



Seat Height: Paddle-shaped lever on right side



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



To lower:
While seated, lift lever up.

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



Seat Depth: Lever under right side of seat

Only available on some models.



To increase depth:
Pull lever out, slide thighs forward to
adjust seat; release lever.



To decrease depth:
Pull lever out, push seat back and
release lever.

In the proper position, you will have approximately three-fingers of clearance
between the back of your knees and the seat edge.



Tilt Tension: Long stem on right side with knob

Available on most models.



To increase tension:
While seated, turn knob forward
(toward + sign).



To decrease tension:
While seated, turn knob backward
(toward – sign).

There are six positions on the tilt tension knob.

Set the tilt tension to control the resistance you feel when leaning back.

For the Semi Synchronous tilt with Tilt Limiter, the tension is pre-loaded to
adjust to the user.



Tilt Limiter: Knob below left side of seat



To limit tilt range:
Turn counterclockwise to limit the level
of recline



To release tilt limiter:
Turn clockwise to increase the level
of recline

There are five positions on the tilt limiter knob.

Engage the tilt limiter when you want to sit in an upright or partially
reclined position.



Forward Tilt: Front paddle on left side of seat

Only available on some models.



To position chair forward:
Recline fully and turn paddle forward.



To resume horizontal position:
Recline fully and turn paddle backward.

Engage forward tilt to support the thighs' declined posture when performing intensive tasks such as keyboarding.



Arm Depth & Width:

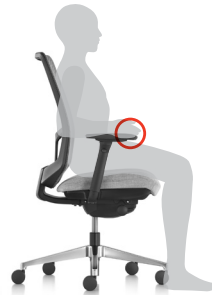
Only available on some models.



To adjust arm depth:
Grasp arm pad, push forward or back to desired position.



To adjust arm width:
Grasp arm pad and pull in or push out.

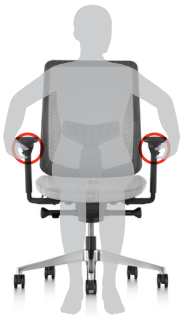


Arm Height: Button located on arm stalk under each arm pad



To raise or lower arm:
Push button and pull arms up or down to desired height.

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



Lumbar Height: Levers on lumbar support

Only available on some models.



To adjust height:
Slide lumbar support up and down to desired height



Footring Height:

Only available on Verus Stool.



To adjust footring height:
Hold base with one hand, grasp footring spoke and turn counterclockwise (-) to loosen.



Once loose, raise or lower footring to desired height.



Hold collar with one hand, grasp footring and turn clockwise (+) to tighten. To secure, finish turning footring while holding base.

