



### 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.

### Adjust backrest height

Twist to loosen, raise or lower to desired height and twist to tighten.

### Backrest angle

Adjust the backrest angle so you sit upright with the ear, shoulder, and hip aligned, keeping lumbar area 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.



### Adjust backrest angle

Lift the back right lever to adjust the tilt angle of the backrest, to lock in position push the lever back down.

### 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.

### Adjust sitting height

Lift the front right lever to operate the gas lift. This will increase the chair height. Lifting while seated will lower chair height.

