

HermanMiller Ergon 3® Chair



Seating that
performs for you.

Seat Height: Paddle-shaped lever on right side



To raise:
Take your weight off chair, lift lever up.



To lower:
Lift lever up while seated.

At the proper height, your feet should rest flat on the floor.



Tilt Lock: Lever on right side

For chairs with knee tilt only.



To lock in upright position:
While seated upright, push lever in.



To release:
Pull lever out.

Engage the tilt lock when you want to sit in an upright or partially reclined position.



Tilt Tension: Knob under seat on front of chair



To increase:
Turn knob to the left.



To decrease:
Turn knob to the right.

Depending on the desired tilt resistance, a number of turns may be required.
Set the tilt tension to control the resistance you feel when reclining.



Forward Tilt: Small lever on right front

For chairs with knee tilt/forward angle.



To position chair forward:
Recline slightly and pull right lever up. Lean forward to desired angle.



To resume upright position:
Recline slightly and push right lever down.

Engage forward tilt to support the thighs' declined posture when performing intensive tasks such as keyboarding.



Tilt Lock: Paddle-shaped lever on left side

For chairs with knee tilt/forward angle.



To lock/unlock either position:

Lock position by leaning forward slightly and pushing left lever down; unlock by raising lever.

Engage forward tilt to support the thighs' declined posture when performing intensive tasks such as keyboarding.

Arm Height: Button underneath each armpad

Only available on some models.



To adjust:

Grasp arm and push button in. Raise or lower to desired height. Indentations on inside of arm indicate height setting.

For maximum comfort, your arms should make contact with the arm pad without any lift at your shoulders.

Back Height: Bottom of back cushion



To raise:

While seated, grasp bottom corners of back cushion and raise to desired position.



To lower:

While seated, grasp bottom corners of back cushion. Raise cushion to its highest position, allow it to slide all the way back down, and then raise it to desired position.

Adjust back height of chair so that it comfortably supports the natural curve of your spine.

Arm Angle: Front of each armpad

Only available on some models.



To adjust:

Grasp front end of armpad and pivot it inward or outward.

Adjust arm angle inward when using a keyboard; adjust arm angle outward when using a mouse.

Back Angle: Lever under seat pan on back of chair

Only available on some models.



To increase recline:

Lean forward slightly to take weight off back of chair. Pull lever up and recline. Release lever to lock back at desired angle.



To make more upright:

Lean forward slightly to take weight off back of chair. Pull lever up and allow chair back to return to more upright position. Release lever.

Adjust the angle of the back so that it comfortably supports the natural curve of your spine.

Arm Width: Back of each armpad

Only available on some models.



To adjust:

Grasp back end of armpad and slide it toward you or away from you.

In the proper position, your elbows should be in line with your shoulders.