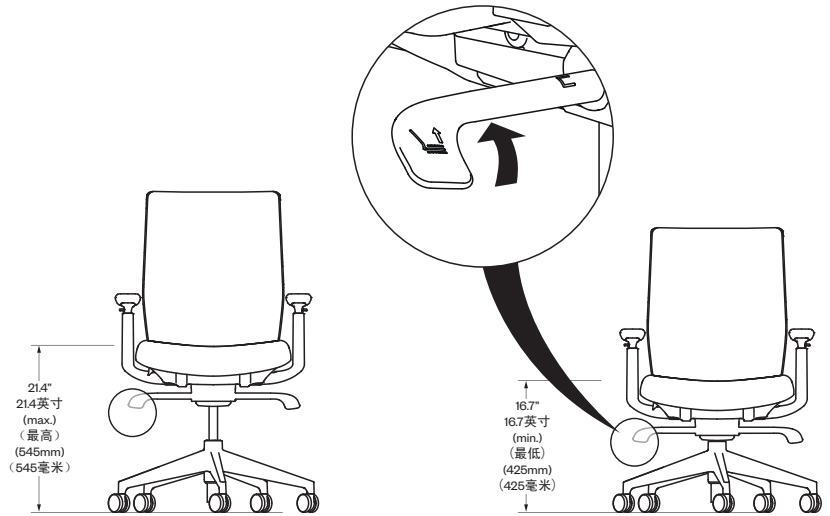## ① Pneumatic Height Adjustment
气动高度调节

Pneumatic height adjustment is used to adjust the seat to fit different user heights. (1) Pull the lever up and lift the body out of the chair to raise the seat. To lower the seat, remain seated and pull the lever up.
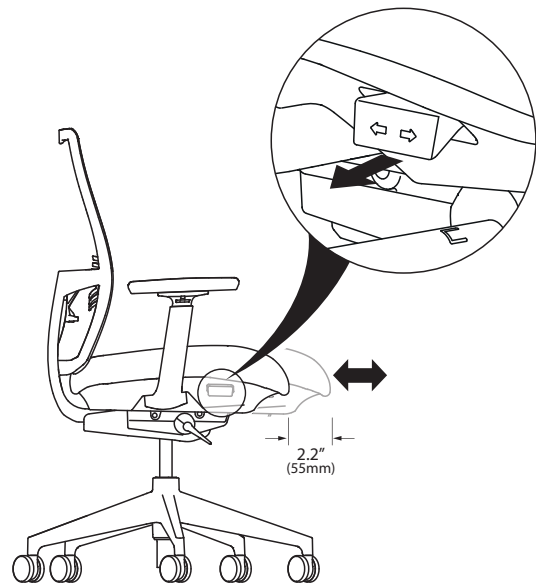
座椅采用气动高度调节，可适应不同身高的用户。（1）起身上拉控制杆，升高座椅。如需调低座椅，保持就座并上拉控制杆。

21.4"
21.4英寸
(max.)
（最高）
(545mm)
（545毫米）

16.7"
16.7英寸
(min.)
（最低）
(425mm)
（425毫米）

② Seat Depth Adjustment
座椅深度调节

Seat depth adjustment moves the seat pan to accommodate different leg lengths. Pullup the lever and slide the seat pan front to back.
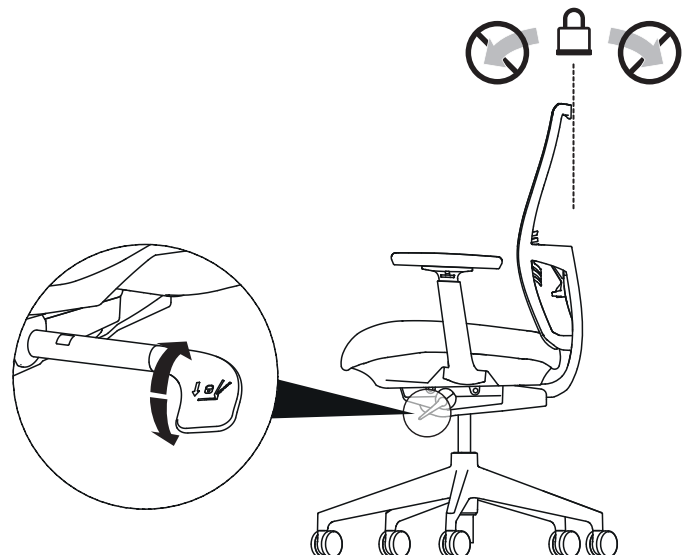
通过移动座椅底座调节座椅深度，以适应不同腿长。向上拉控制杆，前后滑动座椅调节座深。

