

## 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) Independent Back Angle Adjustment

Lift the lever and apply pressure to the back rest until the angle is comfortable. Release the lever to lock the back rest in position.

#### 3) Independent Seat Angle Adjustment

Lift the lever and apply pressure to the front or back of the seat until the angle is comfortable. Release the lever to lock the seat angle in position.

#### 4) Seat Height Adjustment

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

#### 5) 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.