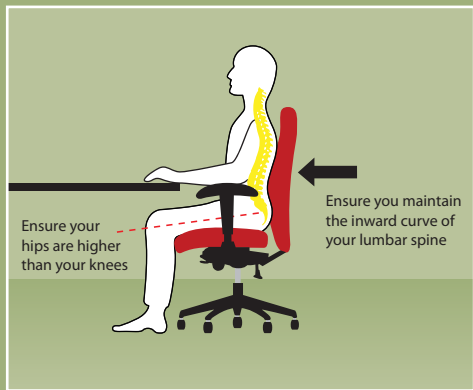


Healthy Sitting

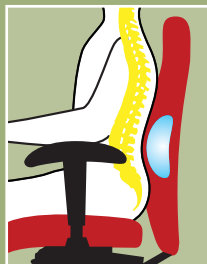
A guide to sitting correctly

It should be easy for everyone to adopt a healthy seated posture with a correctly adjusted Posturemax chair. However it is important that the other components of the workstation are suitable and correctly positioned. The chair must be placed close to the desk to avoid leaning forwards and the desk height must be level with the elbows. The seat height needs to be set so that the hips are slightly higher than the knees whilst the feet are flat on the floor. If this is not possible because the desk is too high then a footrest should be used. The top of the computer screen should be at eye level.



The correct seating position

The key to healthy sitting is to maintain a natural, "S" shaped spinal curve. This will minimise uneven compression of the spinal discs and muscular strain whilst improving respiration and circulation. This is achieved by sitting back into your chair to maintain contact with the orthopaedically contoured backrest. The height of the backrest should be adjusted so that the lumbar support is positioned adjacent to the inward curve of the lower back. The inflatable lumbar support can be adjusted to the individual's preference but it should only be used to assist in achieving the correct curve of the lumbar spine. It should not exert too much pressure on the lower spine.

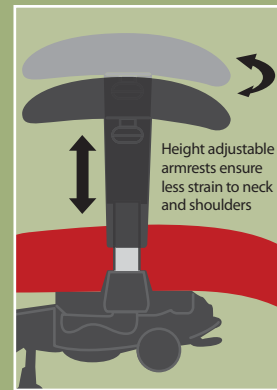


Inflatable lumbar support

The Posturemax's Synchro Plus mechanism provides a working position whereby the seat is tilted slightly forward. This helps to rotate the pelvis thereby encouraging naturally the healthy "S" shaped curve. This pelvic support is maintained even when reclining since the synchronised seat and back move together. The recline function can be left unlocked in Dynamic Free Float mode allowing the

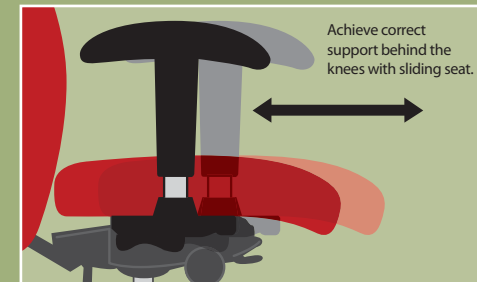
chair to follow the users movements, improving blood circulation and preventing stresses caused by prolonged static posture. The tension of the recline can be adjusted to suit different user weights.

In addition to the synchronised seat and back movement, the back angle can be set independently. This adjustment should be used sparingly. If the angle between the seat and back is too large it can result in the unsupported pelvis rotating backwards causing the loss of the "S" shaped spinal curve.



Height adjustable armrests

Height adjustable armrests should be used to support the arms thereby helping to reduce the load on the neck and shoulders.



Sliding seat adjustment

The sliding seat allows users of varying height to achieve correct support behind the knees. The seat depth should be adjusted to support the thighs but not so far as to apply pressure behind the knees. This will restrict blood flow to the lower legs. A space of about 2 finger widths between the back of the legs and the front edge of the seat is ideal.

The Reflexion, heat reactive foam used in the Posturemax seat and back moulds to the user's body shape. This spreads the support more evenly than conventional foam to reduce pressure points resulting in improved posture and higher levels of comfort.

