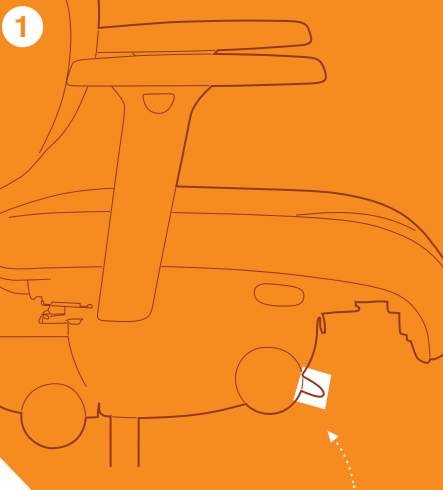


SEAT HEIGHT

The seat height can be adjusted by pulling up the seat height paddle. Put your weight on the seat to lower and lift your weight off to make it higher. Your knees should be lower than your hips, with your thighs gently sloping downwards - this helps you to sit in a more natural upright posture.



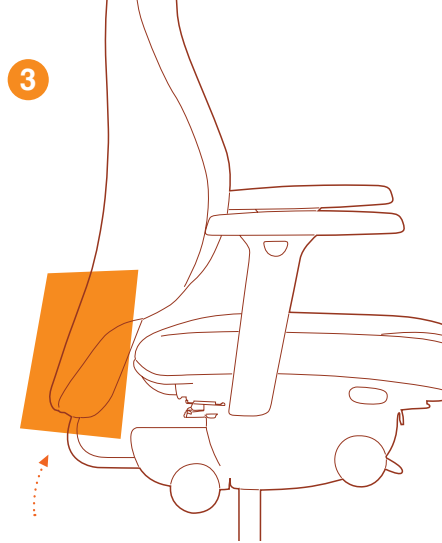
SEAT DEPTH

To adjust the seat depth press in the seat depth button and slide the seat into the desired position. Make sure your bottom is fully back into the seat, with a two to four finger gap between the back of your knees and the front of the seat. Your legs now have the freedom to shift backwards and forwards.



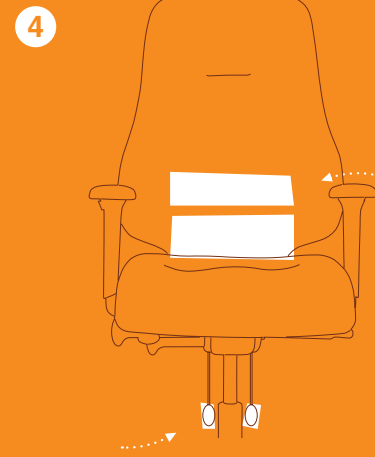
BACK HEIGHT

To adjust the back height, grip the back and lift up. Make sure the height is set to ensure the pronounced curvature of the backrest sits in the small of the back. To lower the height of the backrest, pull it up to the top position and then it's free to drop to the bottom position again.



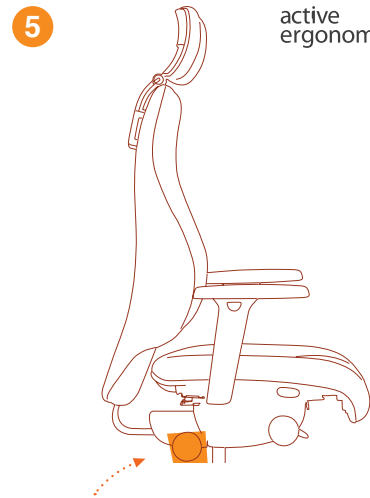
LUMBAR & PELVIC PUMPS

The lumbar area of the backrest can be inflated to the desired shape by squeezing the bulb repeatedly. To reduce the size, press the button just above the bulb. The support should fill the area around the belt line without any gaps but not over inflated to feel too hard. If you prefer, you can repeat the exercise in the pelvic area to give you additional support to help keep an upright posture and avoid slouching.



