

# SWIVEL CHAIR FOR 24 HOUR USE

Sit in a comfortable and relaxed position and maintain full concentration for hours.



## ① Headrest

- Height, depth and tilt adjustable
- 6-position headrest (deluxe version, standard: 4-position headrest)
- Supports the cervical spine



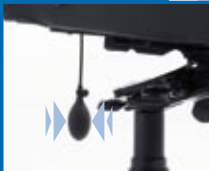
## ② Armrests

- Tip-up armrests
- Adjust tilt to suit working position (30°)
- Control wheel on underside of armrest



## ③ Backrest

- Adjust seat back recline with lever on right hand side



## ④ Lumbar support

- Handpump to adjust the lumbar support in the seat back cushion located to the rear beneath the seat
- Release the air using the valve button at the end of the hand pump



## ⑤ Seat height

- Rear lever on the right side beneath the seat
- Pull up to adjust seat height



## ⑥ Seat tilt

- Infinitely adjustable (front lever on the right beneath the seat)
- Push lever down to lock
- To release, pull the lever up



## ⑦ Rocker mechanism

- To support user's movements when working and relieve muscles
- Adjusts to weights from 50 - 150 kg
- To increase the resistance, turn the handle on the right beneath the seat forwards in a clockwise direction



## ⑧ Forward tilting seat

- Prevents the pelvis tipping backwards and encourages a dynamic sitting position
- Pull lever on left beneath the seat forwards to lock, pull back to release



# User Guide



## ① Use

This swivel chair should be used responsibly. There is a risk of an accident if not used appropriately (e.g. sitting on the armrest).



## ② Cover

If soiled, simply clean the cover with warm water or neutral soap suds (shampoo). Treat marks as soon as possible. Do not rub vigorously – if possible, remove dirt by dabbing gently.



## ③ Castors

Castors for textile flooring (carpet) are fitted as standard. For safety reasons hard castors should be used for hard surfaces. If the flooring is changed, the castors should be adapted accordingly.



## ④ Service

Maintenance such as replacement of gas springs or foam cushions should only be carried out by trained specialist staff. Never heat or attempt to open gas springs.

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