

## How to use your chair



### Synchronised Body Responsive Mechanism

Simplistic controls located all on one 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 free flow mode or lock the chair into a position that is comfortable for them.

#### 1) Adjustable Lumbar Panel

From a seated position, raise or lower the Lumbar Panel to optimise comfort and support for your lower back.

#### 2) Seat Slide

Push and hold the button to alter the seat depth by sliding your body forward. When you are happy with the seat location release the button to lock the chair into the desired position.

#### 3) Back and 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.

#### 4) Back and Seat Angle Adjustment

Push the button to set the chair in any one of the 5 locking positions, or leave the button open to operate in free float mode.