



# FOLDING WORKBENCH 290MM CAPACITY

MODEL NO: FWB3

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  
instruction  
manual

## 1. SAFETY

- ✓ Maintain the workbench in good condition. Replace or repair damaged parts. Use recommended parts only. Unauthorised parts may be dangerous and will invalidate the warranty.
- ✓ Keep the workbench clean for best and safest performance and check moving parts alignment regularly.
- ✓ Locate the workbench in a suitable working area. Keep area clean and tidy and ensure there is adequate lighting.
- ✓ Ensure the workpiece is correctly held or secured before commencing work.
- ✓ Ensure that any workpiece which extends beyond the bench is adequately supported.
- ✓ Maintain correct balance and footing. Ensure the floor is not slippery and wear non-slip shoes.
- ✗ **DO NOT** use the workbench for any purpose other than that for which it is designed.
- ✗ **DO NOT** get the workbench wet or use in wet weather conditions, and **DO NOT** expose the workbench to excessive heat.
- ✗ **DO NOT** operate the workbench if any parts are missing as this may cause failure and/or personal injury.
- ✗ **DO NOT** stand on the top of workbench, or use it as standing platform or to support a platform. The workbench is for clamping items only.
- ✓ When not in use store in a safe, dry, child proof area and ensure it will not topple over.

## 2. INTRODUCTION

Hard-wearing MDF top with pre-drilled clamping dog anchorages. Features vice capability for gripping work whilst sawing, planing and drilling. Bench legs fold flat for easy storage and incorporate tool storage slots. Special tilting two-piece worktops allow 0°, 45° and 90° clamping. Maximum jaw opening 100mm to accommodate Benchclaw® SBC01.

## 3. SPECIFICATION

Model no	FWB3
Clamp capacity	290mm
Folded (W x D x H)	605 x 105 x 980mm
Nett Weight	5.85kg
Unfolded (W x D x H)	605 x 640 x 790mm

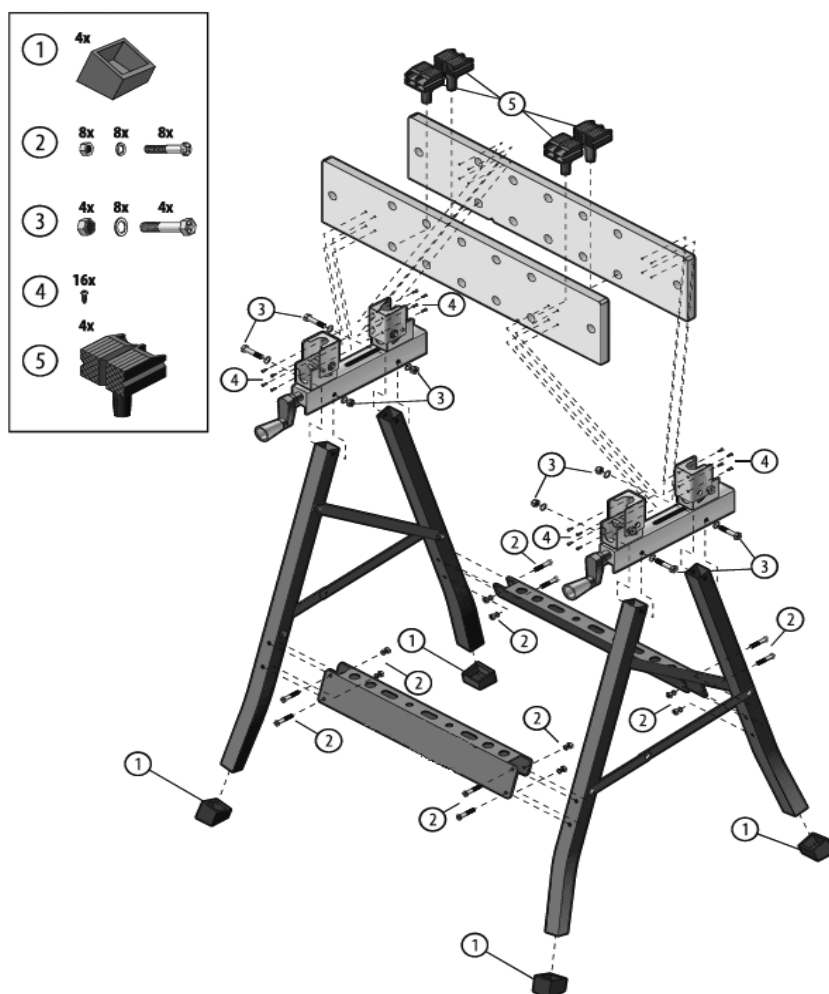
### 3.1. UNPACKING AND INSPECTION

- 3.1.1. Upon unpacking, check all parts for any damage or missing components. If any issues are found, contact your Sealey stockist immediately.



