

this guide covers..

## MINI BLADE

model

MB 201GTS

MB 202GATS

MB 205GTS

MB 206GATS



**HEALTH & SAFETY**  
**ADVICE**

# 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 (when fitted)

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).

## 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.



## Synchro Mechanism

the mechanism shown applies to Mini Blade only

## 1 Gas Height Adjustment

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

## 2 Synchro Mechanism

Release the mechanism by pushing the lever ① backwards. Lock the mechanism into any of the 5 positions by pushing the lower lever ② forwards. Leave lever back to 'free float'.

## 3 Tension Adjustment

Turn the knob ③ to release / tighten the tension of the mechanism.

## 4 Adjustable Arms

Push button in and move arm up and down to desired position



## 5 Back Height Adjustment

The back works on a 'ratchet' mechanism with a total of 5 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.





# HEALTH & SAFETY ADVICE

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