

1 Seat Height Adjustment

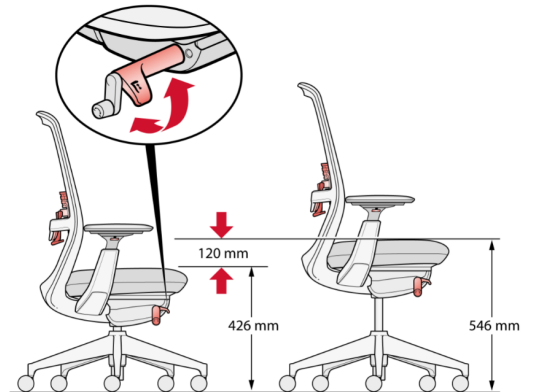
Pneumatic height adjustment is used to adjust the seat to fit different user heights. (1) Pull the lever up and lift the body out of the chair to raise the seat. (2) To lower the seat, remain seated and pull the lever up.

Seat height adjusts 120 mm from 426 mm to 546mm on models with aluminum base.

座椅高度调节

气动高度调节用于调节座椅以适应不同的用户身高。(1) 向上拉动拉杆，将身体从椅子上抬起，将座椅抬高。(2) 如要降低座椅，请保持坐姿并将拉杆向上拉。

对于采用铝制底座的型号，座椅高度可从426毫米调节到546毫米，调整120毫米。



2 Back Tension Adjustment

Regulates the amount of resistance felt when leaning back in the chair and the effort required to recline the chair backwards. (1) Turn the crank forward (clockwise) to tighten the tension and backward (counter-clockwise) to loosen the tension.

Once the tension has reached its maximum in either direction, do not force the crank further. The crank can be pulled outward for easier operation; please push the crank back inward after operation.

背部张力调节

调节向后靠在椅子上时感觉到的阻力以及向后倾斜椅背所需的力。

(1) 向前（顺时针）转动曲柄以收紧张力，向后（逆时针）转动以放松张力。一旦任一方向的张力达到最大值，则请勿进一步用力转动曲柄。

曲柄可向外拉，以方便操作；操作后请将曲柄向内推回。



3 Seat Depth Adjustment (optional)

Seat depth adjustment moves the seat pan to accommodate different leg lengths. (1) Pull up the lever and slide seat forward to lengthen, or backward to shorten.

座椅深度调节（可选）

座椅深度调节可移动座垫以适应不同的腿长。(1) 拉起拉杆并向前滑动座垫以延长，或向后滑动座垫以缩短。

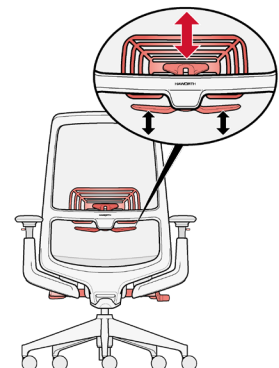


4 Lumbar Support Adjustment (optional)

Lumbar height adjustment allows the user to position the lumbar pad in the lumbar curve (89 mm height adjustment). (1) Pull up on the handles to raise the lumbar pad; push down to lower it.

腰部支撑调节（可选）

腰托高度调节让用户能够将腰托固定在腰部部位（89毫米高度调节）。(1) 拉起手柄，抬高腰托；下推手柄以降低腰托。



5 Back Lock

Back lock allows users to lock the back of chair at upright position for task application. (1) Pull up on the lever to activate back lock. (2) Push down on the lever to release.

背锁功能

背锁功能使用户能够将椅背锁定在直立位置以开展各项工作。(1) 向上拉起拉杆以激活背锁。(2) 向下推拉杆以释放。

**6 Forward Tilt (optional)**

Forward tilt allows users to sit forward in the chair during task-intensive work. (1) Pull up on lever and lean forward, then release lever to activate. (2) Pull up on lever and sit back to release forward tilt.

前倾 (可选)

前倾功能使用户在任务密集型工作期间坐在椅子上能够身体向前。(1) 向上拉起调节把手并前倾，然后松开把手以激活。(2) 向上拉起调节把手并向后坐以释放前倾。

**7 Arms adjustments (optional)**

(1) Armrest Height supports the musculature of the neck and shoulders when it's set properly. Pull up on lever and slide the armrest up or down as needed.

(2) Armrest Front to Back lets you get close enough to a worksurface to perform tasks. Grasp the armrest cap and move it forward or backwards as needed.

(3) Armrest Side to Side helps you move the armrest closer to or further away from body in order to align with shoulder width. Grasp the armrest cap and move it closer to body or further away as needed.

(4) Armrest Pivot gives you additional flexibility to position the armrests for the task you're performing while still providing proper forearm support. Grasp the armrest cap and rotate the front of the armrest towards or away from your body as needed.

扶手调整 (可选)

(1) 扶手在正确的高度上可支撑颈部和肩部的肌肉组织。拉起拉杆并根据需要向上或向下滑动扶手。

(2) 扶手前后滑动让您足够靠近工作台面以执行任务。抓住扶手盖并根据需要向前或向后移动。

(3) 扶手左右调节帮助您将扶手移近或远离身体，以便与肩宽对齐。抓住扶手盖，根据需要将其移近或移远身体。

(4) 扶手旋转功能让您能够在工作时更加灵活地调整扶手位置，同时获得适当的前臂支撑。抓住扶手盖并根据需要将扶手前部朝向或远离您的身体旋转。

