HEDCOR

THE SPINE CHAIR

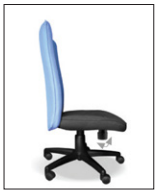
An ergonomically correct chair is essential for good posture while seated. Simply owning an ergonomic office chair is not enough. Your chair needs to be adjusted to suit your body proportions to improve comfort and reduce aggravation to your spine.

WHEN SEATED CORRECTLY IN YOUR OFFICE CHAIR:

- Your feet should be flat on the floor.
- You should be able to easily slide your fingers underneath your legs towards the front of the seat - Ensuring you are not cutting off circulation. If there is more space between the seat and your legs, you must adjust your seat upward.
- You should allow about 8cm between your inner knee and the front of the seat.
- Your hips should be slightly higher than your knees.
- You should sit as far back in your seat as possible so that your back and thighs are completely supported.
- You should have a good lumbar support to maintain the proper curbe in the small of your back.
- You should sit close to your desk.
- Your elbows should be resting close to your body.
- Your shoulders should be relaxed.

THE SPINE CHAIR HAS THE FOLLOWING FEATURES THAT ASSIST WITH THE ABOVE:

- Permanent Contact Mechanism - Designed for maximum lumbar support, the backrest is set to a fixed position for support of the spine and hips of the operator.
- Gas height adjuster
- Lumbar support - To support the inward curve in the small of your back.
- Waterfall Seat - Preventing poor circulation to your lower legs.
- Firm high density foam - For a comfortable seat.
- Adjustable Arm Rests.



TENSION ADJUSTMENT This enables you to adjust the tension on the chair. This is the knob found underneath the chair, towards the front of the seat. When the seat is unlocked, you are able to tilt the chair while seated. You can change the tension to be loose (so that the chair tilts easily) or tight (so that you have to use more strength to tilt the chair). Lighter/smaller people, should have a loose tension and heavier people should have a tighter tension. While seated on the chair, turn the knob clockwise to loosen or anticlockwise to tighten.

GAS HEIGHT ADJUSTMENT This allows you to adjust your seat up or down. The lever is situated underneath the seat on the right hand side. To lower the seat, sit on the chair and pull the lever upwards towards the seat. To heighten the seat, lift your body off the chair and pull the lever upwards and adjust to desired height. For good posture, your feet should be placed flat on the ground with your thighs and calves at a 90 degree angle.

BACK HEIGHT ADJUSTMENT Our Lucea 1000, 1500, 1800 & Oxford Range of chairs have a back height adjustment. This allows you to adjust the height of the backrest upward or downward without moving the position of the seat. The knob is found behind the seat on the left hand side. To adjust the height, in a seated position, turn the knob anticlockwise. This will loosen the backrest, allowing you to move the backrest up or down. Once the desired position is found, tighten the knob by turning it clockwise.

BACK RAKE ADJUSTMENT Our Lucea 1000, 1500, 1800 & Oxford Range of chairs have a back rake adjustment. This means that the back can tilt back and forward without moving the position of the seat. The lever is situated on the right hand side, behind the gas height lever. In a seated position, pull the lever upward while pushing back on the backrest to adjust. Once you have found a comfortable position, release the lever and the backrest will lock in position.

DRAUGHTSMAN CONVERSION This is a gas spindle that is higher than normal gas spindles. These are fitted to chairs that need a seat height higher than normal. I.E. a draughtsman's table / laboratory table. It works the same as a conventional gas. These can only be fitted to operator's chairs and some mid back chairs. This gas spindle cannot be fitted to any high back chairs, chairs with forward pivot mechanisms or chairs with synchro mechanisms. The maximum seat height is 850mm once fitted to a chair.

SWIVEL & TILT MECHANISM This mechanism allows you to tilt the chair whilst seated or lock the chair in an upright position. To lock the chair, use the lever underneath the seat on the right hand side (same lever for gas height adjustment), push it in towards the centre of the chair. To unlock the chair, pull the lever outward away from the seat.

FORWARD PIVOT This mechanism allows you to tilt the seat whilst keeping your feet on the floor, providing a more natural and controlled feeling. You are able to lock the chair in 5 tilted positions. To lock the chair in your desired position, use the lever on the left hand side of the chair by pulling the lever upward towards the seat. To unlock the chair, push the same lever back down towards the floor and push back on the backrest with your body. The forward pivot mechanisms have an "anti-shock" facility, this means that you aren't thrown forward when the mechanism is unlocked and that is why you have to push back on the seat to unlock it.

SYNCHRO MECHANISM This mechanism allows you to adjust and lock the chair in your desired position. You can fix or free float the angle of the seat and back together. For every one degree the seat tilts, the back rest tilts two degrees. To lock the chair in your desired position, use the lever on the left hand side of the chair by pulling the lever upward towards the seat. To unlock the chair, push the same lever back down towards the floor and push back on the backrest with your body. The Synchro mechanisms have an "anti-shock" facility, this means that you aren't thrown forward when the mechanism is unlocked and that is why you have to push back on the seat to unlock it.

MIDDLE PIVOT SYNCHRO MECHANISM This mechanism allows you to adjust and lock the chair in your desired position. You can fix or free float the angle of the seat and back together. For every one degree the seat tilts, the back rest tilts two degrees. To lock the chair in your desired position, use the lever on the right hand side of the chair by pushing the lever towards the front of the chair. To unlock the chair, pull the same lever back towards the back of the chair and push on the backrest with your body. The Middle Pivot Synchro mechanisms have an "anti-shock" facility, this means that you aren't thrown forward when the mechanism is unlocked and that is why you have to push back on the seat to unlock it.

THE PERMANENT CONTACT MECHANISM This mechanism is used on the Spine Chair. This mechanism allows for the adjustment of the backrest, tilting back and forward without moving the position of the seat. This Lever is situated on the right hand side, behind the gas height lever. In a seated position, pull the lever upward while pushing back on the backrest to adjust. Once you have found a comfortable position, release the lever and the backrest will lock in position.