# Care & Maintenance | Warranty

- Care of cloth upholstery:

To maintain the cloth upholstery, regular vacuum cleaning is recommended. Marks and stains may be removed with a proprietary cleaner. In difficult cases, consult a reputable firm of cleaners, or ourselves for advice.

- Care of leather upholstery:

Leather upholstery should be wiped with a slightly damp cloth and gently rubbed dry. A good proprietary hide food should be applied at least once a year, and more often if the leather is in a dry atmosphere or close to a heat source.

- Care of plastic parts:

Plastic compound parts are best cleaned by wiping with a slightly damp cloth and gently rubbing dry with a soft duster.

This product includes a comprehensive warranty.

Details of this warranty are available from Simply Ergonomic customer services department on

**Tel: 0203 600 0322**

Should you have a fault with your chair, please contact us on the number above.

Simply Ergonomic

human posture - ergonomic solutions

www.simply-ergonomic.co.uk

# Setting up your Chair

- Seat height:
  Thigh to trunk angle should be 90˚or slightly more to help keep your pelvis upright. When your shoulders are relaxed and elbows are at right angles your forearms should be just above the surface of the desktop, parallel to the floor.
- Back height:
  The lumbar support of the backrest should fit into the small of your back to maintain the natural 'S' shape of the spine.
- Armrests:
  The armrests should touch the underside of your forearms when your shoulders are relaxed and elbows are at right angles. This will avoid strain in the neck, shoulders and upper limbs.
- Seat Depth:
  Your bottom should be at the back of the seat with roughly three fingers gap between the front of the seat and behind your knees. This will ensure adequate thigh support but without obstructing leg movement and lower leg circulation.

Tension:

Create a feeling of floating (when your feet are off the floor) to encourage improved blood circulation and comfortable changes of posture. The tension should be not too soft so that you instantly recline and not too hard that you can't naturally push back.

# Driving your Chair

Even the best ergonomic chairs can't do the job for you! Spending a few minutes getting to know your chair and thinking about the way you sit can make a huge difference.

Do's:

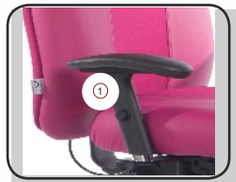
- Adjust every chair you sit on, it only takes a couple of minutes.
- Keep the chair in the 'free float' mode most of the time and set the tension for your bodyweight.
- Alter your typing position regularly - try sitting upright for short periods.
- Stand up, walk and stretch whenever possible.

Don'ts:

- Don't assume the chair is already set up for you.
- Don't slouch back in your chair or 'hunch' over your keyboard.
- Avoid perching on the edge of your seat.

# Operating your Adapt® 700

## 1. Arm Height Adjustment (if specified)




To raise the armrest, press the button (1) and slide to desired height – release button to hold in place

Normally armrests should support you comfortably under your natural elbow position.

## 2. Seat Height Adjustment *(Right)*

Twist handle (2) and raise or lower until desired height is found.

Adjustments should be made when sitting in the chair.

## 3. Backrest Height Adjustment

To adjust the back height, grasp both sides of the backrest and lift to the desired height. The backrest is on a ratchet system and clicks upwards to the position required.

To reset, lift to the very top position then lower to the bottom-most point and restart the lift

## 4. Inflatable Lumbar Support Adjustment

Inflate by squeezing the inflation bulb (4) located under the seat.

To deflate, press the valve button attached to the bulb. If necessary, re-adjust the chair back position.

## 5. Synchro Tilt *(Left)*

The seat & back tilt together in synchro with the backrest angle moving at a ratio of 2.5:1 to the seat.

Twist lever (5) backwards to unlock the tilt action, the chair will now “free float”. To lock position twist forward again.

## 6. Seat Depth *(Left)*

The Adapt® 700 chair now features a seat depth adjustment function as standard. Lift lever (6) and slide seat to required position. Release lever to lock.

*Ergochair recommends that the chair is set up to suit your individual dimensions to obtain the best results.*

## 7. Backrest Angle Adjustment *(Right)*

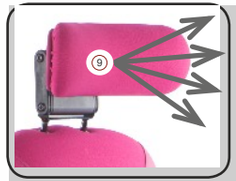
To adjust the backrest angle, lift lever (7) and adjust by applying or releasing pressure to the backrest until comfortable.

Lower the lever to secure the position.

## 8. Body Weight Tension Adjustment *(Right)*

The tension hand-wheel (8) is located as shown, screw clockwise to increase tension and unscrew anti-clockwise to reduce tension.

## 9. Head/Neck Support Adjustment




(Where Supplied)

Grasp the sides of the Head/Neck Support and raise or lower to desired height.

Rotate the pad to find the most comfortable position for you.