



Operating Instructions

AIRO/M17

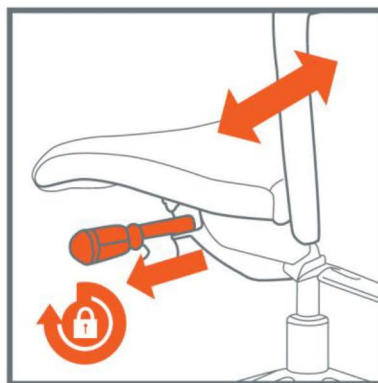
Mechanism 17 - Synchro



Tension Control

Right hand as seated:
1 handle and paddle

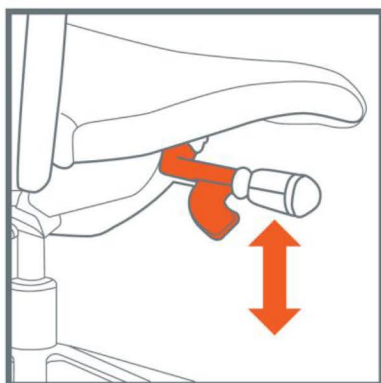
To increase/decrease tension pull lever out sideways, twist clockwise to decrease tension and anti-clockwise to increase tension.



Synchronised Mechanism

Left hand as seated:
1 handle and paddle

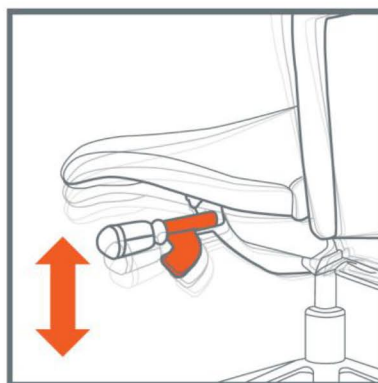
This chair is fitted with a synchronised mechanism so that whilst in its free-floating position, the seat and the back move simultaneously. Pull lever out sideways then twist forward to place in free float, when in desired position twist back to lock.



Seat Height

Paddle attached to
above right lever

This paddle 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.



Seat Depth

Paddle attached to
above left lever

The seat slide enables the seat depth to be adjusted by an extra 50mm and can be locked into any position. To operate, lift the lever whilst in the seated position, slowly move the seat forward until the desired depth is reached, then lower the lever to lock the seat in position.

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 depth

To ensure correct thigh support and to prevent lower leg compression and associated restricted blood flow. A 3 finger gap should exist between the front of the seat and the back of the knee.

Seat back 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

Tension control

Should be set to allow a free floating and comfortable movement when adjusting posture while seated with feet on the ground. This movement will encourage improved blood flow circulation.

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.