

ERGONOM & ERGONOM 'B' DUO-BACK® - CHAIR ADJUSTMENTS

1. SEAT HEIGHT

To Raise the chair in height lift this lever whilst unseated. To Lower the chair in height lift this lever whilst seated.

2. BACK RAKE ADJUSTMENT

By raising this lever up the chair back rest will be in free float. When in free float you can then lean against the back rest to alter the angle of the back. Once you have found a position you are comfortable with, push down on the lever to lock it off.

3. ASYNCHRONOUS SEAT ANGLE ADJUSTMENT (Ergonom B Only)

By raising this lever up the chair mechanism will be in free float. To lock the synchronous mechanism simply find a position you are comfortable with and push down on the lever to lock it off.

4. ERGOLAST® WEIGHT TENSION CONTROL (Optional Feature on Ergonom B Only)

By turning the knob anti-clockwise when seated you will increase the level of resistance to the asynchronous action of the chair and by rotating it clockwise, the resistance is reduced. Adjust to suit your body weight.

5. SLIDING SEAT MECHANISM (Optional Feature)

Using either hand release the mechanism by gently lifting the front under seat bar. This will enable you to slide the seat forwards and backwards to suit your upper leg length. By releasing the bar this will lock the seat pan in your chosen position.

6. DUO-BACK® HEIGHT ADJUSTMENT

Turn this wheel (1/2 to 1 turn) in anti-clockwise direction to loosen the back rest, then with your free hand raise or lower the back rest to the desired height and lock it in place by turning this wheel in a clockwise direction.

7. DUO-BACK® WIDTH ADJUSTMENT

Turn this wheel in a clockwise direction to decrease the width of the Duo-Back® back rest pads and in an anti-clockwise direction to increase the width.

8. ARMREST HEIGHT ADJUSTMENT

Press and hold this button, raise or lower the arm rest to the desired height and release the button.



GRAHL MM-LINE & MM-LINE 'B' - USER INSTRUCTIONS

1. SEAT HEIGHT

To Raise the chair in height lift this lever whilst unseated. To Lower the chair in height lift this lever whilst seated.

2. BACK RAKE ADJUSTMENT

By raising this lever up the chair back rest will be in free float. When in free float you can then lean against the back rest to alter the angle of the back. Once you have found a position you are comfortable with, push down on the lever to lock it off.

3. ASYNCHRONOUS SEAT ANGLE ADJUSTMENT (MM-Line B Only)

By raising this lever up the chair mechanism will be in free float. To lock the synchronous mechanism simply find a position you are comfortable with and push down on the lever to lock it off.

4. ERGOLAST® WEIGHT TENSION CONTROL (Optional Feature on MM-Line B Only)

By turning the knob anti-clockwise when seated you will increase the level of resistance to the asynchronous action of the chair and by rotating it clockwise, the resistance is reduced. Adjust to suit your body weight.

5. SLIDING SEAT MECHANISM (Optional Feature)

Using either hand release the mechanism by gently lifting the front under seat bar. This will enable you to slide the seat forwards and backwards to suit your upper leg length. By releasing the bar this will lock the seat pan in your chosen position.

6. BACK REST HEIGHT ADJUSTMENT

Turn this wheel (1/2 to 1 turn) in anti-clockwise direction to loosen the back rest, then with your free hand raise or lower the back rest to the desired height and lock it in place by turning this wheel in a clockwise direction.

7. ARMREST HEIGHT ADJUSTMENT *

Press and hold this button, raise or lower the arm rest to the desired and release the button.

8. ARMREST WIDTH AND DEPTH ADJUSTMENT **

Loosening these locking levers (1/2-1 turn) will enable you to adjust the armrest width by swiveling the pad in or out and in depth by sliding the pad back and forth. Re-tighten the locking lever when you have found a position that you find supportive and comfortable.



SPS DUO-BACK® With ERGO-ARMS® - CHAIR ADJUSTMENTS

1. SEAT HEIGHT

To Raise the chair in height lift this lever whilst unseated. To Lower the chair in height lift this lever whilst seated.

2. SYNCHRONOUS ADJUSTMENT

By raising this lever up the chair mechanism will be in free float. To lock the synchronous mechanism simply find a position you are comfortable with and push down on the lever to lock it off.

