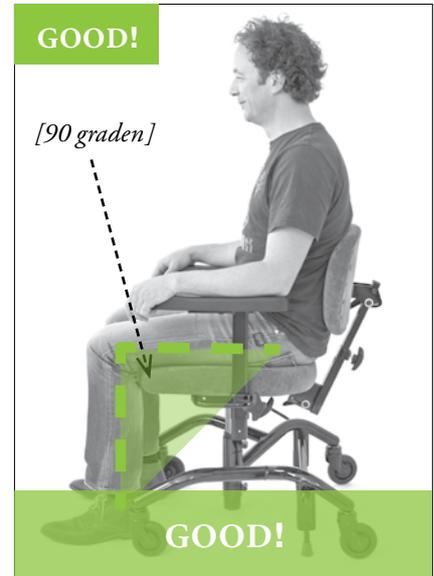
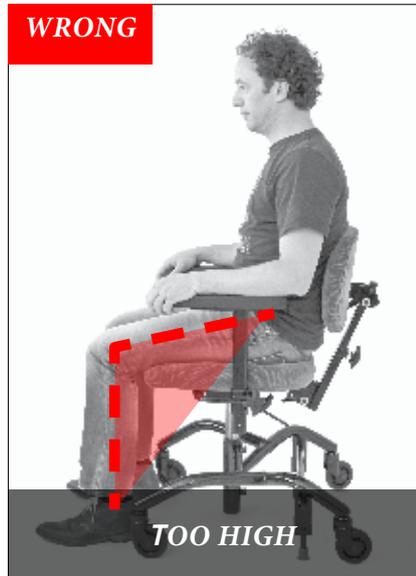
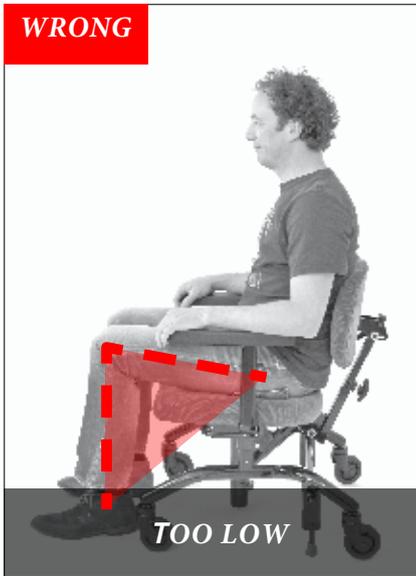


Seat Set Up Instructions





SEAT HEIGHT

The correct seat height is when the feet are flat on the floor and the knees are at a 90 degree angle. Raise or lower the seat until this angle is 90 degrees.

