



# Operating Instructions

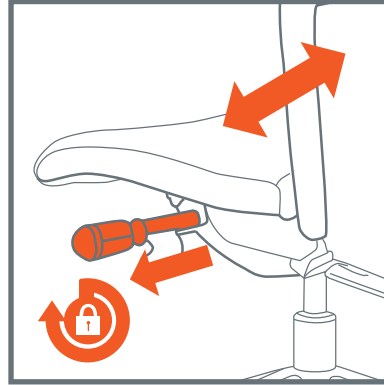
## Poise PO2/M17 Mechanism 17 - Synchro



### Tension Control

Right hand as seated:  
1 handle and paddle

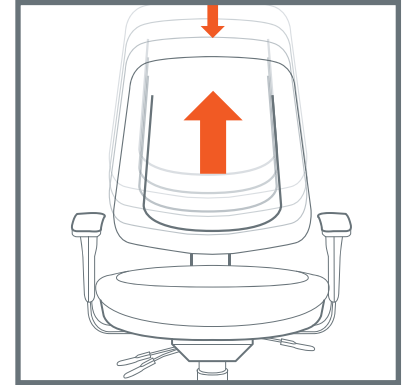
To increase/decrease tension pull lever out sideways, twist clockwise to decrease tension and anti-clockwise to increase tension.



### Synchronised Mechanism

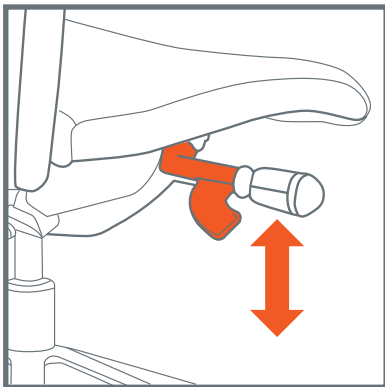
Left hand as seated:  
1 handle and paddle

This chair is fitted with a synchronised mechanism so that whilst in its free-floating position, the seat and the back move simultaneously. Pull lever out sideways then twist forward to place in free float, when in desired position twist back to lock.



### Back Height Adjustment

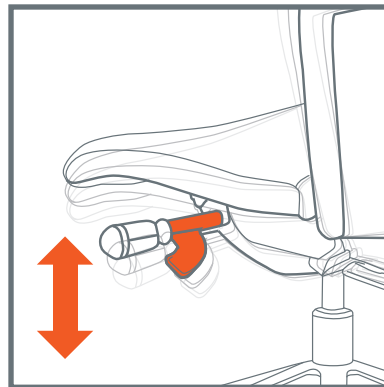
The back height is adjusted on a ratchet mechanism. Lift the back slowly until it clicks into the next position. Once the highest point has been reached, the back drops down to its lowest point.



### Seat Height

Paddle attached to  
above right lever

This paddle alters the height of the chair. By lifting up the lever, the chair height can be increased or decreased. Once at desired height, release lever.



### Seat Depth

Paddle attached to  
above left lever

The seat slide enables the seat depth to be adjusted by an extra 50mm and can be locked into any position. To operate, lift the lever whilst in the seated position, slowly move the seat forward until the desired depth is reached, then lower the lever to lock the seat in position.

## Setting up a chair

#### Seat height

Gas lift should be adjusted to ensure feet remain in contact with the floor or a foot rest in order to provide stability.

#### Seat depth

To ensure correct thigh support and to prevent lower leg compression and associated restricted blood flow. A 3 finger gap should exist between the front of the seat and the back of the knee.

#### Seat back tilt / angle

To ensure hips are slightly higher than knees to maintain the inward lumbar (lower back) curve. This helps to reduce back ache, slipped discs and sciatica and assists correct neck alignment.

#### Back rest / depth (where fitted)

Pneumatic lumbar adjustment to ensure the inward lumbar (lower back) curve is maintained, back muscles are supported and can relax. Also assists correct neck alignment.

#### Back rest / height

Slide adjustment to ensure correct, comfortable positioning for each individual user. Will assist with correct neck alignment while retaining the natural "S" shape of the spine.

#### Tension control

Should be set to allow a free floating and comfortable movement when adjusting posture while seated with feet on the ground. This movement will encourage improved blood flow circulation.

#### Arm rests (where fitted)

Should be primarily used to support the movement out of the chair. If required for certain job functions, the armrests should be adjusted to support the forearms when the shoulders and elbows are relaxed by your side. This will avoid strain in the neck and upper limbs.