ASSEMBLY INSTRUCTION

Shrike Drafting Chair

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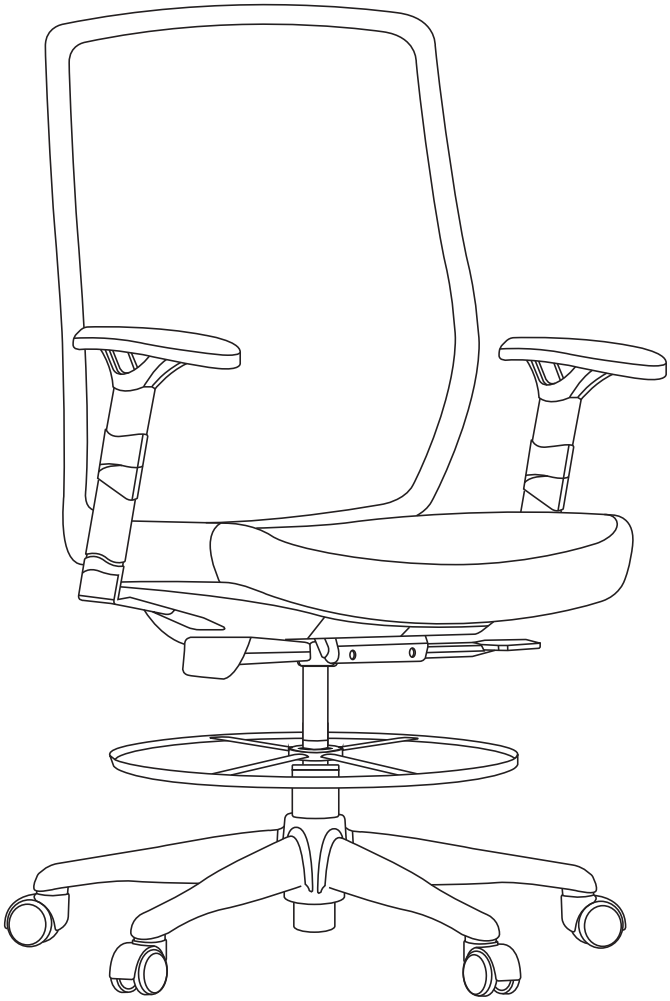
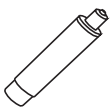
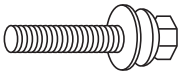
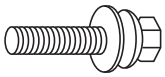


A x5PCS	**B** x1PC	**C** x1PC	**D** x1PCS	**E** x1PC	**F** x1PC
					

G	**H**	**I** x1PC
 1/4*35mm	 M8*20mm	

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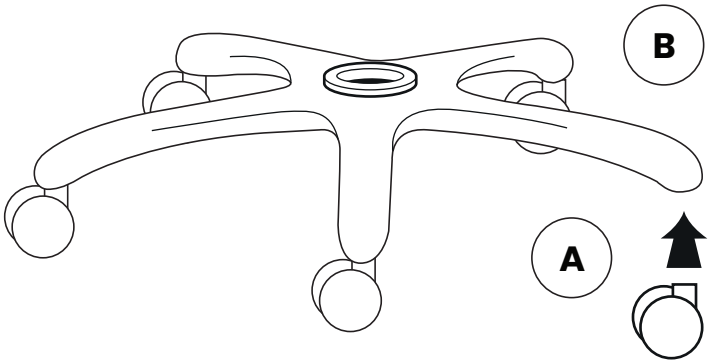
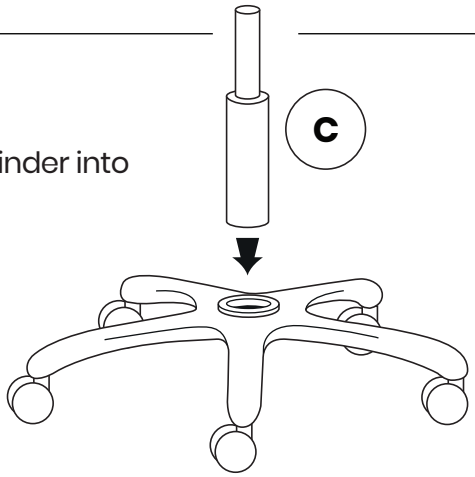
STEP 1

