

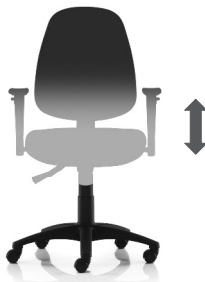
# Operating Instructions

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Back Rake | Independent | Synchro



①



**Seat Height** (Max. User Weight - 150kgs)

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

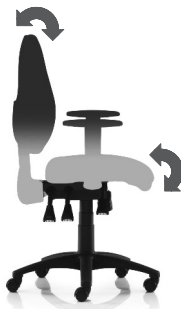
②



**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.

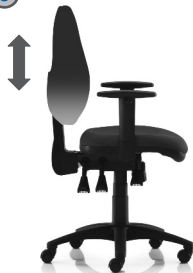
④



**Back Rake (Independent & Back Rake)**

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

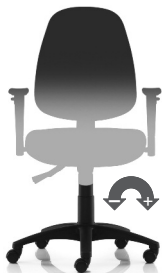
5



## Back Height

Lift back to adjust. Back drops down when at top.

6



## Body Weight

Turn knob. Clockwise = increase. Anti = decrease.

9



## Arm Height/Width (Optional)

Height = Lift or push button. Width = Loosen bolt.

10



## Arm Depth (Optional)

Slide pad to adjust.

7



## Seat Depth (Optional)

Lift lever. Slide seat. Release to lock.

8



## Inflatable Lumbar (Optional)

Squeeze to inflate. Press valve button to deflate.

## 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](http://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.