

Fortis has been specifically designed to compliment the human form. There have been a range of functional options included in this chair to make it the most comfortable, practical chair for your specific work environment.

One of the many features of the Fortis is the versatile synchronised mechanism. This means that the seat and back of your chair move in a set ratio of 2:1

- The chair can be set in a "free float mode designed to follow the body's natural movement. When the chair is set in free float mode the seat and back are free to move as you move, providing constant postural support when you are regularly swapping between tasks whilst sitting.
- Alternatively the synchronised mechanism can be locked in to position, meaning the seat and back are locked in to one suitable position. This is the preferred setting as it provides constant support to you while carrying out a task that requires you to maintain a similar and constant position.

**SITTING PROPERLY
THE THINGS TO LOOKS OUT FOR:**

- Your body should always feel that it is in an upright but comfortable and relaxed position.
- Your bottom should always be at the back of the seat
- Your neck should feel upright and your shoulders squared and relaxed
- Your arms should hang straight down by your side with elbows bending at right angles to rest on your work surface
- Your feet should be flat on the floor (or on a foot rest) and your knees at right angle
- Your back should have permanent contact with the chair back and the lower 'lumber' muscles feel supported
- Your pelvis should feel like it is tilted slightly forward with a comfortable one hands width from the front of the seat to the back of your knees

FORTIS OFFICE CHAIR USER'S INSTRUCTIONS

WHY ADJUST MY NEW CHAIR CORRECTLY?

In today's work environment many hours are spent sitting, usually in front of a computer. The physical impact of sitting so much is high and is greatly influenced by what or sitting posture is like.

Areas that are particularly susceptible to pain from sitting incorrectly is the neck, shoulders, back and upper thighs. Through using the right equipment correctly adjusted we can greatly increase our comfort and productivity.

HOW TO ADJUST YOUR CHAIR SO THAT YOU CAN SIT WITH THE CORRECT POSTURE:



1. Seat height adjustment

Establish the right seating height with both the hips and knees comfortable at right angles. To increase the seat height lift your weight from the seat and pull the lever under the right side of the seat up. To make the chair decrease in height use your body weight by sitting in the chair at the same time as pulling the lever up. Always release the lever to lock the chair into a comfortable height.

2. Tension adjustment wheel

Whilst seated turn the tension adjustment wheel clockwise to decrease tension and anti-clockwise to increase tension in the synchronised mechanism. This tension level affects the ease of movement in the seat and back in accordance with your body weight.

3. Height adjustable arms

4. Seat and back adjustment

Depress the lever under the left hand side of the seat to engage the chair in "free float" mode. Alternatively, lock the chair in to position by depressing the lever, when the most comfortable position is achieved

5. Sliding seat adjustment of 60mm

6. Height adjustable lumbar

The back height is fixed to allow the contours of the mesh back are maintained. To assist in comfort the chair has a height adjustable lumbar in the back.