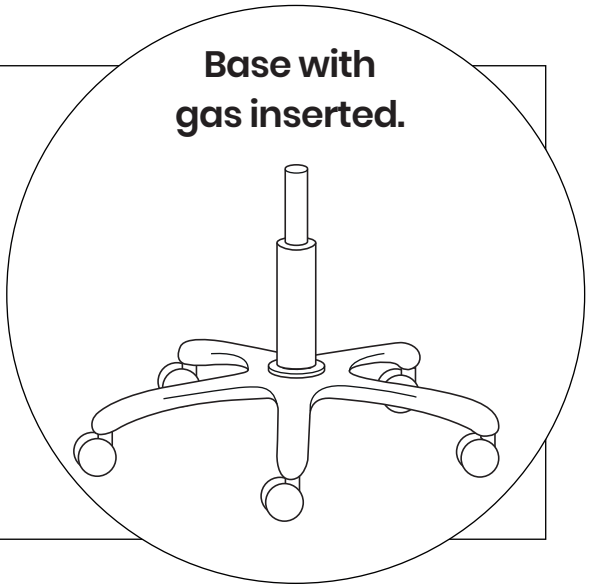


Insert castors into base.

STEP 2

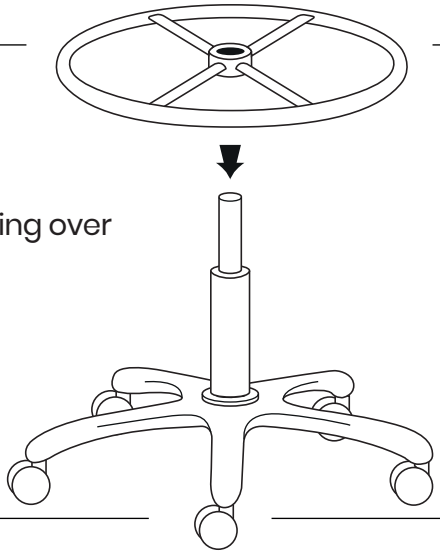
Insert gas cylinder into base.

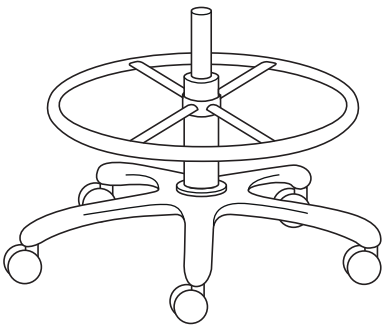




STEP 3

Insert drafting ring over gas as shown.





Base assembly complete !