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Rowden Lane, Bradford-On-Avon, Wiltshire BA15 2AU
t: 01225 864703 f: 01225 867771

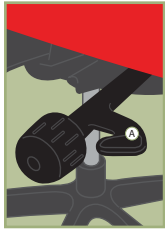
e: sales@summitchairs.co.uk www.summitchairs.co.uk

www.posturemax.co.uk

POSTUREMAX

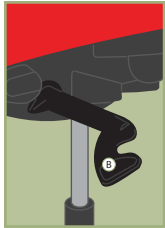
User Instructions

All adjustments should be made whilst seated.



Chair Height

Lever A – located below seat, on the front right hand side. The overall height of the chair is adjusted by lifting lever A. Lift your weight off the chair allowing it to rise. Release the lever at desired height. To lower the chair whilst seated, lift lever A and the chair will lower. Release lever at the desired height.



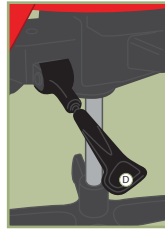
Synchronised Back & Seat Angle

Lever B – located below the seat on the front left hand side. The synchronised recline of the seat and back can be unlocked by lifting lever B. Please be aware that there is a safety feature that requires you to lean gently into the back of the chair before it will release. To lock seat and back at the desired angle push lever B down. Alternatively they can be left unlocked in Free Float mode.



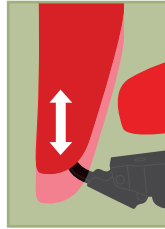
Synchronised Seat & Back Angle Tension

Knob C – located below the seat on the right hand side. The tension of the synchronised seat and back recline can be adjusted by turning knob C.



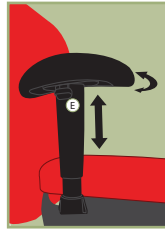
Back Angle

Lever D – located below the rear of the seat on the right hand side. The angle of the back is adjusted by lifting lever D. The back can be locked at the required angle by pushing the lever down.



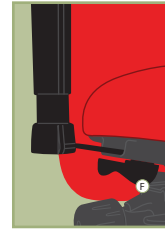
Back Height

The back height is adjusted by lifting the back up, a step at a time, for correct positioning of the lumbar support. When the back reaches the top of its travel it will then drop back down to the start position.



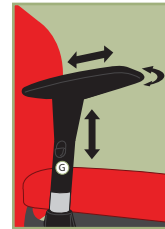
Arm Height

Lever E – levers located on the outer face of each column, just below the pad. To adjust the height of the arms, lift the levers up, lift arms to the desired height and release the levers to lock the arm. The arm pad can also be rotated.



Arm Width

Lever F – levers located under the seat edge. The distance between the arms can be altered by releasing the arm locking levers and resetting the arms to the desired position.



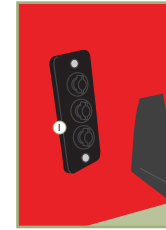
Multi Functional Arms – Optional

Button G for Multi Functional Arms Only – located on the outer face of the arm columns. The optional, multi function, height adjustable arms are adjusted by pressing the button in, lifting the arms to desired height and releasing the button to lock. The arm pad can be slid back and forth and rotated.



Inflatable Lumbar Support

Inflator bulb H – located under the left hand side of the seat. The inflatable lumbar support is adjusted using the hand bulb. Squeeze the bulb to inflate and press the button on the bulb to deflate.



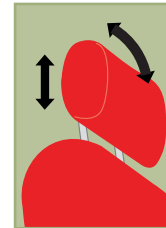
Variable Contour Back – Optional

Inflator bulb H – located under the left hand side of the seat and button I, 3 buttons located low down on the right hand side of the back. The optional Variable Contour Back system consists of 3 air cells that can be inflated by squeezing the hand bulb. The 3 buttons control air flow to a corresponding air cell. The buttons rotate 90 degrees to open or close the inlet valve. Whilst in the horizontal open position, the valves can be pressed in to release air from the cell.



Seat Depth

Lever J – located under the back of the seat on the left hand side. The depth of the seat can be adjusted by lifting the Seat Depth lever. Slide the seat to the desired position and release the lever to lock.



Head & Neck Support

The headrest is adjustable for height, reach and angle. Simply move it as required.