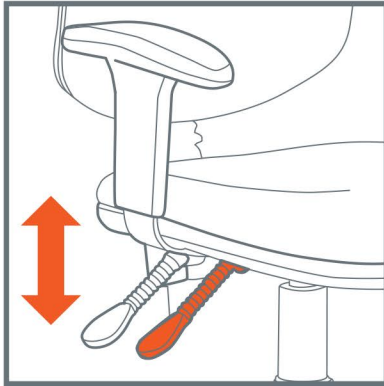




Operating Instructions

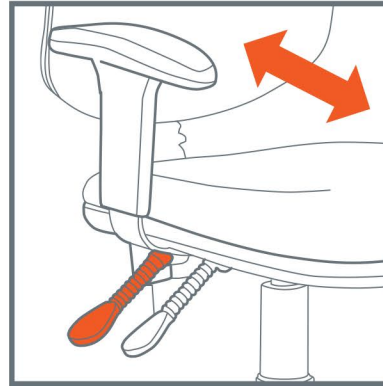
Goal GL1/M16 Mechanism 16 – Tilt



Seat Height

Front right lever

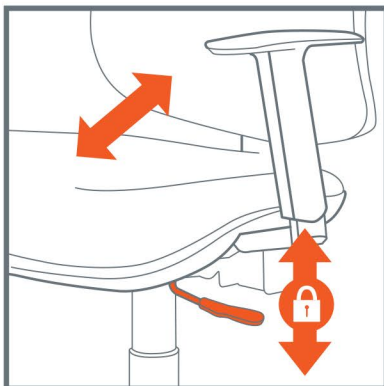
This lever alters the height of the chair. By lifting up the lever, the chair height can be increased or decreased. Once at desired height, release lever.



Back Lock

Rear right hand lever

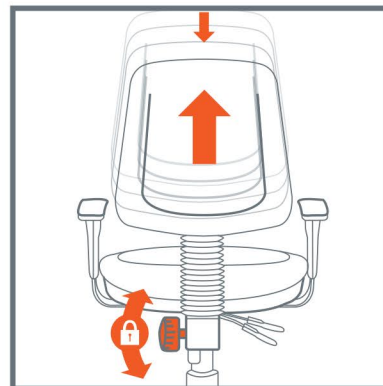
Lift the lever for free-float operation of the back. Lower the lever to lock the back off in any position.



Seat Tilt

Left hand 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 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.

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

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.