



Seat height

The seat is at the correct height when your upper and lower leg (thighs and calves) form a 90° angle with your feet resting on the floor. Hold the handle / lever on the right side of the seat. To increase the height, take some of your weight off the seat and pull the lever up. To decrease the height, keep your weight on the seat and pull the lever up.



Seat depth

Use this adjustment to support your thighs comfortably (leaving a suitable gap of a least 25mm behind the knees). Sit well back in the chair, lift the bar found under the front of the seat and make the seat glide forwards or backwards.



Backrest height

Locate the 2 buttons located on the lumbar stem. Activate them at the same time to make the backrest slide up or down for optimum lumbar support.



Lumbar tension and tilt tension

When your **tilt tension** is properly adjusted, you can recline in your chair to any position and remain in that position without effort. Turn the first knob on the right-hand side of the seat forwards for more support or backwards for less support.



Use this adjustment to fully support your **lumbar region** especially when you recline. Turn the second knob (labelled with numbers 1-4) situated on the lower right-hand side of the seat from position 1 (low tension) to 4 (high tension) depending on your preference.



Tilt limiter

Use this adjustment to set how far back the backrest can recline (0°, 8°, 16°, 24°) Control located to the rear left hand side of the seat.



Armrests

When placed at the right height, the armrests provide relief for your shoulders and upper back. To adjust for height push the button under each armrest. To adjust for height push the button under each armrest. Five positions from front to back. Adjustable by pushing the cap forward or backward. The pivot adjustment fully supports your forearms while you perform your tasks. Adjustable by twisting the armrests to the required angle.