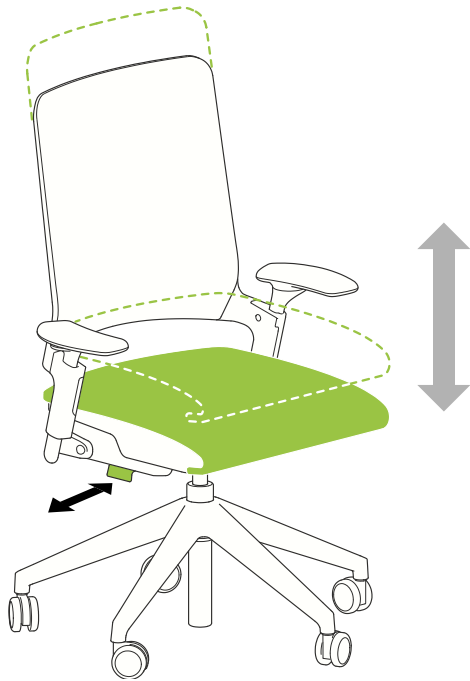


**kirn**®

GREEN THINKING MADE  
BLACK AND WHITE

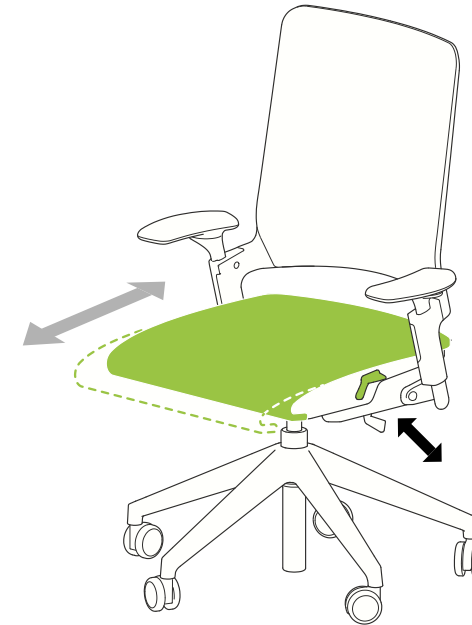
orangebox



## Seat height

When sat in the chair, pull the right hand control lever out and either press your weight down or slightly lift up from the seat to adjust the height. Release the control lever to lock the seat at the desired height.

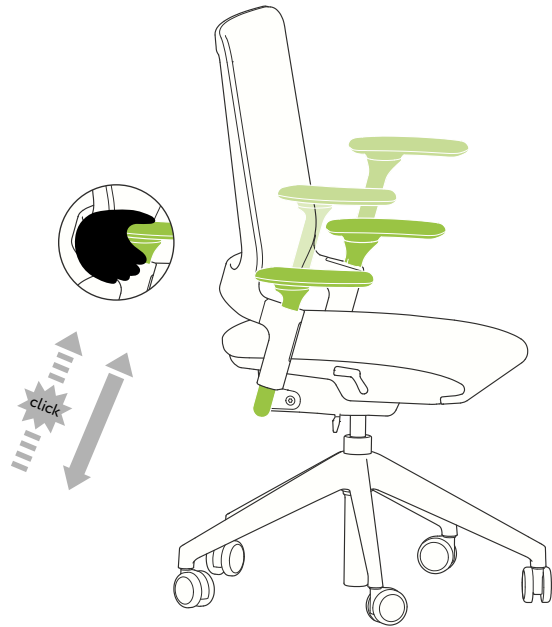
*To help keep your pelvis upright and your spine aligned in a natural 'S' shape, thigh to torso angle should be 90° or slightly more.*



## Seat depth

When sat in the chair, pull the left hand control lever up and slide the seat forwards or backwards into the desired position. Release the control to lock the seat at the required depth.

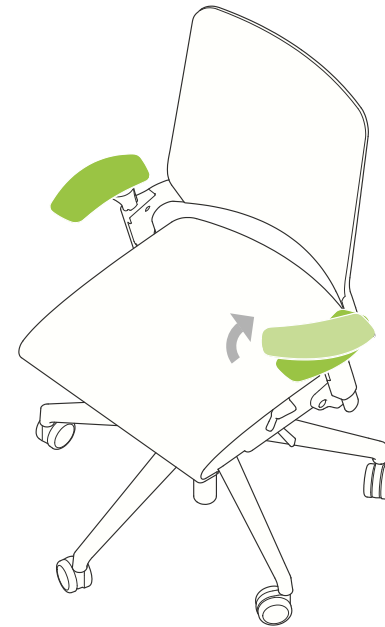
*To ensure adequate thigh support without obstructing leg movement, up to three fingers gap should be left between the front of the seat and the back of your knees.*



## Armrest Height

To adjust the armrests, take hold of the plastic stem and lift upwards: the armrest will incrementally 'click' through seven positions until it reaches the top. Lifting further will allow it to travel freely to the base position once again.