BACK ANGLE

The back angle can be adjusted by turning the control - turn it clockwise to bring the back rest forwards and anti-clockwise to move it back. Ensure that the back rest is never far away from your back when you are sat in a balanced upright position. For those with the independent seat tilt function. You will find a simple cam lever on the left hand side under the seat which will alter the seat angle for you.



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If you want to find out more about the chair or how to look after your body and mind at work, log on to our website.

active-ergonomics.co.uk

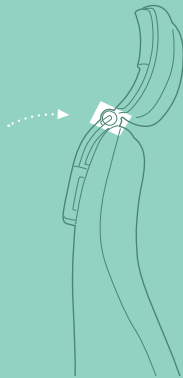
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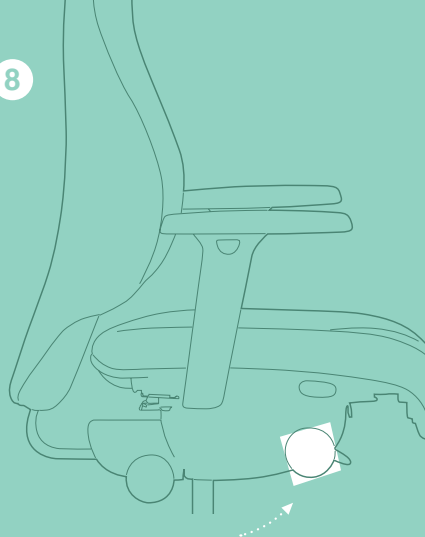
9



HEAD REST ADJUSTMENT

To adjust the head rest grip it underneath and twist forward. Ensure it's positioned to support the nape of your neck when you are sat in an upright working position. The headrest can be adjusted in height, orientation and depth accordingly. If you don't have a neckrest but you and your assessor feel it may be of benefit, it can be retrofitted.

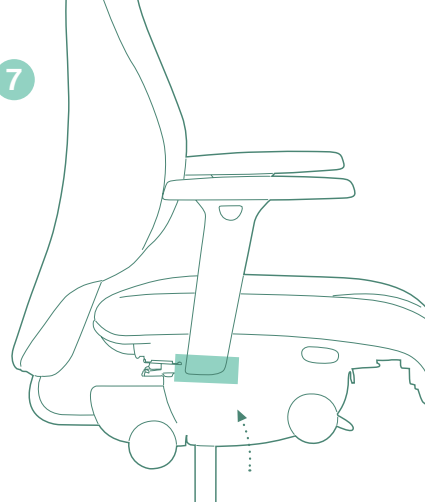
8



BACK RECLINE TENSION

To balance the chair to suit your body weight, turn the body weight control - clockwise to increase and anti-clockwise to decrease the resistance. Make sure when the chair is unlocked that it's not too hard to recline, or too weak so that you don't feel supported. You can lock the back into position by pulling up the back lock paddle.

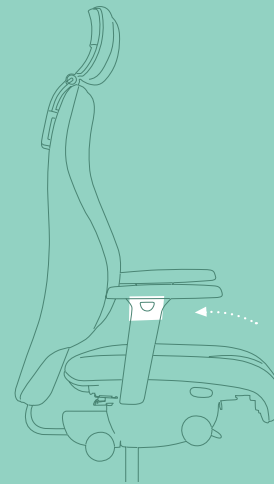
7



ARM WIDTH & ANGLE

Turn hand wheels anticlockwise to loosen the arm. Slide the arm outwards and turn the hand wheel clockwise to tighten. You can adjust the angle of the arm pad applying force inwards or outwards. The arm pads can also be pushed backwards and forwards by applying a backward or forward force.

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ARM HEIGHT

Press in the button on the outside of the arm and move the arm up or down into the desired position. Release the button to lock in position. Make sure your shoulders and upper arms are relaxed by your side, and your forearms are at right angles when the arm pads are just touching your forearms.

SPIRA⁺ PLUS

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Operating Instructions