HermanMiller
Cosm™ Chairs

Seating that performs for you.

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**Seat Height**: Lever on right side of chair

- **To raise seat**: Take your weight off chair, pull lever up.
- **To lower seat**: While seated and fully upright, pull lever up.

At the proper height, your feet should rest flat on the floor.

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**Footrest Height**: Circular support below seat

- **To adjust footring height**: Hold base with one hand, grasp footring spoke and turn counterclockwise to loosen.
- **To secure**: Hold collar with one hand, grasp footring and turn clockwise to tighten.

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**Arm Height**: Lever on armrest stem

- **To adjust arm height**: Press lever on armrest stem up while also pulling up to raise arm to your desired height. To lower arm, press lever on armrest stem while pushing down on the armpad.

For maximum comfort, your arms should make contact with the armpad without any lift at your shoulders.