

## 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 on

**01454 329210**

Should you have a fault with your chair, please contact us on the number above.



## Setting up your Chair

### • Seat height:

Thigh to trunk angle should be 90° or slightly more to help keep your pelvis upright. 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.

### • 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.

### • 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.

### • 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.



## Driving your Chair

Even the best ergonomic chairs can't do the job for you! Spending a few minutes getting to know your chair and thinking about the way you sit can make a huge difference.

### Do's

- Adjust every chair you sit on, it only takes a couple of minutes.
- Keep the chair in the 'free float' mode most of the time and set the tension for your bodyweight.
- Alter your typing position regularly - try sitting upright for short periods.
- Stand up, walk and stretch whenever possible.



### Don'ts

- Don't assume the chair is already set up for you.
- Don't slouch back in your chair or 'hunch' over your keyboard.
- Avoid perching on the edge of your seat.



**ADAPT 500**

operating instructions



# Operating your ADAPT 500

## 1. Arm Height/Width Adjustment.

To raise the armrest, press the button (1) and slide to desired height– release button.



## 2. Seat Height Adjustment

Lift the lever (2) located to the front right of the seat and apply or release pressure to the seat pad to achieve desired height. Adjustments should be made when sitting in the chair.



## 3. Inflatable Lumbar Support Adjustment

Inflate by depressing the inflation bulb (3) located under the seat. To deflate, press the valve button attached to the bulb. If necessary, re-adjust the chair back position.



## 4. Back Height Adjustment

Lock the back in a vertical position. To raise the height, unlock the hand wheel (4), located at the base of the back stem to the left and raise until desired position attained, retighten hand wheel.



## 5. Forward Seat Tilt

The seat will tilt forward independently of the back angle. Lift lever (5) and apply pressure in the direction you wish the seat to tilt. Secure the position by lowering the lever.



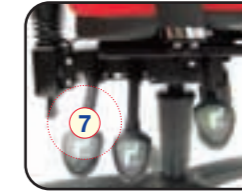
## 6. Seat Depth Adjustment

The seat depth lock is adjusted by raising the lever to the front left of the seat pad (6) and sliding the seat.



## 7. Back Angle Lock/Unlock Lever

To unlock the back rake, lift the lever (7) and adjust for comfort, lower the lever to lock.



## 8. Headrest/Neckroll Adjustment

Height adjustment – grasp sides of the headrest/neckroll and raise until comfortable.



## 9. Headrest Adjustment

Rotate the headrest as shown by arrows, readjust height if necessary.



We recommend that the chair is set up to suit your individual dimensions to obtain the best results.

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