

We at ergoCentric want to ensure that the adjustment features of your chair are understood. We believe the proper use of these features is critical and will ensure you receive the full benefits of your ergonomic chair.

# ergoCentric<sup>®</sup>

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Association of Canadian Ergonomists  
Association Canadienne d'Ergonomie



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# Adjustability understood<sup>™</sup>

To get the most out of your chair, please take a minute to learn about its adjustment features.

Read this user guide  
or visit [ergo5.ca](http://ergo5.ca)

Dedicated Task

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This booklet was designed to teach you the adjustment features of this chair.

Please take a moment to review this booklet.

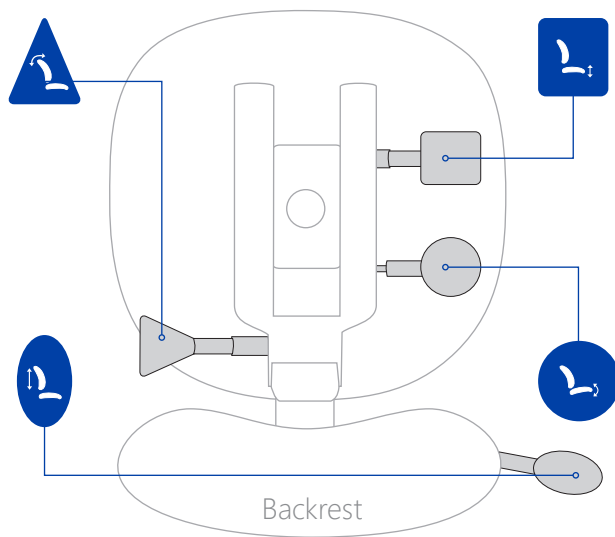
### BACK ANGLE:

To adjust the back angle, pull up on the **TRIANGULAR** paddle and hold it in the up position. Lean backward or forward until the backrest is at the desired angle. Release the paddle to lock. When adjusted correctly the angle between your upper body and thighs should be greater than 90 degrees.

### BACK HEIGHT:

To adjust the back height, push the **OVAL** paddle back away from the seat and adjust the backrest up or down to the desired height. Pull this paddle towards the seat to lock.

Top View



### SEAT HEIGHT:

To raise the seat, pull up on the **SQUARE** paddle while raising your weight off the chair. To lower the seat, pull up on the paddle while sitting. Release the paddle to lock.

### SEAT ANGLE:

To adjust the seat angle, pull up on the **CIRCULAR** paddle and shift your weight forward or backward until the seat is at the desired angle. Push this paddle down to lock.