1. **Pivot Lumbar Support:**
Unique lumbar support adjusts according to the user. No manual adjustment required.

2. **3D Adjustable Armrests:**
Grasp and lift levers to raise or lower. Move armrest cappings forwards/backwards and inwards/outwards.

3. **Seat:**
Moulded Foam Seat with waterfall front edge.

4. **Height Adjustment Lever:**
Lifting the lever while taking weight off the chair will raise the height; Holding the lever up while sitting will lower the height.

5. **Seat Slider Lever:**
With your weight off the chair, push lever down and the seat will move to its shortest position. While sitting, push lever down and slide your bottom forward to increase depth.

6. **Backrest Adjustment:**
Click lever down to lock backrest, click lever up to unlock backrest.

7. **Backrest Tension:**
To adjust tension (only applicable if backrest is unlocked) pull the windable lever out as far as possible. Turn clockwise to increase backrest tension; anti-clockwise to decrease tension.

8. **Headrest (highback only):**
Hold headrest with both hands and lift and lower.

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**Endorsed by the Chiropractic Association of South Africa**
1. Raise the chair until elbows are at height of keyboard.
2. Feet supported on the floor or footrest with hips slightly higher than knees.
3. Sit as far back in the chair as possible in order to feel lumbar support.
4. Keep elbows close to your body and shoulders relaxed.
   Armrests: Supporting forearms or underneath desk.
5. Monitor: Top most line of work at approximately eye level.
6. Viewing distance: Approximately 40-76 cm from eye to monitor.
7. Keyboard: Keep the keyboard in close proximity to avoid reaching forward. Keep wrists in line with your forearms. Keep the mouse in close proximity and alongside the keyboard.