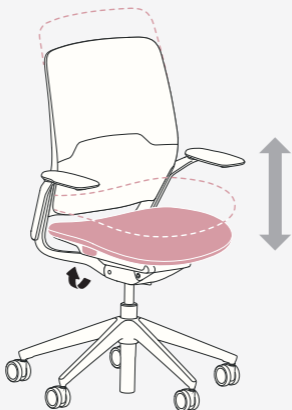


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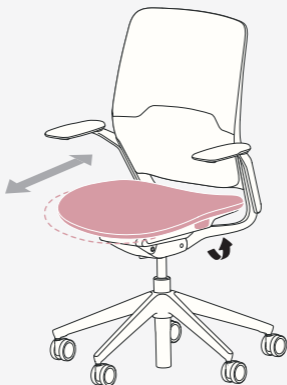
user instructions



Seat Height

When sat in the chair, pull the right hand control lever up and either press your weight down or slightly lift up from the seat to adjust the height. Release the control to lock the seat at the desired height.

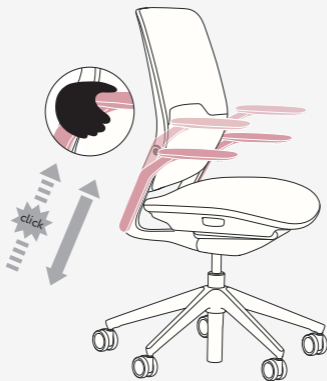
To help keep your pelvis upright and your spine aligned in a natural 'S' shape, thigh to torso angle should be 90° or slightly more.



Seat Depth

When sat in the chair, pull the left hand control lever up and slide the seat forwards or backwards into the desired position. Release the control to lock the seat at the required depth.

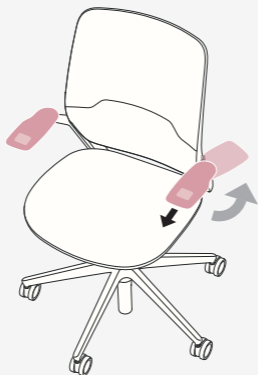
To ensure adequate thigh support without obstructing leg movement, up to three fingers gap should be left between the front of the seat and the back of your knees.



Armrest Height

To adjust the armrests, take hold of the aluminium arm stem and lift upwards: the armrest will incrementally 'click' through eight positions until it reaches the top. Lifting further will allow it to travel freely to the base position once again.

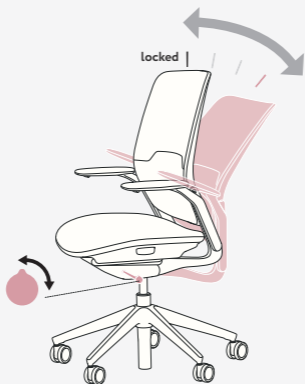
To avoid strain in the back of the neck and upper limbs, the armrests should touch your forearms when your shoulders and elbows are relaxed at your side.



Armpad Rotation

The armpads can be rotated inwards 20° or fully outwards until they are out of the way: simply locate the control under the front of the armpad and pull it forward, while at the same time rotating the armpad to the desired position. For safety, the armpads will automatically lock when returned to the forward position.

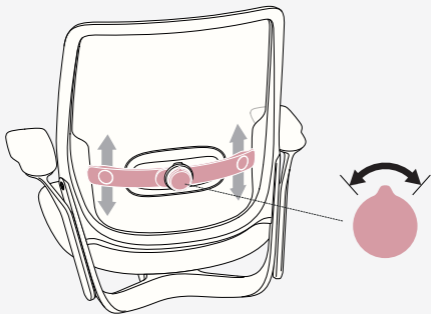
This feature allows you to draw the armrests in to reflect the natural inward angle of your forearms when typing, or alternatively to park the armrests out of the way if space at the workstation is restrictive.



Travel Limiter (Optional)

When sat in the chair, rotate the polished control stalk on the left-hand side fully upright to lock the chair in the upright position. Rotate the control stalk backwards through three 'click' positions to adjust the chair's recline movement to one of three limited angles.

Keeping the chair unlocked most of the time will allow you to make full use of the chair movement, improving blood circulation.



Adjustable Lumbar (Optional)

Reach around the back of the chair and grip the lumbar strap: slide up or down to adjust the height.

Rotate the central dial to fine-tune the depth.

To help maintain the natural 'S' shape of the spine, the lumbar pad should support the small of your back.

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