



Tom

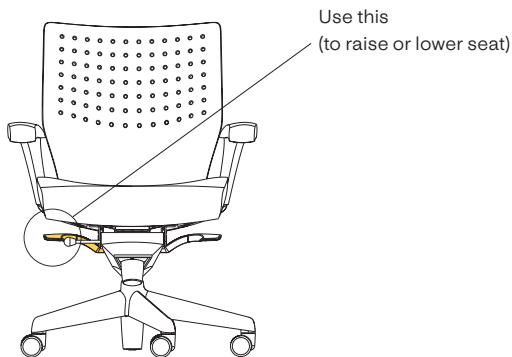
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Sit down. Please.

The only way to know if you are adjusting your chair to provide you with maximum comfort, is to make these adjustments while you are seated.

1. Seat Height Adjustment



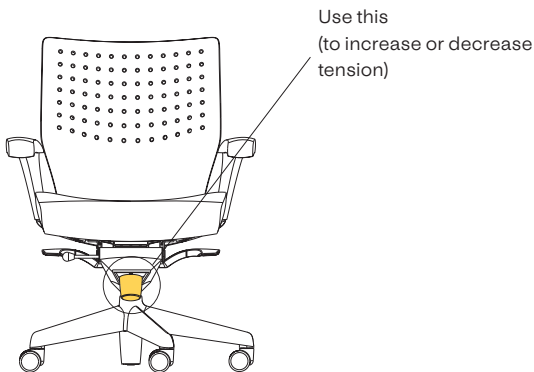
Use the paddle shaped lever on the right side underneath the seat.

To raise lift your weight off the seat while lifting the front of the lever.

To lower sit on the seat while lifting the front of the lever.



3. Tilt



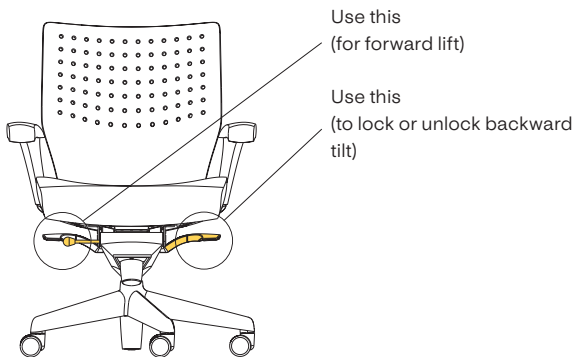
Use the big round knob under the center of the seat

To increase tension turn the knob clockwise

To decrease tension turn the knob counter-clockwise



3. Tilt Lock



Use the paddle shaped lever on the left side underneath the seat.

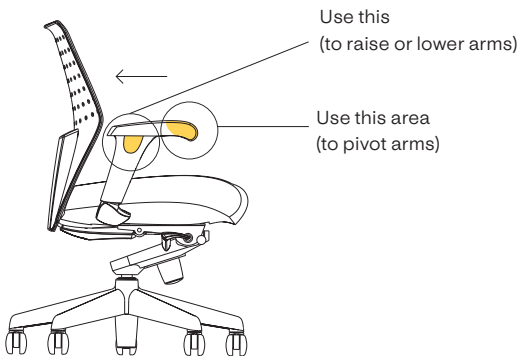
To unlock tilt pull the front of the lever up and tilt back slightly

To lock tilt recline to your desired position and push the front of the lever down

Forward tilt using the small knob lever at the front right side underneath the seat, push the knob in to “in” gage forward tilt – pull the knob out to lock “out” forward tilt (the chair must be reclined slightly each time to reset this feature)



4. Arm Height Adjustment



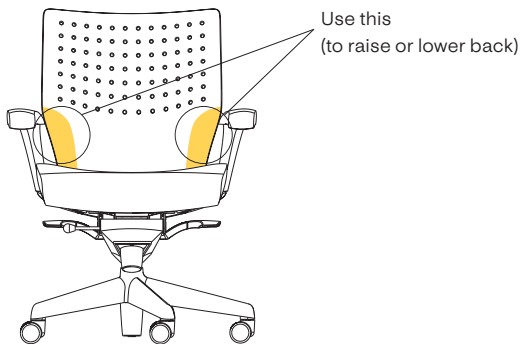
Use the buttons on the outside of the arm rests

To raise or lower resting your thumb and palm on top of the arm rest, slide your middle fingers to the outside of the arms and squeeze the button up – raise or lower the arm rest to the desired position and release the button to lock

In and out grab the front of the arm rest and pull it back – then pivot it in or out to one of the 3 positions (there are no buttons to push)



5. Back Height Adjustment



Use the sides of the back just above the seat and grab with both hands

To raise lift the back up and towards you – you will hear a click for each different height

To lower lift the back to the highest setting and it will disengage allowing it to drop down to the starting (lowest) height; the back must return to the starting position to reengage the height adjustment mechanism

