dry clean, tumble dry or iron.
Do not put memory foam into washer or dryer.
Do not clean the memory foam.

Outer cover: black velvet with non-slip bottom 100% polyester
Inner cover: 100% polyester
Core material: 100% PU foam

-  Indicates that the recommended maximum temperature for washing the garment is 30° Celsius.
-  Indicates that the garment may only be washed by hand using warm water (not above 40°C) and detergent or soap.
-  Indicates that the garment is not able to withstand bleach and may therefore not be bleached.
-  Signifies that the garment may not be dry cleaned.
-  Signifies that the garment may not be tumble dried.
-  Prohibits ironing of a garment.



INSTRUCTIONS FOR SAFE DISPOSAL

Not recyclable, handled in accordance with local regulations.

SCOPE OF DELIVERY

1 x iamcomfi seat cushion, 1 x instructions for use, 1 x protective packaging

STORAGE AND TRANSPORT CONDITIONS

-  Constant conditions, ideally at temperatures of 18 to 24°C.
-  Relative humidity of 40 to 60%.



Indicates conformity with EU health, safety, and environmental protection standards on products that are traded in the European Economic Area (EEA).



Indicates conformity with the applicable requirements for products sold within Great Britain.



Indicates the Authorized Representative in the European Community/European Union.



Indicates the item is a medical device.



Indicates the need for the user to consult the instructions for use.



Indicates that caution is necessary when operating the device or control close to where the symbol is placed, or that the current situation needs operator awareness or operator action in order to avoid undesirable consequences.



Indicates the medical device manufacturer.



Indicates the date and country of origin where the medical device was manufactured. For Production Date please see the product care label or the packaging.



Indicates the manufacturer's catalogue number so that the medical device can be identified. For Catalogue Number please see product care label or the packaging.
Coccyx Cushion Tender: 05070003227501
Coccyx Cushion Medium: 05070003227518
Coccyx Cushion Firm: 05070003227525



Indicates the manufacturer's batch code so that the batch or lot can be identified. For Lot Number please see the product care label or the packaging.



Unique device identifier.



To provide caution in the instructions for use and/or on the equipment to keep candles or other open flames away from the equipment at all times in order to prevent the spread of fire.



Indicates a medical device that needs protection from light sources.



Indicates a medical device that needs to be protected from moisture.



Indicates the identity and address of the Importer.



The product has not been sterilised.



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