



## WE'VE GOT YOUR BACK.

Orthopaedica offers a comprehensive range of ergonomically responsive task seating to meet the challenging conditions found in today's commercial environment.

**Torassen™**

## HOW TO ADJUST YOUR ORTHOPAEDICA.



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## ADJUSTMENTS.

### SEAT HEIGHT

Adjust height by lifting up the front lever on the right hand side of the chair while adding or removing weight from seat. Release the lever to lock position. The ideal position is achieved when your feet are in contact with the floor and your knees are slightly below your hips.

### SEAT DEPTH

Selected models only\*

Seat depth can be adjusted by lifting lever on the left hand side of the chair and sliding the seat forward or backward into the desired position. Release the lever to lock position. When adjusting the depth of the seat ensure your back is in contact with the backrest throughout its length and that the gap between the front of the seat cushion and the back of your legs is more than 75mm.

### BACK HEIGHT

To adjust the height of the back, whilst sitting in the chair, lift the backrest to required position. (To reset, lift the backrest to the top of the ratchet to enable it to drop to its lowest position.) The optimum position is achieved when the natural curve of the backrest is in line with the curve of your back making good contact with the small of your back.

### TENSION

Pressure of the backrest can be adjusted using the control located under the seat. Turn clockwise or anti-clockwise to increase or decrease resistance.

## MECHANISMS.

### INDEPENDENT MECHANISMS

Selected models only\*

An independent mechanism enables the seat and backrest angle to be adjusted independently of each other, with the ability to lock in a fixed position.

Seat angle can be adjusted by lifting the left lever on the side of the chair and can be set to the desired position and locked in place by releasing the lever. Raising the lever to its most upright position allows the seat angle to adjust as you work.

Back angle can be adjusted by lifting the rear lever on the right hand side of the chair and can be set to the desired position and locked in place by releasing the lever.

### FULLY SYNCHRONISED MECHANISMS

Selected models only\*

The fully synchronised mechanism provides a synchronised tilting action where the seat and back recline together at a fixed ratio of 2.8:1 which reflects the natural geometry of the way the body moves; providing fluid ergonomic support.

The extent of recline can be fixed in the desired position and locked in place by adjusting the lever. Raising the lever allows the chair to enter into a free float action, it is preferential to leave the chair in a free floating motion as this can contribute to good back health. To optimise this function it is important to adjust the chair dimensionally, adjusting the tension control will allow you to vary the resistance of the mechanism.

## OPTIONAL FEATURES.

### HEIGHT ADJUSTABLE ARMS

Arm height may be adjusted using the trigger situated on the outside of the armrest. Set the arm height so that your elbows rest gently on the pad and your shoulders are relaxed.

### MULTIFUNCTIONAL ARM PAD

A button situated on the inner side of the arm pad can be depressed and held in to allow you to adjust the position of the arm pad, to allow you to get close to the work surface or adjust the width of the arm support.

### FOLD DOWN ARMS

To fold away arms, depress button at the base of the arm to unlock and rotate arm backwards until parallel with seat. To return the arm to its normal position simply pull forward until the lock re-engages. Arm height may be adjusted using the trigger situated on the outside of the armrest. Set the arm height so that your elbows rest gently on the pad and your shoulders are relaxed.

### INFLATABLE LUMBAR BACK PANEL

By using the pneumatic pump the lumbar can be inflated or deflated as required so that it adapts to provide personalised support to the small of the lower back.

### INFLATABLE THORAX BACK PANEL

By using the pneumatic pump the thorax can be inflated or deflated as required so that it adapts to the curvature of the upper back.

### AIRTECH SEAT

A push of the button allows air to flow through the two-way valve; this enables the seat to move as you move and moulds to your natural shape.

### HEADREST

Selected models only\*

The addition of an adjustable headrest supports the user in reclined positions, relieving stress within the neck and shoulder muscles. The panel can be adjusted for height and pitch and should be situated so that it makes contact with the hollow at the top of the neck and the base of the skull when in a relaxed reclined position.