

# DASH SEATING

## Operating Instructions



## Deriving Maximum Benefits From Your Task Chair

For maximum support, sit as far back in the seat as is comfortable and lean against the backrest.

To benefit from the Dash chair's range of ergonomic features, individual adjustments need to be made.

Proper cardiovascular circulation requires the seat be at the correct height. To achieve the correct height, your feet should be flat on the floor.

**A. Seat Height** is adjusted with a pneumatic cylinder. To lower height while seated, lift the lever at the right front of the seat. To raise the height, remove your weight from the seat while lifting the lever.

### B. Lumbar Adjustment

For vertical adjustment, grasp lumbar pad from behind chair with both hands. Raise or lower to desired position.

For horizontal adjustment, turn knob clockwise to adjust inward or counter clockwise to adjust outward.

### C. Back Angle Adjustment

To lock the back at a given angle, first recline to the desired position and then push lever back to lock. To resume free float, push lever forward.

### D. Arm Height

To adjust, push the button in and then raise or lower the arm.

### E. Tilt Tension

Adjust by using the knob directly under the front of the seat. To increase the tension of the tilt, turn the dial clockwise. To decrease tension, turn the dial counter-clockwise.

