



Double pivot system



Optional lumbar pump adjuster



80mm +/- seat slide adjuster


 Standard:
Black coated Aluminium Base

 Optional at no extra charge
Polished Aluminium base


819

 829 + 4660
arms

 839 + 4660
arms

 839 comes with
a standard head/neck rest

 The double pivot bracket
allows rake, depth and
height adjustment.

 Active Multi Choice®
see over for details.
Fully independent seat
and back adjustments

European Standard EN:1335:2000 -1-2-3 (Category A) certified for 'Dimension', 'Safety' and 'Strength & Durability'. (copy available on request)

"Anybody Project The Seated Human"

 collaboration with Aalborg University Bio Mechanics. See www.anybody.auc.dk/seatedhuman/index.htm

Fully independent seat and back adjustments

Aimed at helping staff protect themselves against future back problems



800 series



819-829-839 Active Multi Choice @ perfectly balanced and easy to adjust



Double pivot system for perfect neck support



4660 Arm Multi-adjust with polished stem



4650 Arm Height and width adjust only with plastic stem

- 1 - Lever to adjust back / lumbar height
 - 2 - Tension adjustment knob to adjust seat and back float pressure according to the user's weight
 - 3 - Gas lift (lever on left side) adjusts seat height between approximately 48cm and 52.5cm
 - 4 - Lever to release back float, this can be independently locked in any position
 - 5 - Lever to release seat float/tilt, this can be independently locked in any position
 - 6 - Twist handle to release and lock seat depth adjustment +/- 80mm
 - 7 - **Optional (extra cost) - pump up lumbar support, inflate as required to increase lumbar curve**
- Seat tilt + 6 degrees to -10 degrees
 Back tilt + 8 degrees to - 8 degrees
 50mm thick padding upholstered front and back with piped seams
 Recommended maximum user weight 120 kg
 5 Year Guarantee in normal office use (see price book) For 24 hour use or multi shift use please ask for details

The seat and back are fully independent, ie.. they operate separately which is the system preferred and recommended by most back care specialists.

These chairs can be used locked or set in free-float, you can lock just the back or just the seat or both at any point in the movement. easy to reach control levers make adjustment quick, and almost effortless.

Adjust to your size

First set the seat height to where you feel comfortable using large paddle lever '3' (this is on the left as you sit). try to have it set slightly high rather than too low. High and low gas stem options are also available, please ask your dealer.

Then set the seat depth using handle '6' - twist the handle forwards in order to release the lock, now you can slide forward or back, when you twist the handle backwards again the slide will lock. Always make sure your seat is flat while you do this as if tilted you will not be able to slide you body weight uphill.

Then Please make sure that you adjust knob '2' to suit your weight, you should be able to have the seat tilt lever released and sit upright with your hands hanging down without the chair tilting you forwards or backwards, this way you know that it is set correctly. When you think it is set correctly sit upright and lift your feet slightly from the floor - if you feel balanced slowly bring your arms forwards and then backwards. You should then slowly tilt forwards and backwards on the chair with no sudden movement.

Adjust for your lumbar support

Flip open lever '1' (this is on the right behind you as you sit) then move the back rest up or down in order to position the lumbar support where you find it comfortable. Then reclamp lever '1'. Note - lever 1 is adjustable, if the back is hard to move then unwind lever 1 slightly, if it does not lock the back height securely then flip open the lever and wind it in a few turns clockwise, then clamp it closed again.

If your chair is fitted with the optional pump then squeeze the pump '7' and set the lumbar bulge to your preferred size

Your seating comfort and back care

Use levers '5' and '4' to adjust the seat and back angle respectively. To reduce stress on the lower back it is generally advised that people have their seat tilted forward whilst working forward at your desk. This helps retain the desired 'S' shape of your spine naturally.

It is recommended that you try not to sit for long periods in the same position - try to stand up several times each hour and take the opportunity to relax back in your chair when taking a phone call in order to vary your seating position.

Full advice on back care should be taken from a qualified medical practitioner.



www.healthyworkstations.com



819					
Fabric Required for COM 1.8m					
Back			Seat		
Back Width	Back Height	Back Tilt	Seat Width	Seat Depth	Seat Tilt
425mm	395mm	25deg	455mm	485mm	+6/-18deg

829					
Fabric Required for COM 1.8m					
Back			Seat		
Back Width	Back Height	Back Tilt	Seat Width	Seat Depth	Seat Tilt
425mm	348mm	25deg	455mm	485mm	+6/-18deg

831					
Fabric Required for COM 1.1m					
Back			Seat		
Back Width	Back Height	Back Tilt	Seat Width	Seat Depth	Seat Tilt
425mm	348mm	25deg	455mm	485mm	+6/-18deg