

ALT3™ SEATING

Operating Instructions

Fabric or Mesh Back Task Chair



Deriving Maximum Benefits from your Alt3™ Fabric or Mesh Back Task Chair

To benefit from the Alt3 task chair's range of ergonomic features, individual adjustments need to be made.

A. Seat Height Adjustment

Proper cardiovascular circulation requires the seat be at the correct height. To achieve the correct height, your feet should be flat on the floor. To lower height while seated, lift the lever at the right front of the seat. To raise the height, remove your weight from the seat while lifting the lever.

B. Back Flex

To limit the back flex range, lean back to the desired flex angle and lift the lever to the left of the seat. To restore maximum back flex, push the lever down.

C. Back-Tilt Tension

To adjust the back-tilt tension, use the handle at the right of the seat. To increase tilt tension, turn the handle clockwise. To decrease tilt tension, turn the handle counter-clockwise.

D. Seat Depth

To adjust the Alt3 chair for your leg length, pull outward on the handle near the right of the seat. With the handle pulled, slide the seat forward or back to the depth comfortable for you. The most comfortable seat depth is usually one that allows you to sit well into the seat with your back resting against the chair back and with a slight space between the underside of your knees and the front of the seat. It may be easier for you to adjust seat depth while standing next to the chair rather than while seated.

E. Arm Height

On adjustable T-arms, activate the button on the side of each arm and raise or lower to desired height. Chair arms can also be adjusted for angle/pivot and depth by simply moving them to the desired position.

