

1. Seat Height



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

2. Synchro Rock



Twist the knob on the right-hand side anti-clockwise to activate the synchro rock. Twist the knob clockwise to lock the mechanism in any position.

3. Synchro Rock Tension



Twist the knob on the underside of the chair while in synchro rock mode to adjust the tension of the rocking motion.

4. Back Height



Push in and hold the button on the right-hand side of the back to release the back height lock, then raise or lower the back. Release the button to lock the back height.

5. Lumbar Flex



Slide the switch on the back of the chair left to lock or right to unlock the lumbar flex of the backrest.

6. Seat Depth



Lift the back button on the right-hand side and slide the seat backwards or forwards. Release the button to lock the seat depth.

7. Arm Rest (If fitted) Height



Push in and hold the button on the arm post to release the arm height lock. Raise or lower the arm. Release the button to lock the arm height. Repeat for the other arm.

8. Arm Rest Depth



Push in the button on the inside of the arm-top and slide the arm-top forward or backward. Release the button to lock the armrest depth. Repeat for the other arm.

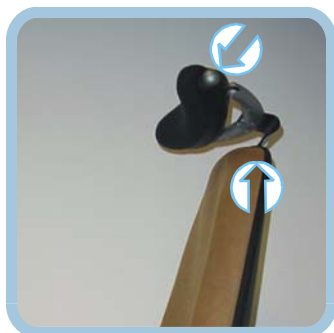
See an animation of these adjustments at:
<http://www.ergonomics.co.uk/products/seating/seating16.htm>

9. Arm Rest Width



Rotate the lever at the base of the arm to release the arm width lock. Slide the whole arm in or out. Rotate the lever back again to lock the armrest width. Repeat for the other arm.

10. Neck Rest (If fitted)



Pull the headrest post up to raise the height or push it down to lower the height. Rotate the knobs on the left and right-hand side of the headrest to adjust the depth.

For further assistance please call
Customer Services on
0845 345 0898