

# BREATHE<sup>®</sup> MESH SEATING

## Operating Instructions



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## Deriving Maximum Benefits From Your Breathe® MESH Task Chair

### A. Seat Height Adjustment Lever

Seat height is adjusted with a pneumatic cylinder. To lower height while seated, lift the lever on the right, front side of the seat. To raise the height, remove your body weight from the seat while lifting the lever, release lever.

### B. Tilt-Tension Adjustment Lever

The tilt-tension lever is located on the right side of the chair. Pull lever out away from chair. To increase tilt-tension rotate lever to clockwise. To decrease tilt-tension rotate counter clockwise. Push lever back in toward chair.

### C. Tilt Lock Lever

The chair's tilt lock angle can be set in four different positions. To set chair to desired angle, twist lever **clockwise to lock**. Twist lever **counter clockwise and lean back on the chair to release the anti-kickback mechanism to unlock** the chair to free-float action.

### D. Seat Depth Adjustment

To adjust seat depth, grasp lever on the left side of the seat. Lift lever and shift weight on seat to move to desired position. Release lever to lock seat in position.

### E. Arm Adjustment

*Height Adjustable Arm (shown):*

Push button located on the outside of arm upright. Lift or lower arm to desired height, release button to one of eight locking positions within a 3" range.

*Fully Adjustable Arm (optional):*

Push button located on the outside of arm upright. Lift or lower arm to desired height, release button to one of eight locking positions within a 3" range. For arm width adjustment, reach lever on underside of arm. Lift and slide arm in or out horizontally for up to 1" of horizontal adjustment per arm.

### F. Back Lumbar

Reach back with both hands to raise or lower lumbar to desired position.

