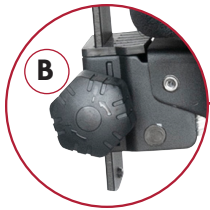


03-MECHANISM: Multi-Tilt with Seat Slider Operating Guide

A few simple and easy adjustments will maximize your comfort and help you get the most from your purchase. Remember that altering your position (adjusting your chair) throughout the day will help to reduce fatigue and increase productivity.



Back Height Adjustment

Adjust backrest height to position the lumbar support area of the backrest to align with the lumbar area of your back. This usually takes some experimentation to determine the best position for each individual, but it is well worth it! To adjust the backrest height, simply loosen the hand wheel (counter-clockwise) and reposition the backrest. Tighten securely when the desired height is reached. Support of the lower back encourages and helps maintain proper posture.



Seat Depth Adjustment (Left side)

Adjustable seat depth helps to accommodate people of various sizes (thigh length). This feature works very much like the seat depth adjustment in a car. Lift the lever located on the back left side of the seat and pivot hips to slide seat pan. This will change the depth of the seat in relation to the backrest. It may be easier to make this adjustment while out of the chair the first time. The seat should come within two to three finger widths of the back of the knee while seated.



Forward Tilt Stop

This feature allows the forward tilting motion of the seat to be "locked out" when using the chair in the "free float" tilting mode (see H). When the forward tilt is locked out, and the chair is in "free float" the chair will return to a level position when upright. When the forward tilt is enabled (not locked out) the chair will return to a position forward of level (leaning forward). To lock out or enable the forward tilt, simply rotate the handle in a semi-circular motion while tilting back slightly (in free float mode). Move the handle forward to lock out and rearward to enable the forward tilting feature.



Backrest Angle Adjustment

This adjustment allows the user to change the angle of the torso in relation to the thighs. A more "open" angle decreases disc pressure and maximizes circulation. Different tasks may require angle adjustment in order to keep the chair in contact with your back (and be supportive). To adjust, simply lift the lever and move backrest using your upper body to the desired position and release handle (locks into position automatically).



Tilt Tension Adjustment

This adjustment allows the user to set the spring tension of the tilting mechanism to his or her own body weight. The tension is set properly when the user can rock comfortably without excessive "pushing" with the feet. This adjustment is best made while out of the chair. Turn clockwise to increase, or counter-clockwise to decrease tension.



Seat Height Adjustment

Adjust seat height to allow your feet to rest flat on the floor to reduce pressure on the back of the thighs. This facilitates proper circulation to the lower extremities. To lower seat height lift this lever while seated in chair. To raise seat height lift weight off the chair while lifting lever. A foot rest may be necessary if worksurface is too high.



Seat Angle Adjustment with Tilt Lock

This function allows the user to leave the chair in a "free float" tilting mode or lock the chair tilt (seat angle) at any desired position. Lift the lever and leave it in the "up" position to allow the chair to "free float" or recline. Lock out the tilting action or lock in the desired seat angle by lowering the lever to the "down" position.

