

Operating Instructions

Back Rake | Independent | Synchro



INS059

Operating Instructions

1



Seat Height (Max. User Weight - 150kgs)

Lighten load. Lift lever to adjust. Release to lock.

2



Seat Tilt (Independent)

Lift lever to adjust. Tilt seat. Release to lock.

3



Seat & Back Tilt (Synchro)

Lift lever. Tilt seat and back. Release to lock.

4



Back Rake (Independent & Back Rake)

Lift lever to adjust. Tilt back. Release to lock.

5



Back Height

Loosen handwheel. Adjust back height. Tighten.

6



Seat Depth (Optional)

Lift lever. Slide seat. Release to lock.

9



Inflatable Lumbar (Optional)

Squeeze to inflate. Press valve button to deflate.

7



Arm Height (Optional)

Height = Lift or push button. Adjust arm. Release.

8



Arm Depth (Optional)

Slide pad to adjust.

Adjusting Your Chair

Our chairs are designed with an individuals requirements in mind. We understand that your requirements may not be the same as a colleagues'.

Using this quick guide you can adjust your chair to suit your own individual needs. NB. Your chair may be fitted with options.

Ergonomic Information

We recommend you visit www.chairops.co.uk for further details.

On this site we have also provided information on the correct sitting posture where you can read our ergonomic guidelines for adjusting your chair.