Simply Ergonomic

human posture - ergonomic solutions

OPERA 20 | INSTRUCTIONS

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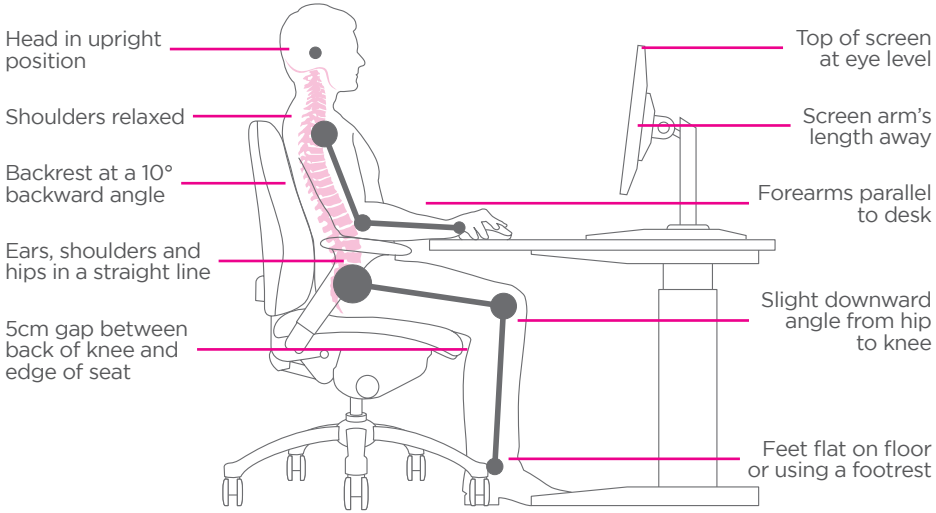
THANK YOU

Firstly, we would like to take this opportunity to thank you for choosing one of our Opera 20 chairs. You have made an excellent choice and we are confident the chair will provide you with all the support and comfort you need for many years to come.

HOW TO SIT WITH A HEALTHY POSTURE

For a healthy posture, your spine should be lengthened and the natural 'S' shape of your back promoted. This will ensure you are not sitting in a slouched or hunched position and that your back is protect against strain and fatigue. The following illustration shows how to sit with a good posture when using your chair at a computer workstation.



SETTING UP YOUR CHAIR

When making any adjustments, please sit with your bottom as far back into the chair as possible. This ensures you are fully supported and discourages slouching. Once the chair is set up, please fine-tune the settings, over time, so you always enjoy optimal comfort and support.

For the best results, please follow these instructions in the order provided.

1 SEAT HEIGHT

1. Pull the chair height lever up to release the lock. To raise the height, you will need to take your weight off the chair
2. Adjust the height so that your hips are slightly higher than your knees
3. Once you are happy with the height, release the lever to set

2 SEAT DEPTH

1. Pull the seat depth lever up to release the lock
2. To increase the seat depth, slide your hips forward and the seat will follow your movement
3. To reduce the seat depth, push your body towards the backrest. Aim to leave a 2 to 3 finger gap between the back of your knees and the seat
4. Once you are happy with the depth, release the lever to set

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3 SEAT ANGLE

1. Pull the seat angle lever backwards to release the lock and brace yourself in case the chair tilts forwards or backwards. If the tension is too weak or too strong then refer to instruction 7(Rocking Action)
2. Lean backwards and forwards and the seat will follow your movements. Aim to have the seat set parallel with the floor
3. Once you are happy with the angle, release the lever to set

4 BACK ANGLE

1. Sit without leaning back too heavily into the chair so the backrest doesn't recline too quickly when you release the lock
2. Pull the back angle lever upwards to release the lock
3. Gently lean backwards and forwards and the backrest will follow your movement. Aim for approximately a 10-15° backward angle
4. Once you are happy with the angle, release the lever to set

5 BACK HEIGHT

1. Hold the backrest with both hands and raise it up so the lumbar support sits comfortably in the small of your back. You will hear clicks as you lift it
2. Once you are happy with the height, let go of the backrest and it will hold its position
3. To re-set, lift the backrest beyond the highest setting and it will drop to its lowest position. You can then repeat instruction number 1 & 2

6 LUMBAR SUPPORT

1. Squeeze the lumbar pump until the lower part of the backrest feels comfortable and supportive in the small of your back
2. You may find it best to start with little or no air in the lumbar. If you feel you need more support, increase gradually to allow your body time to get used to it
3. To decrease the amount of lumbar support, press the deflate button

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7 ROCKING ACTION

1. Pull the seat angle lever backwards to release the rocking action. Ensure you brace yourself in case the tension is too strong or too weak. Ideally you want the chair to follow and support your movements

2. If you feel the chair pushing you forward then decrease the tension by turning the wheel clockwise. If you feel the chair tilt backwards too easily then increase the tension by turning the wheel anti-clockwise

3. Ensure the rocking action is locked prior to getting in or out of the chair by pushing the lever forwards

8 ARMREST HEIGHT

1. Sit with your arms resting naturally at your sides

2. Push the armrest height adjustment button to release the lock

3. Position the armrests so your forearms rest comfortably on the pads, parallel with the floor and with your shoulders relaxed

4. Once you are happy with the height, release the lever to set

9 NECK REST SETTING

1. To adjust the height, simply lift up or push down

2. The neck rest has dual hinges so you can fine-tune the positioning. The neck rest should make you feel fully supported while maintaining a natural posture. There should be no pressure on your neck and upper body as you relax into the neck rest

3. The neck rest should ideally be used for relaxation and not for constant support

CARING FOR YOUR CHAIR

We offer a full range of service parts ensuring your chair can be well maintained. This means your chair will provide you with all the comfort and support you need now and in the future.

Removal of dirt, dust and debris is highly recommended to help ensure the longevity of your chair and to keep it looking as great as the day you bought it. Whether your chair is fabric, vinyl or leather, regular vacuuming will help get rid of the dirt and dust that can accumulate on the upholstery. Please make sure you use a soft vacuum attachment to protect against scratches and also keep suction to a minimum to avoid creating lasting marks.

The hardware can be wiped down with a damp cloth as can vinyl and leather upholstery. Fabric upholstery may need the addition of a fabric cleaner that has been specifically formulated for use on upholstery.

It is also a good idea to periodically clean your castors. Over time, dirt and debris can build up and make your chair harder to manoeuvre, putting unnecessary strain on your body. A small spray of WD-40 will also help to keep those castors rolling smoothly.

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