

Ergo Dynamic



1. Seat tilt

Twist the paddle at the rear Of the chair to free the tilt angle of the Seat pan. Lock by pushing the paddle back in to place.

2. Tension control

Rotate this handle clockwise to increase the tension of the seat and back tilt to suit the individual user.

3. Gas lift

Lift the middle paddle to operate the gas lift. Lifting will increase the chair height. If sitting whilst the lever is lifted the chair height will lower.

4. Seat slide

Pull this small handle under the seat to adjust the seat slide to your preferred position. Release to lock in position.

5. Arm pad rotation & slide

Crab the Oad and twist left or right and push / pull Forward, backward or side-to-side to achieve your desired arm pad position.

6. Locking tilt control

Lift this paddle to free the tilt angle of the back and seat to your preferred position. To lock in position, push the lever back down.

7. Arm height adjustment

Press the button on the outside of the armrest and lift the armrest to your preferred position. Release the button to lock the armrest to your preferred height.

8. Armrest width adjustment

Turn and loosen the handwheels located under each armrest and pull the armrest away from the seat to your preferred position. Tighten the handwheels to lock the armrests in position.

9. Adjustable headrest

Lift the headrest upwards to your preferred height and angle if required to provide further neck support.

10. Height adjustable ratchet backrest

To move the backrest up and down lift until you hit your desired position. The backrest has 7 available settings that are indicated by a small clicking sound. Once the highest setting is surpassed; the backrest will reset to its lowest position.

11. Inflatable lumbar support

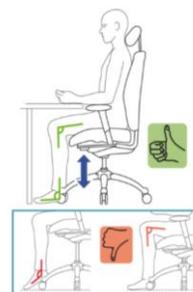
To increase the support to the lumbar area of the chair. Squeeze the hand bulb. To deflate, the small button located near the bulb.



Setting up your chair

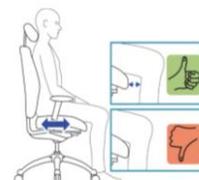
Seat height

Adjust the chair so your hips sit slightly higher than the knees with your feet flat to promote a neutral spine and even pressure through the back.



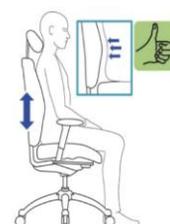
Seat depth

Adjust the seat depth to leave a 2–3 cm gap behind the knees, ensuring you sit fully back in the chair for correct positioning and support. This gap reduces pressure under the knees, improving blood flow and helping prevent discomfort.



Backrest height

Adjust the backrest so the lumbar support aligns with your lumbar spine, with the shoulder blades (and neck rest, if fitted) comfortably supported. Note that some users may not need lumbar support when seated correctly and moving dynamically.



Backrest angle

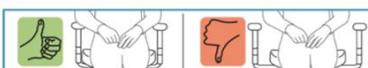
Adjust the backrest angle so you sit upright with the ear, shoulder, and hip aligned, keeping both the lumbar and shoulder areas in contact with the backrest. A slight backward tilt is acceptable, and you may need to change the angle depending on the task you are performing.



Armrest height and position

Adjust the armrests so you maintain relaxed shoulders with a 90-degree elbow angle, using the armrests only to support the elbows. Position them level with the desk and adjust the seat or desk height if needed, ensuring the hips stay higher than the knees.

Adjust the armrests so you can keep your arms close to your body without angling your elbows outward, ensuring a relaxed upper-body posture.



Free float and tension mechanism

Adjust the rocking action so you can sit dynamically in a balanced posture without feeling pushed forward or sinking back.

The rocking action to promotes movement, improves blood flow, and reduces fatigue from prolonged static sitting. If you are unsure, try starting with 20-minute intervals and gradually increasing use until comfortable.

