

KC01

Ergonomic Office Chair



SEAT HEIGHT: Back tab, right side of chair



To raise seat:
Pull the tab and lift your weight to raise the seat height.



To lower seat:
While seated, pull the tab and lower seat.

Tip: Adjust your chair such that your knees form a 90 degree angle, and your thighs are roughly parallel to the ground. If your chair doesn't go low enough, a foot rest can help bridge the gap.

SEAT DEPTH: Front tab, right side of chair



To increase or decrease depth:
Pull the tab on the front right of your chair to disengage the locking seat depth adjustment. Slide seat forward or back into proper depth for use; then release the tab to lock the seat.

Tip: Adjust your seat forwards or backwards and allow for 2"-3" from behind the knee to the front edge of the seat. Make sure you're sitting all the way into the back of the chair, with



RECLINE TENSION: Front tab, left side of chair



To increase the recline tension, slide the tab towards the center of the chair.



To reduce the recline tension, slide the tab towards the outside of the chair.

Tip: Set the tilt tension to control the amount of resistance you feel when leaning back.

BACK LOCK: Back tab, left side of chair



To lock the back of the chair:
Pull the tab on the back left of your chair to lock the backrest into one of three positions, from upright to fully reclined. To disengage the back lock, push the tab in and lean back on the chair lightly until you hear a click, signalling the back has been released.



LUMBAR HEIGHT

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To raise or lower lumbar support:
Move back lumbar support up or down as needed by holding the handles behind each lumbar pad.

Tip: Adjust the lumbar height so that it comfortably supports the natural curve of your spine.



ARM ADJUSTMENTS



To adjust arm height:
Squeeze lever on the front of the arm stem while pulling arm up to raise arm to desired height. To lower arm, squeeze lever on arm stem while pushing arm down on armpad.

Tip: For maximum comfort, your arms should make contact with the armpad without any lift at your shoulders.



To adjust arm angle:
Grasp armpad and pivot in or out.

Tip: Adjust arm angle inward when using a keyboard; adjust arm angle outward when using a mouse.



To adjust arm width:
Grasp armpad to pull in or push out.

Tip: Armpad width is properly adjusted when your elbows are in line with your shoulders while seated.



To adjust arm depth:
Grasp armpad and slide forward or backward.

Tip: Adjust for comfort. Avoid any pressure on wrists and elbows.

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