

## Operating Instructions

### SEAT HEIGHT

Lift up left-hand handle. Press down on or remove weight from seat. Seat is locked at which the handle is released.



### BACKREST RESISTANCE

The strength of the synchro mechanism can be adjusted to the user's weight by turning the knob located under the seat. [Turn clockwise to increase & anti-clockwise to decrease]



### BACKREST HEIGHT

Press the button at the bottom of the backrest and raise or lower to the required position. Release the button to lock.



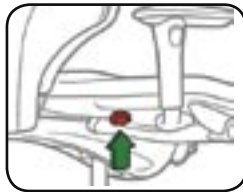
### HEIGHT ADJUSTABLE ARM\*

Press the button under the armrest and slide up or down into the desired position. Release the button to lock.



### SEAT DEPTH

Press the button under the seat upwards, slide the seat into the desired position. Release the button to lock in position.



### MULTI ADJUSTABLE ARM\*

Press the button on the outside of the armrest and slide up or down into the desired position. Release button to lock.



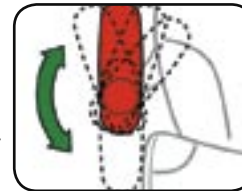
### SEAT / BACKREST TILT

Push down the right-hand handle and lean against the backrest to recline the seat back. Lift up the handle to lock in position.



### Armpad rotation

The armpads rotate through 5 different positions including 180° backwards if they clash with your desk.



\* - If fitted

## Setting up your chair

### SEAT HEIGHT

Thigh to trunk angle should be 90° or slightly more to help keep your pelvis upright.

### BACK HEIGHT

The back lumbar should fit the small of your back to maintain the natural 'S' shape of the spine.

### ARMRESTS

The armrests should touch your forearms when your shoulders and elbows are relaxed at your side. This will avoid strain in the neck and upper limbs.

### SEAT DEPTH

Your bottom should be at the back of the seat with up to three fingers gap between the front of the seat and behind your knees. This will ensure adequate thigh support but without obstructing leg movement.

### TENSION

Create a feeling of floating [when your feet are off the floor] to encourage improved blood circulation and comfortable changes of posture. The tension should be not too soft so that you instantly recline and not too hard that you can't naturally push back.

## Driving your chair

- Even the best ergonomic chairs can't do the job for you.
- Awareness and a little bit of training go a long way.
- Try not to slouch back in your chair or forward over your desk.



- Keep the chair unlocked most of the time.
- Alter your position regularly when typing - try sitting upright for short periods.



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