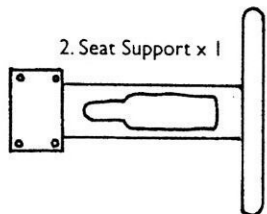


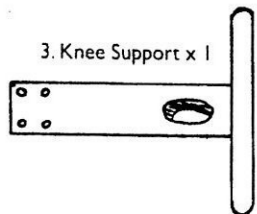
1. Seat Height Adjuster x 1



2. Seat Support x 1



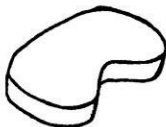
3. Knee Support x 1



4. Castors x 4



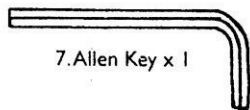
5. Upholstered Knee Pad x 1



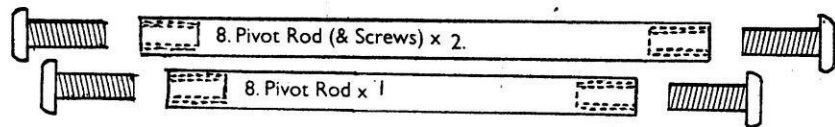
6. Upholstered Seat Pad x 1



7. Allen Key x 1

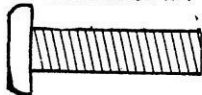


8. Pivot Rod (& Screws) x 2.

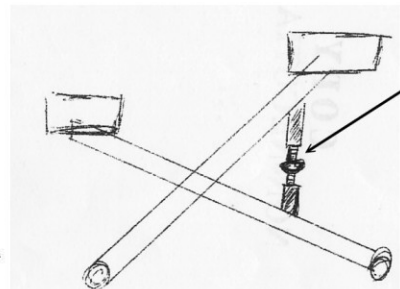
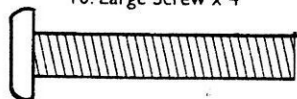


