

# MECHANISM USER GUIDE



## FIXED BACK

- Seat moves up and down.
- You can raise and lower the back.
- The backrest angle is fixed.



## PERMANENT CONTACT (PCB)

- Seat moves up and down.
- You can raise and lower the back.
- Backrest angle can be fixed or set to free float - i.e. in 'permanent contact' with your back is fixed.



## ASYNCHRO / ASYNCHRO TORSION

- Seat moves up and down.
- You can raise and lower the back.
- Backrest angle can be fixed or set to free float.
- Seat angle can be fixed to desire angle.
- Torsion control knob can be adjusted to match body weight.



## LOCK TILT

- Seat moves up and down.
- Tilt of chair can be locked or set to free float.
- Torsion control knob can be adjusted to match body weight.



## SYNCHRO

- Seat moves up and down.
- Backrest and seat angle can be fixed or set to free float (2:1 ratio).
- Synchro chairs can be fixed in either 3, 4 or 5 positions.
- Torsion control knob can be adjusted to match body weight.



## KNEE - TILT

- Seat moves up and down.
- Backrest and seat angle can be fixed or set to free float (2:1 ratio).
- Knee tilt chairs can be fixed in either 3, 4 or 5 positions.
- Torsion control knob can be adjusted to match body weight.



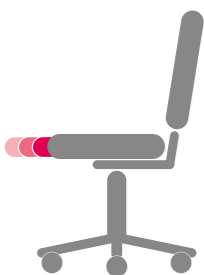
## RATCHET BACK

- Back can be raised or lowered independently of chair functions.



## LUMBAR SUPPORT

- Backrest provides support for the natural 'S' shape of the spine.
- Prevents slumping and reduces stress on the spine and pelvis.



## SEAT SLIDE

- Seat depth can be increased or decreased independently of chair functions.



## STACKING CHAIR

- Designed to be safely stacked.
- Recommended number of chairs per stack is stated in product details if relevant.

# DO YOU HAVE CORRECT POSTURE?

You probably spend several hours a day sitting at your desk, so you should make sure you're doing right:

- Your chair should allow you to move easily and freely; we recommend leaving your chair unlocked to make full use of its movement whether you're on the phone, reading or reaching.
- When typing or working at a computer, the ideal seat angle would be tipped slightly forward to encourage an open posture.
- If you've been sitting for a while, move your feet around to stimulate the blood flow, and try not to slouch.
- If you're going to use another chair, make the effort to adjust it to ensure you are receiving maximum support before you start working.



## HEAD & NECK

To prevent neck muscles stiffening, a headrest should be used whenever possible.

## BACK

The back of a chair should allow the 'S' shape of the spinal column to be formed naturally and be supported. A comfortable backrest will prevent slumping and reduce stress on the spine and pelvis.

## BODY

The angle between the thighs and torso should be approximately 90-105 degrees. The back of the seat should be slightly raised to support the pelvis from tipping backwards and reduce pelvic stress.

## ARMS

The armrests should support the forearms. The height of the arms should allow the shoulders and elbows to be relaxed.

## THIGHS

The length and width of the thigh should be fully supported.

## LEGS

The seat cushion should be rounded downward in a 'waterfall' shape allowing the legs freedom of movement and permitting unhindered bending.

## WEIGHT

Torsion control allows you to adjust the tension of the tilt to suit your body weight.

## FEET

Feet should easily and comfortably rest flat on the floor.