



# **User Guide**

**Introduction**

**Best Practice**

**Adjustment and Operation**



# Introduction

The instructions given for chair adjustment and their reasons are offered for guidance and best practice purposes only.

RH and / or its agents do not intend or suggest that this be used instead of consulting suitably qualified personnel. This is because everyone and their working environment is unique, and consequently no pre-written instructions can give correct advice to all users.

If you are in any doubt whatsoever, please consult your health & safety advisers.



# Best Practice

There's no such thing as the best working position. None of us were meant to stay still, so don't. By varying your type of work and posture, you'll reduce the risk of aches and strain.

- Change between sitting and standing.
- Organise your desk so you can move freely without having to stretch.
- Don't spend too long on the same type of work - prolonged keyboard or mouse activity should be interrupted.

Your RH chair is designed to give consistent support while you move. Once you've made the basic adjustments, the chair will follow you. Use the chair's tilt lock function to vary between leaning forward and reclining, or release it to rock freely. Either way, keep moving!

**If you're in any doubt, please contact your health & safety officer**



# Seat height adjustment

The seat height is adjusted by lifting the lever shown in red.

1. Sit in the chair.
2. Hold the lever up.
3. Lift yourself up or down and the seat will follow you.
4. Release the lever to lock the seat at the desired height.





# Backrest height adjustment

The backrest height is adjusted by raising the lever shown in red.

1. Sit in the chair.
2. Snap the lever upwards to unlock.
3. Raise or lower the backrest to your preferred height.
4. Snap the lever down to lock the backrest in position.

