



# 1830MM HEAVY-DUTY STEEL ADJUSTABLE WORKBENCH WITH WOODEN OR STAINLESS STEEL WORKTOP

MODEL NO: **APMS22, APMS23**

Thank you for purchasing a Sealey product. Manufactured to a high standard, this product will, if used according to these instructions, and properly maintained, give you years of trouble free performance.

**IMPORTANT:** PLEASE READ THESE INSTRUCTIONS CAREFULLY. NOTE THE SAFE OPERATIONAL REQUIREMENTS, WARNINGS & CAUTIONS. USE THE PRODUCT CORRECTLY AND WITH CARE FOR THE PURPOSE FOR WHICH IT IS INTENDED. FAILURE TO DO SO MAY CAUSE DAMAGE AND/OR PERSONAL INJURY AND WILL INVALIDATE THE WARRANTY. KEEP THESE INSTRUCTIONS SAFE FOR FUTURE USE.



Refer to instructions

## 1. SAFETY

- WARNING!** Ensure Health & Safety, local authority and general workshop practice regulations are adhered to when using this bench.
- ✓ Locate the bench in a suitable work area.
- ✓ Keep the work area clean, uncluttered and ensure there is adequate lighting.
- WARNING!** Use the bench on level and solid ground, preferably concrete.
- ✓ Keep the bench clean and tidy in accordance with good workshop practice.
- ✓ Keep children and unauthorised persons away from the work area.
- ✗ **DO NOT** use the bench for any purpose other than which it is designed.
- ✗ **DO NOT** undertake work on the bench without the workpiece being adequately secured.
- ✗ **DO NOT** use the bench outdoors.
- ✗ **DO NOT** get the bench wet or use in damp or wet locations or areas where there is condensation.
- ✗ **DO NOT** clean the bench with any solvents which may damage the surface or the protective coating on the worktop.

## 2. INTRODUCTION

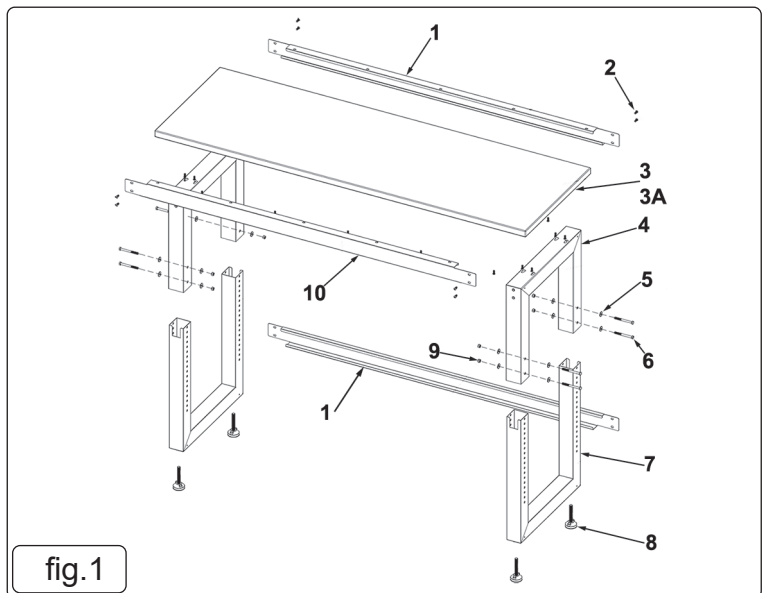
Manufactured from heavy gauge powder-coated steel and is at the top end of our range with a weight capacity of 1000kg (evenly distributed). Adjustable leg extensions allow worktop height to range from 680 to 1030mm. Fitted with adjustable feet to ensure work surface is level, even if your floor is not. Durable 32mm thick solid wood worktop (APMS22), stainless steel worktop (APMS23).

## 3. SPECIFICATION

Model No: ..... APMS22, APMS23  
 Size (W x D x H): ..... 1830 x 610 x (680-1030)mm  
 Work top:  
 APMS22.....Solid wood  
 APMS23.....Stainless steel

## 4. CONTENTS

ITEM	DESCRIPTION	QTY
1	Back stiffener	2
2	M6 x 16 Hex socket head screw	30
3	Solid wood top	1
3A	Stainless steel top	1
4	Upper supporting frame	2
5	M8 Flat washer	16
6	M8 x 85 hex bolt	8
7	Bottom support frame	2
8	Adjustable foot	4
9	M8 hex nut	8
10	Front stiffener	1

