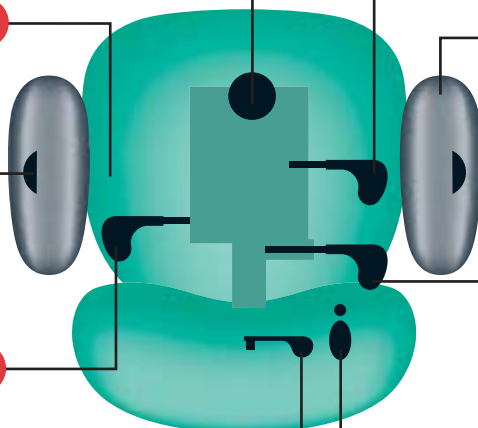




# Adjustments for PostureBack Control with QuickBack Lever

For maximum seating comfort we recommend that you adjust your chair in the numerical steps indicated below.



**1 Seat Height**  
While seated, lift the lever. The chair will go down. Remove your weight from the chair and it will rise.

**2 Backrest Height**  
Lift lever, lean slightly forward, and guide backrest up or down with both hands. Release lever when lumbar region is best supported.

**3 Air Lumbar (optional)**  
On the backrest shell, pump bulb to inflate. Press button to deflate.

**4 Seat Depth (optional)**  
Lift lever and slide yourself forward or back.

**5 Backrest Rocking**  
Lean back into chair and flip lever up to allow the backrest to rock freely. See Rocking Tension above for adjustment of this movement. Flip lever down to lock the back into a fixed position.

**6 Rocking Tension**  
This tension adjustment provides a controlled rocking motion to the chair. Put chair in rocking motion (see Backrest Rocking adjustment). Turn knob tighter or looser to suit your weight.

**7 Arm Height**  
Immediately under the pad, locate button. Pull lever up while lifting pad up or down.

**8 Arm Width**  
Push or pull metal arm support from the bottom, in or out.

**9 Armrest Angle (optional)**  
Lift pad slightly and rotate armrest to align with the angle of your forearms when working.