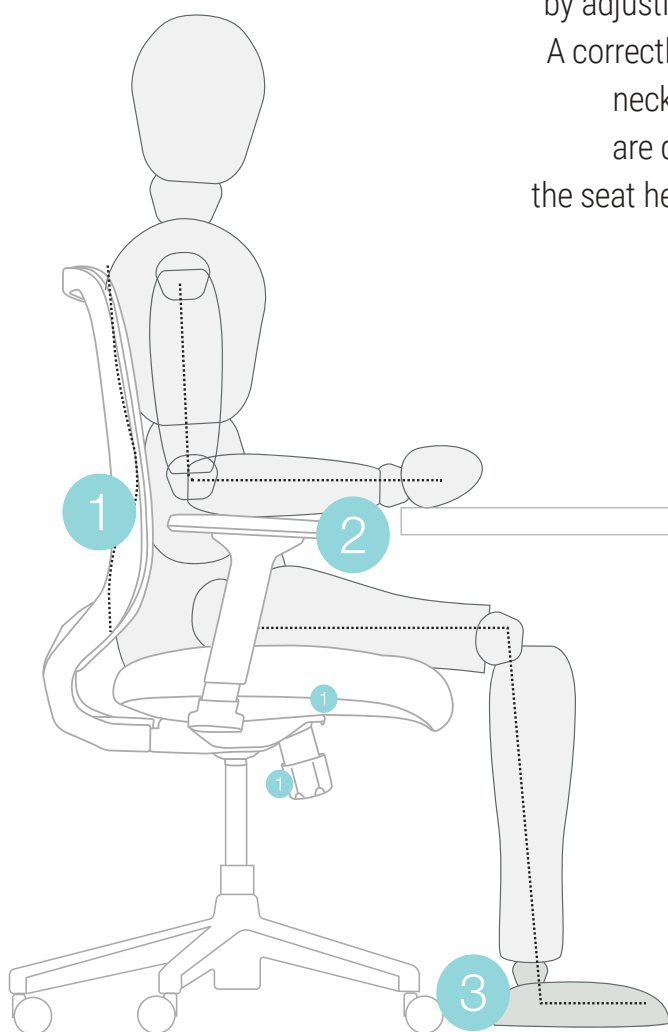




# C19 CHAIR ADJUSTMENT GUIDE

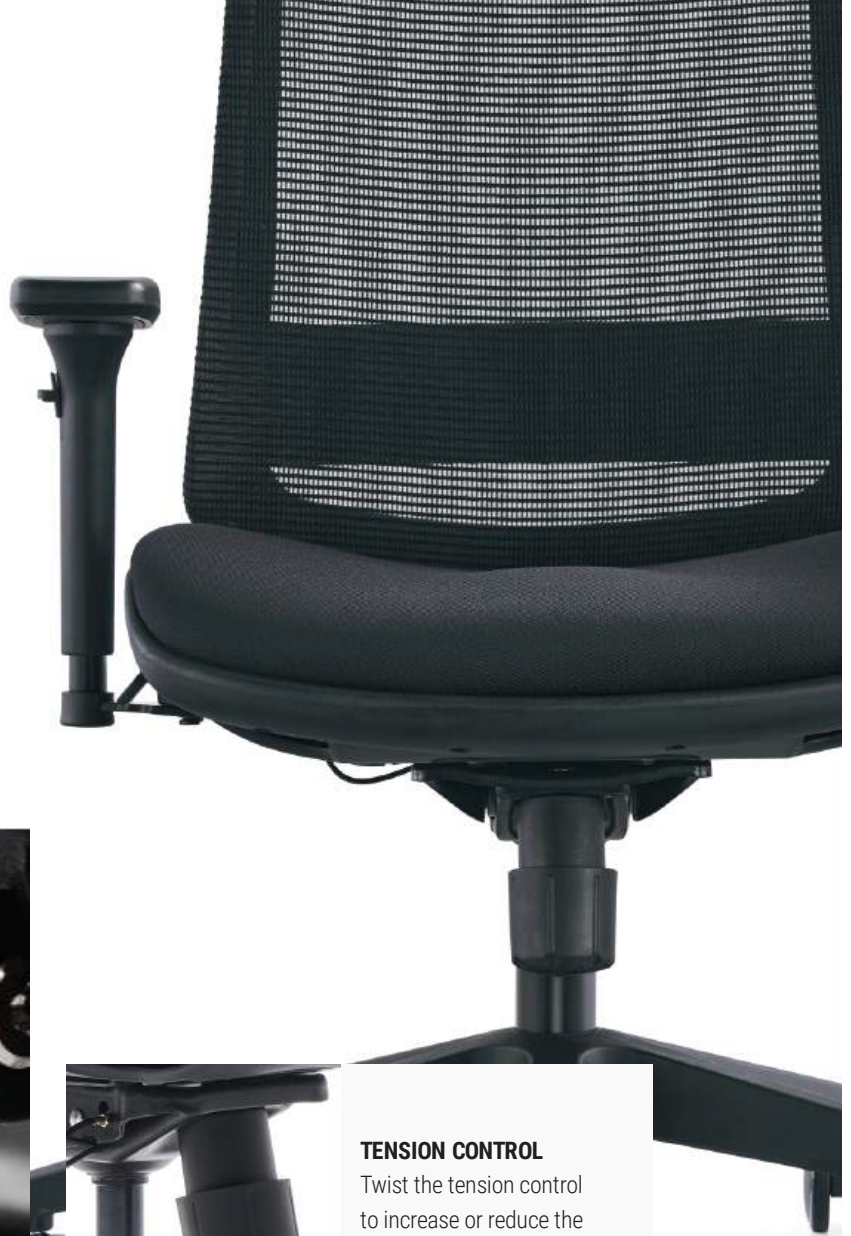
You can reduce your risk of musculoskeletal pain and injury by adjusting your chair so your body is properly supported. A correctly set up chair will reduce the strain on your back, neck and hips. Hood's ergonomic performance chairs are designed to be easily adjusted so you can change the seat height; adjustable lumbar position; armrest height, width, depth, and angle and back tilt resistance.



- 1 Adjust lumbar position so that it comfortably supports the natural curve of your spine. Sit back in your chair ensuring good back support. Set the tilt tension to create neutral resistance when leaning back. Leave back unlocked for 'free float' mode to encourage dynamic body movement.
- 2 For maximum comfort, your arms should make contact with the armpad without any lift at your shoulders.
- 3 Set seat height with your back firmly against the chair back. Adjust the seat gas lift to the proper height so that your feet are flat on the ground with your knees close to a 90 degree angle.



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## TILT – SEAT BACK ANGLE

The backrest is automatically in dynamic mode. To lock in one of the three located positions, lean back until the backrest reaches the desired angle then pull lever up to lock. To release lock, push the TILT lever down and sit forwards to release lock.

## LIFT – SEAT HEIGHT

To adjust seat height, sit on the seat and pull the LIFT lever upwards (the seat will drop slowly). Release the lever at the desired height to lock the position.

To raise the seat, lift your weight off the seat, pull the LIFT lever upwards (the seat will rise slowly). Return lever down to lock the position.



## TENSION CONTROL

Twist the tension control to increase or reduce the backrest's tilt resistance.



## LUMBAR ADJUSTMENT

Adjust the lumbar position by lifting or lowering the lumbar support bar to fit in the small of your back.



## ARMRESTS

Press outer button to lift/lower; push armpads forwards and backwards to adjust depth; and rotate armrest to change pad angle.