



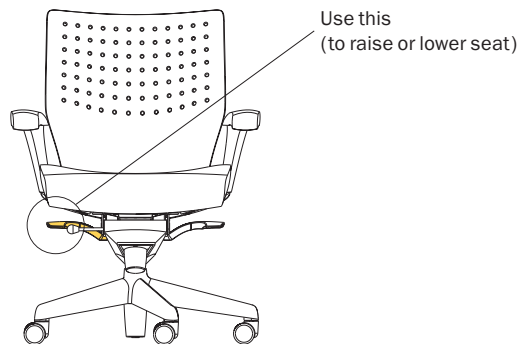
Tom

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Sit down. Please.  
The only way to know if you are adjusting your chair to provide you with maximum comfort, is to make these adjustments while you are seated.

## 1. Seat Height Adjustment

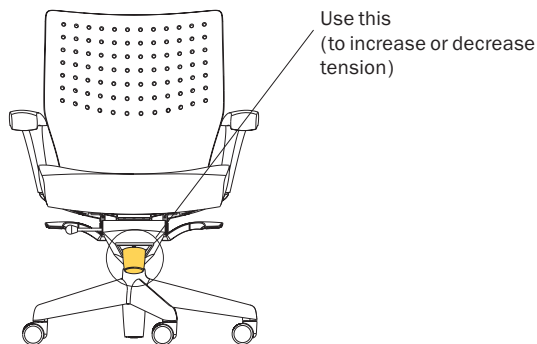


**Use** the paddle shaped lever on the right side underneath the seat

**To raise** lift your weight off the seat while lifting the front of the lever

**To lower** sit on the seat while lifting the front of the lever

## 2. Tilt

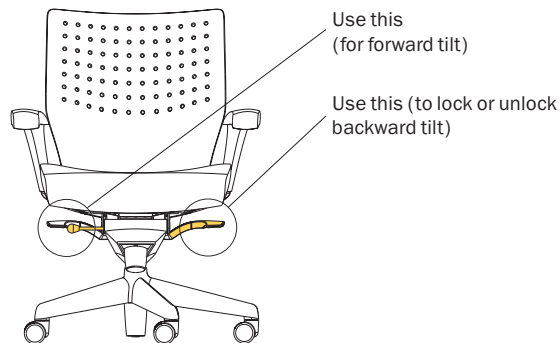


**Use** the big round knob underneath the center of the seat

**To increase tension** turn the knob clockwise

**To decrease tension** turn the knob counter-clockwise

## 3. Tilt Lock



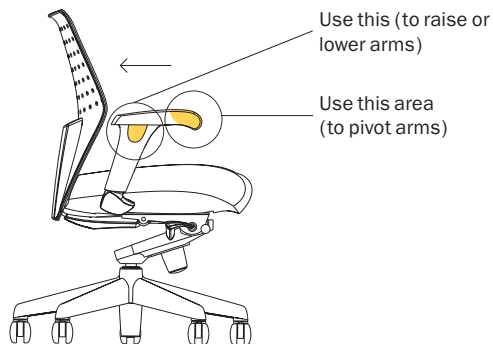
**Use** the paddle shaped lever on the left side underneath the seat

**To unlock tilt** pull the front of the lever up and tilt back slightly

**To lock tilt** recline to your desired position and push the front of the lever down

**Forward tilt** using the small knob lever at the front right side underneath the seat, push the knob in to "in" gage forward tilt – pull the knob out to lock "out" forward tilt (the chair back must be reclined slightly each time to reset this feature)

#### 4. Arm Height Adjustment

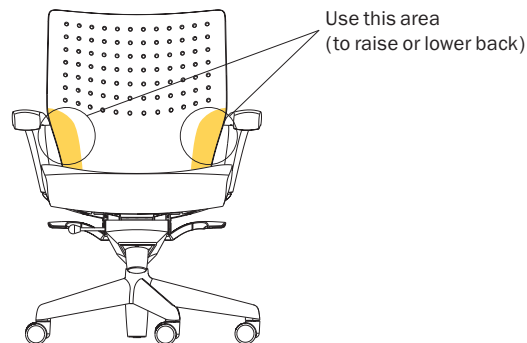


**Use** the buttons on the outside of the arm rests

**To raise or lower** resting your thumb and palm on top of the arm rest, slide your middle fingers to the outside of the arms and squeeze the button up – raise or lower the arm rest to the desired position and release the button to lock

**In and out** grab the front of the arm rest and pull it back – then pivot it in or out to one of the 3 positions (there are no buttons to push)

#### 5. Back Height Adjustment



**Use** the sides of the back just above the seat and grab with both hands

**To raise** lift the back up and towards you – you will hear a click for each different height

**To lower** lift the back to the highest setting and it will disengage allowing it to drop down to the starting (lowest) height; the back must return to the starting position to reengage the height adjustment mechanism