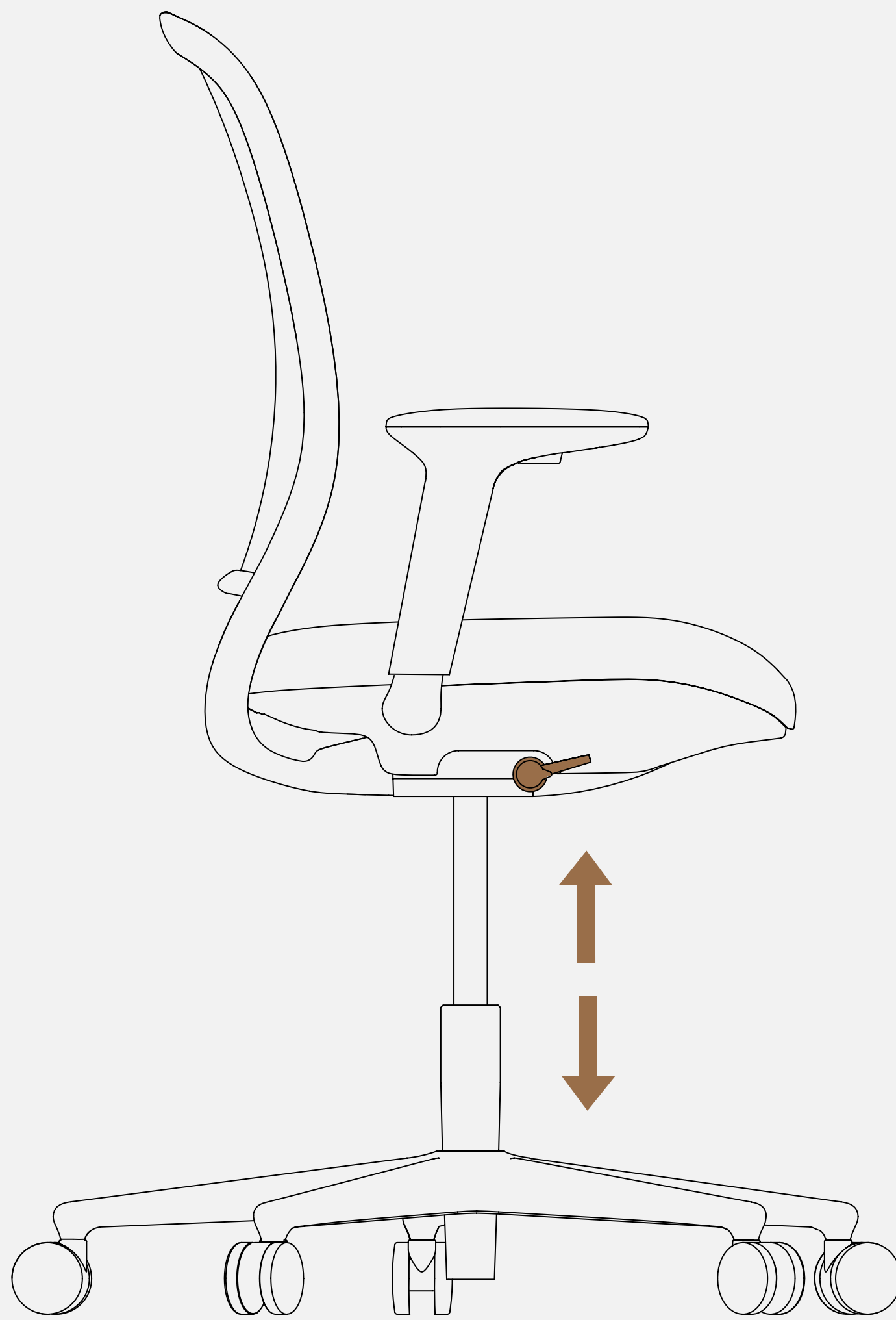


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Operating Instructions

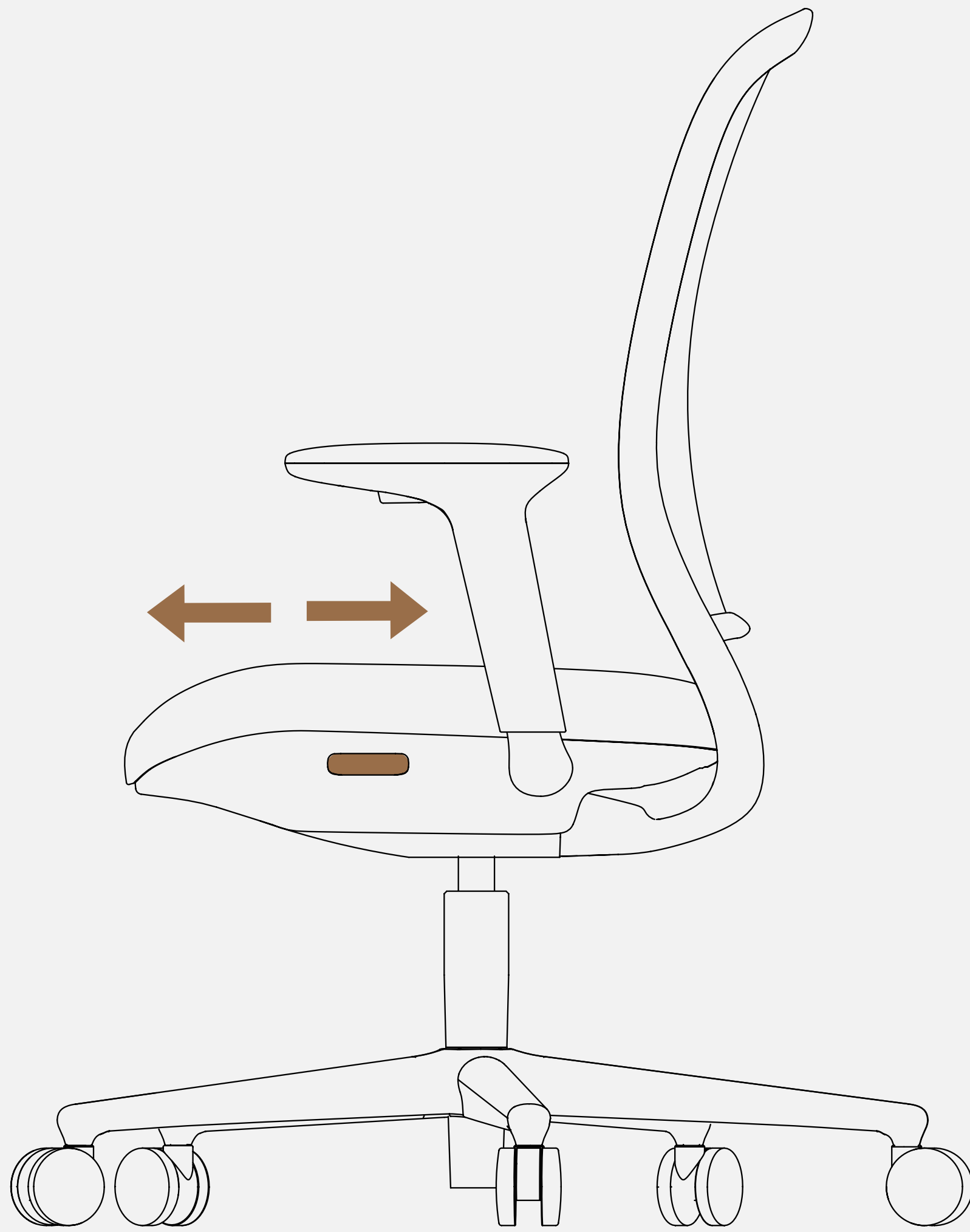




Height Adjustment:

The seat height control lever can be found on the stalk beneath the seat on the right-hand side. To adjust seat height, pull the lever up and either press your weight down or slightly lift up from the seat. Release the lever to set 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:

The seat depth control can be found just under the seat on the left-hand side. To adjust seat depth, pull the control outwards and slide the seat forward or backward into the desired position.