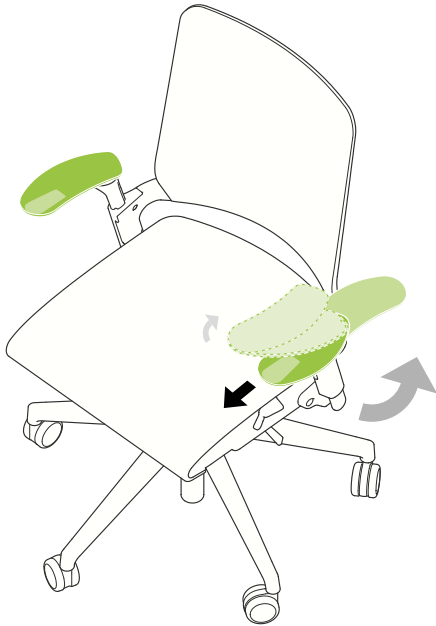
*To avoid strain in the back of the neck and upper limbs, the armrests should touch your forearms when your shoulders and elbows are relaxed at your side.*



## 2D Armpad Rotation

The armpads can be rotated inwards 30° and then can be set back to straight: simply rotate the armpad to the desired position. They are never fully locked, they are free to rotate inward and back to straight.

*This feature allows you to draw the armrests in to reflect the natural inward angle of your forearms when typing.*



## Multi-adjustable Armpad Rotation Optional

The armpads can be rotated inwards 30° or fully outwards until they are out of the way: simply locate the control under the front of the armpad and pull it forward, while at the same time rotating the armpad to the desired position. For safety, the armpads will automatically lock when returned to the forward position. The upper part of the arm pad can rotate an additional 30° (around the front pivot point) to provide additional width adjustment.

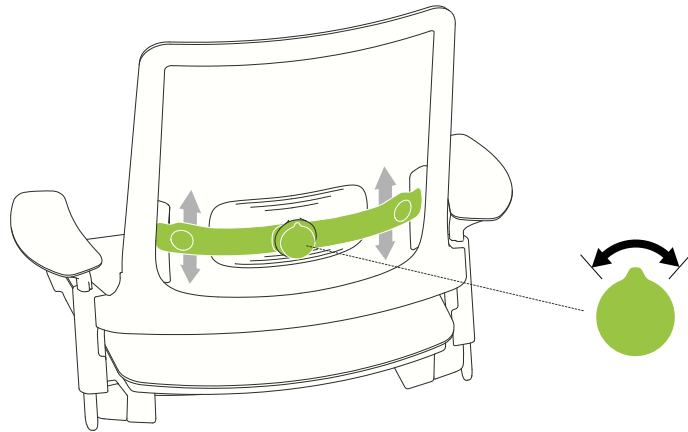
*This feature allows you to draw the armrests in to reflect the natural inward angle of your forearms when typing, or alternatively to park the armrests out of the way if space at the workstation is restrictive.*



## Travel Limiter Optional

When sat in the chair, rotate the plastic control paddle on the left-hand side forward to lock the chair in the upright position. Push the control paddle backwards through two 'click' positions to adjust the chair's recline movement to one of two limited angles.

*Keeping the chair unlocked most of the time will allow you to make full use of the chair movement, improving blood circulation.*



## Adjustable Lumbar <sup>Optional</sup>

Reach around the back of the chair and grip the lumbar strap: slide up or down to adjust the height.

Rotate the central dial to fine-tune the depth.

*To help maintain the natural 'S' shape of the spine, the lumbar pad should support the small of your back.*

Conforming to BSEN1335 part 1 type 'B' dimensional requirements for office chairs, confirms that Kirn with its adjustment capability is suitable for 5<sup>th</sup> to 95<sup>th</sup> percentile adult working populations in work settings where computer interaction is predominant be it in the office or domestic home office. In addition, with contemporary agile work scenarios and the weight balancing mechanism feature, the Kirn chair is particularly suitable for multi user shared applications and a variety of collaborative or focussed style work settings.

With castor 'tyre' options for hard or carpeted floors or where extra friction is required for lab work for example, choose from the options which best suit your needs.

In terms of working heights, the Kirn has a uniquely high range of adjustment with the default gas lift that forms the spindle of the chair but other options are available depending on the user and/or if bench or counter height working is required. Choose from the options which best suit the situation and please note that although the lifts are retrofittable, authorised personnel only should perform this operation.

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