

this guide covers..

TEMPO+

models

TP550 GTS

TP552 GATS

TP560 GTS

TP562 GATS

TP570 GTS

TP572 GATS

TP051 AC

TP050 C



TEMPO

models

Tempo 250GS

Tempo 252GAS

Tempo 260GS

Tempo 262GAS

Tempo 270GS

Tempo 272GAS

Tempo 250D



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)

Angle of Backrest

Lean back into chair so that you are reclining slightly further back than 'Midline' and sitting in a slightly reclined posture. The backrest should support your back at all times.

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.



tempo

1 Gas Height Adjustment

To raise the seat height, take weight off chair and pull lever 1 upwards, to lower the seat height, remain seated and pull lever 1 upwards.

2 Mechanism Release

Pull lever 2 up to release mechanism and 'Free Float'. Push lever down to lock mechanism

3 Back Height Adjustment

Loosen handle 3, adjust back to desired height. Tighten handle to lock back.

4 Adjustable Height Arms

Pull lever 4 upwards and slide arms up and down to desired positions.





HEALTH & SAFETY ADVICE

USER GUIDE

if you encounter any problems or need advice please
telephone or visit our website for more information

www.sellagroup.co.uk
t: 0161 761 6889

