



Seat Height: Paddle-shaped lever on right side



To raise:
While taking your weight off chair,
lift lever up.



To lower:
While seated, lift lever up.

At the proper height, your feet should rest flat on the floor.



Seat Depth: Lever under right side of seat

Only available on some models.



To increase depth:
Pull lever out, slide thighs forward
to adjust seat, release lever.



To decrease depth:
Pull lever out, push seat back,
release lever.

In the proper position, you will have approximately three-fingers of clearance between the back of your knees and the seat edge.



Tilt Tension: Long stem on right side with knob

Available on most models.



To increase tension:
While seated upright, turn knob
forward (toward + sign).



To decrease tension:
While seated upright, turn knob
backward (toward – sign).

Set the tilt tension to control the resistance you feel when leaning back.

For the Semi Synchronous Tilt with Tilt Limiter, the tension is pre-loaded to adjust to the user.



Tilt Limiter: Knob below left side of seat



To limit tilt range:
Sit upright, and turn backward
to increase the level of recline.



To release tilt limiter:
Sit upright, and turn forward to
limit the level of recline.

Engage the tilt limiter when you want to sit in an upright or partially reclined position.



Forward Tilt: Front paddle on left side of seat

Only available on some models.



To position chair forward:

Turn paddle forward, then recline fully. An audible click will notify you when the seat has changed positions.



To resume horizontal position:

Turn paddle backward, then recline fully. An audible click will notify you when the seat has changed positions.

Engage forward tilt to support the thighs' declined posture when performing intensive tasks such as keyboarding.



Arm Depth & Width

Only available on some models.



To adjust arm depth:

Grasp arm pad, push forward or back to desired position.



To adjust arm width:

Grasp armpad and pull in or push out.



Arm Height: Button located on arm stalk under each arm pad



To raise or lower arm:

Push button and pull arm up or down to desired height.

For maximum comfort, your arms should make contact with the armpad without any lift at your shoulders.



Sacral Lumbar Height: Levers on adjustable back support

Only available on some models.



To adjust height:

Slide adjustable back support up and down to desired height.



Footring Height

Only available on Lino Stool.



To adjust footring height:

Hold base with one hand, grasp footring spoke, and turn counterclockwise (-) to loosen.



Once loose, raise or lower footring to desired height.



Hold collar with one hand, grasp footring, and turn clockwise (+) to tighten. To secure, finish turning footring while holding base.



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