

Welcome to Comfort -- 24/7/365

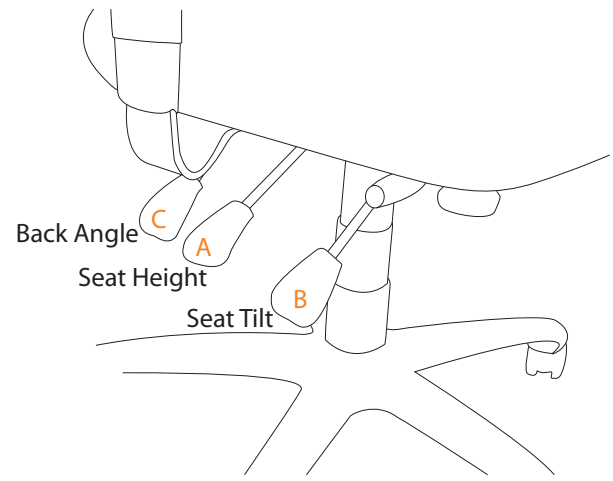
Adjusting Your N•dure™ Chair For Optimal Fit

A) Seat Height

Right side, middle lever: Start with seat height. Lift middle lever to adjust. To raise the seat, lift lever with no weight in the chair. To lower seat height, lift lever while seated. Make sure your seat height has your feet firmly on the floor and not dangling. Your knees should be level with your hips or slightly lower.

B) Seat Tilt

Right side, forward lever: While seated, with feet on the floor, lift lever to release, and push down again to lock in to your desired position. When the lever remains in the up position the seat remains in a free-float mode. With independent seat tilt, you can position yourself upright or slightly reclined. The seat tilt also allows a degree of forward tilt, which can be locked out with the tilt stop control located under front left corner of the seat. With seat tilt slightly reclined, rotate the rod to horizontal to lock out forward tilt. Rotate to vertical to allow forward tilt.



C) Back Angle

Right side, rearmost lever: With independent back angle, the back can be reclined slightly while the seat remains in a locked position. Combined with the seat tilt adjustment, user may choose from a wide variety of seated postures for individual task and/or physique.

D) Back Height:

While seated, lift backrest, using both hands. There are multiple click-stops to position back height. When it tops-out, gently allow the back to return to its lowest starting height. Back height should be set for optimal support and comfort of your lower back, not maximum height for head support.

E) Seat Depth:

Left side lever: While seated, and with seat tilt in locked mode, lift the lever to disengage seat to slide forward or back. Seat locks into position when lever is released. Set seat depth so there is at least 1" of space between front edge of the seat and the back of your lower leg while seated.

F) Arm Height

Lift on the trigger located under the outside edge of each arm pad. Find the height, within the 4" range, that best supports your natural, most comfortable, elbow resting height.

G) Arm Width

Armrests may be set wide or closer to the torso. While not seated in the chair, locate armrest thumbwheel on each armrest on the underside of the seat. Loosen (don't remove) the thumbwheel and slide the arm support inward or out, then retighten to secure that position. Arms should be as close to the upper body as is comfortably possible for getting in and out of the chair.

H) Seat Tilt Tension

Knob on mechanism, under front of seat: Adjust resistance in seat tilt or rocking mode while not seated in the chair. NOTE: The tension knob is easier to turn when the seat tilt (lever B above) is released and tilt is fully forward.