

A3 Backrest Height Adjustment



Hold the two sides of the backrest to adjust upward or downward. The backrest will return to the lowest position when pushed to the top. There is 1.57" adjustable.

A4 Lumbar Support Height Adjustment



A. The height of lumbar support can also be adjusted by adjusting the backrest height.
B. Suitable height of the lumbar support provides more comfort.

B1 Armrest Height Adjustment



Press the two-side armrest height adjustment buttons to raise or lower the armrests. There are 8 positions with 3.15" range.



Recommended armrest position: Allow arms to rest comfortably on the armrest at a 90° angle while the armrest is 1" higher than the elbow.

B2 Arm Pad Angle Adjustment



Arm Pad Angle Adjustment: A range of 9° can be achieved by swiveling the arm pads inwards or swiveling the arm pads outwards to achieve another 9°.



The best angle could be reached when the arms can rest naturally on the arm pads while working.

B3 Arm Pad Width Adjustment



Width Adjustment: hold and push the arm pads outwards or inwards into a desired width of the arms. There are 1.57" range adjustment totally.

B4 Arm Pad Forward and Backward Adjustment



Forward and Backward Adjustment: push the arm pads outward or inward to a desired position. Range adjustment is 1.57".

C1 Seat Height Adjustment



Pull up the single rod control lever and hold it while raising or lowering the seat to change the seat height. When the lever is released, the seat height is locked.



Since incorrect seat height contributes to back fatigue, it is recommended that the angle of knees is slightly less than 90° and feet are level with the floor.

C2 Seat Depth Adjustment



Push the single rod control lever forward to adjust the seat depth. (The approximate range is 1.97"). Returning the lever to the original middle position will fix the position.



Ideal depth is achieved when the upper legs are on the seat, the lumbar area is in touch with the backrest of the chair, and the back of the knees do not touch the edge of seat cushion.

iOO High Back

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Parts List

① CAPSCREW	④ ARMREST
② BASE	⑤ SEAT CUSHION
③ GAS LIFT	⑥ BACK CUSHION
Bolts & Washers	
⑦ M8 x 20mm FOR ARMREST	⑧ M8 x 16mm FOR BACKREST
⑨ M8 x 16mm FOR BACKREST	⑩ M8 x 16mm FOR BACKREST
⑪ ALLEN WRENCH	

Product Assembly Instruction

STEP 1



STEP 2



STEP 3



STEP 4



Function Controls

- ① Headrest Forward & Backward Adjustment Button
- ② Backrest Height Adjustment Handle
- ③ Armrest Height Adjustment Buttons
- ④ Single Rod Control Lever for Seat Slide, Seat Height and Back Angle Adjustment
- ⑤ Backrest Tilt Tension Adjustment Handle



Function Adjustments

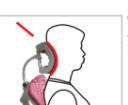
- A. Headrest Height, Angle, Forward & Backward Adjustment
- B. Backrest Height Adjustment
- C. Backrest Tilt Angle and Tilt Tension Adjustment
- D. Arm Pad Angle Adjustment
- E. Arm Pad Width Adjustment
- F. Arm Pad Forward and Backward Adjustment
- G. Armrest Height Adjustment
- H. Seat Height and Depth Adjustment



A1 Headrest Height Adjustment



Hold the handle of headrest to adjust the height of it, there are 6 position with 40mm adjustable.



The most suitable height could be achieved when one's scruff is fully supported by the headrest.

A2 Headrest Angle Adjustment



Hold the headrest cushion to adjust the angle of it there is 30° adjustable.



The best angle could be reached when one could move the neck naturally.

A2 Headrest Forward & Backward Adjustment



Press the headrest forward & backward adjustment button could adjust the headrest forward or backward. There are 3 position with 30° adjustable.



You could adjust the headrest to fit your different sitting position.

A1 Backrest Tilt Angle Adjustment



Pull the single rod control lever completely backward and lean against back until a desired angle is achieved, and then return the lever to the original middle position to lock at an ideal angle. There are 4 positions with 25° range.



The proper backrest angle can reduce pressure on the spine.

A2 Backrest Quick or Slight Tilt Tension Adjustment



Pull the Lever outward, open the Tilt Tension Adjustment Handle, and turn it forward or backward into a desired tension for quick tilt tension adjustment or close the handle and turn it forward or backward for slight tilt tension adjustment, and then close the handle and push the lever inward to fix the original position.



The synchro mechanism is ergonomically designed to enhance comfort and reduce strain. The back-to-seat adjustment/tilt is 3:1 ratio.