## 4. ASSEMBLY

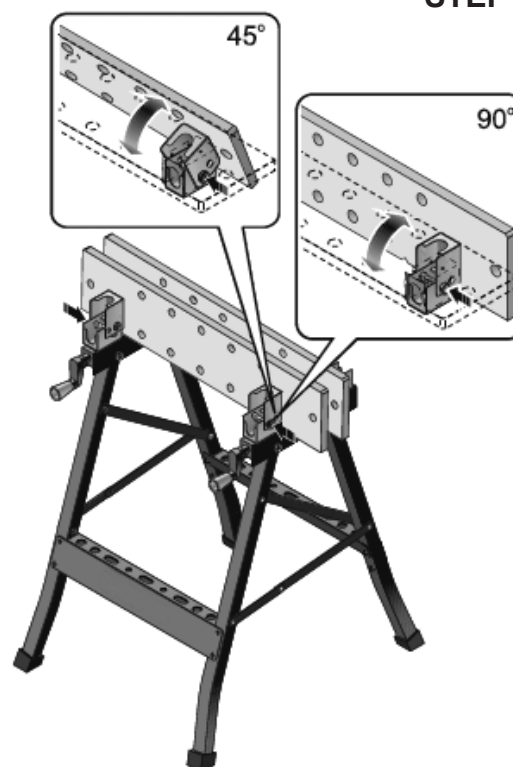
### STEP 1



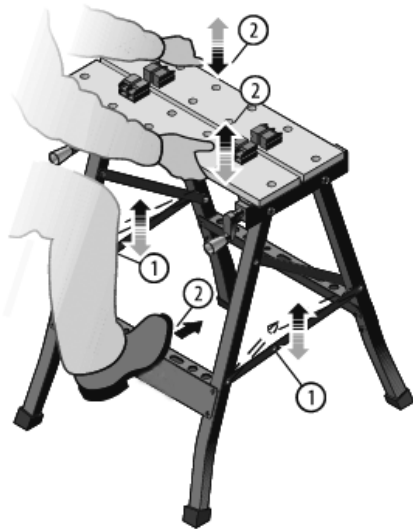
### STEP 2



### STEP 3



## STEP 4



## 5. OPERATION

### 5.1. OPENING THE WORKBENCH

- 5.1.1. Extend the legs to begin unfolding the bench.
- 5.1.2. Push down on the folding braces to securely lock the bench in the open position.

### 5.2. FOLDING THE WORKBENCH

- 5.2.1. Before folding, move both crank handles aside to prevent obstruction.
- 5.2.2. Lift the centre of both folding brackets slightly.
- 5.2.3. Push the legs together and carefully fold the workbench flat.

### 5.3. CLAMPING WORKPIECES

- 5.3.1. Workpieces can be clamped directly in the jaws or on the bench top using clamp blocks.
- 5.3.2. If clamping on the bench top, choose the most suitable holes for gripping the workpiece and insert the clamp blocks.
- 5.3.3. Rotate both clamp handles clockwise to tighten the jaws and secure the workpiece.
- 5.3.4. The jaws can grip at an angle for items that are not parallel.
- 5.3.5. To release the grip, turn the crank handles anticlockwise.

### 5.3.6. ADJUSTING THE BENCH TOP (TILT & TURN)

- 5.3.7. The bench top can be tilted for irregularly shaped workpieces:
  - 5.3.7.1. First position: 45° tilt
  - 5.3.7.2. Second position: 90° tilt
- 5.3.8. Beneath the bench top, on the joining bracket, are two metal push buttons—one on each side.
- 5.3.9. Press and hold both buttons.
- 5.3.10. Adjust the bench top to the desired angle.
- 5.3.11. Release the buttons and wait for the clicking sound, which confirms the bench top is locked in position.
- 5.3.12. Use the crank handles as usual to move the bench tops in or out.

### 5.4. FINAL ADJUSTMENTS

- 5.4.1. Place the bench on level ground with legs open and braces locked.
- 5.4.2. Fully tighten all nuts and bolts.
- 5.4.3. Attach the four feet to the designated legs.

Parts support is available for this product. Please email [sales@sealey.co.uk](mailto:sales@sealey.co.uk) or telephone 01284 757500



### 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.



REGISTER YOUR PURCHASE HERE

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