

USING YOUR CHAIR FUNCTIONS

To avoid developing or compounding back problems, it is extremely important to know how to set up your chair before use as it will enhance your posture and overall comfort. All our chairs are designed with ergonomics in mind and of course the user. Postures having changed drastically over the history of time, today our seating posture has become more casual, requiring more support on the lumbar area. Balance and comfort are key to ensuring maximized benefits from an office chair that is properly set up.



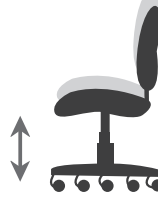
SWIVEL

Chair rotates through 360 degrees allowing access to desired areas and avoid twisting of the torso.



TILT TENSION

Increase or decrease to match body weight. Allows comfortable rocking with minimum effort, reducing fatigue.



SEAT HEIGHT

Raise or lower to allow feet to rest flat on the floor. Avoids pressure under the thighs which eases blood flow.



BACK ANGLE

Adjust to change torso angle in relation to thighs. Helps reduce disc pressure and relaxes back muscles.



SEAT ANGLE

Adjust to change the angle of thighs in relation to floor and torso. Helps reduce disc pressure during forward leaning tasks.



CENTRE TILT

Chair tilts from a pivot point under the center of the seat. When feet are well supported, this enhances blood flow.



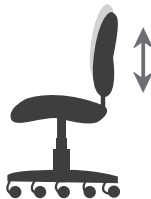
KNEE TILT

Chair tilts from a pivot point near the front of the seat which helps keep the feet on the floor. Maintains stability while enhancing blood flow.



SYNCHRO

Back and seat angles change simultaneously at controlled rates. Allows easy adjustment to obtain optimal position.



BACK HEIGHT

Raise or lower to position the lumbar support to the correct position. Important to reduce the likelihood of back pain.



FORWARD TILT STOP

Provides alternate forward tilt stopping positions on tilting chairs. Helps reduce disc pressure during forward leaning tasks.



SEAT DEPTH

Changes the horizontal position of the back relative to the seat. Accommodates the length of thighs, keeping the back in correct position.



TILT LOCK

Locks the tilt action of tilting chairs into the desired position. Allows the locking of the chair into a comfortable and supportive working position.

FINESEAT®

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