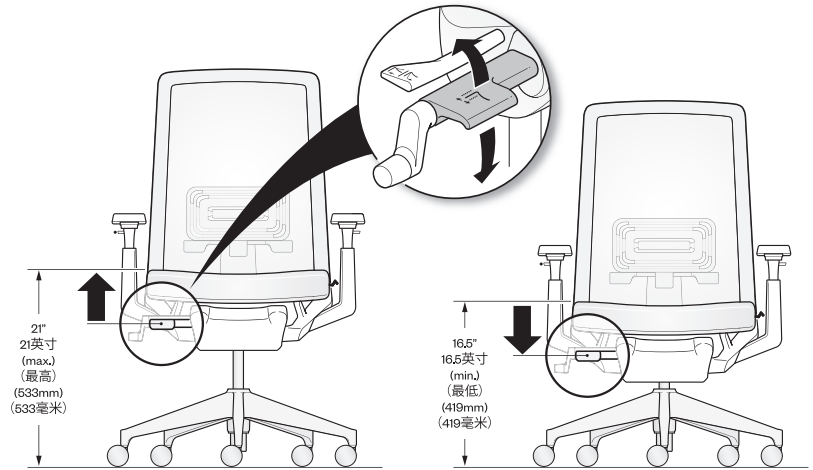## ① Pneumatic Height Adjustment
气动高度调节

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）起身并上拉控制杆，调高座椅。如需调低座椅，保持就座并上拉控制杆。

21"
21英寸
(max.)
（最高）
(533mm)
（533毫米）

16.5"
16.5英寸
(min.)
（最低）
(419mm)
（419毫米）

② Seat Depth Adjustment
座椅深度调节

Seat depth adjustment moves the seat pan to accommodate different leg lengths. Pull out and up on the lever at a 45 degree angle, 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。以45度角拔出并向上拉控制杆，并前后滑动座椅底座。

3"
3英寸
(76mm)
（76毫米）
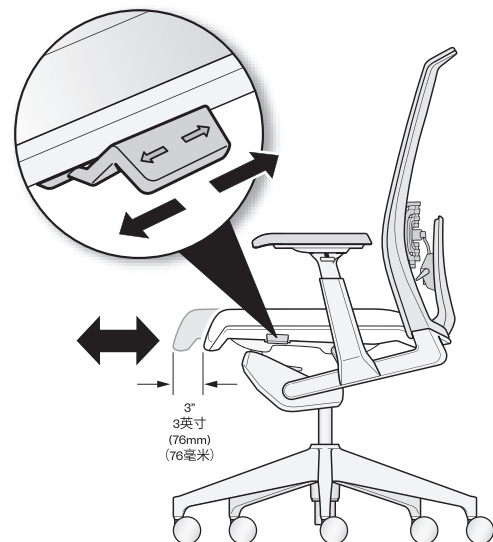
③ Tilt Tension Control
倾仰张力控制

Tilt tension adjusts the force necessary for a user to recline in the chair. 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.

倾仰张力调节用户在椅子上后仰时所需的力。向前（顺时针）转动调节柄收紧张力，向后（逆时针）转动调节柄以放松张力。一旦任一方向的张力达到最大，请勿再继续转动调节柄。

(+)
(-)
(+) Tension (-)
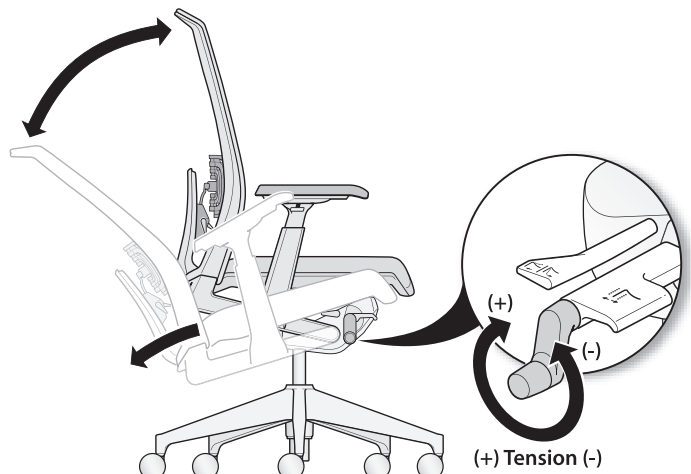
④ Back Lock
倾仰锁定

Back lock allows users to lock the back of chair at upright position for task application (1) To activate back stop, push down on the lever first, and then recline on the back; (2) To release, pull up on the lever.

