

## How to use your chair



### 3 Lever Independent Mechanism

Simplistic controls located on either side make this mechanism really easy to use and ultra ergonomic. This quick and easy mechanism has been developed to put the user in full control of their chair, enabling them to work in maximum comfort throughout the working day.

#### 1) Ratchet Back Height Adjustment

Lift or drop the backrest to the required height for maximum back support while sitting.

#### 2) Secondary Seat Slide Adjustment

Rotate telescopic handle to alter seat depth by sliding body forward, release to lock into desired position.

#### 3) Backrest Angle Adjustment

Raise lever to set independent back angle, push down to lock into desired position.

#### 4) Independent Seat Tilt Mechanism

Raise the lever to set seat and back angle, push down to lock into desired position.

#### 5) Seat Height Adjustment

Raise the lever and adjust the height of the seat to maximise comfort. Release lever when your seat is in your preferred position.

#### 6) Body Weight Tension Control

Wind the hand-wheel clockwise to decrease resistance, allowing for more free movement. Wind the hand-wheel anti-clockwise to increase the resistance.

#### 7) Seat Slide Adjustment

Raise lever to alter seat depth by sliding body forward, push down to lock into desired position.