

# HermanMiller Mirra® 2 Chair



## Seat Height: Lower right side of seat



**To raise:**  
Take your weight off chair, lift tab up.



**To lower:**  
Lift tab up while seated.

At the proper height, your feet should rest flat on the floor with upper and lower leg forming a 90 degree angle.



## FlexFront® Seat Depth: Handle under front of seat



**To adjust:**  
Squeeze handle and adjust seat edge up or down. Release handle to lock in position.

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



## Harmonic™ Tilt Tension: Knob below right front side of seat



**To increase:**  
Turn knob clockwise.



**To decrease:**  
Turn knob counterclockwise.

Set the tilt tension to control the resistance you feel when reclining.



## Forward Tilt: Horizontal tab on left front side of seat

*Only available on some models.*



**To engage:**  
Recline and flip lever down.



**To release:**  
Recline and flip lever up.

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

*Note: When using forward seat angle, increase seat height slightly for added comfort.*



### Tilt Limiter: Vertical tab on left front side of seat

Only available on some models.



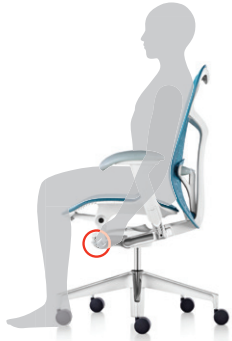
#### To engage:

Recline and move lever up to define the limit of recline.

#### To release:

Lean forward and press lever back.

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



### Lumbar Height & Depth: Levers on lumbar support

Only available on some models.



#### To adjust height:

Rotate levers to loosen, slide lumbar support up or down to desired height.



#### To increase depth:

Rotate levers downward.



#### To decrease depth:

Rotate levers upward.

Adjust the lumbar depth so that it comfortably supports the natural curve of your spine.



### Arm Height: Tab on outside lower base of each arm

Only available on some models.



#### To adjust:

Raise tab to unlock arm, raise or lower arm, lower tab to lock.

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



### Arm Depth: Back of each arm

Only available on some models.



#### To adjust:

Grasp arm pad, push forward or back to desired position.

You should be able to position chair close to your work surface while supporting arms.



### Arm Angle & Width: Each armpad

Only available on some models.



#### To adjust angle:

Grasp front end of armpad and pivot it inward or outward.

Adjust arm angle inward when using a keyboard; adjust arm angle outward when using a mouse.

Armpad width is properly adjusted when your elbows are in line with your shoulders while seated.



### Footring Height:

Only available on some models.



#### To adjust footing height:

Hold base with one hand, grasp footing spoke and turn counterclockwise (-) to loosen.



Once loose, raise or lower footing to desired height.



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