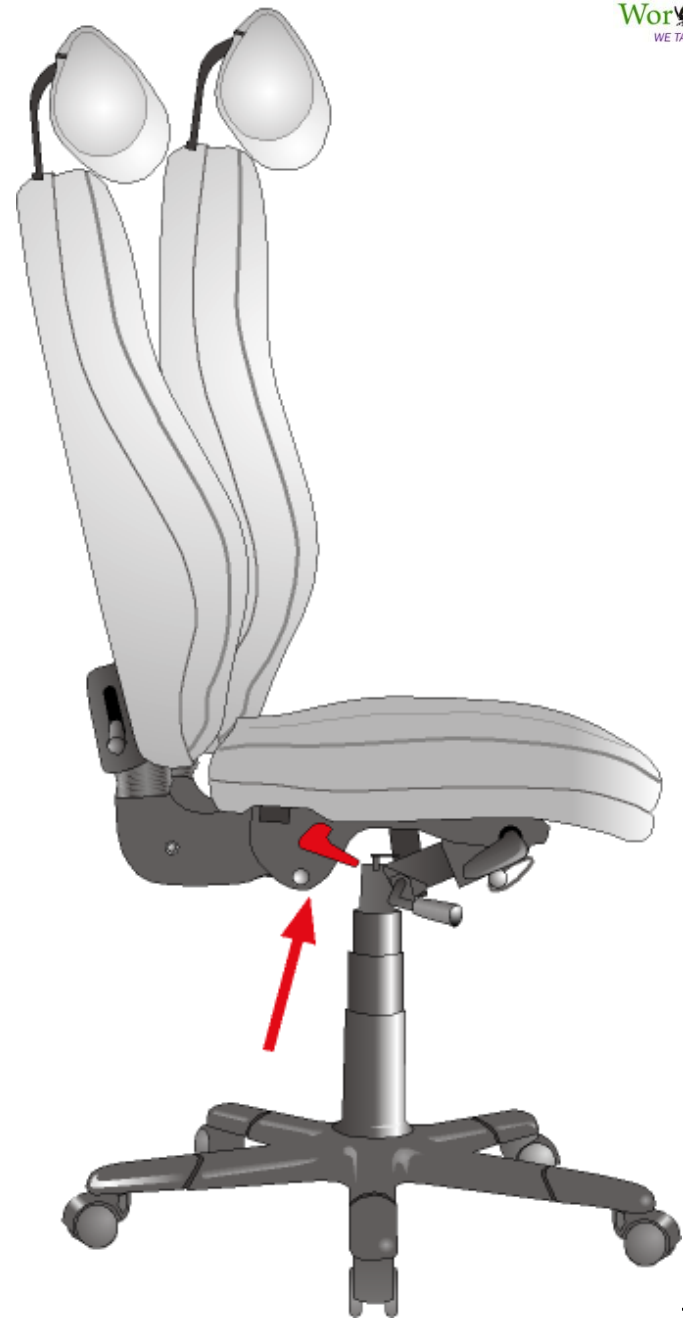




# Backrest angle adjustment

The backrest angle is adjusted by raising the lever shown in red.

1. Sit in the chair.
2. Raise and hold the lever.
3. Lean backwards or forwards until you are at your preferred angle.
4. Release the lever to lock the backrest in position.





