

# HAWORTH®

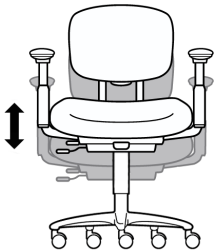


Improv H.E.

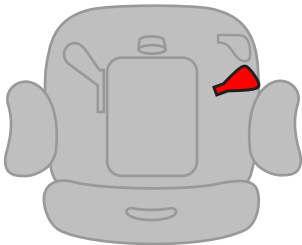
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## Standard Feature

Seat  
Height

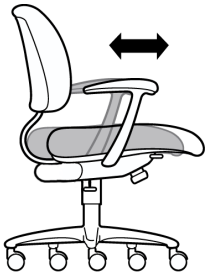


Pull lever up. Lift weight out of chair. Sit in chair to lower.

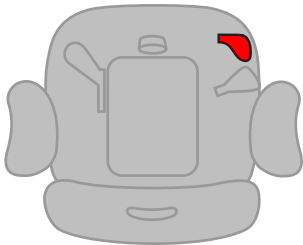


## Standard Feature

Seat  
Depth



Pull lever up. Slide seat pan  
forward or backward.



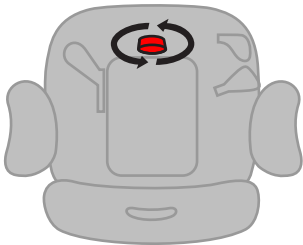
Note: Not available on stool.  
For XL, see your facilities manager

## Standard Feature

Tilt  
Tension



Rotate clockwise for more tension. Counter-clockwise



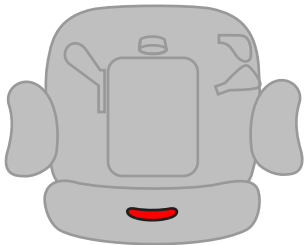
## Standard Feature

Back  
Height





Pull lever toward seat.  
Raise or lower back.

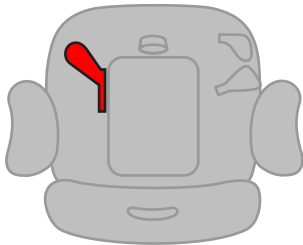


## Optional Feature

Forward  
Tilt



To activate, pull lever up and lean forward. To release, pull up



recline.

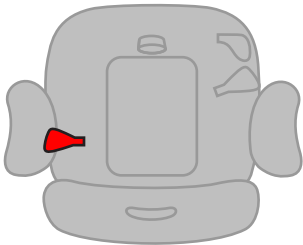


## Optional Feature

Back  
Lock



Push lever down to lock back.  
Pull lever up to unlock.

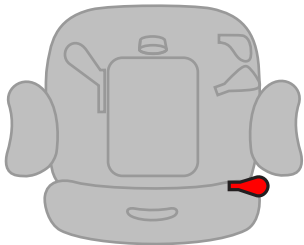


## Optional Feature

Lumbar  
Depth



Pump lever upward to increase.  
Hold lever down to release.



# Height Adjustable

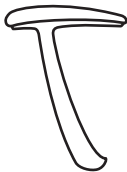


Arm  
Height:

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

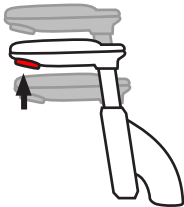


Fixed Arm



No Adjustments

## Flipper Arm



Arm  
Height:

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

## Flipper Arm

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.

## 3-D Arm



Arm Height:

Pull button.  
Move up/down.  
Release button.

Arm Rotation:

Rotate arm cap  
to reposition.



## 3-D Arm

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

- 1 Change your posture every hour.
- 1 Sit back in your chair to contact back support.
- 1 Align chair to task.
- 1 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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