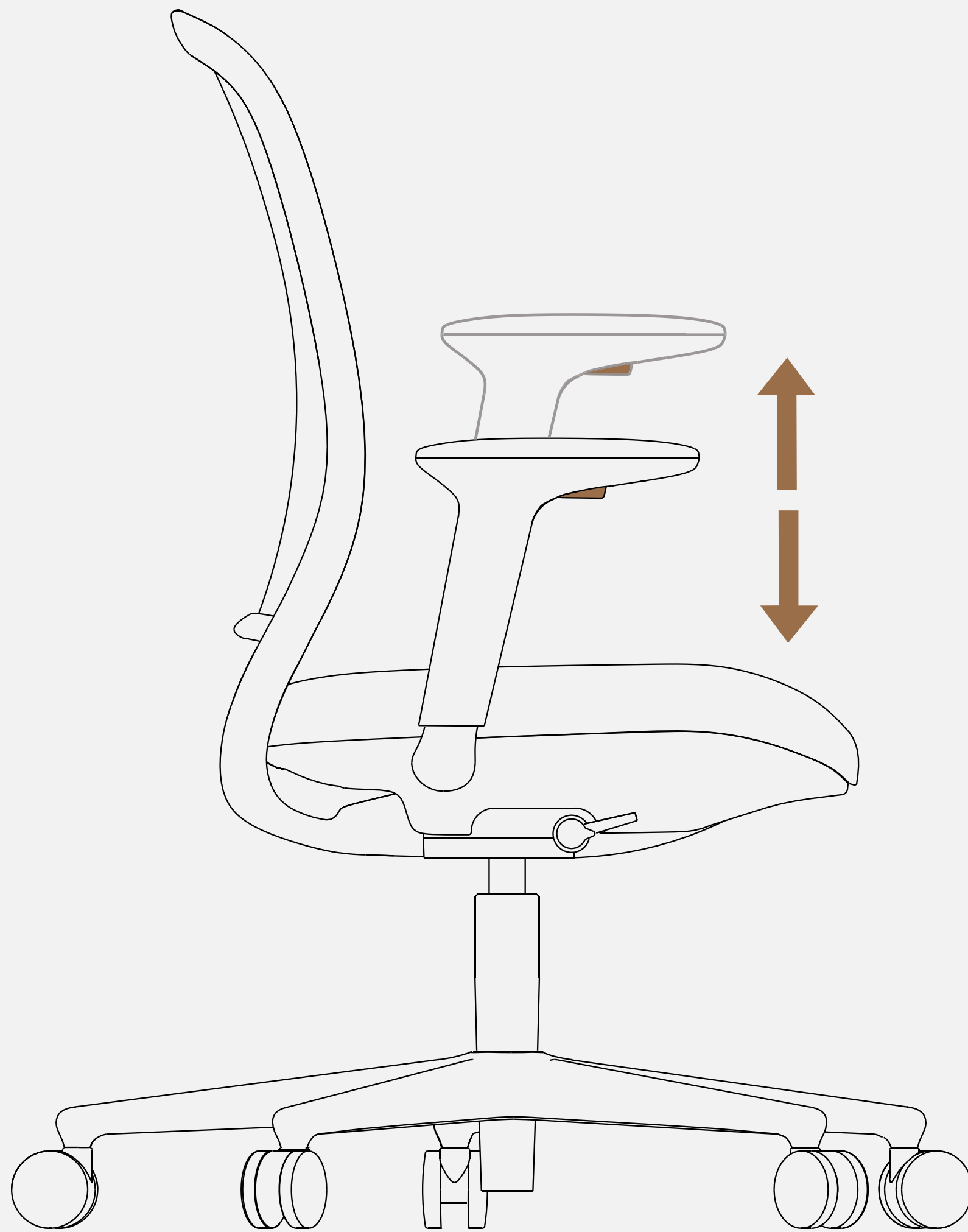
To ensure adequate thigh support without obstructing leg movement, up to three fingers gap should be left between the front of the seat and the back of your knees.



Travel Limiter:

The travel limiter control can be found on the end of the control stalk beneath the seat on the right-hand side. When sat in the chair, rotate the control fully forward to lock the chair in the upright position. Rotate the control rearward through three 'click' positions to adjust the chair's recline movement to one of three limited angles.