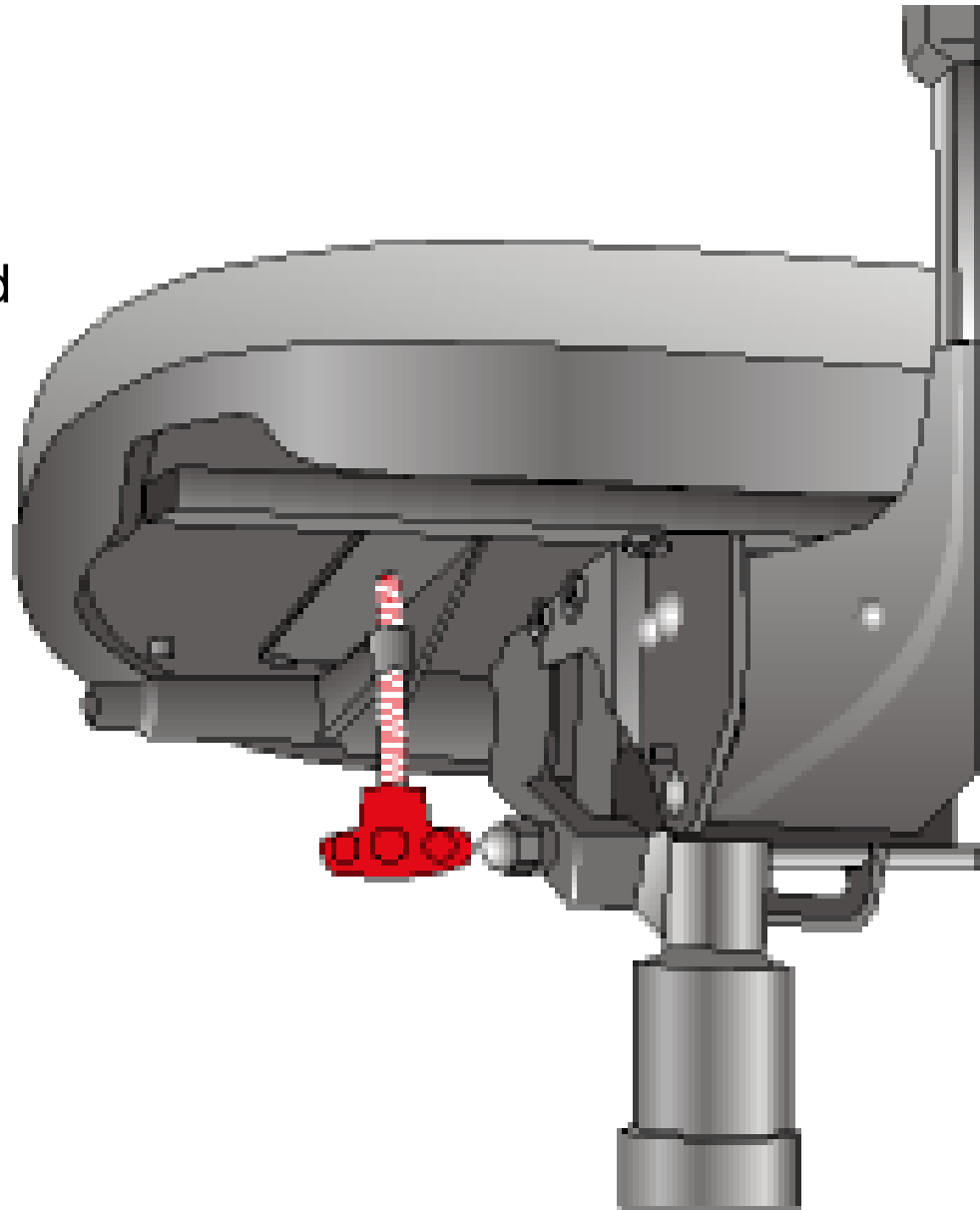
# Seat rocking counter-balance

Rocking counter-balance is adjusted by the rotary handle shown in red.

To increase rocking resistance, rotate the handle clockwise.

To decrease, rotate anti-clockwise.

Fine tune this to your body weight, to make rocking virtually effortless.