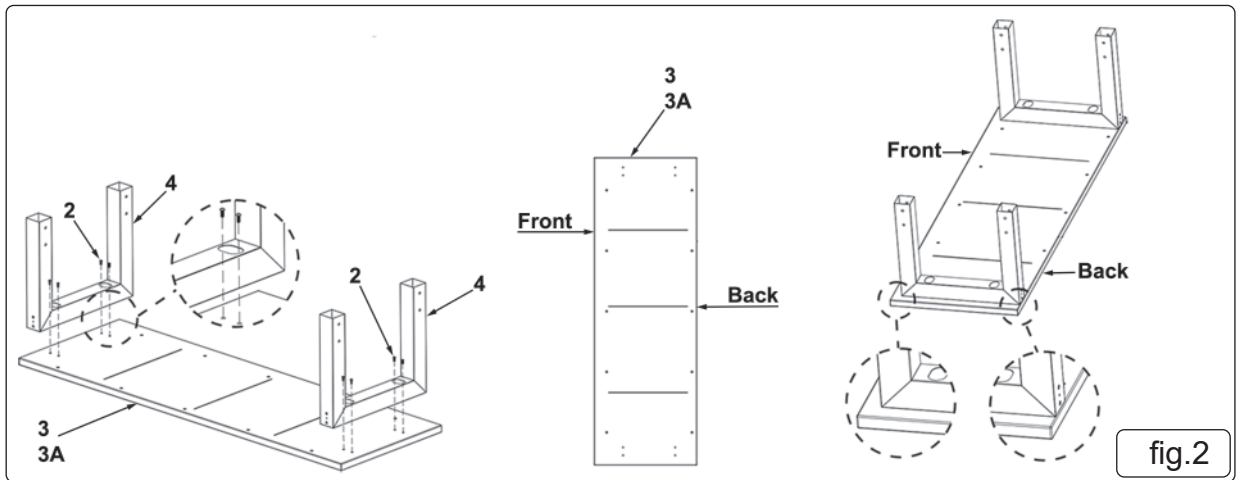


## 5. ASSEMBLY

Unpack the product and check contents against the contents diagram (section 4.0) prior to assembly. Should there be any damaged or missing parts contact your supplier immediately.

### 5.1. ATTACHING THE UPPER SUPPORT FRAMES

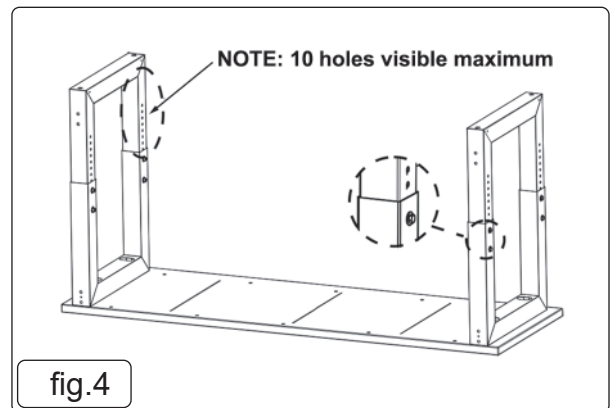
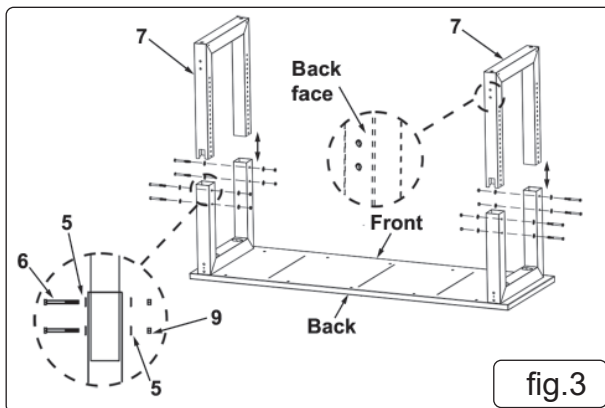
- 5.1.1. Place the work top (fig 2 - 3 & 3A) top face down onto a protected floor surface (use original packaging).
- 5.1.2. Align the fixing holes in the upper support frames (fig 2 - 4) with the corresponding holes on the work top and secure with M6 x 16 hex socket head screws (fig 2 - 2).



### 5.2. ATTACHING THE BOTTOM SUPPORT FRAMES

- 5.2.1. Insert the bottom support frame (fig 3 - 7) into the square opening of the upper support frame (fig 2 - 4).
- 5.2.2. Determine the desired height required and secure with M8 x 85 hex bolt (fig 3 - 6), M8 washers (fig 3 - 5) and M8 hex nut (fig 3 - 9).
- 5.2.3. Repeat for other side.

**NOTE:** The bottom support frame (fig 3 - 7) can be adjusted in 25mm increments, to give an overall working height of between 680 and 1030mm (fig 4), with a maximum of 10 visible holes (fig 4).

