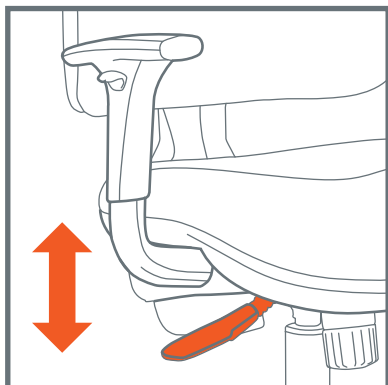




Operating Instructions

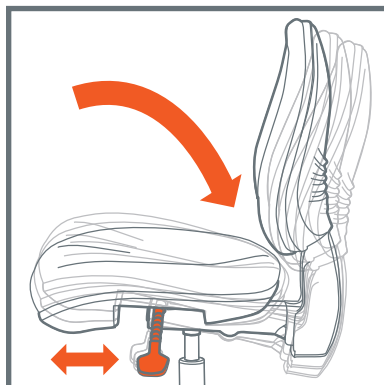
Tick TICK/M3 Mechanism 3 – Synchro



Seat Height

Right lever

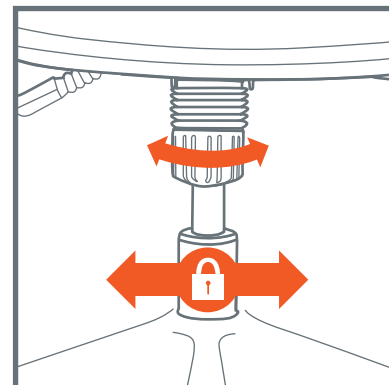
This lever alters the height of the chair. By lifting up the lever, the chair height can be increased or decreased. Once at desired height, release lever.



Synchro Mechanism

Left lever

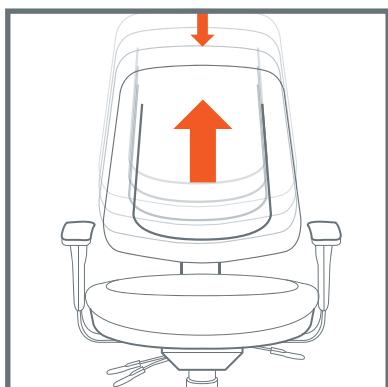
This chair is fitted with a synchronised mechanism so that whilst in its free-floating position, the seat and the back move simultaneously. Push the lever forward to put the chair in free-float operation. The lever can then be pushed back again to lock the chair in any position. This mechanism features a return prevention safety function to prevent the chair from springing forward once activated. In order to activate the mechanism, apply weight to the back of chair to release the mechanism from its locked position.



Tension Control

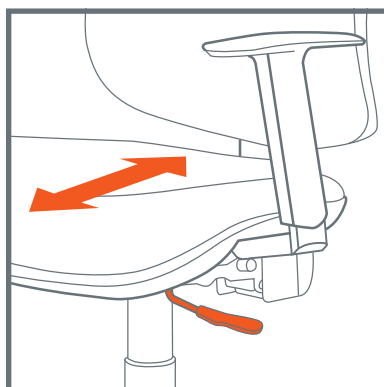
Hand wheel

The hand-wheel located underneath the seat adjusts the tension of the mechanism operation on the chair. By turning the hand-wheel clockwise, the tension is reduced, by turning the hand-wheel anti-clockwise, the tension is increased.



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 Depth

Left lever where fitted*

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 (where fitted)

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 assists 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.

* This option is not fitted to all chairs