

## USER INSTRUCTIONS FOR SD5 CHAIR

### The Mechanism

When you are sat in your chair there are 3 levers and a rod on the right side of your seat and a bar under the front edge.

① The bar under the front edge is for sliding the seat forward or back.

② The rod at the front right hand corner pulls in or out to control the forward (-ve) tilt of the seat.

⑥ The tension of the tilt is controlled by the handwheel under the seat.

**There is wording on the handles to help**



The 3 levers to the side:

③ The front lever controls the seat tilt

④ The middle lever controls the gas lift for seat height adjustment

⑤ The back lever adjusts the angle of the backrest.



### Our recommended order of adjustments for the user is as follows:

#### Seat height:

To raise the seat up lift the gas lift lever when not seated.

To lower the seat, lift the lever with your weight in the chair.

④

#### Seat depth:

Use the bar at the front of the seat similarly to the mechanism in car seats; lift the bar and slide your bottom forward or back to increase or decrease the seat depth.

①

#### Seat tilt adjustment:

③

- To enable forward tilt - lift seat tilt lever to unlock, lean back into the chair, pull out the rod.
- To disable forward seat - lift seat tilt lever to unlock, lean back into the chair tilt, push the rod in.
- We recommend forward tilt to help set your pelvis correctly - the more forward tilt the better - but we appreciate that some people feel like they are sliding out of the chair and why the rod can be useful.
- The tension of the tilt is controlled by the handwheel under the seat.

⑥

## Back angle: 5

Lift the lever to unlock and push down to lock. We recommend an acute (upright) angle for prolonged periods of typing/keyboard use. Multitasking can take a more relaxed angle

## Ratchet backrest height adjustment:

To raise the back, simply lift the back with both hands from the bottom, a notch at a time. To lower lift the back up to its highest point and the back will go back down again. We recommend you use the back in one of the lowest 3 click positions as the back is designed to give lower back (pelvic) support first as well as lumbar support.

## Pelvic Module:

We have 3 standard sizes of pelvic cushion for small, medium or large users. This must wrap around your lower back. Put your back into it. With the SD5 version the upholstery is all-in-one and the pelvic module is set to medium but you cannot detach or remove as you can with the SD3.



## Two way adjustable lumbar:

There are two wheels attached within reach at the back of the seat, one on the left and one on the right.

The left wheel adjusts the lumbar up and down your spine by turning the same way.



The right wheel adjusts the lumbar in and out of your spine by turning it clockwise or anticlockwise.

Do not over turn these adjustment wheels.

The combination of pelvic module (cushion) and the 2 way adjustable lumbar provides our **unique triangulation of support**.



**Head-Rest** : Pivots forward and back and lifts up and down



## Arms:

The (upholstered) arms are adjustable for height, width (in two ways – in the pad itself and with the fixing plate under the seat), angle (you can swivel the pad to suit your working arrangements such as a laptop or carrying out some intricate manual work), and depth (you can slide the pad forward and back depending on how close you like to sit to the desk edge).

