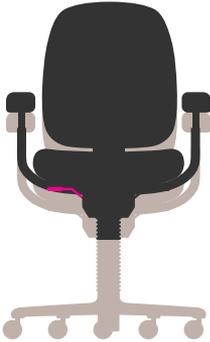


Read this
while
adjusting
your
Ergon 3[®] chair

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

To view the Ergon 3 chair user-adjustment video, visit www.HermanMiller.com



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.

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.



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.

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.



Back Height

Bottom of back cushion

To raise back: While seated, grasp bottom corners of back cushion and raise to desired position.

To lower back: While seated, grasp bottom corners of back cushion. Raise cushion to its highest position, allow it to slide all the way back down, and then raise it to desired position.

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

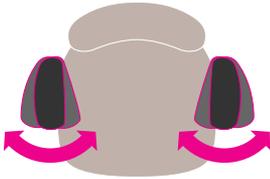


Arm Height

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.

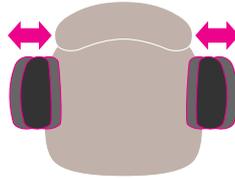


Arm Angle

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.

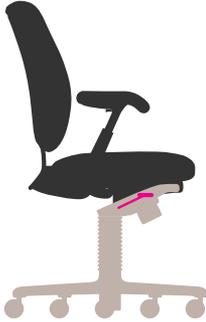


Arm Width

Back of each armpad

To move armpads closer or further apart: While seated, grasp back end 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.



Tilt Lock (for chairs with knee tilt only)

Lever on right side

To lock chair in upright position: While seated upright, push lever in.

To release tilt lock: Pull lever out.

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



Forward Tilt/Tilt Lock (for chairs with knee tilt/forward angle)

Forward Tilt: Small lever on right front corner

Tilt Lock: Paddle-shaped lever on left side

To position chair forward: Lean back slightly and pull right lever up. Lean forward to desired angle.

To resume upright position: Lean back slightly and push right lever down.

To lock/unlock either position: Lock position by leaning forward slightly and pushing left lever down; unlock by raising lever.

Forward tilt is used to support computer-intensive work. Typically, when forward tilt is used, chair height is increased.



Back Angle

Lever under seat pan on back of chair

To make more reclined: While seated, lean forward slightly to take weight off back of chair. Pull lever up and lean back. Release lever to lock back at desired angle.

To make more upright: While seated, lean forward slightly to take weight off back of chair. Pull lever up and allow chair back to return to more upright position. Release lever.

Adjust the angle of the back so that it comfortably supports the natural curve of your spine.



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 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 or call (800) 851 1196.