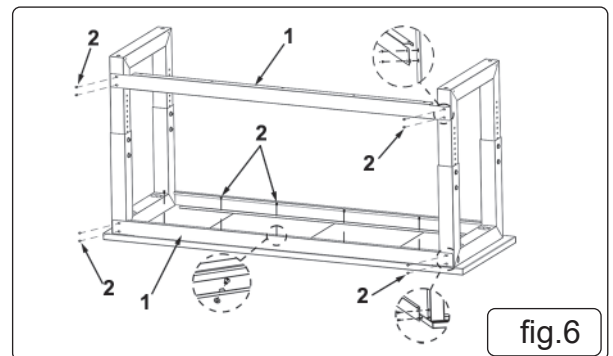
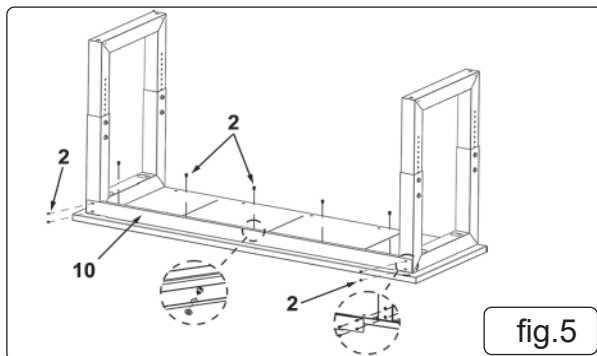


### 5.3. ATTACHING THE FRONT STIFFENER

- 5.3.1. Position the front stiffener (fig 5 - 10) to the front face, top level of the work bench part assembly.
- 5.3.2. Secure with M6 x 16 hex socket head screws (fig 5 - 2).

### 5.4. ATTACHING THE BACK STIFFENERS

- 5.4.1. Position the back stiffeners (fig 6 - 1) to the back face, top and bottom levels of the work bench part assembly.
- 5.4.2. Secure with M6 x 16 hex socket head screws (fig 6 - 2).



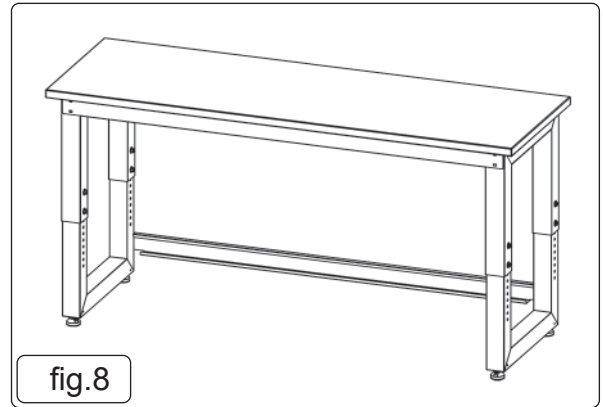
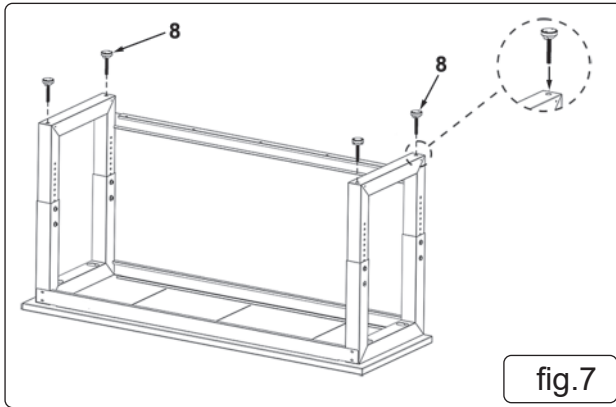
**5.5. FITTING THE ADJUSTABLE FEET**

**5.5.1.** Screw the adjustable feet (fig 7 - 8) into the threaded holes in the bottom supporting frames.

**5.6. LEVELLING THE WORKBENCH**

**5.6.1.** With the assistance of another person turn the workbench over onto its adjustable feet (fig - 8).

**5.6.2.** Place the workbench in the desired location and using a good quality spirit level adjust the feet as necessary to ensure that the workbench is level and stable.



**ENVIRONMENT PROTECTION**

Recycle unwanted materials instead of disposing of them as waste. All tools, accessories and packaging should be sorted, taken to a recycling centre and disposed of in a manner which is compatible with the environment. When the product becomes completely unserviceable and requires disposal, drain any fluids (if applicable) into approved containers and dispose of the product and fluids according to local regulations.

**Note:** It is our policy to continually improve products and as such we reserve the right to alter data, specifications and component parts without prior notice.

**Important:** No Liability is accepted for incorrect use of this product.

**Warranty:** Guarantee is 12 months from purchase date, proof of which is required for any claim.

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