

## USER INSTRUCTIONS FOR G+5 CHAIR

### The Mechanism

When you are sat in your chair there are 3 levers and a rod on the right side of your seat and a bar under the front edge.

1 The bar under the front edge is for sliding the seat forward or back.

2 The rod at the front right hand corner pulls in or out to control the forward (-ve) tilt of the seat.

The 3 levers to the side:

3 The front lever controls the seat tilt

4 The middle lever controls the gas lift for seat height adjustment

5 The back lever adjusts the angle of the backrest.

6 The tension of the tilt is controlled by the handwheel under the seat.



There is wording on the handles to help

### Our recommended order of adjustments for the user is as follows:

#### Seat height:

To raise the seat up lift the gas lift lever when not seated.

To lower the seat, lift the lever with your weight in the chair.

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#### Seat depth:

Use the bar at the front of the seat similarly to the mechanism in car seats; lift the bar and slide your bottom forward or back to increase or decrease the seat depth.

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### Seat tilt:

- To enable forward tilt - lift seat tilt lever to unlock, lean back into the chair, pull out the rod. (3)
- To disable forward seat - lift seat tilt lever to unlock, lean back into the chair tilt, push the rod in.
- We recommend forward tilt to help set your pelvis correctly - the more forward tilt the better - but we appreciate that some people feel like they are sliding out of the chair and why the rod can be useful.
- The tension of the tilt is controlled by the handwheel under the seat. (6)

### Back angle:

Lift the lever to unlock and push down to lock. The tension of this adjustment is spring controlled. The optimum position will need to correspond with the work you are doing – for instance prolonged typing or keyboard work will need an upright angle. Multitasking can take a more relaxed angle. (5)

### Ratchet backrest height adjustment:

To raise the back, simply lift the back or the flexiarms, a click at a time.

To lower the back, lift the back up to its highest point to disengage the ratchet which in turns allows the back to drop to its lowest point.

### Two way adjustable lumbar:

There are two wheels attached within reach at the back of the seat, one on the left and one on the right.

The left wheel adjusts the lumbar up and down your spine by turning the same way.



The right wheel adjusts the lumbar in and out of your spine by turning it clockwise or anticlockwise.

### Arms:

The flexiarms have a sprung steel insert so that the movement of the chair when in free float is not hindered but also offers additional strength and stability to the chair, particularly if the user needs a bit of help to get in or out of the chair. The user may like to use the arms to raise and lower the backrest.