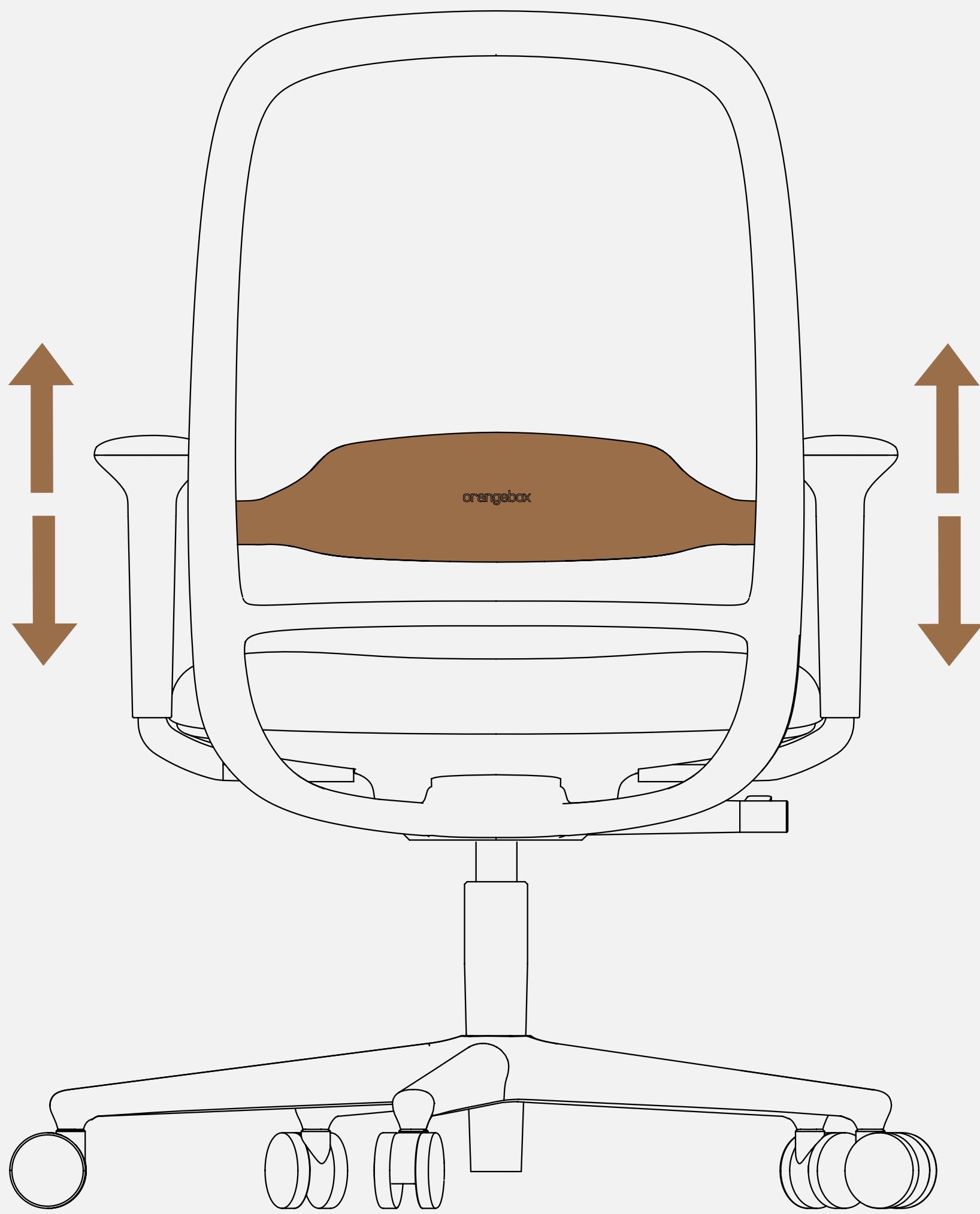
Keeping the chair unlocked most of the time will allow you to make full use of the chair movement, improving blood circulation.



Arm Height Adjustment:

The arm height adjustment button can be found underneath the front of the armpad. To adjust the height, press the button and lift or lower the arm to the desired position. Release the button to lock the arm into position.

The armrests should touch your forearms when your shoulders and elbows are relaxed at your side. This will avoid strain in the neck and upper limbs.



Lumbar Adjustment (option):

To adjust the height of the lumbar, simply reach around the back of the chair with both hands and lift or lower the pad to the desired position.

