

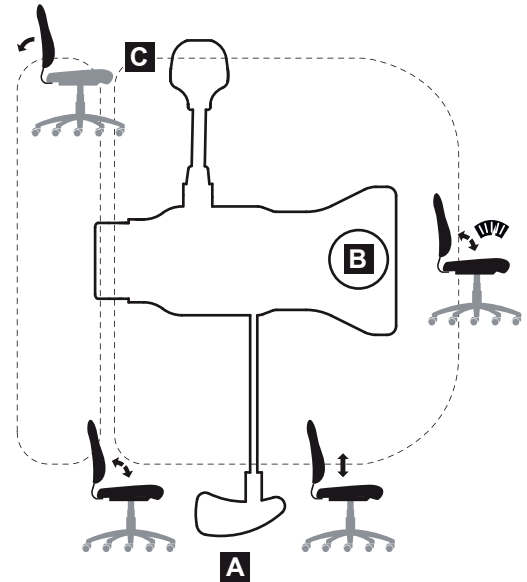


Type

- » Basic ergonomic mechanism for task seating, with tilt and back angle adjustments.
- » Heavy-duty, made of 2.5 mm steel.

Functions

- » 360° swivel on column axis.
- A** » Height adjustable (gas cylinder).
- » Backward tilt from 3° to 18° (center pivot).
- » Tilt lock at one position (3°).
- B** » Adjustable tilt tension.
- C** » Adjustable back angle from 90° to 108° and lock in all positions.
- » Compatible with the seat slide and adjustable back height option (options S, R and F).



Adjustment Procedure

- » Using the **A** lever for seat height adjustment, position the chair to feel slightly elevated. Then activate the lever again to lower the chair position until your legs form a 90° angle at the knee height.
- » Using the **A** lever for tilt adjustment, lock the initial seat angle (3°) by pushing the lever inwards. Pull outward to unlock.
- » If you feel that the chair tilts backwards too easily, turn the **B** knob clockwise until there is a slight resistance to movement. If the chair tilt is too tight, turn the **B** knob counterclockwise until there is a slight resistance to movement.
- » Using the **C** lever for back angle adjustment, set the back position so to feel supported in the lower back, at lumbar height.
- » Position yourself next to your work surface and adjust the armrests so that your arms are closest to your body, forming an angle of 90° at elbow height.
- » If your work surface is not the right height for you, please check if adjustment is possible. If you are positioned too low when using the surface and you must increase your chair height, you will probably need a footrest to keep the recommended 90° leg angle.