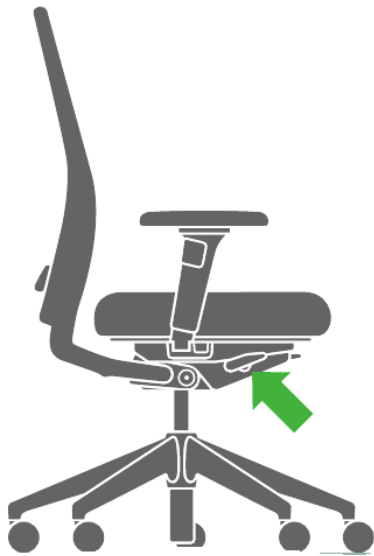
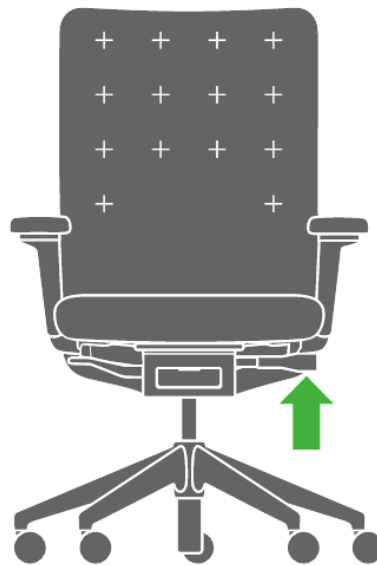


# MINT Facilities – Desk Chair Instructions



## Seat Height

Adjust the seat height by lifting the front right hand side lever and taking the pressure off the seat. You should have a right angle at your knees, and hips slightly higher than your knees.



## Backrest Resistance

Pull the front left hand handle out and turn it until you reach the desired resistance.



## Arm Rest Height

Press the buttons on the back of the arm rests so you can rest your arms and relieve pressure on your shoulders.



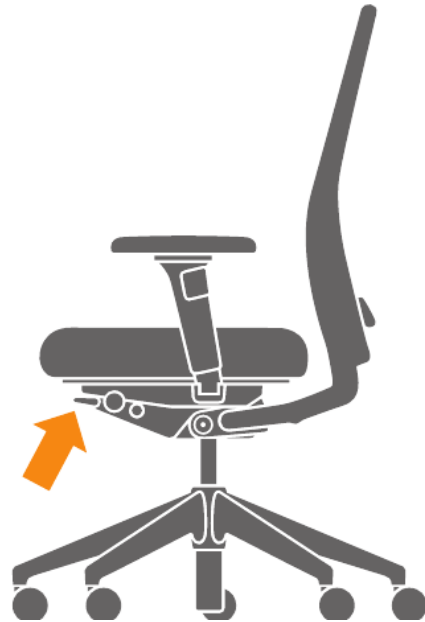
## Seat Depth

Press the right hand button and slide the seat forwards or backwards, until you feel full contact with your back and have a small gap between the chair and your calves.



### **Lumbar Support**

Slide the lumbar support up and down until you have good support in the inward curve of your back.



### **Locking The Backrest**

Flick the front left lever up or down to lock the chair in position if you wish.