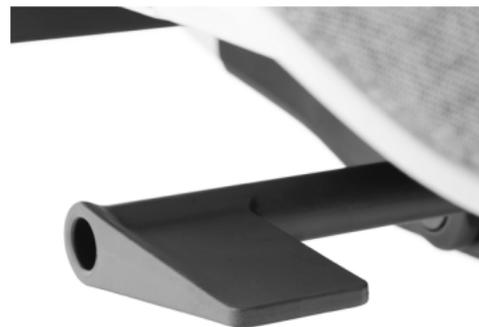




TAU/1

## Seat Height 1



Lift the paddle located under the right hand side of your seat, whilst lifting your weight out of the chair, allowing the seat to rise to the desired position. To lower the seat, lift the paddle again leaving your body weight on the seat. The seat will lock at the height at which the handle is released.

## Arm Height 2



Press the buttons on the outside of the arm risers to raise and lower the arms. Ensure that both arm pads are the same height and release the button to lock into position. Set the arm height so that your forearms are set at 90° when your shoulders are relaxed. The height adjustable arm will locate in one of eleven positions.

## Seat Depth 3



Whilst seated, pull out the button on the left hand side of the seat and slide the seat into your desired position. Release the button to lock the seat. There is 65mm of movement in the seat slide which is a standard feature.

## Height Adjustable Lumbar 4

TAU/1 Only



Behind the mesh back rest sits the adjustable lumbar support. To adjust the position of the lumbar support use both hands to reach behind the back and slide the lumbar rest up or down until it is in a supportive position.

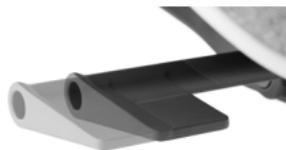
## Back Height 5

TAU/2 Only



Reach around the right hand side of the back of the chair to locate the button. This is on the underside of the back. Press the button and use both hands (either side of the back) to raise and lower the back of the chair. Pull up until the pronounced lumbar support of the chair is aligned with your own lumbar region, which is just below your waist. The back will stop in any one of ten positions when the button is released.

## Back Lock Adjustment 6



Pull the paddle located under the right hand side of the seat into one of four positions. The paddle in its most outward position locks the back upright. Pushing the paddle inwards increases the amount of back recline movement by set intervals depending on the position of the paddle.

## Back Recline Tension 7



Pull out the bar from under the front of the seat. Rotate the bar anti-clockwise to reduce tension. Rotate the bar clockwise to increase tension.

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