



### Seat Height: Lever on right side of chair



#### To raise seat:

Take your weight off chair,  
pull lever up.



#### To lower seat:

While seated and fully upright,  
pull lever up.

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

### Arm Height: Lever on armrest stem

*Only available on some models.*



#### To adjust arm height:

Press lever on armrest stem up while  
also pulling up to raise arm to your  
desired height. To lower arm, press  
lever on armrest stem while pushing  
down on the armpad.

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