2.2"
(55mm)

③ Back Lock
倾仰锁定

Back stop allows users to lock the back of chair at upright position for task application (1) Push down on the lever to activate the back lock. (2) Pull up on the lever to release the back stop.
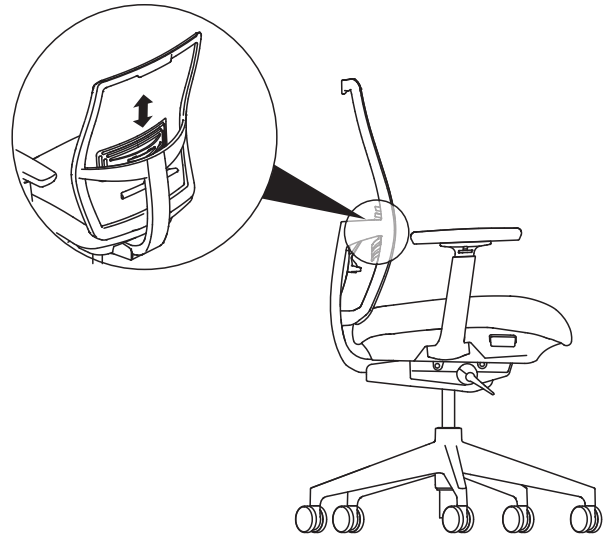
用户通过倾仰锁定功能可以将椅背锁定在直立位置（1）向下推动控制杆，激活背锁功能。（2）上拉控制杆，解除背锁功能。

④ **Lumbar Adjustment**
腰靠调节

Lumbar height adjustment allows the user to position the lumbar pad in the lumbar curve "the small" of the user's back. Pull up on the handles to raise the lumbar pad; push down to lower it. Lumbar support helps maintain the lumbar curvature (lordosis) in the spine of the lower back when the user is seated.

腰靠调节能可使用户将腰垫放置在背部腰臀曲线处。上拉手柄，抬高腰垫；下推手柄，调低腰垫。当用户就座时，腰部支撑有助于保持下背部脊柱的腰椎弯曲（脊柱前凸）。

⑤ **Arms**
扶手

(1) Arm height adjustment raises and lowers the arms to keep the users shoulder in a neutral posture. To change the height of the armrest, pull up on the lever and slide the armrest up or down.

(1) 扶手高度调节，使用户的肩膀保持在中立位。如需改变扶手的高度，请上拉控制杆，并上下滑动扶手。

(2) Armrest side-to-side adjustment accommodates users with various shoulder width. Grasp the armrest cap and slide it side-to-side as needed.

(2) 扶手左右调节，以适应不同肩宽的用户。抓住扶手盖并根据需要左右滑动。

(3) Armrest front-to-back adjustment allows users to get closer to their work surface while maintaining effective use of the backrest. Grasp the armrest and slide it forward or backward as needed.

(3) 扶手前后调节，让用户在得到有效靠背支撑的同时，更贴近自己的工作台。抓住扶手并根据需要前后滑动。

(4) Armrest pivot allows the user to have proper support of the forearm when mousing or keying. To change the angle of the armrest, grasp the armrest cap and rotate the front of the armrest toward or away from the body.

(4) 扶手旋转调节，用户在使用鼠标或键盘时，可以灵活旋转扶手，为前臂提供适当支撑。如需改变扶手的角度，抓住扶手盖，将扶手前部朝向或远离身体旋转。