

setting up and caring for your chair

## setting up your chair

### a. Seat Height

Ideally, your hips should be slightly higher than your knees to promote good posture. When your shoulders are relaxed and elbows are at right angles, your forearms should be just above the surface of the desktop, parallel to the floor.

### b. Seat Depth

Your bottom should be at the back of the seat with roughly three fingers gap between the front of the seat and behind your knees. This will ensure adequate thigh support but without obstructing leg movement and lower leg circulation.

### c. Back Height

The lumbar support of the backrest should fit into the small of your back to maintain the natural 'S' shape of the spine.

### Armrests:

The armrests should touch the underside of your forearms when your shoulders are relaxed and elbows are at right angles. This will avoid strain in the neck, shoulders and upper limbs.

### Tension

Create a feeling of floating (when your feet are off the floor) to encourage improved blood circulation and comfortable changes of posture. The tension should be not too soft so that you instantly recline and not too hard that you can't naturally push back.

## care & maintenance warranty

### Care of cloth upholstery

To maintain the cloth upholstery, regular vacuum cleaning is recommended. Marks and stains may be removed with a proprietary cleaner. In difficult cases, consult a reputable firm of cleaners, or ourselves for advice.

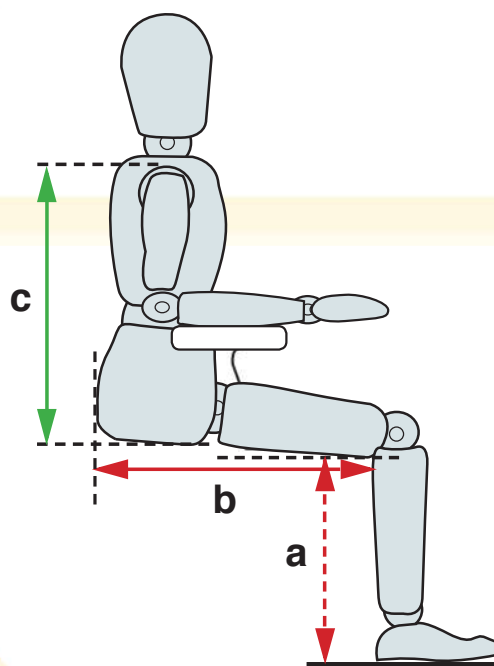
### Care of leather upholstery

Leather upholstery should be wiped with a slightly damp cloth and gently rubbed dry. A good proprietary hide food should be applied at least once a year, and more often if the leather is in a dry atmosphere or close to a heat source.

### Care of plastic parts

Plastic compound parts are best cleaned by wiping with a slightly damp cloth and gently rubbing dry with a soft duster.

This product includes a comprehensive warranty. Details of this warranty are available from Ergochair Customer Services Department. Should you have an issue with your chair, please contact us and on our website - details are below.



Ergochair