

JADE MK1 OFFICE CHAIR



AIR LUMBAR SUPPORT

The air lumbar bulb allows you to pump air into the lumbar region of the back of the chair to increase lower back support. Alternatively, you can release air using a button located at the front of the bulb.

LEVERS & BUTTONS (on right hand side when seated)

The **Front Lever** is the seat slider. This allows you to slide the base of the seat forward and backwards to accommodate your unique leg length.

The **Second Lever** is the gas lift which allows you to move the chair up and down to suit your height. Your feet should be flat on the ground and legs at approximately 90 degrees when in an ergonomically current seated position for typing and mousing.

The **Grey Button** releases and locks the synchro tilt to allow you to tilt the chair back and lock in place to change your body postures throughout the day e.g. when completing different tasks (i.e. on the phone, chatting with a colleague)



RATCHET BACKREST ADJUSTMENT



1. To adjust backrest height, lift backrest from underneath and it will go to the next locking position.
2. There are 7 locking positions.
3. To lower the backrest, lift the backrest up past the 7th locking position and the backrest will be disengaged and will slide down to its lowest position.
4. Once it is engaged in the lowest position it can be adjusted up again, one position at a time.

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