



posture balance

OPERATING YOUR HEAVY DUTY 3 LEVER ERGO MECHANISM

A) SEAT TILT

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

B) 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.

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) BACK HEIGHT ADJUSTMENT

To correctly position the back height, rotate the dial backwards until loosened.

Place both hands on the bottom (either side) of the backrest and lift upwards to raise or pull downwards to lower.

Once desired height is reached, rotate the dial forwards to lock into position.

E) SEAT TILT TENSION

This feature enables to control the fluid motion of the seat tilt. Rotate clockwise to increase the tension and counter-clockwise to loosen the tension.