

Read this
while
adjusting
your
Equa 2TM chair

 herman miller

Instructions on this card show all possible adjustments. Specific adjustments vary according to chair model.



Shell Flexibility

Flexibility of the shell allows the chair to automatically adapt to your movements while providing continuous support.



Seat Height

Pneumatic: *Paddle-shaped lever on right side*

To raise: While raising your weight off chair, lift lever.

To lower: While seated, lift lever.

Mechanical

To raise: While standing, turn chair counter-clockwise.

To lower: While standing, turn chair clockwise.

Adjust chair height so feet rest flat on floor or footrest. Avoid dangling legs, which puts pressure on the back of thighs and restricts blood flow. A work surface or keyboard that seems too high or low may require adjusting.



Tilt Tension

Knob under seat at front of chair

To increase: While seated, turn knob to the left.

To decrease: While seated, turn knob to the right.

Depending on the desired tilt resistance, a number of turns may be required.

Increased tilt tension provides more stability and back support while you recline. Too much resistance may make it difficult to recline. Depending on weight and preference, different people will require different levels of tilt resistance.

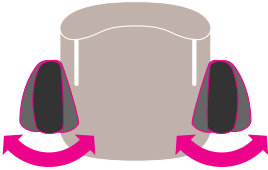


Arm Height

Button underneath each armpad

To raise or lower arm: While seated, grasp arm and push button in. Raise or lower to desired height. Indentations on inside of arm indicate height setting.

Adjust height of each chair arm so your arms are supported. This helps take weight off your shoulders.

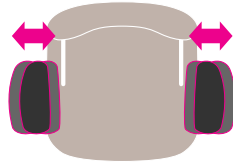


Arm Angle

Front of each armpad

To swing arms in or out: While seated, grasp front end of armpad and pivot it to the left or right.

Adjusting arm angle can help support different types of work and shifts in posture. Swing arms inward for support while using keyboard. Swing arm out to support use of computer mouse.

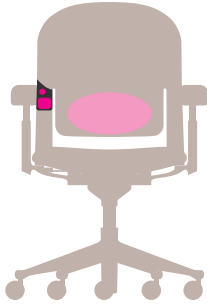


Arm Width

Back of each armpad

To move armpads closer or further apart: While seated, grasp back of armpad and slide it toward you or away from you.

Adjust the distance between the arms so your elbows are supported. Elbows should be positioned straight down from shoulders.



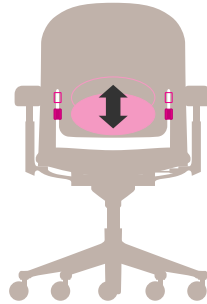
Lumbar Depth

Pump pad and release button on front of right back support

To increase lumbar support: While lifting your weight off back of chair, push pump pad in to inflate lumbar support and achieve desired level of support.

To decrease lumbar support: While seated, press release button to deflate lumbar support and achieve desired level of support.

Adjust lumbar support so that it comfortably supports the natural curve of your spine.

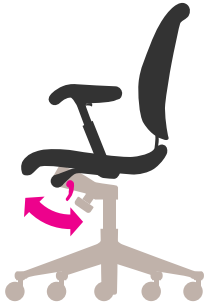


Lumbar Height

Small handles on outside of chair back

To change height: While seated, completely deflate lumbar support by pressing release button. While lifting your weight off back of chair, grasp handles and raise or lower lumbar support to desired position.

Adjust lumbar height so that it comfortably supports the natural curve of your spine.



Tilt Lock

Paddle-shaped lever on left side of tilt mechanism

To lock chair in upright position: While seated upright, swing paddle back.

To release tilt lock: Swing paddle forward.

Tilt lock allows you to lock chair in a fixed upright position for the extra stability that some tasks may require.



Footring Height

Footring at base of chair

To set: Lift and turn ring counterclockwise; set at desired height.

To lock: Turn ring clockwise.

As you sit, your feet should be comfortably supported by the footring. This relieves pressure on the backs of your thighs.


User information: Installers do not remove

Users: Retain This Information for Future Reference

Maintenance

A periodic inspection of chair components and fasteners should be made to ensure that the chair is structurally intact and functioning properly. Damaged and broken parts should be replaced and loose fasteners tightened. General cleaning instructions are found in the *Care and Maintenance Manual* available from your Herman Miller dealer.

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