



# posture balance

## OPERATING YOUR BARI MECHANISM & BACK RATCHET

### 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) BACK ANGLE

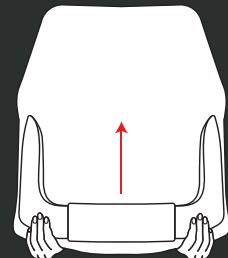
This lever adjusts the angle of the back rest.

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.

A



B



### BACK HEIGHT

To correctly position the back height (while seated in your chair) reach behind you and place both hands on the bottom (either side) of the back rest. Lift up until you hear an audible 'click'.

The back rest will continue to 'click' up through 6-7 height intervals as you lift it.

Once you reach the top height, the ratchet mechanism will disengage and the back rest will become loose.

To re-engage the back rest, place both hands on either side of the back rest and push down until you hear an audible 'click'.

**Note:** You must reach the highest point in order to reset the ratchet to the lowest position.