

Carefully assemble the chair following the assembly instructions and place it with its casters on the floor before adjusting.

1. The handle on the right hand side (while sitting) adjusts the seat height.
 - (1) Pull the right handle up and lift your body with your legs to adjust the chair upwards. Release the handle when you reach your desired height.
 - (2) Pull the right handle up and let your body weight rest on the seat to lower the chair. Release the handle when you reach your desired height.
2. Pull the handle outward on the left hand side (while sitting) to allow the knee-tilt mechanism to recline.
 - (1) To adjust the reclining angle backwards, pull the left-hand handle outwards to the left and let your body weight push the chair to the desired angle. When you have reached your desired position, push the left hand handle inward toward the right until it stops to lock the chair in that position.
 - (2) To adjust the chair forward (from a reclining position) pull the left-hand side handle outward, and remove your body weight from the back of the chair to have it move forward. When you have reached your desired position, push the left-hand handle inward to the right until it stops to lock the chair in that position.
3. Please use caution when operating the elevating and reclining mechanisms.

