

Read this  
while  
adjusting  
your  
Equa 2<sup>®</sup> chair

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

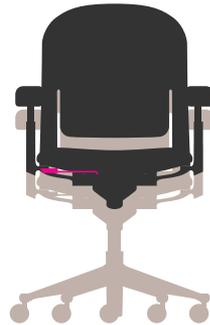
To view the Equa 2 chair user-adjustment video, visit [www.HermanMiller.com](http://www.HermanMiller.com)



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### Shell Flexibility

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



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### Seat Height

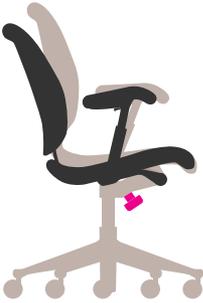
*Paddle-shaped lever on right side*

**To raise:** While taking your weight off chair, lift lever up.

**To lower:** While seated, lift lever up.

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Adjust chair height so your 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.



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### Tilt Tension

*Knob under seat on 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.

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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.



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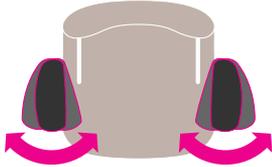
### Arm Height

*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.

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



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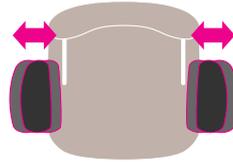
### Arm Angle

*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.

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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.



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### Arm Width

*Back of each armpad*

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

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



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### Lumbar Depth

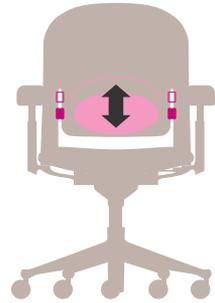
*Pump pad and release button on front of right back support*

***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.

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



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### 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.

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



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### Tilt Lock

*Paddle-shaped lever on the left side of tilt mechanism*

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

**To release tilt lock:** Swing paddle forward.

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



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### Footring Height

*Footring at base of chair*

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

**To lock:** Turn ring clockwise.

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

For more information about our products and services or to see a list of dealers, please visit us at [www.HermanMiller.com](http://www.HermanMiller.com) or call (800) 851 1196.