

Ergonomic recommendations

Your chair is the most important piece of furniture to select. Sitting at a desk for long periods is one of the biggest causes of physical problems in today's corporate environment. Improper posture can cause many problems including head aches, neck pain, back pain, nausea and fatigue. Remember, fit your chair to your body, not your body to your chair.

1. Sit deeply in your chair allowing your back to be as close as possible to the backrest with legs slightly apart to create a wider support base.
2. Ensure the lumbar support is in the correct position to support your spine (where your belt normally sits).
3. Keep your head and neck in alignment with your shoulders and spine which maintains the healthy 'S' curve of good posture.
4. Ensure that your chair is at the right height and that your elbows are at the same height (or a little higher) than your worksurface.
5. Keep your shins perpendicular with the floor (90° angle).
6. Lean your lower arms on the armrests (if fitted) to create a 90° angle between your upper and lower arms.
7. Get up and walk, stand or stretch when possible to avoid sitting for extended periods.

Maintenance and upkeep of the chair

Advanta chairs are manufactured to stringent standards and the only maintenance generally required is to keep them clean. Specific care instructions for upholstery coverings attached to the chair must be followed. All maintenance work should be carried out by authorised Advanta repair agents.

USER GUIDE

For Advanta chairs with
ADVANCED DYNAMIC Mechanism

1. Seat Height Adjustment

- Lift paddle **1** to adjust seat height
- TO RAISE
Release your body weight from the seat until the desired height is attained and then release the paddle.
- TO LOWER
Place your body weight on the seat until the desired height is attained and then release the paddle.

2. Tilt Lock Control

- Twist the left control handle **2** up towards seat to unlock the mechanism and enable dynamic 'free-float' mode. You can now move freely and the chair will follow your movements once the tension is set correctly. (Step 3)
- If you desire the chair to be in locked mode, twist the left control handle downwards away from the seat to lock the chair in position.

3. Tilt Tension Control

- This feature adjusts the tension of the mechanism to suit your weight. The tension should be set so you can easily recline on the chair but still have enough support when you want to sit upright. Set the tension so the chair has the correct level of balance and follows your movements with adequate support.
- Rotate the control handle **3** forward (clockwise) to tighten the tension. Keep turning the handle until the tension feels like it is giving you the correct level of support.
- Rotate the control handle backwards (anti-clockwise) to lessen the tension.

4. Seat Depth Adjustment (optional)

- Pull the tab **4** out on right side of seat.
- Slide the seat forwards or backwards to the desired position.
- Push the tab back in to lock the seat in position.

ADVANCED DYNAMIC Mechanism - Ergonomic Features

The key ergonomic advantage of the ADVANCED DYNAMIC Mechanism is Dynamic Support. This chair is designed to be used in Dynamic 'free float' mode.

Your body needs regular movement to function correctly and this chair promotes this – it follows your movements, when you want to move back the chair will allow you to move back, when you want to sit more upright it will come up and support you.

It is important the tension is adjusted correctly to suit your body weight.

The chair has easily accessible tension adjustment just below the right side of the seat. This can be adjusted while you are seated on the chair.

Regular changes in posture result in improved well-being and productivity.

Adjustable seat depth is also an option.

