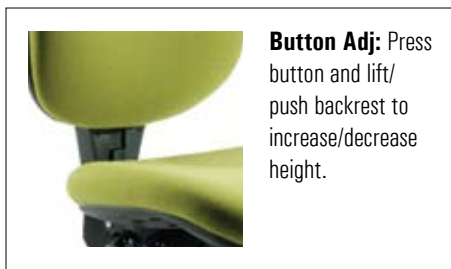
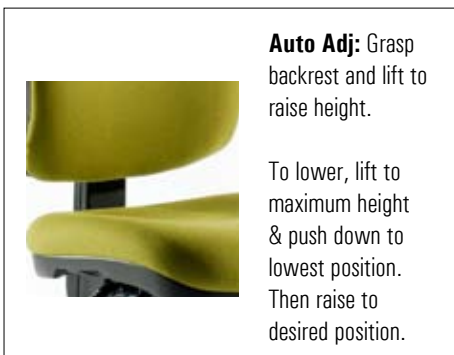


Getting Your Head Around Your Seat



ADJUSTING MECHANISMS

BACKREST HEIGHT ADJUSTMENT



SEAT ANGLE

Lift Seat Angle Adjustment lever to adjust Seat Angle and release when in desired position.

LUMBAR ADJUSTER

Turn Lumbar Adjuster clockwise to enlarge Lumbar and anti-clockwise to reduce Lumbar.

BACK ANGLE

Lift Back Angle Adjustment lever to adjust Back Angle and release when in desired position.

SEAT HEIGHT

Lift Seat Height adjustment lever when seated to lower chair height. Lift lever and take your weight of the chair to raise chair height.

FITTING YOUR CHAIR TO YOUR BODY

SEAT HEIGHT

Sit in your chair and adjust the Seat Height so that:

- The top of your forearm slopes gently toward the mid-line height of your keyboard and your wrists & hands are positioned as natural extensions of your forearm.
- With your feet resting flat, the tops of your thighs are parallel with the floor.

A height adjustable keyboard platform or height adjustable desk and/or a footstool may help you to set-up correctly.

SEAT DEPTH

Adjust the Seat Depth (if Seat Slide is fitted) so there is a 'four finger space' between the front of the seat and the back of your legs.

SEAT ANGLE

Adjust the Seat angle (if fitted) so the seat follows the shape of the underside of your thighs. This will provide the most even distribution of pressure. In clerical activities, you may wish to tilt the seat forward; this allows the pelvic girdle to be positioned properly in relation to the spine.

BACK HEIGHT

Adjust the Backrest Height so that the built in Lumbar Support is level with the lumbar region (lower back) of your spine.

LUMBAR

Then adjust the Lumbar Support size (if Adjustable Lumbar is fitted) until it fills the lumbar region of your spine, providing even distribution of pressure.

BACK ANGLE

Adjust the angle of the backrest so that it is in contact with your back and is supportive of your working position.

ARMRESTS

Adjust your armrests (if Adjustable Arms are fitted) so that you can fit the flat of your hand between the top of the armrest and the underside of the forearm.

If you have difficulty adjusting your chair and setting it up properly, please contact an Occupational Health & Safety professional for help.



Getting Your Head Around Your Seat

Executive chair models



Spring Tilt Mechanism

A: SEAT HEIGHT - twist end of lever up
RECLINE ACTION - pull lever out to recline, push in to lock upright

C: RECLINE TENSION

ADJUSTING MECHANISMS

SEAT HEIGHT

Lift Seat Height adjustment lever when seated to lower chair height. Lift lever and take your weight of the chair to raise chair height.

RECLINE/BACK ANGLE

Lift Back Angle Adjustment lever to activate recline/back angle adjustment.

RECLINE TENSION

Turn handwheel clockwise to increase tension or turn anti-clockwise to reduce tension on recline action.

FITTING YOUR CHAIR TO YOUR BODY

SEAT HEIGHT

Sit in your chair and adjust the Seat Height so that:

- The top of your forearm slopes gently toward the mid-line height of your keyboard and your wrists & hands are positioned as natural extensions of your forearm.

- With your feet resting flat, the tops of your thighs are parallel with the floor.

A height adjustable keyboard platform or height adjustable desk and/or a footstool may help you to set-up correctly.

RECLINE TENSION

Increased tilt tension provides more stability and back support while you recline. Too much resistance may make it difficult to recline.

Depending on weight and preference, different people will require different levels of tilt resistance.



Infinite Lock Mechanism

A: SEAT HEIGHT - twist end of lever up

B: RECLINE ACTION - pull lever up to recline, push down to lock at any position

C: RECLINE TENSION



Knee Tilt Mechanism

A: SEAT HEIGHT - twist end of lever up

B: RECLINE ACTION - pull lever up to recline, push down to lock 1 of 5 positions

C: RECLINE TENSION



Synchro Knee Tilt Mechanism

A: SEAT HEIGHT - lift lever

B: RECLINE ACTION - pull lever back to recline, push forward to lock 1 of 5 positions (seat & back move together)

C: RECLINE TENSION