

### Adjustability Understood

Just as our motto suggests, we at ergoCentric want to ensure that the adjustment features of your chair are understood. We believe the proper use of these features is critical and will ensure you receive the full benefits of your ergonomic chair.

You should adjust your chair:

- **when you first receive your chair** - to customize it to your body which will provide you with the necessary postural support required to reduce the stresses caused by the seated posture, and
- **several times throughout your workday** - to provide the movement and variation of postures so important to the human body.\*

*\* for more information, view our free video called "The Anatomy and Biochemistry of the Human Body in the Seated Posture", available online at [www.ergocentric.com/free-video](http://www.ergocentric.com/free-video) or by calling 1-866-GET-ERGO.*

This booklet was designed to teach you the adjustment features of this chair. Please take a moment to review this booklet. Call us if you have any questions at 1-866-GET-ERGO and ask for a customer support representative.

**ergoCentric**  
SEATING • SYSTEMS

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USER GUIDE

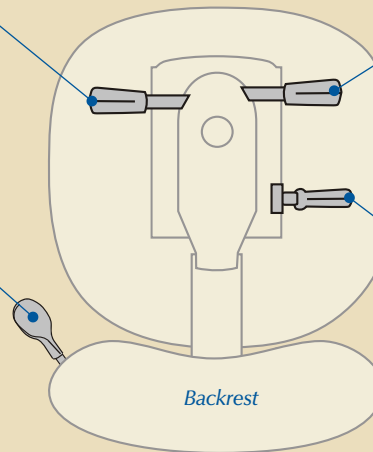


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Top View

**SPRING TENSION** - With the seat tilted all the way forward, turn the **SPRING TENSION** lever clockwise to increase tension and counterclockwise to decrease tension. There are eight tension settings in total. If you hear a ratchet sound, make sure the seat is tilted all the way forward. If you still hear the ratchet sound, turn the lever in the opposite direction. The correct tension setting is crucial for comfort and safety.

**BACK HEIGHT** - To adjust the back height, push the **BACK HEIGHT** lever back away from the seat and adjust the backrest up or down to the desired height. Pull the lever towards the seat to lock. The lumbar support built into the lower portion of the backrest should be positioned to support and maintain the natural curvature of your lumbar spine. Your lumbar spine (or small of your back) is the inward curving area just above your waist.



**SEAT HEIGHT, FREE FLOAT** - To raise the seat, pull up on the **SEAT HEIGHT/FREE FLOAT** lever while raising your weight off the chair. To lower the seat, pull up on this lever while sitting. Release the lever to lock. With the seat at the correct height, your thighs should be level with the floor or sloping slightly downward and your feet should be flat on the floor.

To free float the chair, turn the **SEAT HEIGHT / FREE FLOAT** lever clockwise and leave in that position. Turn this lever counterclockwise to lock in any position. To disengage the safety lock lean back into the backrest.

**SEAT DEPTH** - To adjust the seat depth, turn the **SEAT DEPTH** lever clockwise and then slide the seat forward or backward to the desired position. It is helpful to grab the front edge of the seat with one hand and push or pull the backrest with your other hand while raising some of your weight off the seat. Turn the lever counterclockwise to lock. When adjusted correctly, you should be able to sit back against the backrest without the seat pan putting pressure on the back of your legs.