



FRONT



# posture balance

## OPERATING YOUR 3 LEVER MECHANISM WITH SEAT SLIDE

### A) SEAT HEIGHT CONTROL

Lift and hold the lever upwards to set the seat to the correct height. Release when desired height is reached.

Note: When raising the height, remove your body weight from the seat.

### B) SEAT TILT

Adjusts the angle of the seat. Lift this lever to adjust, and lower when desired angle is achieved.

### C) BACK ANGLE

Adjusts the angle of the back. Whilst seated with your back against the chair, lift this lever upwards and move either forwards or rearwards until desired angle is achieved. Release and lower the lever to lock into place.

### D) SEAT SLIDE CONTROL

To use the seat slide function, pull the lever up, and hold it firmly. Then use your hips and legs to move the seat forward or rearwards until the depth of the seat is at the desired position; then release lever and the seat will stay locked in that position.

*Please note that the seat slide may be mounted to the left or right side of chair.*