



this guide covers..

SPIRIT
model
Spirit 2GATS

HEALTH & SAFETY
ADVICE

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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 lumbar bar 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)

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 (when fitted)

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.



Knee Tilt Mechanism

the mechanism shown applies to Spirit & SP2

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.

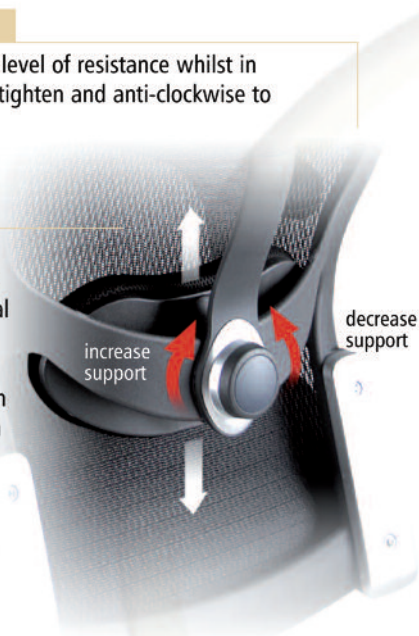
2 Back Tilt Tension Adjustment

In order to find the most comfortable level of resistance whilst in free float, turn knob ② clockwise to tighten and anti-clockwise to loosen the tension.

3 Lumbar Support

Turn knob ③ clockwise to increase lumbar support and anti-clockwise to decrease. Adjust according to personal preference, the contour of the support should sit comfortably in the small of the back. The support can also be adjusted for height and depth to provide the most comfortable support for various body heights.

Note: do not over tighten knob, stop when limit is reached.



4 Headrest Adjustment (if fitted)

To loosen, twist button **A**, then adjust to suit angle that is comfortable for the user then tighten to secure. Move **B** up and down to adjust height. Twist at **C** to adjust the angle of the headrest for maximum comfort.



5 Adjustable Height Arms (Spirit only)

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

To adjust the width, loosen knob **E**, pull arms to desired width and tighten knob **E** to fix into position.





HEALTH & SAFETY ADVICE

if you encounter any problems or need advice please
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USER GUIDE

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