

Operation Instructions

Design: Dash

To ensure comfortable correct posture seating we recommend following the instructions.

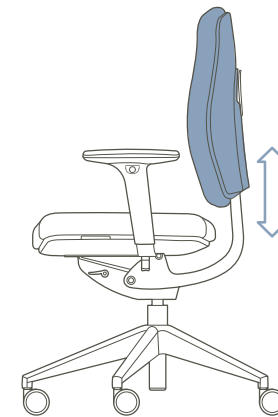
All instructions are from the seated position



Seat Height—

In a seated position pull the lever up to lower the seat or lift your body weight off to raise the seat. Release the lever to lock into position.

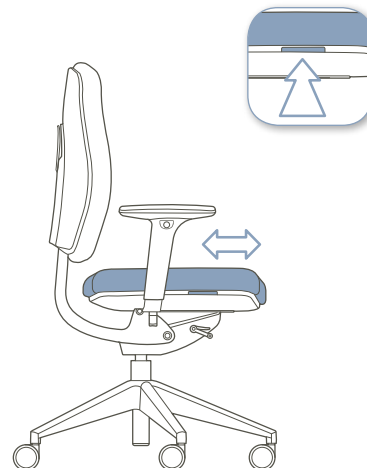
With your feet flat on the floor the front of the seat should not put pressure on the underside of the thighs as this can lead to poor circulation.



Back Height—

Lift the back with both hands to the desired height. Once the back has been clicked into its maximum height it will move freely back down to its lowest level.

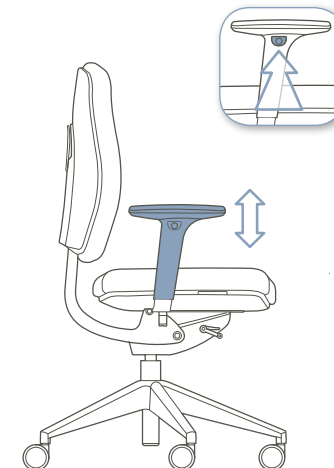
The backrest should fit to the shape of your spine, giving positive support to the small of your back and lumbar area.



Seat depth—

Push the button and slide the seat to the desired depth. Release the button to lock in position.

Ensure there is no less than three fingers gap between the front of the seat and the back of your knees. This will provide support without obstructing leg movement.



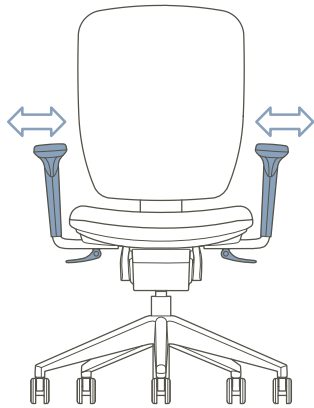
Arm height—

Push the button on the outside of the armrest and move to the desired height. Release the button to lock into position.

The armrests should support your forearms when your shoulders are relaxed. This will prevent any muscle strains in the neck and shoulder area.

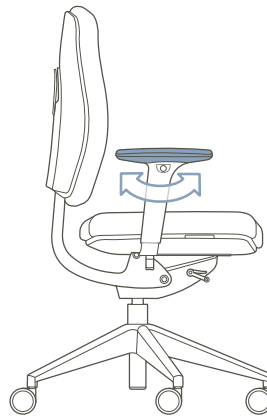
Arm Width—

Push down the lever under the base of the arm and then adjust width by pushing the arm in or out from the seat to the desired width. Pull the lever up again to secure the arm in place.



Multi-functional arm—

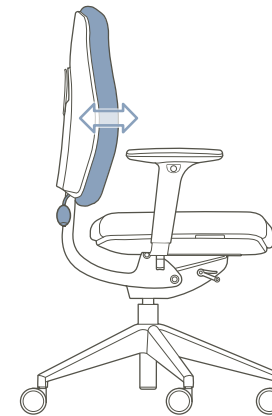
When fitted, the arm pad position may be adjusted by rotating the pad inward in two steps and outward in two steps. To enable the user to get closer to the desk with arms at the correct height the arm pad may also be moved forwards or backwards by sliding.



Pneumatic lumbar—

By squeezing the black rubber pump you can inflate the air bladder to a pressure that provides a comfortable level of support.

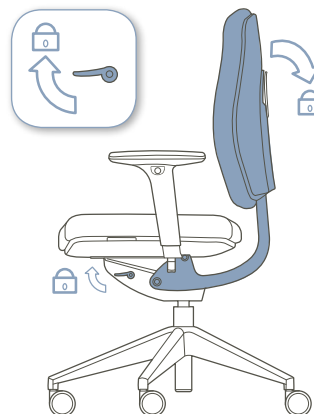
To deflate the air bladder press and hold the black button on the pump and apply pressure to the air bladder (by leaning back).



Synchro Lock & Tilt—

When unlocked, lean against the synchronised backrest to the desired position and angle, lift up to the lever to lock into position. To unlock, push back on the backrest first and then lean forward to release the safety lock system.

Use the chair in the unlocked mode as much as possible to provide full support when reaching and twisting.



Synchro torsion—

To adjust the tension of the synchro-tilt mechanism to suit your weight, pull out and turn the handle on the right hand side.

Ensure the tension is not too hard that it restricts your movement and not too soft that you are always in the reclined position. An ideal tension will support your body in equilibrium.

