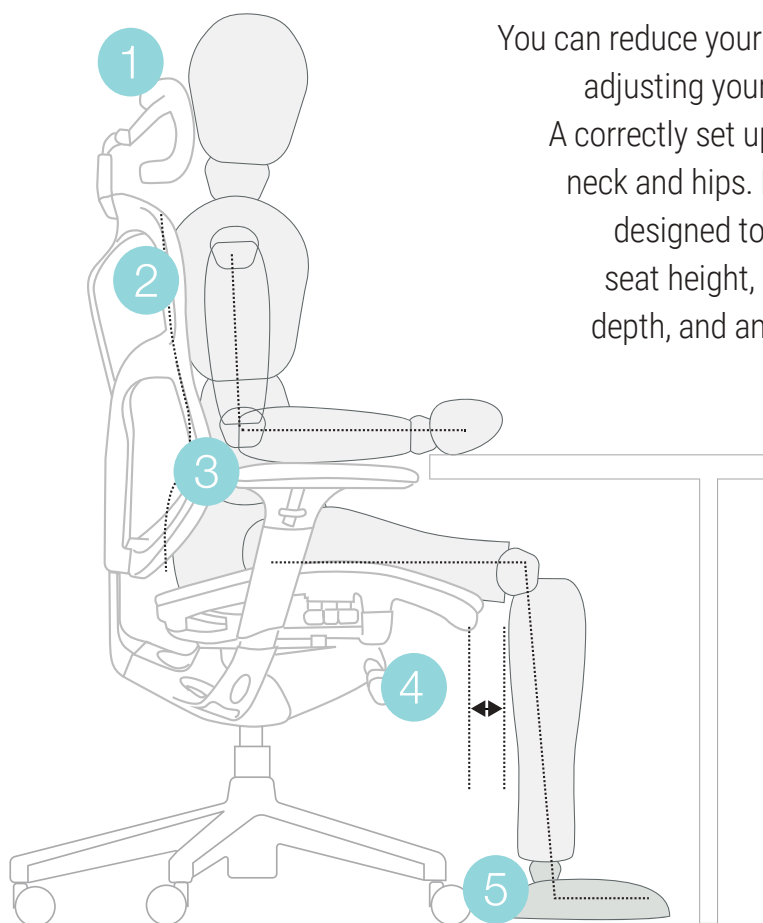




# 101/102/103 CHAIR ADJUSTMENT GUIDE



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, depth, and back positions; armrest height, depth, and angle; tilt resistance and headrest position\*.

- 1 If your chair has an optional headrest\*, adjust headrest to desired position for optimal cranial support. The headrest should cradle your lower head and neck as you recline.
- 2 Adjust back height 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. The F94- 101/102/103 has a removable lumbar panel to allow more relaxed comfort.
- 3 For maximum comfort, your arms should make contact with the armpad without any lift at your shoulders.
- 4 Set seat slide to create a space behind knees of 20–40mm.
- 5 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.

\*Headrests are optional on Hood Chairs. Can be retro-fitted.



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## TILT – SEAT BACK ANGLE

The backrest is automatically in dynamic mode. To lock in position, 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.

## SLIDE – SEAT DEPTH

To adjust seat depth, lift the SLIDE button and slide the seat back or forward to the desired position. Return lever down to lock in position.

## 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

Pull out and turn the adjustment mechanism forwards to increase tilt resistance and backwards to reduce.



## BACK HEIGHT

Adjust the backrest height by lifting the back of the chair - you will hear the clicks to locate in position. To release, lift to full height and drop .



## ARMRESTS

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



## EXECUTIVE HEADREST

Ergonomic: Lift or lower to preferred position.

## ERGONOMIC HEADREST

Tilt, lift or lower to preferred position.