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 todays 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.

Advanta™

USER GUIDE

Q70 Chair

www.advanta.com.au

1. Seat Height Adjustment

- Lift the paddle **1** on the right hand side 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 paddle **2** on the left hand side downwards 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, lift the paddle 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 tension winder **3** forward (clockwise) to tighten the tension. Keep rotating until the tension feels like it is giving you the correct level of support.
- Rotate the tension winder backwards (anti-clockwise) to lessen the tension.

4. Seat Depth Adjustment

- Press the control tab **4** under the seat on the left hand side to disengage the seat from the mechanism.
- Slide the seat forwards or backwards to the desired position.
- Release the control tab to lock it into position.

5. Seat Angle Adjustment

- CAUTION: Do not do this while seated on the chair or damage will occur.
- Move the lever **5** on the left side at the rear of the seat upwards and towards the back of the chair to tilt the seat angle forward by 3°
- Move the lever downwards and away from the back of the chair to move the seat position down again.

Q70 - Ergonomic Features

The key ergonomic advantage of the Q70 is Dynamic Support. Q70 is designed to be used in Dynamic 'free float' mode.

Your body needs regular movement to function correctly and the Q70 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.