3. ERGOLAST® WEIGHT TENSION CONTROL

By turning the knob anti-clockwise when seated you will increase the level of resistance to the asynchronous action of the chair and by rotating it clockwise, the resistance is reduced. Adjust to suit your body weight.

4. DUO-BACK® WIDTH ADJUSTMENT

Turn this wheel in a clockwise direction to decrease the width of the Duo-Back® back rest pads and in an anti-clockwise direction to increase the width.

5. DUO-BACK® HEIGHT ADJUSTMENT

Turn this wheel (1/2 to 1 turn) in anti-clockwise direction to loosen the back rest, then with your free hand raise or lower the back rest to the desired height and lock it in place by turning this wheel in a clockwise direction.

6. SLIDING SEAT MECHANISM

Loosen the wheel at the rear underside of the seat pan by turning it clockwise by 1-1½ turns, this will enable you to pull the backrest frame out thus increasing the useable depth of the seat pan or by pushing the backrest frame in, it will decrease the useable depth of the seat pan. Re-tighten the wheel in an anti-clockwise direction to fix the backrest in position.

7. ARMREST HEIGHT ADJUSTMENT *

Press and hold this button, raise or lower the arm rest to the desired and release the button.

8. ARMREST WIDTH AND DEPTH ADJUSTMENT **

Loosening these locking levers (½-1 turn) will enable you to adjust the armrest width by swiveling the pad in or out and in depth by sliding the pad back and forth. Re-tighten the locking lever when you have found a position that you find supportive and comfortable. Additional width adjustment can be achieved by loosening the bolts on the underside of the seat at the point where the armrest affixes to the seat pan.



SYNCHRON 7 DUO-BACK® - CHAIR ADJUSTMENTS

1. SEAT HEIGHT

To Raise the chair in height lift this lever whilst unseated. To Lower the chair in height lift this lever whilst seated.

2. SYNCHRONOUS ADJUSTMENT

By raising this lever up the chair mechanism will be in free float. To lock the synchronous mechanism simply find a position you are comfortable with and push down on the lever to lock it off.

3. ERGOLAST® WEIGHT TENSION CONTROL

By turning the knob anti-clockwise when seated you will increase the level of resistance to the synchronous action of the chair and by rotating it clockwise, the resistance is reduced. Adjust to suit your body weight.

4. BACK REST RAKE ADJUSTMENT

Turn this wheel anti-clockwise about 1-1½ turns. Lean against the back rest of the chair and the back will move back independently of the seat. Once a desirable position is found, tighten the wheel to lock the back in position. Or, alternatively, leave the back in free-float.

5. BACK REST TENSION ADJUSTMENT

This control enables the back rest movement to adjust to individual body weights. Use in conjunction with position 4.

Turn anti-clockwise to increase tension and clockwise to decrease tension.

6. SEAT DEPTH ADJUSTMENT

Turn this wheel anti-clockwise about 1-1½ turns to loosen the mechanism. This allows the backrest to slide back, thus creating a deeper seat to backrest depth. Adjust to leg length, remember to leave approximately 4cms of space between the front of the seat and the back of the knees. Re-tighten the mechanism by turning the wheel in a clockwise direction.

7. DUO-BACK® BACKREST PAD ADJUSTMENT

To adjust the height of the backrest pads, undo and remove the wheel and bolt. Set the backrest to the desired height and re-fit bolt and tighten the wheel.



SYNCHRON 7 DUO-BACK® - CHAIR ADJUSTMENTS

8. NECKREST ADJUSTMENT

Height adjustment:

To adjust the neck rest in height, depress the button and raise or lower the mechanism until the desired height is achieved. Release the button to lock in place.

Depth adjustment:

You can increase or decrease the depth of the neck rest by moving the cushion backwards or forwards at the two pivot points. These are friction based and there are no levers or buttons involved in this particular adjustment.

9. ERGO-ARM® ARMREST ADJUSTMENT (OPTIONAL FEATURE)

Height adjustment:

To adjust the armrests in height, depress the button and raise or lower the arms until the desired height is achieved. Release the button to lock in place.

Depth & Width adjustment:

Underneath the oval top section of the armrest you will find a little locking lever, if you loosen off this lever you will be able to move the top pad of the armrest through 360 degrees and can also slide it back and forth. Position the armrest pad so that your arms are in a natural and relaxed position whilst being supported on the armrests of the chair. Once you have made the adjustment lock the pad in place by re-tightening the locking lever underneath.