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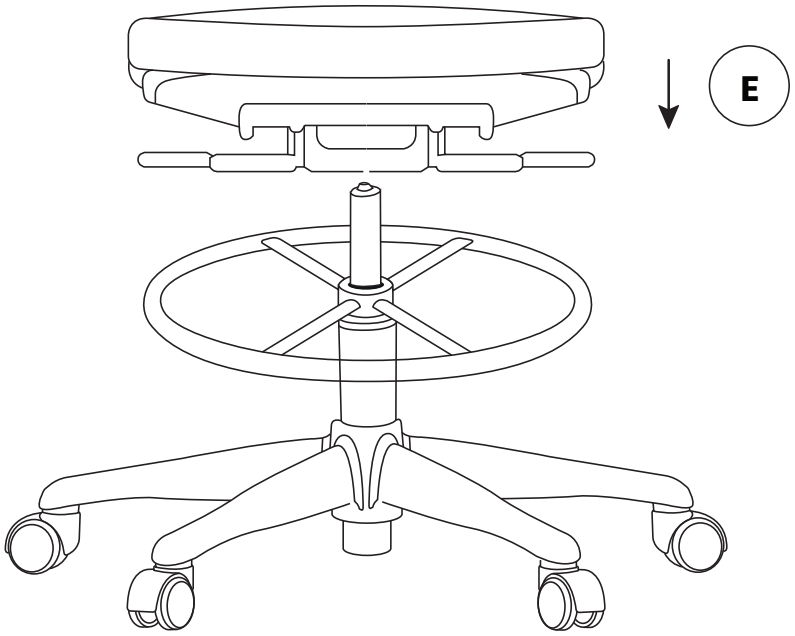
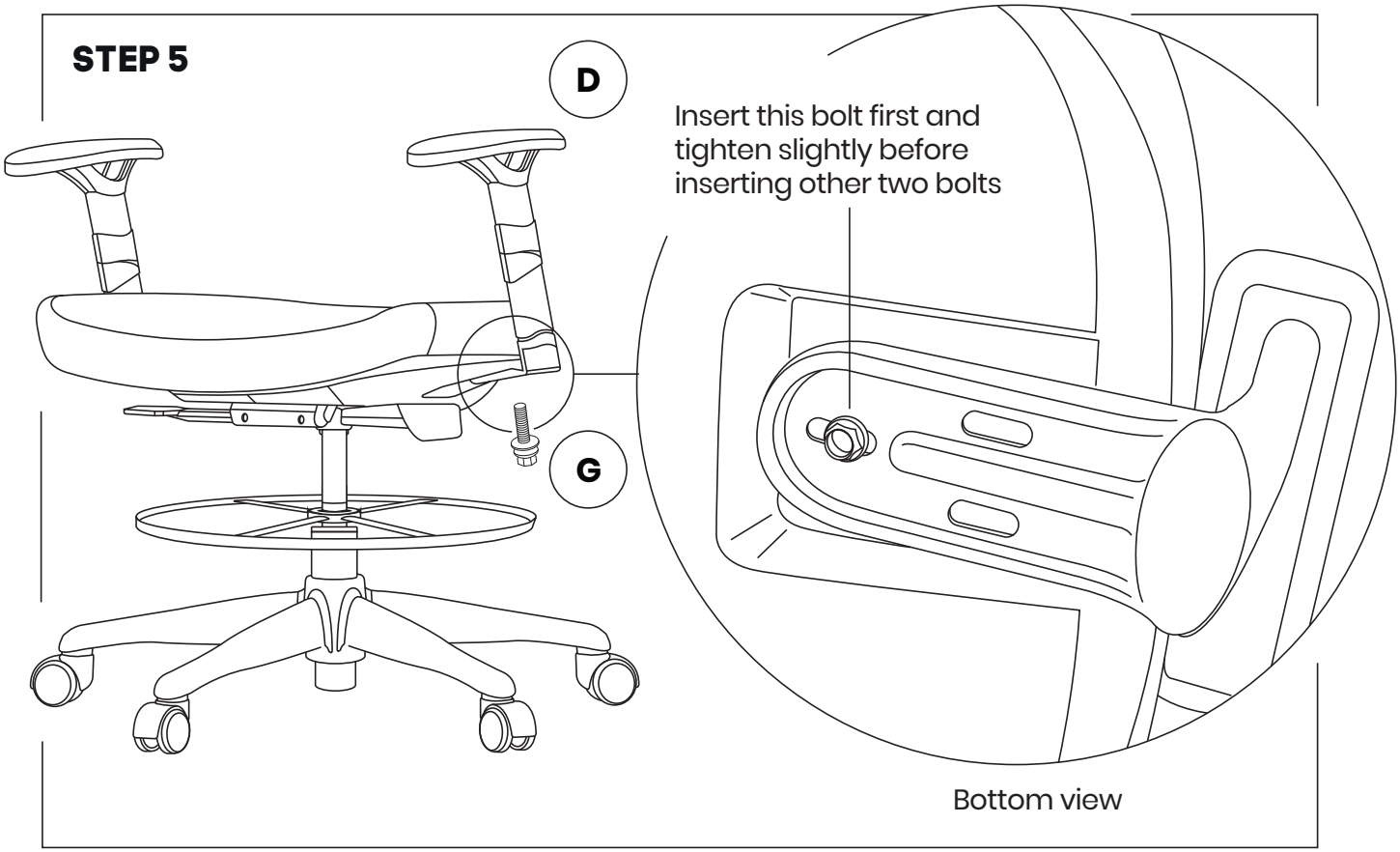
STEP 4



