

### 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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Saffron  
Dedicated Task

USER GUIDE

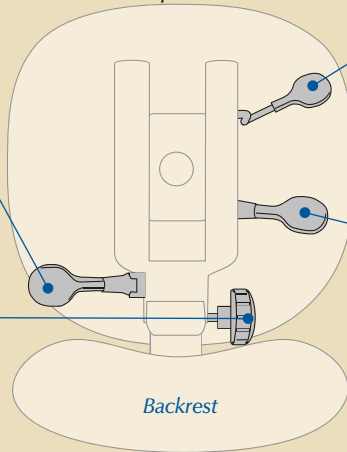


## Adjustability Understood

Top View

**BACK ANGLE** - To adjust the back angle, pull up on the BACK ANGLE lever and hold it in the up position. Lean backward or forward until the backrest is at the desired angle. Release the lever to lock. When adjusted correctly, the angle between your upper body and your thighs should be greater than 90 degrees.

**BACK HEIGHT** - To adjust the back height, turn the knob located at the base of the back bar - counter clockwise. Adjust the backrest up or down until the back is at the desired height. Turn the knob clockwise 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.



**SEAT HEIGHT** - To raise the seat, pull up on the SEAT HEIGHT 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.

**SEAT ANGLE** - To adjust the seat angle, pull up on the SEAT ANGLE lever and hold it in the up position. Shift your weight forward or backward until the seat is at the desired angle. Release the lever to lock.