1 Seat height adjustment

2 Tension control.
Clockwise to tighten; counter clockwise to loosen.

3 Backrest height adjustment (task chairs only)

5 Backrest Height

For Sliding Seat option (available on certain models), lift left side paddle while seated and move seat forward. Release at any point in the movement.

Pneumatic seat height adjustment:
Allows you to adjust chair height for individual comfort and working conditions.

To raise or lower: Lift paddle while seated to lower. Lift paddle with weight off seat to raise.

Pneumatic backrest angle adjustment:
Allows you to set backrest angle for greater comfort.

To adjust: Rotate paddle to vertical position.

To lock: Rotate paddle to horizontal position until it clicks into place.

Backrest height adjustment (task chairs only)
Positions built-in lumbar support to individual height.

To adjust: push backrest button in and raise or lower to desired height.
**Basis**

1. **Seat height adjustment**

2. **Backrest height adjustment** (task chairs only)

3. **Forward seat tilt adjustment**

4. **Pneumatic backrest angle adjustment**

For Sliding Seat option (available on certain models), lift left side paddle while seated and move seat forward. Release at any point in the movement.

**Pneumatic seat height adjustment:**
Allows you to adjust chair height for individual comfort and working conditions.

*To raise or lower:* Lift paddle while seated to lower. Lift paddle with weight off seat to raise.

**Pneumatic backrest angle adjustment:**
Allows you to set backrest angle for greater comfort.

*To adjust:* Push paddle back and down.

*To lock:* Push paddle up.

**Backrest height adjustment** (task chairs only)
Positions built-in lumbar support to individual height.

*To adjust:* Push backrest button in and raise or lower to desired height.

**BL1300 & BL1400 ONLY**

**Forward seat tilt adjustment**
Relieves pressure beneath thighs to improve circulation in legs.

*To adjust:* Pull up paddle, tilt chair to desired position and release at any point in the movement.