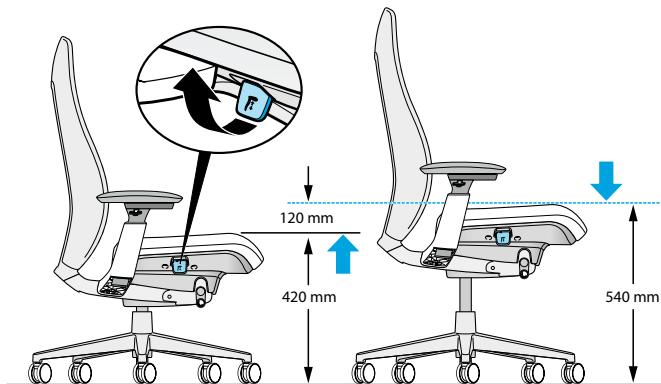


1 Seat Height Adjustment*

Seat height adjustment lets you adjust the chair to properly position your body at the worksurface and maintain proper blood flow in your legs. Seat height should be adjusted to allow your legs to maintain a 90-degree angle to the floor or footrest. (1) Pull up on the lever and raise your body out of the chair to increase seat height. (2) Stay in the chair and pull up on the lever to decrease seat height.

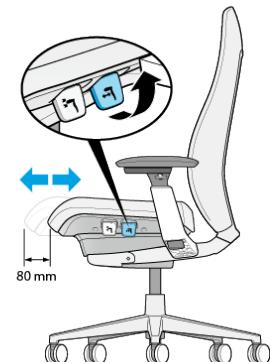
Seat height adjusts 120 mm from 420 mm to 540 mm on standard models and 130 mm from 400 mm to 530 mm on Fern Type A.

*The indicated dimensions are determined while chair supports a load of 64 kg.



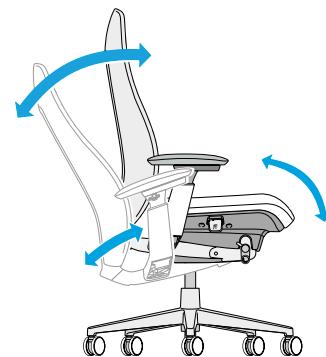
2 Seat Depth Adjustment

Seat depth adjustment moves the seat pad to accommodate different leg lengths. It helps you sit back far enough in the chair to use the backrest without creating pressure behind the knees. With a full 80 mm of seat depth you have lots of room to adjust, so blood flow to your legs isn't restricted and you stay alert. (1) Pull up and slide the seat forward to lengthen, or backward to shorten. A minimum of two fingers should fit between the back of your calf and the front of the seat.



3 3-point synchro mechanism

A comfortable, relaxed posture is facilitated by the recline feature, which allows for the opening of the users' chest cavity, providing a good airflow to promote alertness. Aligning the location of the mechanism's pivots with the pivot points of the body—namely, the hip, knee, and ankle—ensures optimal ergonomic support. This alignment facilitates the maintenance of user posture, ensuring that the back maintains contact with the chair's backrest while reclining.



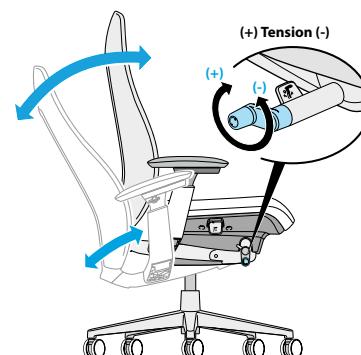
4 Tilt Tension Control

Regulates the amount of resistance felt when leaning back in the chair and the effort required to recline the chair backwards.

(1) Turn the crank forward (clockwise) to tighten the tension and backward (counter-clockwise) to loosen the tension.

Once the tension has reached its maximum in either direction, do not force the crank further.

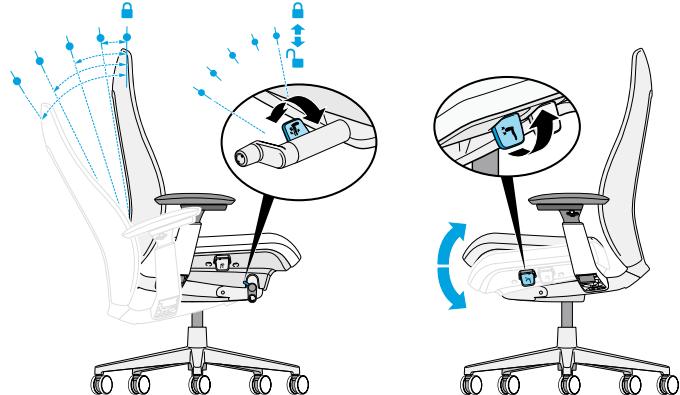
The crank can be pulled outward for easier operation; please push the crank back inward after operation.



5 Back Stop and Forward Tilt (optional)

Back stop allows users to lock the back of chair at upright position for task application. In total 4 additional back stop positions are available. (1) Recline to the desired stopping position and (2) push down on the lever to activate the back stop. (3) Pull up on the lever to release the back stop. Rotate the lever forward to engage; rotate backward to disengage.

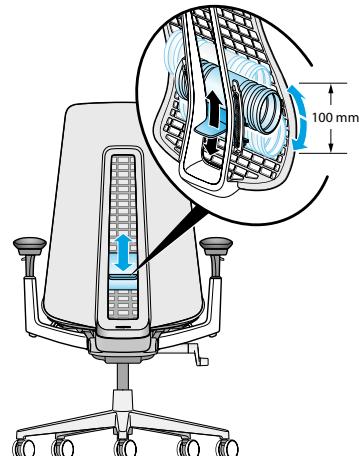
Forward Tilt enables you to vary your posture throughout the day by changing the curve of your spine. (1) Push down on the lever. (2) Recline just until you hear a click, then lean forward. (3) Pull up on lever and lean back to release forward tilt.



6 Back Support/Lumbar Adjustment (optional)

Lumbar adjustment provides additional support in the lower back. It maintains the natural curvature of the spine at the lower back and allows users to choose the support that feels right for them. The integrated passive pelvic support rotates the pelvis forward to maintain the natural spine shape.

(1) Pull up on the handle to raise the lumbar pad; push down to lower it.



7 Arms adjustments (optional)

Height adjustment accommodates users with varying elbow rest heights so that users avoid lifting their shoulders or leaning sideways to get arm support.

(1) Armcaps height adjustment raises and lowers the arms to keep the users shoulder in a neutral posture. To change the height of the armrest, pull up on the lever and slide the armrest up or down.

(2) Armcaps side-to-side adjustment accommodates users with various shoulder width. Grasp the armrest cap and slide it side-to-side as needed.

(3) Armcaps front-to-back adjustment allows users to get closer to their work surface while maintaining effective use of the backrest. Grasp the armrest cap and slide it forward or backward as needed.

(4) Armcaps pivot allows the user to have proper support of the forearm when mousing or keying. To change the angle of the armrest, grasp the armrest cap and rotate the front of the armrest toward or away from the body.

