

SPIRA - INSTRUCTIONS

1. SEAT HEIGHT



Lift the lever on the right-hand 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



Take your weight off of the back and twist the rear knob on the right-hand underside of the chair to adjust the angle of the back rest. To angle it forwards twist clockwise, to angle it backwards twist Anti-clockwise.

3. SYNCRO LOCK



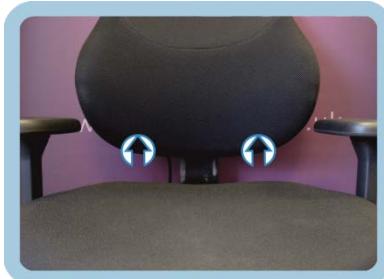
To adjust the angle of the chair, ensure the left-hand lever is lifted and lean back to the required position. To lock the chair, push the lever down. To reset the angle of the chair lower the lever lean back slightly and then allow the backrest to rise to its original upright angle.

4. BODY WEIGHT TENSION



The resistance of the chair, when unlocked, can be adjusted to suite your body weight by turning the knob on the right-hand side of the seat. To increase the resistance turn clockwise, to decrease the resistance turn anti-clockwise.

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 in to position.

6. LUMBAR SUPPORT



As you are sitting on the chair squeeze the left-hand bulb repeatedly to inflate the lumbar support. Press the button on the bulb to deflate the lumbar support.



7. PELVIC SUPPORT



As you are sitting on the chair squeeze the right-hand bulb repeatedly to inflate the pelvic support. Press the button on the bulb to deflate the lumbar support.

8. SEAT DEPTH



Push in the button on the right-hand side and slide the seat forward or backward. Release the button to lock the seat pan.

9. 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.

10. ARMREST WIDTH



Loosen the screw on the underside of the arm by turning it anti-clockwise and move the arm to the desired width, tighten the screw in an clockwise direction to lock in to position.

11. ARMREST ROTATION



Rotate the arm pad until it locks at the desired position.

12. NECKREST(IF FITTED)



Rotate the cushion up or down for varying support.