



1a. Adjustable arms

Each arm pad is height adjustable by pressing the button on the outside of the armrest and sliding up and down into the desired position. If possible, your forearms should be supported at 90° to your upper arms with your shoulders relaxed.



1b. Multi-adjustable arms

Height: Arm pad is height adjustable by pressing the button on the outside of the armrest and sliding up or down into the desired position. If possible, your forearms should be supported at 90° to your upper arms with your shoulders relaxed.

Rotation: Slide the control on the underside of the front of the arm-pad forward and rotate the pad to the desired position. The soft touch pad can be rotated 180° rearward to allow you to work closer to your desk or 30° inward to provide wrist support whilst typing. The arm-pad will automatically lock in the forward position for additional safety.



2. Multi-adjustable lumbar

Ara's adaptive elastomer membrane has been designed to flex, this accommodates different shapes and sizes of user but supports your back in a posturally correct 'S' shape. Because the back adapts to fit the user, Ara doesn't need a height adjustable back, but the adjustable lumbar control can be used to fine tune seating comfort. To fine tune lumbar height, reach round with both hands to grip the lumbar pad and pull up or down to a position that suits. To fine tune lumbar depth, rotate the paddle in the centre of the vertebra, clockwise to increase support from the pad and anti-clockwise to decrease the support from the pad.

3. Seat height control

Lift the paddle on the right hand side of the seat to raise and lower seat height. The seat height is locked when the lever is released. It should be set so your feet are comfortably flat on the floor and if possible, your thighs should be at 90° to your back (or slightly more) to help keep your pelvis upright and your spine aligned in a natural 'S' shape.



4. Seat slide control

The seat slide control is situated on the right hand side of the seat, toward the front of the chair. It is adjusted back or forward by pressing the button in whilst sliding the seat into the desired position. If possible, there should be at least two fingers gap between the front of the seat and the back of your knees. This will ensure adequate thigh support but without obstructing leg movement and lower leg circulation.



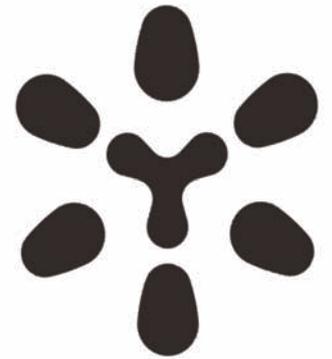
5. Back lock control

Lift the paddle on the left hand side of the seat to unlock the recline of the chair back and gently lean back to recline. The mechanism has an anti-kick safety feature which means that adjusting the chair back to be more upright also needs you to put a small amount of rearward pressure on the back first. Press the paddle down again to lock the chair back in the desired position. For healthier sitting, keep the chair unlocked as much as possible as this will encourage you to move more, which is better for you.



6. Body weight control

The recline resistance when the chair back is unlocked can be adjusted to suit your body weight by turning the knob on the right hand side of the seat. Turn clockwise to increase resistance and anti-clockwise to decrease resistance. The 'tension' should be set so that you are able to recline gently in a controlled manner but without having to push uncomfortably hard.



ARA
orangebox