

1. Seat Height



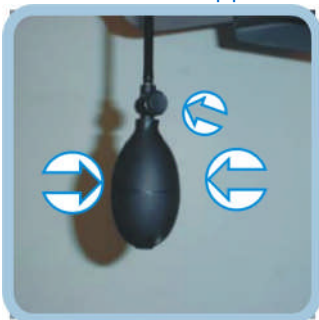
Lift the lever on the right-hand side and take your weight off the seat to raise the height. Remain seated to lower the height. Release the lever to lock the seat height.

2. Back Height



First, raise the back to its highest setting, then drop it to its lowest setting. Then lift the back one click at a time (6 clicks maximum) to the desired position.

3. Lumbar Support



Squeeze the bulb repeatedly to inflate the lumbar support. Press the button on the bulb to deflate it.

For further assistance please call
Customer Services on
0845 345 0898

4. Seat Depth



Push in and hold the button on the right-hand side of the seat and slide the seat backwards or forwards. Release the button to lock the seat depth.

5. Seat Angle & Rock



Lift up the lever on the left-hand side and apply pressure to the back of the chair to release the rocking action. Push down the lever to lock the seat angle in the required position.

6. Seat Rock Tension



Use the handle on the underside at the right of the chair. Turn it clockwise to increase tension or anti-clockwise to decrease. You may need to hold seat depth button out of the way (see 4).

7. Arm Rest Height



First, raise the arm rest to its highest setting, then lower it to its lowest setting. Then lift the arm rest one click at a time (6 clicks maximum) to the desired position. Repeat for the other arm.

8. Forward Seat Tilt



First lift up the lever on the left-hand side (as in 6) and tilt the chair backwards. Pull the button out to allow a forward tilting position or push it in to prevent a forward tilt.

9. Arm Rest Angle



Rotate the arm until it locks at the desired position. Repeat for the other arm.

10. Retractable Arm Rest



When moving the arm rest either forwards or backwards hold upright arm and apply force either forwards or backwards till desired position.