

Read this
while
adjusting
your
Ambi[®] chair

Instructions on this card show all possible adjustments. Specific adjustments vary according to chair model.

To view the Ambi chair user-adjustment video, visit www.HermanMiller.com



Seat Height

Lever on right side



To raise: While raising your weight off chair, lift lever.

To lower: While seated, lift lever.

Adjust chair height so feet rest flat on floor or footrest. Avoid dangling legs, which puts pressure on the back of thighs and restricts blood flow. A work surface or keyboard that seems too high or low may require adjusting.



Tilt Tension

Knob under seat at front of chair



To increase tension: While seated, turn knob to the left.

To decrease tension: While seated, turn knob to the right.

Depending on the desired tilt resistance, a number of turns may be required.

Increased tilt tension provides more stability and back support while you recline. Too much resistance may make it difficult to recline. Depending on weight and preference, different people will require different levels of tilt resistance.



Tilt Lock

Knob on front left side



To lock chair in upright, semireclined, or fully reclined position: Sit upright or lean back to desired position. Pull knob until you hear a click.

To release lock: Push knob all the way back in. To disengage upright position, lean forward. To disengage reclined position, lean back.

Tilt lock allows you to lock chair in a fixed position for the extra stability that some tasks may require.



Forward Seat Angle

Locking knob on front left side



To position seat forward: While raising your weight off chair, pull knob all the way out. Release lever to lock in forward angle.

To resume upright position: While leaning forward, pull knob all the way out. Return to upright position. Push knob all the way in. Lean forward to unlock.

Forward tilt is used to support computer-intensive work. This position also helps the body achieve a more neutral, open angle between trunk and thighs. Typically, when forward tilt is used, chair height is increased.



Back Height

Button under right side of back cushion

To raise or lower back: While seated, press button in. Raise or lower back to the desired position. Release button.

Adjust back height of chair so that it comfortably supports the natural curve of your spine.



Seat Depth

Lever below seat cushion on left side



To move seat forward or back: While seated, pull lever out and hold. Slide seat forward or backward by shifting your weight. Release lever.

Adjust seat depth so that your thighs are comfortably supported and seat cushion is not in contact with back of legs.

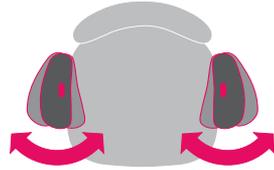


Arm Height

Small lever under each armpad

To raise or lower arm: While seated, pull lever laterally all the way out. Raise or lower arm to desired height (there are seven stop-points). Release lever to lock.

Adjust chair arms so your arms are supported. This helps take weight off your shoulders.



Arm Angle

Small lever under each armpad

To adjust arm angle: While seated, pull lever laterally out to midpoint. Pivot arm in or out (there are four stop-points). Release lever to lock.

Adjust the arm angle after the arm height has been adjusted.

Adjusting arm angle can help support different types of work and shifts in posture. Swing arms inward for support while using keyboard. Swing arm out to support use of computer mouse.

User information: Installers do not remove

Users: Retain This Information for Future Reference

Maintenance

A periodic inspection of chair components and fasteners should be made to ensure that the chair is structurally intact and functioning properly. Damaged and broken parts should be replaced and loose fasteners tightened.

For more information about our products and services or to see a list of dealers, please visit us at www.HermanMiller.com or call (800) 851 1196.