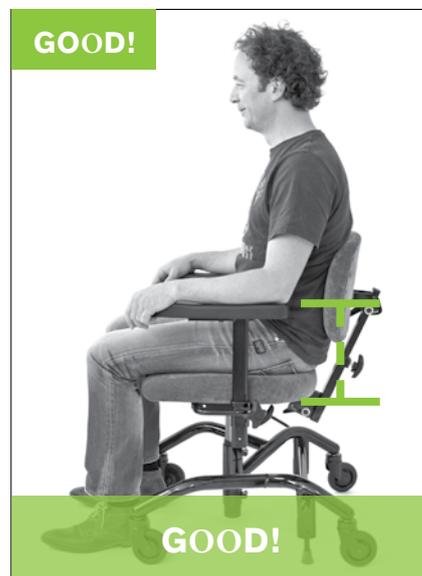
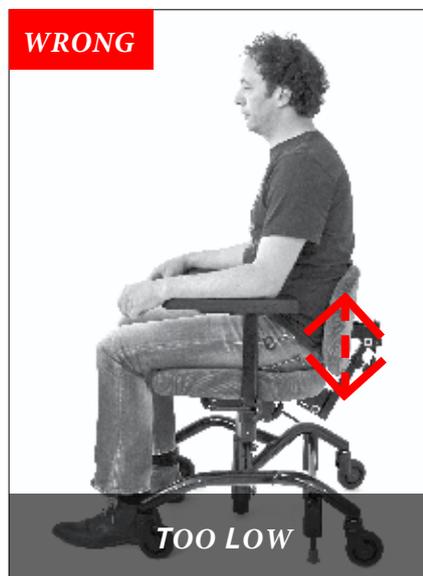
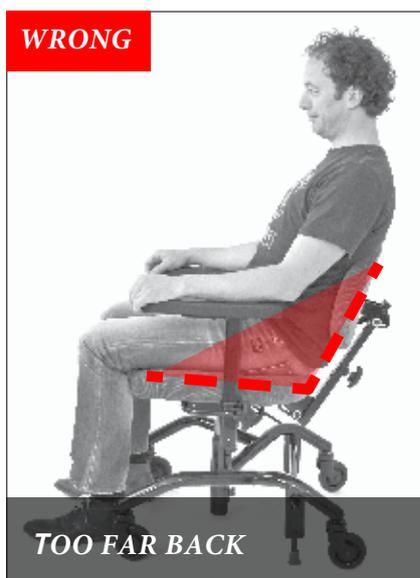
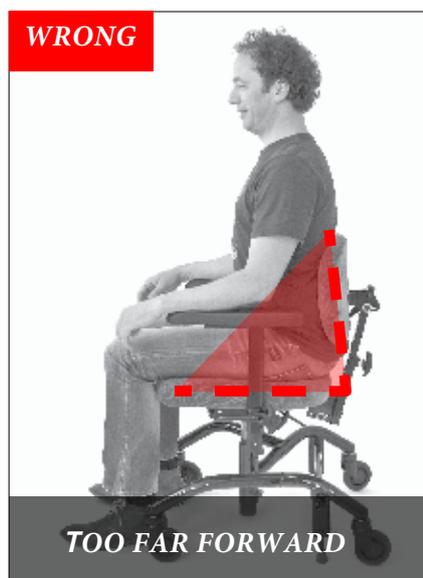
If your chair has a foot rest then the angle should be measured with your feet on the footrest. If your footrest is adjustable you can adjust the angle with the footrest or seat height.

BACKREST SET UP

Adjust the backrest so that most of the support is in the arch of the back. It is important that the backrest is not too high so that it obstructs the shoulder blades which can limit movement.

Pay Attention! If your chair came with a high backrest then may go up to or over the shoulder blades. This is OK. The high backrests are designed for this.

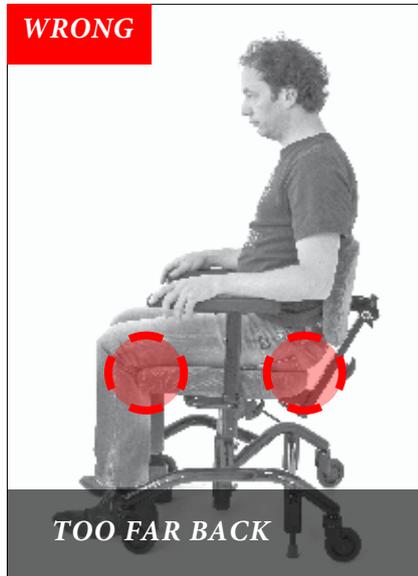
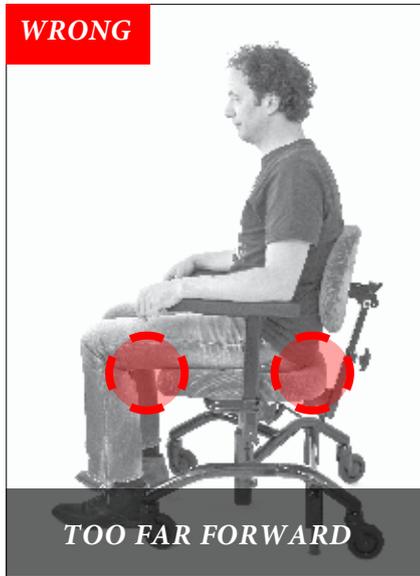
The backrest should be positioned so that the hip angle is slightly over 90 degrees.