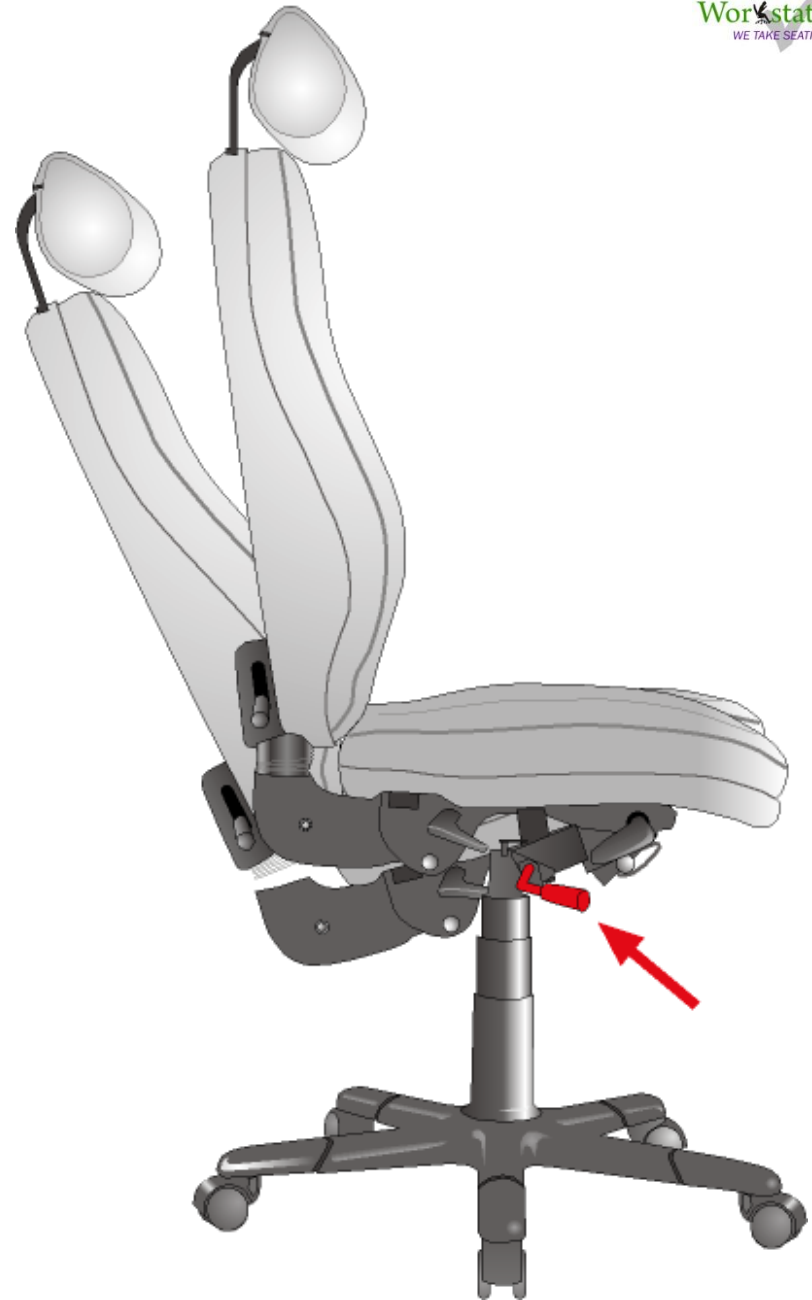




# Seat rocking / tilt lock

Seat rocking is enabled by the lever shown in red.

1. Sit in the chair.
2. Draw the lever back and the seat is free to rock.
3. Push the lever forward to lock the seat in any position.
4. Seat rocking counter-balance should be set to your body weight.







# Lumbar support

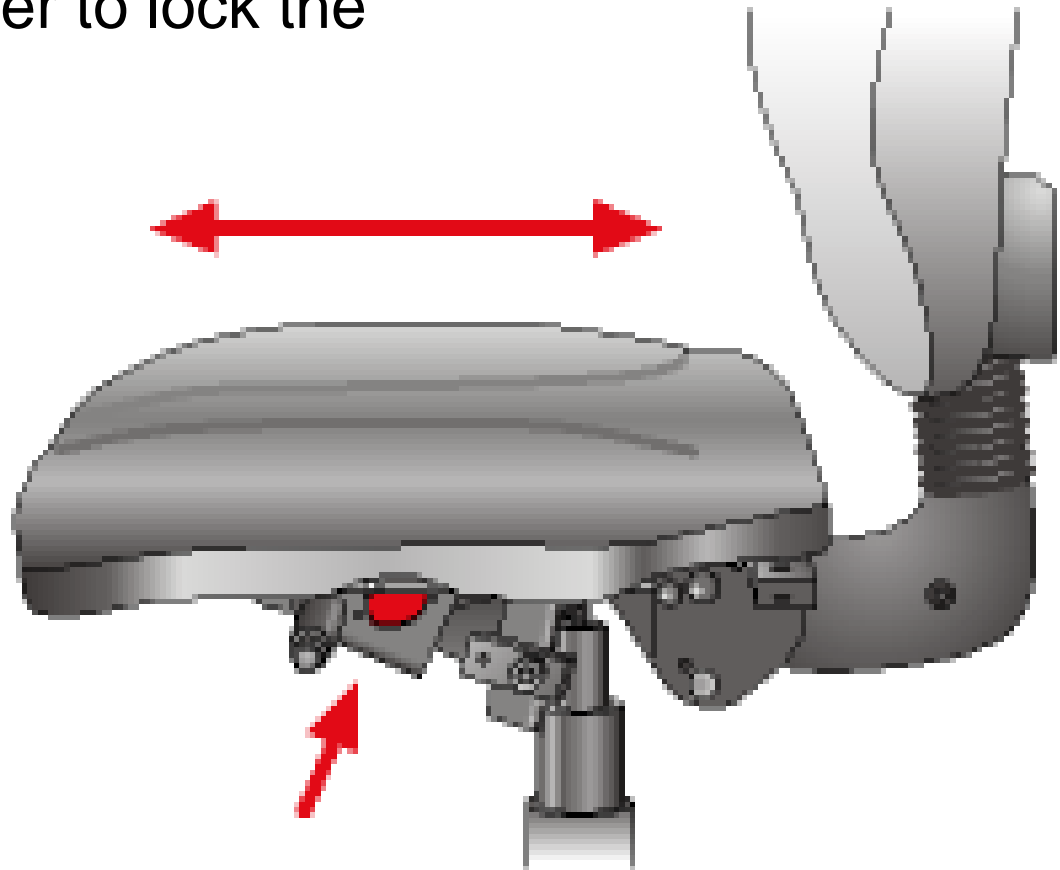
Chairs supplied with an adjustable lumbar support are operated by using the air pump.