STEP 5



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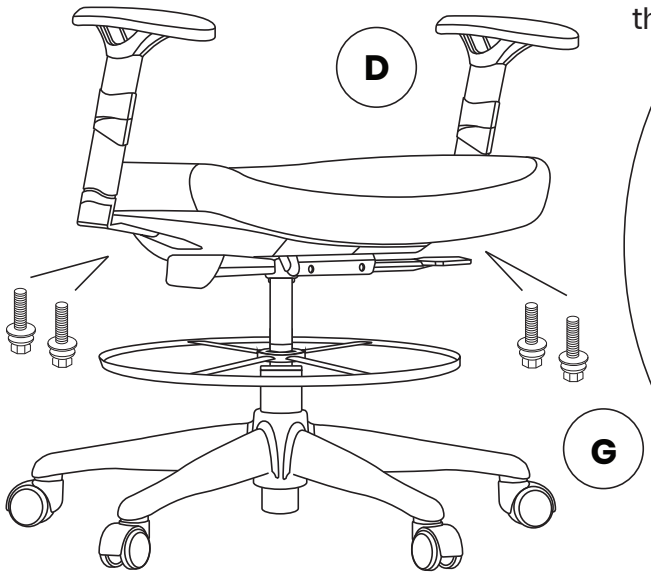
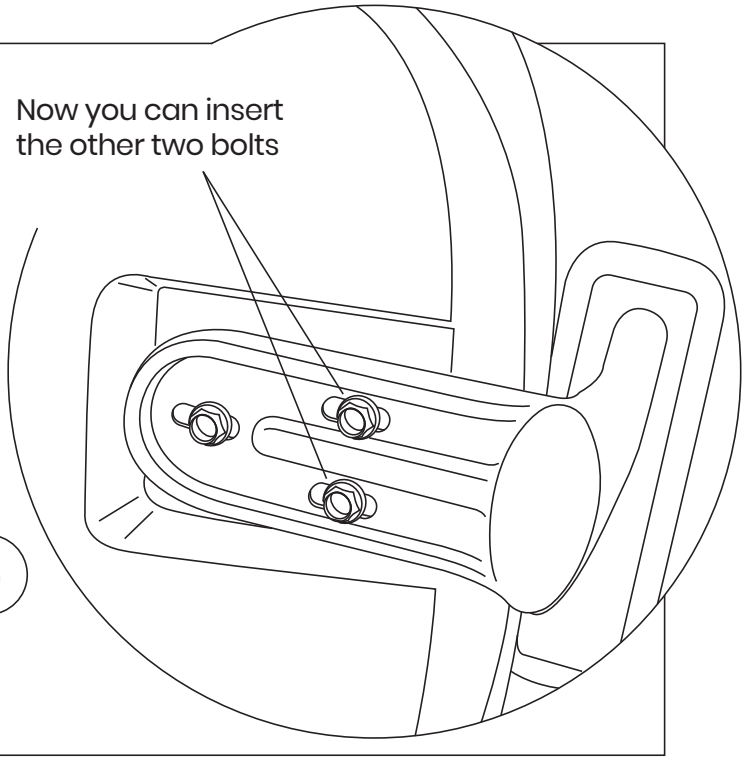
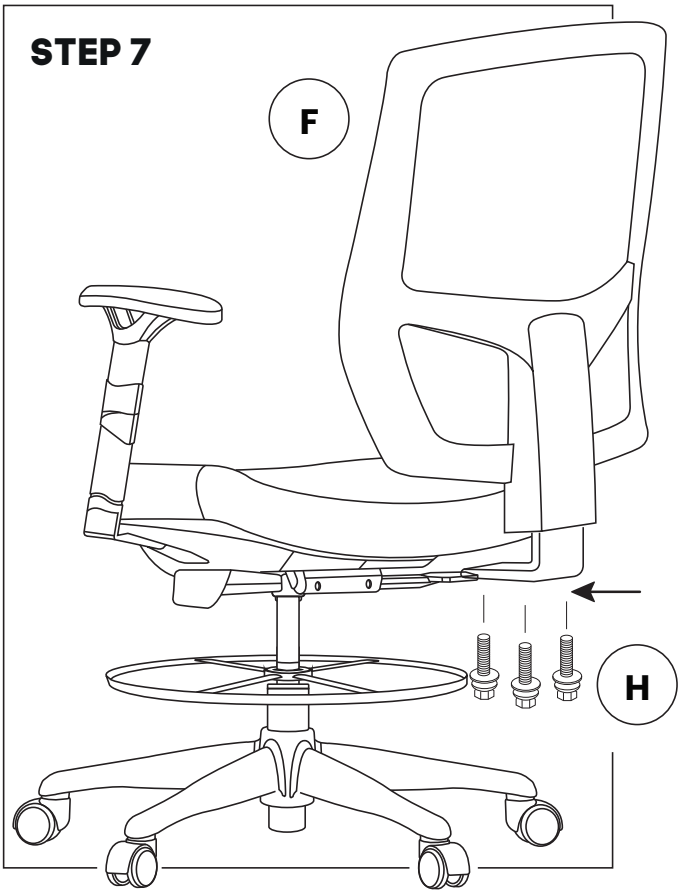
STEP 6