倾仰锁定功能允许用户在工作时将椅背锁定在直立位置（1）如需启动倾仰锁定，先按下控制杆，然后斜靠在靠背上；（2）如需解除，则拉起控制杆。
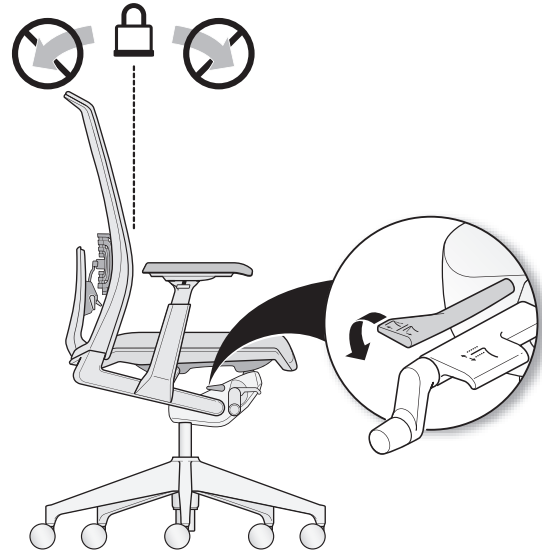
⑤ Forward Tilt
前倾

Forward tilt allows users to sit forward in the chair during task-intensive work. (1) To activate, push down on the forward tilt lever first, then recline on the back, and then lean forward; (2) To release, pull up on the lever first, and then recline on the back.
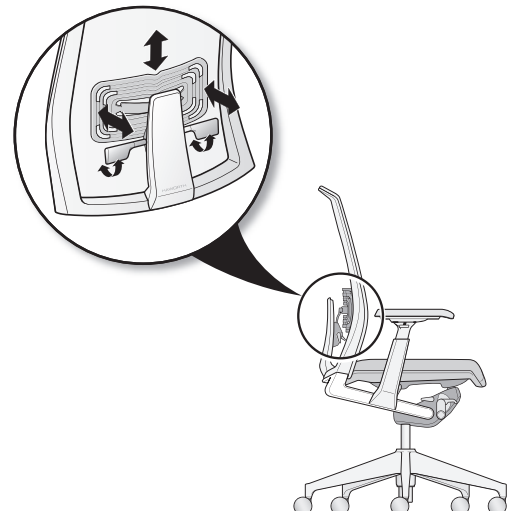
前倾功能可使用户在做密集型工作时将身体前倾。（1）如需激活，先向下推前倾控制杆，然后斜靠在靠背上，再前倾。（2）如需解除，先拉起控制杆，然后斜靠在靠背上。

⑥ 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 users back). Pull up on the handles to raise the lumbar pad; push down to lower it.

腰靠调节允许用户将腰垫放置在腰曲线（用户背部腰臀曲线）处。上拉手柄，抬高腰垫；下推手柄，调低腰垫。。

⑦ 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. (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 3"(76mm) 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.

（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）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）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，根据需要向前或向后滑动3英寸（76毫米）。（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。
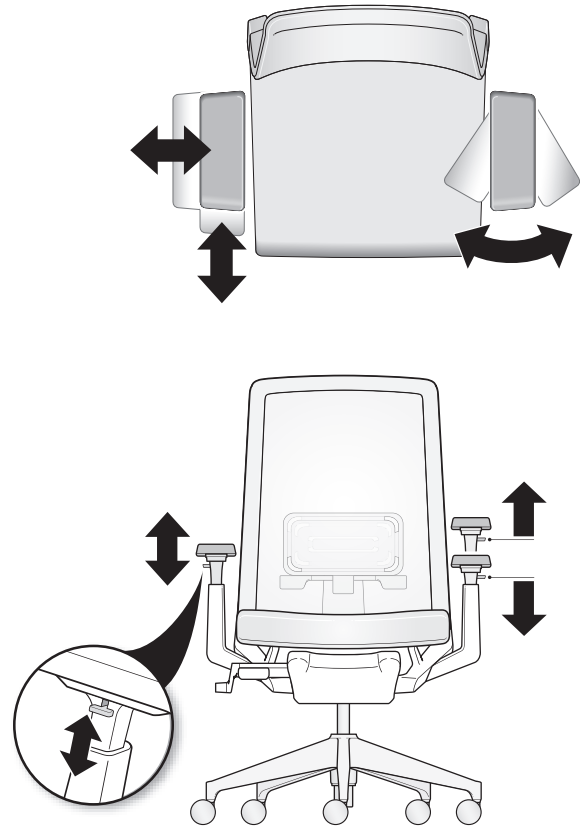
⑧ Headrest Adjustment
头枕调节

Height adjustment 4.2" (107mm), articulating movement of headrest pad and mount to fit wide range of user. Grasp the headrest with both hands, pull up or push down to the position preferred.

头枕高度调节范围达4.2英寸（107毫米），通过调整头枕高度以适应更广泛的用户需求。双手抓住头枕，向上拉或向下推至合适的位置。