## Sliding seat

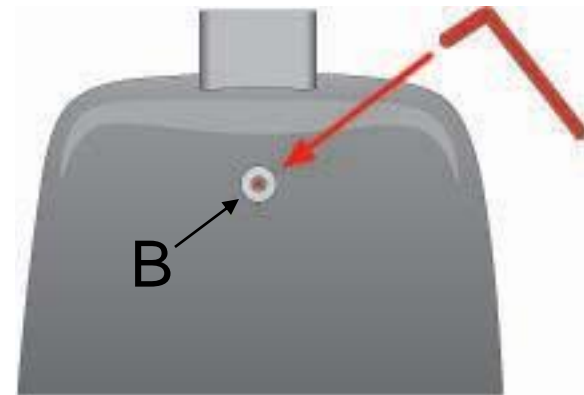
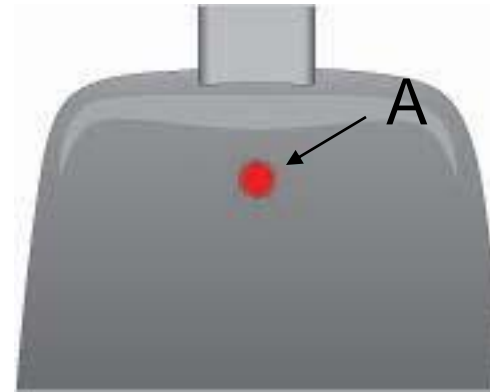
The seat can be adjusted to suit different depths by lifting the lever. Release the lever to lock the seat into position.





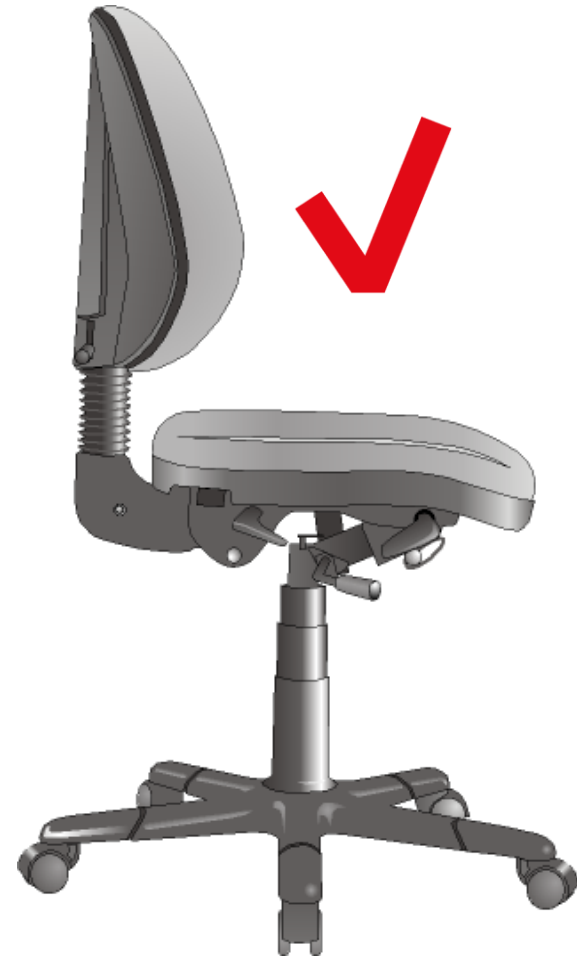
# Neckrest adjustment

1. Remove the coverplug (A).
2. Adjust the friction (B) by using the Allen key supplied with the chair. (Allen key is stored under the seat).
3. Refit the cover plug.





# Seat tilt lock



**Caution!** When exiting the chair, you **must** leave the seat tilt locked in the upright (forward) position.



# And finally...

Only you can tell whether or not you're comfortable.

Your RH chair can help. Provided you carry out all the adjustments referred to in this manual and experiment with different settings, you'll soon notice the difference and find your favorite position.

The key is you're in control. Make your chair work for you.