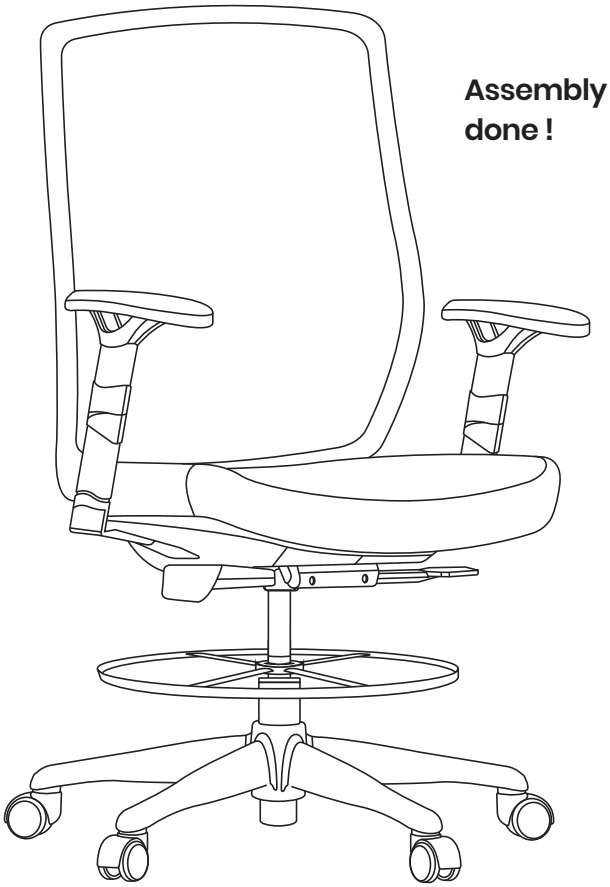
Now you can insert the other two bolts



STEP 7



Assembly done !



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Seat height adjustability

- Enables the user to adjust the chair height so that their feet are placed firmly on the floor.
- Seat too high? The user is forced to lean forward and therefore forfeits the back support.
- Seat too low? The user's weight shifts to the buttocks resulting in excess pressure on the underside of the thighs.
- Knees should be bent at right angles to the thighs (90-95).
- Refer to Shrike mechanism and the horizontal flat lever. Pul the lever up and remove your weight, the chair will increase in height. Sit on the chair and push the lever down, the chair will decrease in height.

Height adjustable arms

- Provides support to the forearms and/or elbows to avoid "raising the shoulders". This occurs when the armrests are too high. "Slouching" or leaning to either side of the chair is an indication that the armrests are too low.
- The armrests should facilitate the arms to act as an extension to the worktop.
- Refer to the button under each arm on the chair. Pushing the button inwards will allow user to move the arms up and down.

Lumbar support

- The backrest should provide adequate lumbar support. Some chairs have height adjustable backrests in order to facilitate lumbar support relative to the stature of the individual.
- The shrike chair has a ratchet back adjustment. The user can increase the height of the chair by pulling the back rest of the chair upwards. There are 5 ponts (ratchets) that the back rest will adjust up to. It will then reset and go all the way back down. Adjust the backrest to sit comfourtably in your lower lumbar.

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Backrest angle adjustment

- 3-lever back and seat tilt mechanism with ratchet back height adjustment.
- Independent seat angle and back height adjustment.
- Ratchet back height adjustment facilitates the lumber support required, relative to the stature of the individual.
- This enables the user to change the angle of the backrest, in relation to the angle of the seat.
- The chair continues to support the user during various angles of recline whilst ensuring even distribution of body weight, resulting in less pressure on the lower back.
- The angle of the backrest should range from 85-120 (slightly beyond upright).
- The shrike chair has a vertically flat lever to adjust the angle of the chair. Pushing the lever forward will unlock the mechanism. Using your body weight , move the back rest to the appropriate angle. Pull the lever backwards to lock the mechanism and the backrest in place.

Waterfall front

- The curved edge of a seat front helps to eliminate restricted blood flow to the lower leg and unnecessary pressure behind the knees.

Synchronized movement

- Seat and back automatically follows the movements of the user.
- This mechanism enables a relationship between the backrest and seat pan, whereby, for every 3 degrees of tilt enforced onto the backrest, the seat pan automatically tilts by 1 degree, i.e. the chair moves with your body.
- It permits the user to select a fixed angle sitting position or free-floating, recline.
- This mechanism allows for a negative tilt on the seat; thighs slope downwards thus widening the angle between the trunk and the thighs. Reducing pressure on the spinal discs.
- The tension adjustment facilitates the effortless “to and fro” movement of the seat proportional to your body weight.