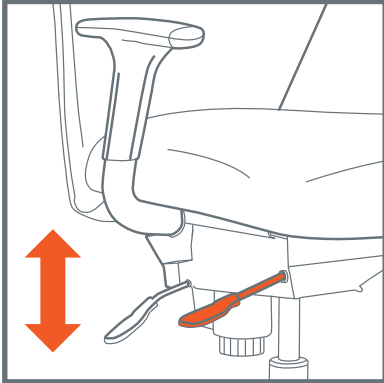




# Operating Instructions

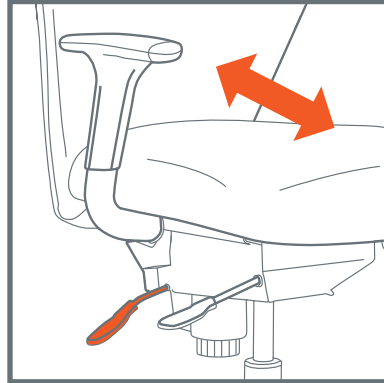
## Urban UB/M2 Mechanism 2 – Tilt



### Seat Height

Right front lever

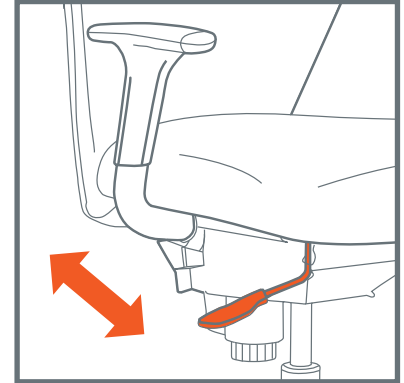
This lever alters the height of the chair. By lifting up the lever, the chair height can be increased or decreased. Once at desired height, release lever.



### Back Lock

Right back lever

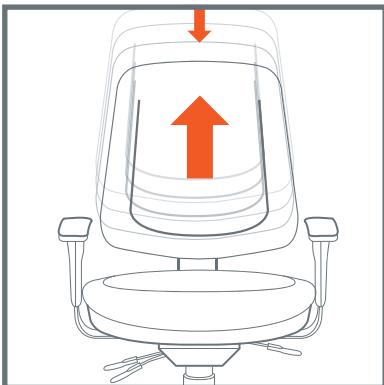
Lift the lever for free-float operation of the back. Lower the lever to lock the back off in any position.



### Seat Tilt

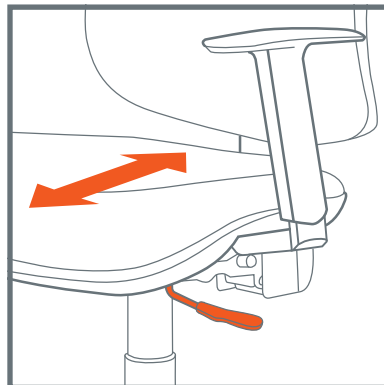
Left lever

Lift the lever for free-float operation of the seat movement. Lower the lever to lock the seat in any position.



### 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.

\* This option is not fitted to all chairs

## 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 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.

#### 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.