

KC02

Ergonomic Office Chair



B



SEAT HEIGHT



To raise seat:
Rotate the knob forward and lift your weight to raise the seat height.



To lower seat:
While seated, rotate the knob forward 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



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 your back engaging with the backrest of the chair.

BACK LOCK



To lock the back of the chain:
Rotate the knob forward on the left of your chair to lock the backrest into one of four positions, from upright to fully reclined. To disengage the back lock, rotate the knob forward again and lean back on the chair lightly until you hear a click, signalling the back has been released.

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.

LUMBAR HEIGHT



To raise or lower lumbar support:
Move the back lumbar support up or down as needed by adjusting the tension bracket on both sides of the Air Lumbar support. Ensure left/right brackets are even in height.

Tip: Adjust the lumbar height so that it comfortably supports