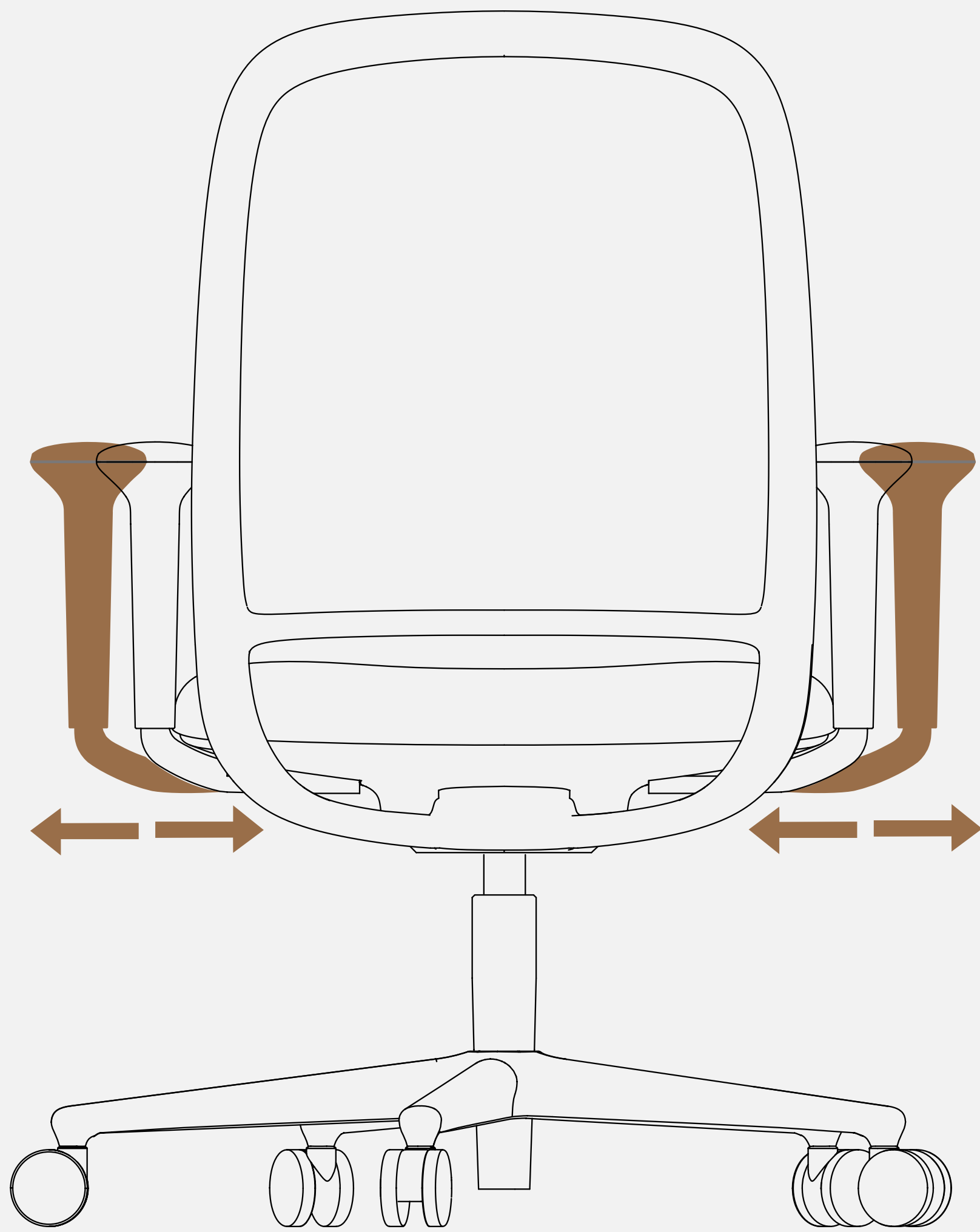
To help maintain the natural 'S' shape of the spine, the lumbar pad should support the small of your back.



Armrest Depth (option)

You can fine-tune the front to back position of the armrests by simply pushing them forwards or backwards to the desired position. They can be pushed all the way back to enable you to get closer to your work surface.

To help give you full forearm support, get a comfortable distance from the front edge of the desk and allow for greater unrestricted movement



Arm Width Adjustment (option)

The width adjustment knob can be found on the underside of each arm where it connects to the seat. Reach underneath the seat and loosen the knob by one full turn. Then slide the arm inward or outward to the desired position and re-tighten the knob to clamp the arm firmly in place.

To cater for a more supportive armrest to suit your body frame.

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