

INSTALLATION AND ADJUSTMENT INSTRUCTIONS ERGOFLEX CHAIR MODELS

ASSEMBLY INSTRUCTIONS

Remove cardboard inserts from the packaging prior to removing the components. Remove the backrest and set aside. Remove the stool from the box. If your stool has a swing arm, swing it to the correct side of the stool for your application, i.e. left or right side of stool, and insert the body support into the swing arm. Follow the included swing arm instructions for positioning the swing arm and body support to your desired height. Take the backrest and remove the screws and lock washers from the holes at the bottom of the stem. Place the backrest stem into the seat slot located at the rear of the seat. Match up the holes in the slot with the holes in the backrest stem. Insert the screws, with lock washers on, into the holes and tighten. If you have purchased the Alleviate Support System™, please follow the included assembly instructions to attach the system to the stool.

SEAT HEIGHT ADJUSTMENT

For maximum comfort, your chair seat should be adjusted so that your hands rest comfortably on your work surface. Your feet should be comfortably flat on the floor with the inside angle of the knee joint being slightly more than 90 degrees, and you should feel no pressure underneath your thighs.

To adjust the seat height downward, sit on the chair and lift lever A under the seat edge as shown in Figure 1. To raise the seat height, remove your weight from the seat and lift lever A. Release the lever at the desired seat height.

BACK HEIGHT ADJUSTMENT

For maximum comfort, the backrest should be positioned firmly against the lumbar region of your back. The backrest has eight heights that it can be set to. To let the backrest down to its lowest height, first grasp the lower edge of the backrest and lift it as far as it will go to disengage the height locking mechanism as shown in Figure 2. With the same grasp, lower the backrest down as far as it will go to reset the height locking mechanism. Now lift the backrest to the height desired.

INDEPENDENTLY ADJUSTABLE LOCKING SEAT AND BACK TILT

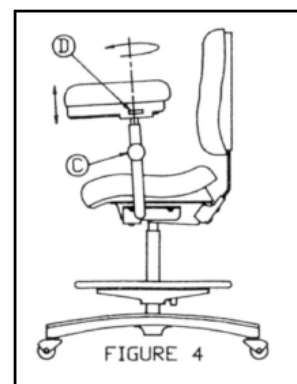
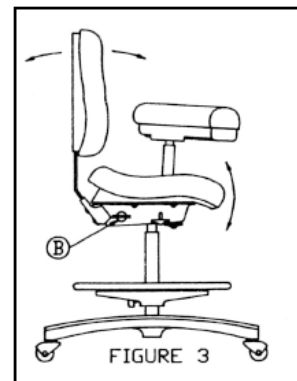
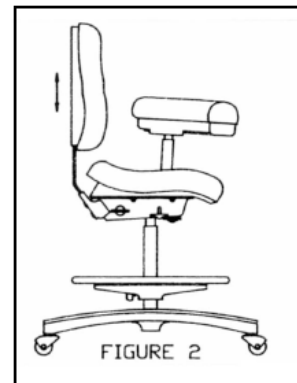
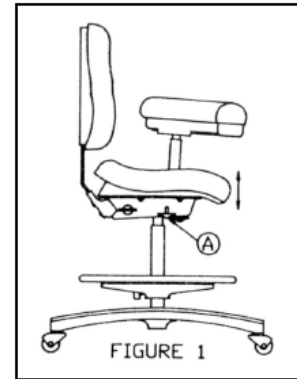
The seat angle and the backrest angle can be locked at any angle within the tilt range. To accomplish this adjustment, lift and hold lever B as shown in Figure 3. This releases both the seat and backrest from their locked position. Shift your body weight to adjust the seat angle then adjust the backrest angle by bending your back in the desired direction. Push the paddle down to lock. If you desire, the seat and backrest can remain unlocked by leaving the paddle up.

HEIGHT ADJUSTABLE BODY SUPPORT

To adjust the height of the body support, loosen the knob C as shown in Figure 4. Raise or lower the body support to the desired position and retighten knob C.

ANGLE ADJUSTABLE BODY SUPPORT

If your chair has this feature, the body support can be adjusted to a desired angle, reference Figure 4. The body support ratchets inward by grasping the free end and pulling it toward the body when seated. The body support automatically locks in the chosen body position. To release the rotational lock on the body support, remove all body pressure and press in on lever D. Rotate the body support outward to exit the chair.





3-Position Swing Arm Lock Collar Positioning

The swing arm has a lock collar and knob which may be placed in any one of three positions. To adjust the lock collar and knob into a new position:

1. Loosen the knob until the lock collar moves freely on the swing arm. Do not completely remove the knob from the lock collar (see Figure 1).
2. Reposition the lock collar and knob to one of three positions and tighten the knob just enough to hold the lock collar in place (see Figure 2-4).
3. Install the body support post into the swing arm with the channel of the post aligned with the threaded end of the knob (see Figure 5).
4. Tighten the knob to secure the body support.

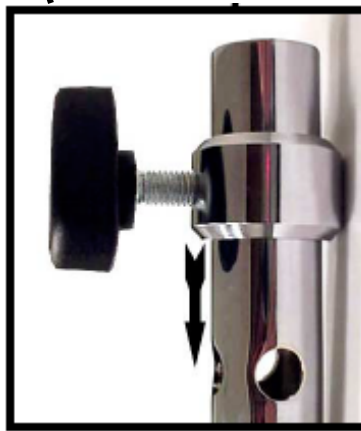


Figure 1:
Adjusting Lock Collar

Post Channel

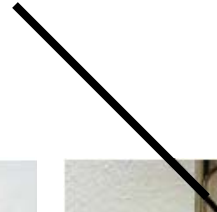


Figure 2:
Inner Knob Position



Figure 3:
Center Knob Position



Figure 4:
Outer Knob Position



Figure 5:
Body Support Post
Alignment