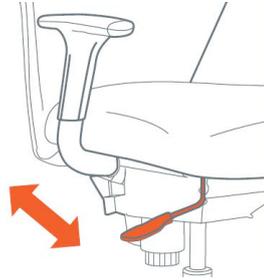


User Guide



① Seat Height Adjustment

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.



② Seat Tilt Angle Adjustment

Lift the lever for free float movement of the seat. Lower the lever to lock the seat into a comfortable position.



③ Back Height Adjustment

The back height is adjusted on a ratchet mechanism. Lift the back slowly until it clicks into the desired position. Once the highest point has been reached, the back slides down to its lowest point and can be raised up again.



④ Back Angle Adjustment

Lift the lever for free float movement of the back. Lower the lever to lock the back into a comfortable position.

Setting up your chair

- ① **Seat Height**
Adjust to ensure your feet remain in contact with the floor or a foot rest in order to provide stability.
- ② **Seat Tilt/Angle**
Ensure your 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.
- ③ **Back Rest Height**
Adjust to ensure comfortable upright, relaxed positioning. This will assist with correct neck alignment while supporting the natural upright position of your spine.
- ④ **Back Rest Depth**
Adjust so the contoured seat back supports your inward lumbar (lower back) curve. This allows back muscles to relax and also assists correct neck alignment. Where fitted, the inflatable lumbar adjustment offers added, bespoke support.
- ⑤ **Dropdown Arm Rests (where fitted)**
These should primarily be used to support the getting into and out of the chair. If required for certain job functions, the armrests should be adjusted to support your forearms when your shoulders and elbows are relaxed by your side. This will avoid strain in the neck and upper limbs. When not in use, the armrests can be lowered out of the way.

Thank you for your Fusion Ergo+ chair purchase. If you have any further questions about how to set up your chair, or we can help with anything else, then please get in touch. We hope you enjoy many years of use!