



MCHAIR OFFICE CHAIR

USER'S INSTRUCTIONS

Mchair 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, functional chair for your specific work environment.

One of these many features is the versatile synchronised mechanism. This means that the seat and back of your chair move in a set ratio of 2:1. You can set your chair in 'free-float', when the chair's seat and back are free to move with you as you move, providing constant postural support making it ideal for when you are regularly swapping between tasks whilst sitting. Alternatively you can use the synchronised mechanism in a 'locked' position, meaning the seat and back stay in the same position. This is the preferred setting as it provides constant support to you while carrying out a task that makes you maintain a similar 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

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/ Sliding Seat adjustment – where fitted

Of particular benefit for tall people. Pull on the lever under the right side of the seat to release the sliding mechanism. Slide seat away from back and once in preferred position release lever to lock that position.

2 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

3/Tension adjustable wheel Turn the tension adjustment wheel left or right to increase or decrease the tension in the synchronised mechanism. This tension level affects the ease of adjustability in the seat and back position in accordance with your body weight.

4/ Seat and back adjustment Release the lever under the left side of the seat to let the chair operate in free float mode, where the back and seat follow your body in unison. Alternatively, to keep the chair locked in position, release the lever, find the most comfortable position and return the lever to lock the seat and back into position.

5/ Height adjustable back The back height is adjusted via a ratchet mechanism that is built into the back. Use both hands on either side of the Lumbar and lift upwards to increase the back support. There is a hand wheel locate behind the lumbar that when turned clockwise will increase lumbar support.