

this guide covers..

## ELLINGTON

models

Ellington 1GTS

Ellington 2GATS



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# Correct Sitting Position



the image depicts the optimum seating position

## Seat Height

Hips are slightly higher than knees (this may require a footrest)

## Lumbar Support

Adjust the height of the backrest until the outward curve of the backrest sits in the inward curve of your lower back (small of the back just above the belt line)

## Seat Slide

Slide seat backwards or forwards until a comfortable position is reached. If the chair is in 'free float' you may find it more comfortable to slide the seat further forward. This adjustment is purely for your comfort.

## Free Float

Once sitting comfortably, unlock the chair and sit in free float mode. If the resistance is too high/loose adjust with tension adjustment knob **3** (see inside for diagram).

## Headrest (when fitted)

This is to be used when reclining as a rest and will not support the head whilst working at a computer desk etc.

## Adjustable Arms

Either drop underneath the desk, so that your arms are resting on the desk or raise them up so that your arms are supported in a relaxed posture with no tension in the shoulders.



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# Synchro Mechanism

the mechanism shown applies to all products covered

### 1 Gas Height Adjustment

To raise the seat height, take weight off chair and twist paddle **1** up towards the seat. To lower the seat remain seated and twist paddle up towards the seat.

### 2 Mechanism Release

it is recommended that the mechanism is always in free float mode. Push grey button **2** in to release the synchro acton and push it in again to lock off.

### 3 Free Float Tension Adjustment

In order to find the most comfortable level of resistance whilst in free float, turn knob **3** clockwise to tighten and anti-clockwise to loosen the tension.

### 3 Sliding Seat

Pull Paddle up towards the seat and slide seat to the required position. Release the lever to lock in position.



## 5 Back Height Adjustment

The back works on a 'ratchet' mechanism with a total of 7 positions. Pull the back up - a click will be heard through each position. The contour of the back of the chair should sit in the small of the back. After reaching the 7th click the back will drop back to its lowest position.

## 6 Adjustable Height Arms

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Push button in and adjust the height of the arm by sliding up and down.



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NB. Tension adjustment cannot be used whilst the mechanism is locked off.



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