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# Setting up your Chair

## • Seat height:

Thigh to trunk angle\* should be 90° or slightly more to help keep your pelvis upright. When your shoulders are relaxed and elbows at right angles your forearms should be just above the surface of the desktop and parallel to the floor.

## • Arm height:

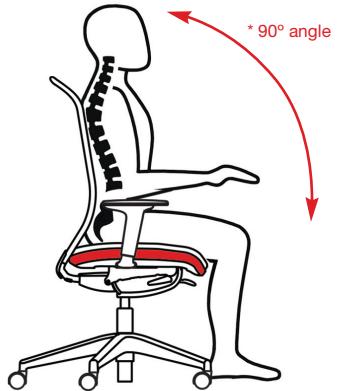
The armrests should touch the underside of your forearms when your shoulders are relaxed and elbows are at right angles. This will avoid getting strain in the neck, shoulders and upper limbs.

## • Seat depth:

Your bottom should be at the back of the seat with roughly three fingers gap between the front of the seat and behind your knees. This will ensure adequate thigh support but without obstructing leg movement and lower leg circulation.

## • Tension:

Try to create a feeling of floating (when your feet are off the floor) to encourage improved blood circulation and encourage comfortable changes of posture. The tension should be not too soft so that you instantly recline and not too hard that you can't naturally push back.





### Seat Height

To adjust the seat height lift up the handle on the right on the underside of the seat, with your weight on the seat to lower the seat height and with your weight off to make it higher. The seat will lock at the height at which the handle is released.



### Arm Height

Press the button on the underside of the armrest and slide the arm rest up or down into the desired position. Release the button to lock. Set the arm height so that your forearms are set at 90° when your shoulders are relaxed.



### Seat Depth

Lift up the handle on the left hand side under the seat and slide the seat into the desired position. Release the handle to lock into position.



### Back Recline Tension & Back Lock

Adjust the back recline tension by turning the knob on the right hand side under the seat. (Turn clockwise to increase and anti-clockwise to decrease resistance). To unlock the back recline, push down on the back lock control handle on the left hand side underneath the seat. Push gently on the back to recline. Lift up the handle to lock the back into position.