

# 70-47P: Synchro-Tilt Weight Activated Chair Operating Guide

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



## Synchro Tilt Multi Position Lockout Function (Left side)

This adjustment allows the user to tilt the seat and back in a synchronized movement in a 2:1 ratio with multi-position tilt-lock control. To adjust, lower the lever and leave it in the “down” position to allow the chair to “free float” or recline. Lock out the tilting action or lock in the desired seat angle by putting the lever in the “up” position. (locks into position automatically).



## Lumbar Height Adjustment

Adjust 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 push on the knobs on the backrest to reposition. Support of the lower back encourages and helps maintain proper posture.



## Seat Height Adjustment (Right side)

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.