

Adjustability Understood

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.

This booklet was designed to teach you the adjustment features of this chair. Please take a moment to review this booklet. Call us if you have any questions at 1.866 GET ERGO® and ask for a customer support representative.



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USER GUIDE

GET ERGO®

A Healthy Investment, Guaranteed



Read this guide or visit ergo12.ca

Ratchet Multi Tilt 2

SEAT DEPTH - To adjust the seat depth, pull up on the bar under the front edge of the seat and move the seat forward or backward in relation to the backrest. Release the bar to lock.

Read this or visit ergo12.ca to view a 90-second video on how to adjust this chair. Simply click play.

SPRING TENSION - To adjust the spring tension, turn the knob located under the front left corner of the seat. Turn the knob counter-clockwise to increase the spring tension and clockwise to decrease the spring tension.

FORWARD TILT - To adjust the amount of forward tilt, pull up on the **CIRCULAR** paddle then tilt the seat pan slightly backward and turn this knob clockwise to increase the forward tilt position of the seat and counter clockwise to decrease the amount of forward tilt.

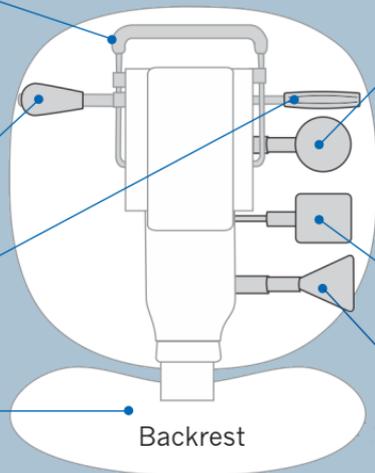
BACK HEIGHT - To adjust the back height, push upwards on the bottom of the backrest until it reaches its maximum height. This will disengage the adjustment mechanism. Allow the backrest to gently drop down to the lowest position to disengage the ratchet mechanism. Once this is done, lift the back to one of the five desired positions and listen for a click to ensure it is locked into place.

SEAT ANGLE / FREE FLOAT - 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. To free float the chair, pull this paddle all the way up and leave it in the up position.

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.

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.

Top View



Backrest