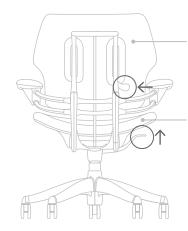
# **How to Adjust Your Freedom Task Chair**

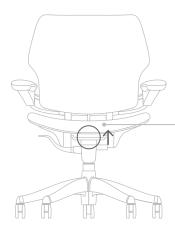


## **Backrest/Lumbar Support Height**

While seated, grasp backrest with both hands on lower corner. Squeeze handle at right with fingertips and move backrest to most comfortable height.

## Seat Height

Lift up on lever under right side of seat cushion and position chair to a comfortable height, with your thighs parallel to the floor and your feet fully supported by the floor or footrest. Release lever.



### Seat Depth

Lift up on lever under forward edge of seat and slide seat to a position such that when you are sitting with your back fully against the backrest, there are 2-4 inches of clearance between the front edge of the seat and the back of your knee. Release lever.

#### **Synchronous Armrests**

Freedom's armrests can be adjusted synchronously, without touching any release buttons, and stay with you during recline to always keep your body in supported balance.



# To Raise

Gently pull upward on the armrests and raise to desired position. They will automatically lock in place when released.



# **To Lower**

Place hand on armrest, as pictured, rotate wrist toward you to disengage, and lower to desired position. The armrests will automatically lock in place when released.



# **To Rotate Sideways**

(optional feature)

Push the inside of the armrest away from the body in a lateral motion, allowing for a change in position within a 35" arc. The armrest will automatically remain in the position you last put it in, without the use of a button.