



## **Seat Height.**

Pull the control outwards and sit down on, or remove weight from the seat to adjust the height. Release the control to lock the seat at the desired height.

*Thigh to back angle should be 90° or slightly more to help keep your pelvis upright and your spine aligned in a natural 'S' shape.*



## **Seat Depth.**

Pull the control outwards and slide the seat forward or backward into the desired position. Release the control to lock the seat at the required depth.

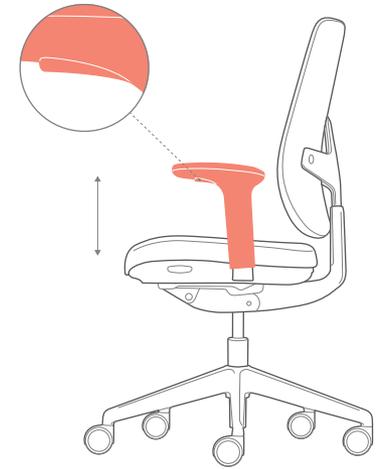
*There should be up to 3 fingers gap between the front of the seat and the back of your knees. This will ensure adequate thigh support without obstructing leg movement.*



## **Back Height.**

Whilst seated, lift the back until the desired lumbar position is achieved. Lift the back up as far as it will travel and gently release to allow it to return to the lowest position.

*The lumbar region should support the small of your back to help maintain the natural 'S' shape of the spine.*



## **Armrest Height.**

To raise or lower the armrest, squeeze the button upward into the arm shroud and lift or lower the arm into position. Release the button and the arm will stay at that height.

*To avoid strain in the back of the neck and upper limbs, the armrests should touch your forearms when your shoulders and elbows are relaxed at your side.*

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OPTIONAL

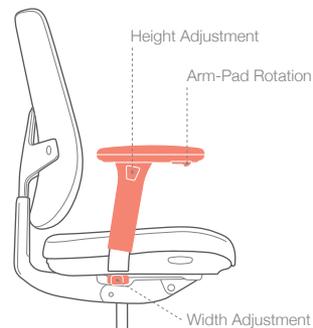


### Back Lock & Travel Limiter.

When the control stalk is rotated fully forward, the back will be locked in the upright position. When rotated rearward, the control will allow the chair to recline to 3 different angles of movement.

*Keep the chair unlocked most of the time. Make full use of the chair movement as this will ensure improved blood circulation.*

OPTIONAL



### Multi Adjustable Arm.

#### **Height Adjustment:**

Press the button located on the outside of the arm and lift or lower the arm into position. Release the button to lock the arm in position.

#### **Arm-Pad Rotation:**

Locate the control beneath the front of the arm-pad and slide forward to allow the arm-pad to rotate to the desired position. The arm-pad will automatically lock when returned to the forward position for safety.

#### **Width Adjustment:**

Reach under the seat and loosen the knob by one full turn. Slide the arm inward or outward to the desired position and re-tighten the knob.

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Operating Instructions

