

# ADAPT 600 - INSTRUCTIONS

## 1. SEAT HEIGHT



Lift the middle lever on the righthand side and take your weight off the seat to raise the height. Remain seated to lower the height. Release the lever to lock the seat height.

#### 2. BACK ANGLE



To adjust the angle of the backrest, lift the rear lever on the right-hand side and lean the backrest to the desired position. Return the lever to the downward position to lock the backrest in place.

# 3. FREE FLOAT ACTIVATION



Lift the forward-most lever on the right-hand side to activate the free float. Lower the lever to lock the seat in to position.

# 4. BODY WEIGHT TENSION



To adjust the body weight tension, twist the knob on the right hand side. Rotate clockwise to increase the tension, rotate anti-clockwise to reduce the tension.

## 5. BACK HEIGHT



To adjust the height of the backrest, grasp the bottom of the backrest and raise to the desired height. To allow the backrest to be lowered again, raise the backrest all the way to the top and lower it to its lowest position.

#### 6. LUMBAR SUPPORT



As you are sitting on the chair squeeze bulb, located underneath the left-hand side of the seat, repeatedly to inflate the lumbar support. Press the button on the bulb to deflate the lumbar support.

Osmond Ergonomics, 21 Johnson Road, Ferndown Industrial Estate, Wimborne BH21 7SE, UK Tel: +44 345 345 0898 | Fax: +44 1202 850560 | Skype: ergoinfo info@ergonomics.co.uk | www.ergonomics.co.uk





# 7. SEAT DEPTH



Lift the lever on the rear left-hand side and slide the seat forward or backward. Release the lever to lock the seat depth.

#### 8. ARMREST HEIGHT



To adjust the height of the armrest press the button on the side of the armrest and lift or lower to the desired position. The armrest will lock in to a total of six different heights.

## 9. ARMREST DEPTH (IF FITTED)



To adjust the depth of the armrest slide the armrest either forwards or backwards until it reaches the desired depth.

#### 10. ARMREST WIDTH



To adjust the armrest width, loosen the handle on the underside of the chair by turning it anti-clockwise and position the armrest to the desired width. To lock the arm rest in position tighten the handle by turning it clockwise.

#### 11. ARMREST FOLD (IF FITTED)



To fold away the armrest, press the button at the bottom of the armrest and fold away the armrest to the rear until it locks into position. To return the armrest to its original position, press the same button and rotate the arm until the button locks back into its upright position.

#### 12. HEAD/NECK SUPPORT



Pull the head/neck support post up to the raise the height or push it down to lower the height. Rotate the cushion up or down for varying support.

Osmond Ergonomics, 21 Johnson Road, Ferndown Industrial Estate, Wimborne BH21 7SE, UK Tel: +44 345 345 0898 | Fax: +44 1202 850560 | Skype: ergoinfo info@ergonomics.co.uk | www.ergonomics.co.uk

