



Operating Instructions

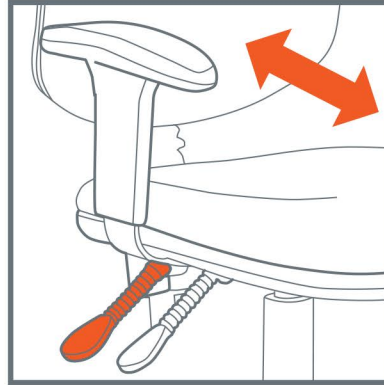
Goal GL1/M15 Mechanism 15 – PCB



Seat Height

Right front lever

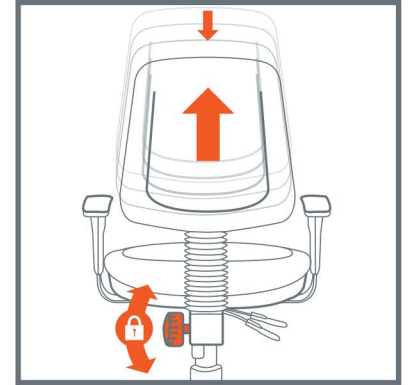
This lever alters the height of the chair. By lifting up the lever, the chair height can be increased or decreased. Once at desired height, release lever.



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.



Back Height Adjustment

The back height is adjusted on a small hand-wheel located on the base of the back, on the left hand side. Turn the hand-wheel to loosen the back, adjust the back to the required height then tighten the hand-wheel to secure.

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.

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.