8. Pivot Rod x 1

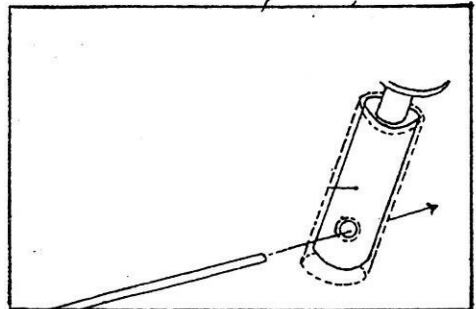
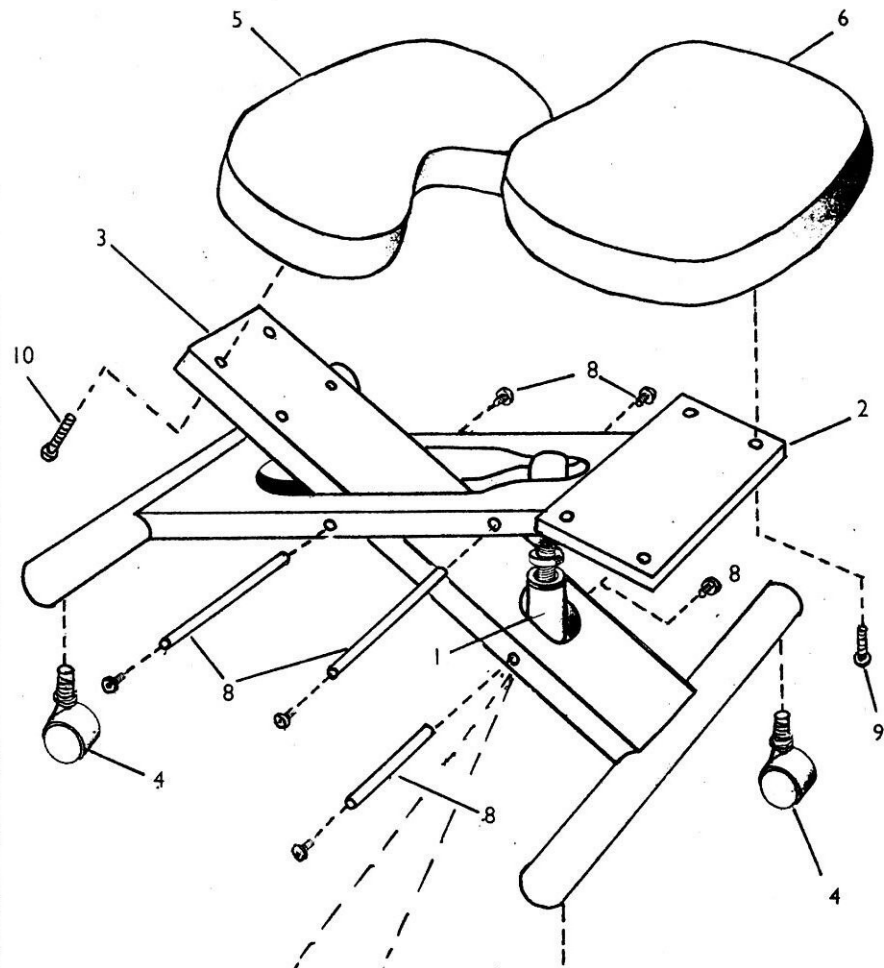
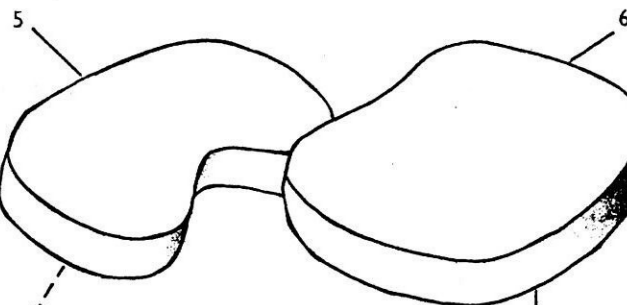
9. Medium Screw x 4



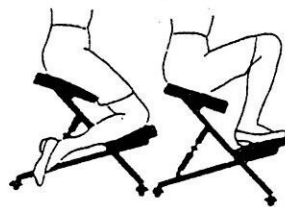
10. Large Screw x 4



PLEASE NOTE THAT THE MAXIMUM EXPOSED THREAD FROM THE HAND WHEEL SHOULD BE NO MORE THAN 3 CM. ANY EXCESS COULD PREVENT CASTERS FROM MOVING AND DAMAGE THEM.



YES NO



POSTURE CHAIR

Teknik Office Ltd.

Telephone : 01234 328 804, Fax : 01234 342 446.

USING THE POSTURE CHAIR

Your back chair has been designed to provide your body with the best possible posture when seated. This will result in relieving fatigue and freedom from backache that is experienced when sitting for a long time.

It is important for you to adjust your chair to get the best working height. This is achieved by turning the adjusting wheel located in the centre of the height adjuster. Rotate anticlockwise to increase height.

There should be no more than 3cm of thread exposed on either side of the central adjustment wheel as this will cause damage to your castors.

To obtain the best result from your chair you should adopt the seating position shown. This may feel strange at first but you will become accustomed very quickly to the surprisingly comfortable position and you will feel reduced back strain.

AFTER CARE & SAFETY

Do not stand on the chair or use it as a step; this product is designed for use as a chair only.

Never allow children to play on the chair or use it unsupervised.

This chair may be fitted with castors for convenience during use. Always ensure that it is used on a firm and level surface and is sited well away from any potential hazards, eg. Stairways, slopes, fires or exposed heating.

Please ensure that all screws/bolts are always firmly tightened.

Warning: Please take care when using the Posture chair not to lean too far forwards because as with all chairs, this could cause it to topple.

