

Care & Maintenance | Warranty

• Care of cloth upholstery:

To maintain the cloth upholstery, regular vacuum cleaning is recommended. Marks and stains may be removed with a proprietary cleaner. In difficult cases, consult a reputable firm of cleaners, or ourselves for advice.

• Care of leather upholstery:

Leather upholstery should be wiped with a slightly damp cloth and gently rubbed dry. A good proprietary hide food should be applied at least once a year, and more often if the leather is in a dry atmosphere or close to a heat source.

• Care of plastic parts:

Plastic compound parts are best cleaned by wiping with a slightly damp cloth and gently rubbing dry with a soft duster.

This product includes a comprehensive warranty.

Details of this warranty are available from Ergochair customer services department on

01454 329210

Should you have a fault with your chair, please contact us on the number above.



Setting up your Chair

• Seat height:

Thigh to trunk angle should be 90° or slightly more to help keep your pelvis upright. When your shoulders are relaxed and elbows are at right angles your forearms should be just above the surface of the desktop, parallel to the floor.

• Back height:

The lumbar support of the backrest should fit into the small of your back to maintain the natural 'S' shape of the spine.

• Armrests:

The armrests should touch the underside of your forearms when your shoulders are relaxed and elbows are at right angles. This will avoid strain in the neck, shoulders and upper limbs.

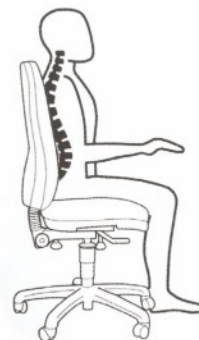
• Seat Depth:

Your bottom should be at the back of the seat with roughly three fingers gap between the front of the seat

and behind your knees. This will ensure adequate thigh support but without obstructing leg movement and lower leg circulation.

Tension:

Create a feeling of floating (when your feet are off the floor) to encourage improved blood circulation and comfortable changes of posture. The tension should be not too soft so that you instantly recline and not too hard that you can't naturally push back.



Driving your Chair

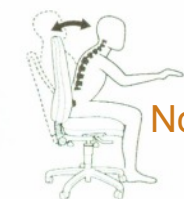
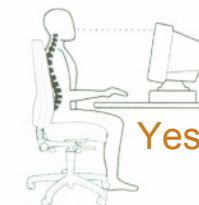
Even the best ergonomic chairs can't do the job for you! Spending a few minutes getting to know your chair and thinking about the way you sit can make a huge difference.

Do's:

- Adjust every chair you sit on, it only takes a couple of minutes.
- Keep the chair in the 'free float' mode most of the time and set the tension for your bodyweight.
- Alter your typing position regularly - try sitting upright for short periods.
- Stand up, walk and stretch whenever possible.

Don'ts:

- Don't assume the chair is already set up for you.
- Don't slouch back in your chair or 'hunch' over your keyboard.
- Avoid perching on the edge of your seat.



Adapt® 200

operating instructions



Operating your Adapt[®] 200

1. Arm Height Adjustment

To raise the armrest, press the button (1) and slide to desired height – release button



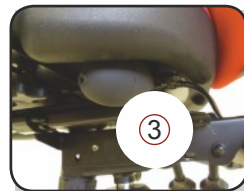
2. Seat Height Adjustment

Lift handle (2) and raise or lower until desired height found. Normally the top of the chair arms should be level with the top of the desk. Adjustments should be made when sitting in the chair.



3. Inflatable Lumbar Support Adjustment

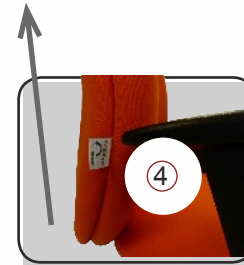
Inflate by depressing the inflation bulb (3) located under the seat. To deflate, press the valve button attached to the bulb. If necessary, re-adjust the chair back position.



We recommend that the chair is set up to suit your individual dimensions to obtain the best results.

4. Back Height Adjustment

To adjust the back height, grasp both sides of the backrest and lift to the desired height. The backrest is on a ratchet system and clicks upwards to the position required. To reset, lift to the top position then lower to the bottom-most point and restart the lift



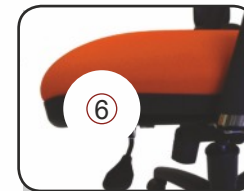
5. Forward Seat Tilt

The seat will tilt forward independently of the backrest angle. Lift lever (5) and apply pressure in the direction you wish the seat to tilt. Secure the position by lowering the lever.



6. Seat Depth Adjustment

The seat depth can be adjusted by lifting the lever (6) and sliding the seat to the required setting. Release lever to secure position.



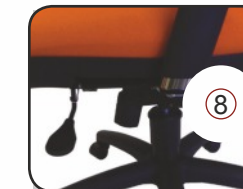
7. Backrest Angle Adjustment

To adjust the backrest angle, lift lever (7) and adjust by applying or releasing pressure to the backrest until comfortable. Lower the lever to secure the position.



8. Body Weight Tension Adjustment

The tension hand-wheel (8) is located centrally at the front underside of the seat, screw clockwise to increase tension and unscrew to reduce tension.



9. Head/Neck Support Adjustment

Grasp the sides of the Head/Neck Support and raise or lower to desired height. Rotate the pad to find the most comfortable position for you.

