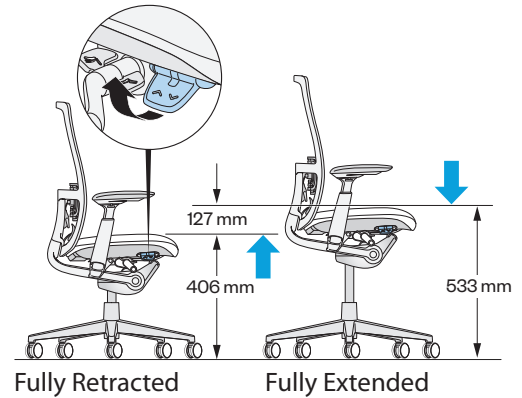


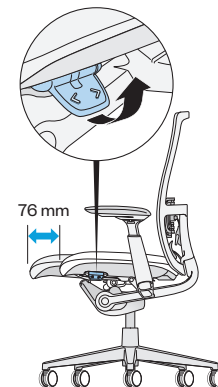
**1 Seat Height Adjustment**

Seat height adjustment lets you adjust the chair to properly position your body at the worksurface and maintain proper blood flow in your legs. Seat height should be adjusted to allow your legs to maintain a 90-degree angle to the floor or footrest. (1) Pull up on the lever and raise your body out of the chair to increase seat height. (2) Stay in the chair and pull up on the lever to decrease seat height.



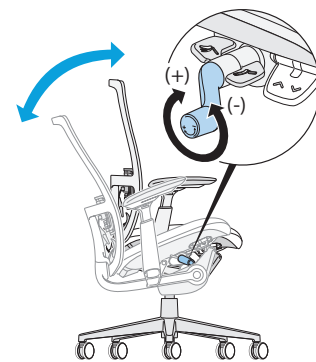
**2 Seat Depth Adjustment**

Seat depth adjustment moves the seat pad to accommodate different leg lengths. It helps you sit back far enough in the chair to use the backrest without creating pressure behind the knees. With a full 76 mm of seat depth you have lots of room to adjust, so blood flow to your legs isn't restricted and you stay alert. (1) Pull up and slide the seat forward to lengthen, or backward to shorten. A minimum of two fingers should fit between the back of your calf and the front of the seat.



**3 Tilt Tension Control**

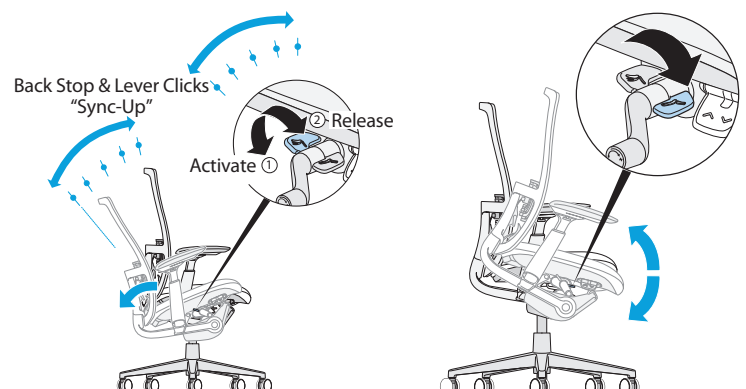
Regulates the amount of resistance you feel when leaning back in the chair, and the effort required to recline backward. You accomplish multiple tasks throughout the day—the tension control helps you stay comfortable. (1) Turn the crank forward to increase tension; backward to decrease.



**4 Back Stop and Forward Tilt**

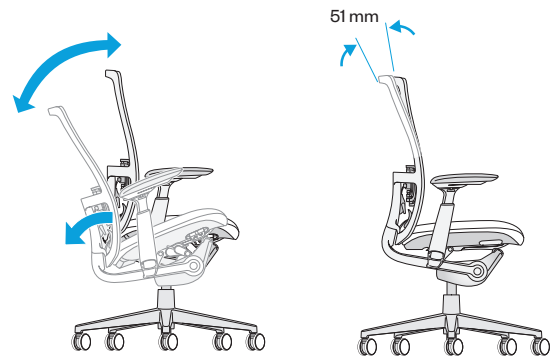
Back stop lets you select an upright position or limit the amount of recline while performing different tasks. Back stops in 6 positions - upright and every 4° backward. Rotate the lever forward to engage; rotate backward to disengage.

Forward Tilt enables you to vary your posture throughout the day by changing the curve of your spine. (1) Push down on the lever. (2) Recline just until you hear a click, then lean forward. (3) Pull up on lever and lean back to release forward tilt.



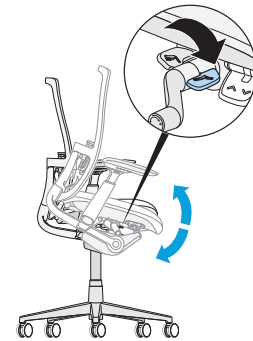
## 5 Balanced 3-point tilt and Upper Back Torisional Movement

Back reclines 24° from the upright position.  
 Seat pan moves downward 3° from the initial position.  
 Passive 51mm of torsional flex in the upper back to increase user's mobility and comfort when reaching sideways for objects.



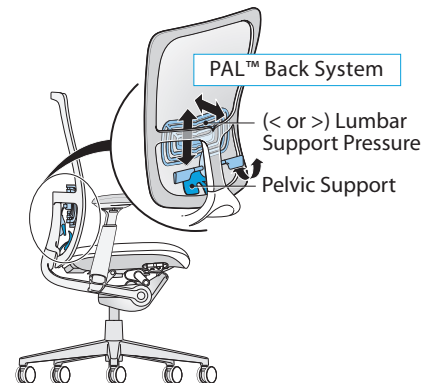
## 6 Dual Posture

Models with dual posture enable a greater degree of forward tilt to provide spinal alignment and support for the "perching" posture between sitting and standing. This posture offers an alternative to standing or having to use another chair when you increase the height of your worksurface.



## 7 PAL® Back System Lumbar support adjustments

Lumbar adjustment maintains the natural curvature of the spine at the lower back and allows users to choose the support that feels right for them. Passive pelvic support rotates the pelvis forward to maintain the natural spine shape. (1) Pull the lumbar support up or push down to adjust the height. (2) Rotate the handles up to increase and down to decrease the amount of support. The handles can also be adjusted independently to achieve varying amounts of support on each side of the back.



## 8 Arms

(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.

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

(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.

(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.

