Seat Height

Standard Feature
Pull lever up. Lift weight out of chair. Sit in chair to lower.
Seat Depth
Pull lever up. Slide seat pan forward or backward.

Note: Not available on stool. For XL, see your facilities manager.
Standard Feature

Tilt
Tension
Rotate clockwise for more tension. Counter-clockwise
Standard Feature

Back Height
Pull lever toward seat.
Raise or lower back.
Optional Feature

Forward Tilt
To activate, pull lever up and lean forward. To release, pull up recline.
Optional Feature

Back Lock
Push lever down to lock back.
Pull lever up to unlock.
Optional Feature

Lumbar Depth
Pump lever upward to increase. Hold lever down to release.
Arm Height:

Pull up on button. Move up and down to adjust. Release button to lock in position.
Fixed Arm

No Adjustments
Arm Height:

Pull up on button.
Move up and down to adjust.
Release button to lock in position.
Arm Rotation:
Rotate arm cap to reposition.

During keying and mouse-related tasks, no more than 1/3 of the arm, near the elbow, should be supported.
**Arm Rotation:**
Rotate arm cap to reposition.

**Arm Height:**
Pull button. Move up/down. Release button.
During keying and mouse-related tasks, no more than 1/3 of the arm, near the elbow, should be supported.

Arm Width:

Pull lever.
Swing in/out.
Release lever.
Ergonomic tips and hints

- Change your posture every hour.
- Sit back in your chair to contact back support.
- Align chair to task.
- Adjust arm height to maintain a neutral wrist posture.
• Feet should be placed flatly on floor or footrest.
• Avoid pressure at back of knee.

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