

## Ergonomic recommendations

Your chair is the most important piece of furniture to select. Sitting at a desk for long periods is one of the biggest causes of physical problems in today's corporate environment. Improper posture can cause many problems including head aches, neck pain, back pain, nausea and fatigue. Remember, fit your chair to your body, not your body to your chair.

1. Sit deeply in your chair allowing your back to be as close as possible to the backrest with legs slightly apart to create a wider support base.
2. Ensure the lumbar support is in the correct position to support your spine (where your belt normally sits).
3. Keep your head and neck in alignment with your shoulders and spine which maintains the healthy 'S' curve of good posture.
4. Ensure that your chair is at the right height and that your elbows are at the same height (or a little higher) than your worksurface.
5. Keep your shins perpendicular with the floor (90° angle).
6. Lean your lower arms on the armrests (if fitted) to create a 90° angle between your upper and lower arms.
7. Get up and walk, stand or stretch when possible to avoid sitting for extended periods.

## Maintenance and upkeep of the chair

Advanta chairs are manufactured to stringent standards and the only maintenance generally required is to keep them clean. Specific care instructions for upholstery coverings attached to the chair must be followed.

All maintenance work should be carried out by authorised Advanta repair agents.



# USER GUIDE

## EKO MESH Chair



[www.advanta.com.au](http://www.advanta.com.au)



### 3 Lever Extreme mechanism - Ergonomic Features

Chairs with the 3 lever Extreme mechanism feature fully independent ergonomic adjustment. The ratchet back makes it simple and easy to raise and lower the back.

#### 1. Back Height Adjustment

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- Place your hands underneath the backrest
- Lift the back one click at a time until the desired height is attained
- To reset the backrest lift it all the way to the top of its travel range. It will then release to the lowest position and you can start lifting it up again to the desired height.

#### 2. Seat Angle Adjustment

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- Lift paddle
- Tilt the seat back or forward to the desired angle
- Release the paddle to lock the seat in position

#### 3. Back Angle Adjustment

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- Lift paddle
- Tilt the back forward or back to the desired angle
- Release the paddle to lock the back in position

#### 4. Seat Height Adjustment

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- Lift paddle to adjust seat height
- TO RAISE  
Release your body weight from the seat until the desired height is attained and then release the paddle.
- TO LOWER  
Place your body weight on the seat until the desired height is attained and then release the paddle.