Knee Tilt Control
The chair tilts from a pivot point located near the front edge of the seat. This provides a minimal rise of the seat and allows your feet to stay flat on the floor when the chair is tilted backward.

Back Height Adjustment
*Mesh back chairs do not have this adjustment.*
Raise or lower backrest of chair to a position that best supports your lumbar. At the correct back height, lower back should fit into the curved lumbar support.
The back has a 6 position ratchet mechanism which allows for a 2 3/4” height adjustment. While seated, grasp chair back and lift with both hands to desired position. To reset the back height, lift the back all the way to the top position and release; back will fall into lowest position.

Pneumatic Lift
Raise or lower seat of chair to minimize pressure placed under thighs. At the correct seat height, feet should rest flat on the floor. To ensure smooth operations, raise and lower your seat monthly.
To raise chair, pull lever up while lifting body off seat. To lower chair, stay seated and pull lever up.

Tilt Lock
Locks tilt of chair to limit how far back chair will recline. Back can be locked in an upright position or be set to recline freely.
Push lever in to engage lock. Pull lever out to disengage lock.

Tension Control
Increase or decrease tension of chair’s tilt to match your body weight. Proper tension should allow you to lean back easily while providing balanced support when reclining.
Turn knob counter clockwise to increase tension.
Turn knob clockwise to reduce tension.

Seatslide*
Adjusts seat depth to a position that best accommodates length of legs. Reduces pressure behind thighs providing proper back support and long-term comfort.
With back against chair, pull and hold lever up then slide seat forward or back. Release lever to lock.

Armrest Depth/Width/Pivot*
Adjust depth, width and pivot of armrests to help relieve strain on neck and shoulders.
To adjust armrest depth, grasp arm cap and press release button with thumb while moving arm cap forward or backward. Release button to lock in place.
To adjust armrest width, grasp arm cap and press release button with thumb while moving arm cap closer or further away from body. Release button to lock in place.
To change angle of armrest, grasp arm cap and rotate toward or away from body.

Arm Height*
Raise or lower arms to support forearms and keep shoulders in a neutral posture. Proper positioning reduces strain in the neck and shoulders.
To adjust arm height, press button on outside of arm support while moving arm up or down. Release button to lock in place.

Arm Width*
Adjust width of arms based on body size and personal preference. Arms should be positioned as close to torso as comfortable for maximum support.
To adjust arm width, press lever down while sliding arm toward or away from seat. Pull lever up to lock into place.

ANSI/BIFMA Acceptance
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*Your chair may not have all the features and adjustments shown. Please visit www.NationalOfficeFurniture.com for additional product information.
**Mix-it® Task Seating**

**Ergonomic Features and Adjustments**

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**Synchronous Tilt Control**

Backrest and seat of chair recline in a synchronized 2-to-1 ratio. The back of the chair moves faster than the seat which provides a greater angle between your torso and thighs adding comfort and encourages dynamic movement.

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**Back Height Adjustment**

Mesh back chairs do not have this adjustment.

Raise or lower backrest of chair to a position that best supports your lumbar. At the correct back height, lower back should fit into the curved lumbar support.

The back has a 6 position ratchet mechanism which allows for a 2 3/4" height adjustment. While seated, grasp chair back and lift with both hands to desired position. To reset the back height, lift the back all the way to the top position and release; back will fall into lowest position.

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**Tension Control**

Increase or decrease tension of chair’s tilt to match your body weight. Proper tension should allow you to lean back easily while providing balanced support when reclining.

Turn knob counter clockwise to increase tension. Turn knob clockwise to reduce tension.

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**Pneumatic Lift**

Raise or lower seat of chair to minimize pressure placed under thighs. At the correct seat height, feet should rest flat on the floor. To ensure smooth operations, raise and lower your seat monthly.

To raise chair, pull lever up while lifting body off seat. To lower chair, stay seated and pull lever up.

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**Tilt Lock**

Locks tilt of chair to limit how far back chair will recline. Back can be locked in an upright position or be set to recline freely.

Push lever in to engage lock. Pull lever out to disengage lock.

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**Seatslide**

Adjusts seat depth to a position that best accommodates length of legs. Reduces pressure behind thighs providing proper back support and long-term comfort.

With back against chair, pull and hold lever up then slide seat forward or back. Release lever to lock.

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**Armrest Depth/Width/Pivot**

Adjust depth, width and pivot of armrests to help relieve strain on neck and shoulders.

To adjust armrest depth, grasp arm cap and press release button with thumb while moving arm cap forward or backward. Release button to lock in place.

To adjust armrest width, grasp arm cap and press release button with thumb while moving arm cap closer or further away from body. Release button to lock in place.

To change angle of armrest, grasp arm cap and rotate toward or away from body.

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**Arm Height**

Raise or lower arms to support forearms and keep shoulders in a neutral posture. Proper positioning reduces strain in the neck and shoulders.

To adjust arm height, press button on outside of arm support while moving arm cap up or down. Release button to lock in place.

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**Arm Width**

Adjust width of arms based on body size and personal preference. Arms should be positioned as close to torso as comfortable for maximum support.

To adjust arm width, press lever down while sliding arm toward or away from seat. Pull lever up to lock into place.

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To raise chair, pull lever up while lifting body off seat. To lower chair, stay seated and pull lever up.

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Push lever in to engage lock. Pull lever out to disengage lock.

Armrest Depth/Width/Pivot*
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To adjust arm height, press button on outside of arm support while moving arm up or down. Release button to lock in place.

Arm Width*
Adjust width of arms based on body size and personal preference. Arms should be positioned as close to torso as comfortable for maximum support.
To adjust arm width, press lever down while sliding arm toward or away from seat. Pull lever up to lock into place.

Adjustable Foot Ring
Raise or lower foot ring to provide support for legs and relieve uncomfortable pressure under thighs.
Turn knob counter clockwise to loosen. Move ring to desired height, then turn knob clockwise to tighten.

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