SEAT DEPTH

The correct seat depth is when there is a space between the edge of the seat and the back of the knee / lower leg for two fingers to pass between. If there is less space than these two fingers, the seat depth is set too deep.

Adjust the backrest depth until the seat depth is in the correct position.



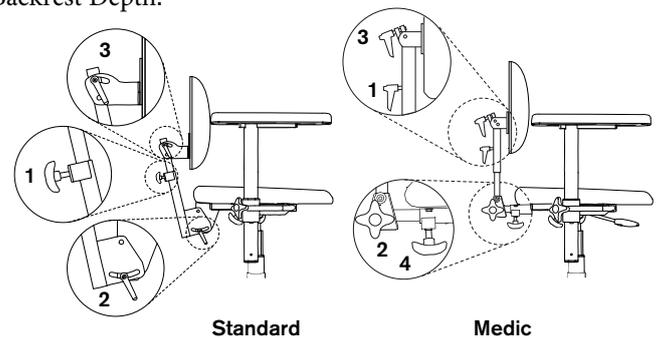
BACKREST MECHANISMS

THERE ARE TWO TYPES OF BACK MECHANISMS: Standard, Medic. Both are available as low or high versions

The height, depth and angle can be individually adjusted on all back mechanisms. The back rest depth can be adjust on the Medic mechanism.

BEDIENING

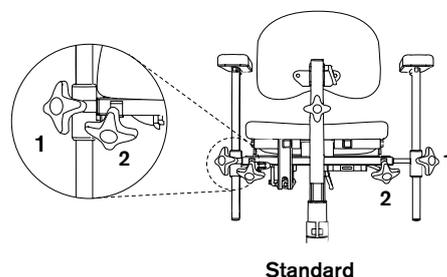
1. Height.
2. Angle of backrest mechanism.
3. Backrest angle.
4. Backrest Depth.



ARMREST AND SIDE SUPPORT ADJUSTMENT

Adjustments

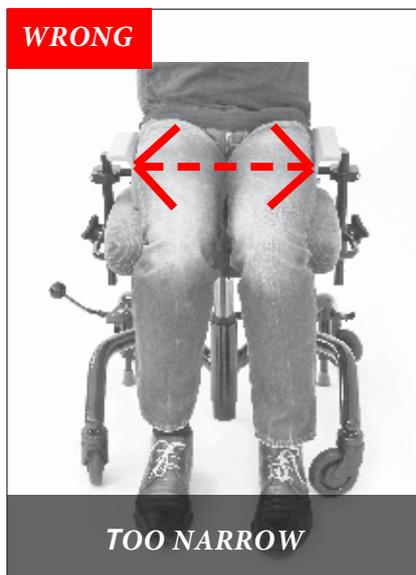
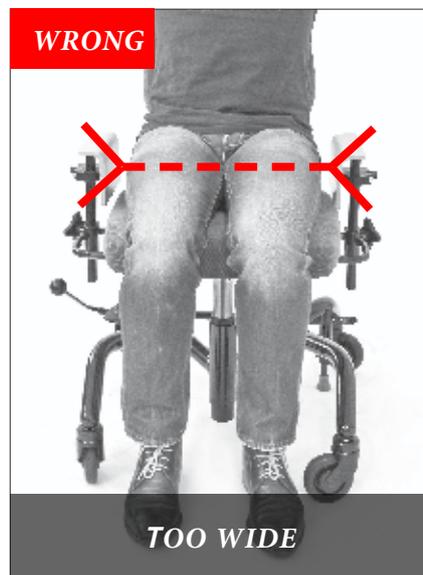
1. Height Adjustment.
2. Width Adjustment.



SIDE SUPPORTS

Set the side supports wide and sit in the seat. Bring the side supports in until they touch your hips without being restrictive.

The side supports should not be too loose or too tight



ARM RESTS

Rest the forearms on the armrests. Shoulders should not be lifting up or hanging down. Adjust the armrests until they are on the correct position

When sitting at a table or desk, the armrests can be lowered.

