

Era

Operating Instructions:

Era Mesh Back Task Chair M31 Synchro Mechanism



Synchro Mech

Instructions are written as if you are sitting in the chair.

Seat Slide

Depress and hold the square button on the right hand side under the seat. Move the seat forward until the desired depth is reached.

Release the button to lock the seat in any of the 4 positions.

Synchro Tension

Turn the black handle to set the desired back tension.

Seat Height

Lift the right hand lever to adjust the height. Release the lever at the desired position.



Back Adjustment

Turn forward the grey ring and lean back to unlock the mechanism and select one of the 5 lockable back positions. Turn the grey ring backwards to lock the mechanism at the desired position.

An anti-shock feature will prevent the back moving too quickly into the new position.



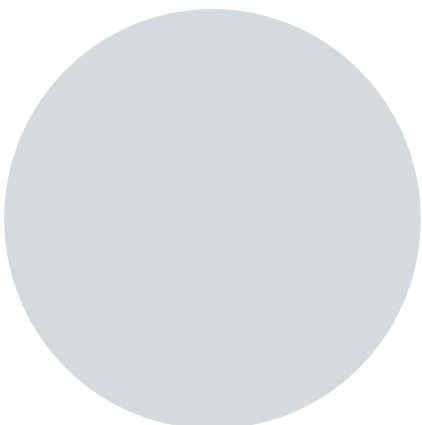
Mesh Back Lumbar

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

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.

