

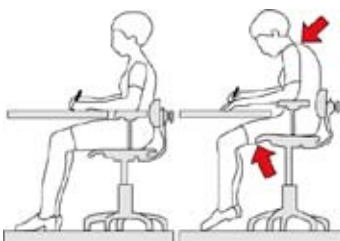
Gas lift mechanism for chairs and stools. User guide



The photograph of the chair does not have to correspond with the model you purchased. Serves only to illustrate the working and mechanism position.

How to adjust seat lift:

A- Height adjustment of the seat with the lever A: To push up the seat goes up if not weight bearing and low when sitting.



The role of a good seat is to provide a stable support to the body, in a comfortable position and for a reasonable period of time appropriate to the activity taking place, for this:

- The seat height should be adjusted to allow for a thigh-leg angle of 90 degrees or so, allowing their feet on the ground or possibly in external support to the chair.
- If the chair is equipped with longitudinal adjustment of the seat, it must be located so that its depth is less than the length of the thigh. This allows a effectively use of the backrest without the edge of the seat press the back of the leg.
- The backrest height should be adjusted to position himself in the convexity of the lumbar area of the back.
- To prevent overloading of muscle in your back is advisable to vary the inclination to adapt the type of work performed.