

# Era

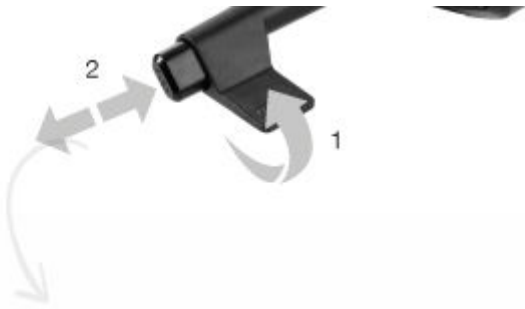
**Operating Instructions:**

**Era Mesh Back Task Chair M30 Synchro Mechanism**



## Body Balance Mechanism

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### FUNCTIONS

- 1. chair height adjustment: turn the lever*
- 2. clamped/unclamped tilting position: push the button*





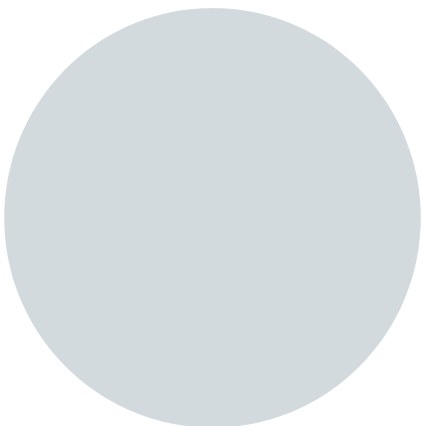
### **Mesh Back Lumbar**

Grip both buttons to adjust lumbar support. Simply lift or drop the support to the desired position.



### **Height Adjustable Arm**

Push the button underneath the arm to lift or drop the arm. The arms topper can be slide backwards and forwards.



# How to set up your chair

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- 1. Back Rest: Adjust the back rest to sit upright with head shoulders and hips in alignment. This will promote a strong S- shaped spine.**
- 2. Seat depth adjustment (where fitted): Adjust the seat depth to have a gap of three fingers from the edge of the seat to the back of your knees. This protects the blood circulation to your lower legs and allows you to lean against the back rest comfortably.**
- 3. Seat height: With relaxed shoulders, place your forearms on your thighs. Keeping your upper arms vertically in line with your body. Keeping relaxed shoulders and upper arms lift your forearms so they are parallel with the floor. Check your forearm height with the desk. The underside of the forearms should be in contact with your desk top. Your knees should be slightly lower than your hips to promote a S - shaped spine.**
- 4. Arm Rests: 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.**
- 5. 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.**

