

# 14-MECHANISM: Posture Task 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.

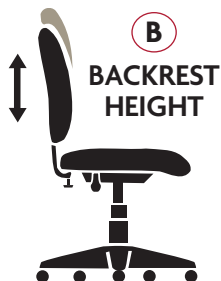


## Back Height Adjustment

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 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.



## 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).

