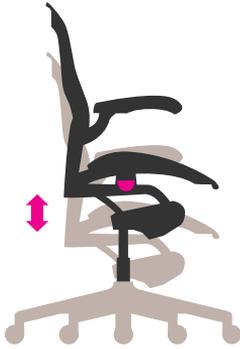


Read this
while
adjusting
your
Aeron™ chair

 herman miller

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



Seat Height

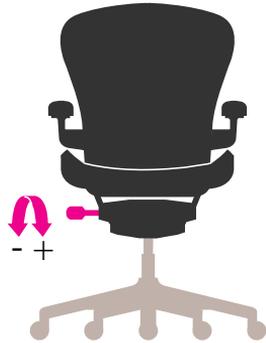
Paddle-shaped lever on right side



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 the floor or footrest, with your body comfortably supported by breathable Pellicle™ material. Avoid dangling legs, which puts pressure on and restricts blood flow in the back of thighs. A work surface or keyboard that seems too high or low may require adjusting.



Kinemat™ Tilt Tension

Long stem on right side with knob

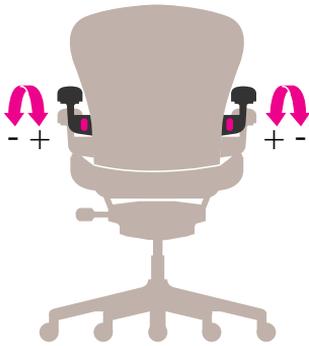


To increase tension: While seated, turn knob forward (clockwise, toward + sign).

To decrease tension: While seated, turn knob backward (counterclockwise, toward – sign).

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.



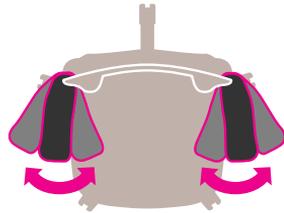
Arm Height

Wheel on base of arm support

To raise or lower right arm: While seated, turn right wheel upward until arm loosens. Grasp base of arm support and raise or lower to desired height. Turn wheel downward to lock.

To raise or lower left arm: While seated, turn left wheel downward until arm loosens. Grasp base of arm support and raise or lower to desired height. Turn wheel upward to lock.

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

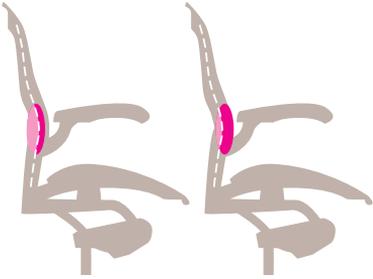


Arm Angle

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 chair arms inward for support while using keyboard. Swing arm out to support use of computer mouse.

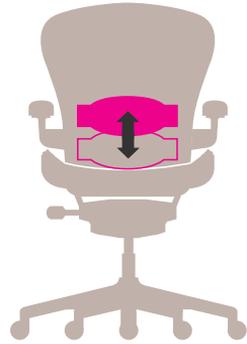


Lumbar Depth

Thick pad on back of chair

To adjust depth: Using equal pressure on each end of lumbar support pad, lift it out of its track in back of chair. Flip it over and replace in track. (Notice that one side of support pad is thicker than the other side.)

Switch between thick and thin sides so that it comfortably supports the natural curve of your spine.

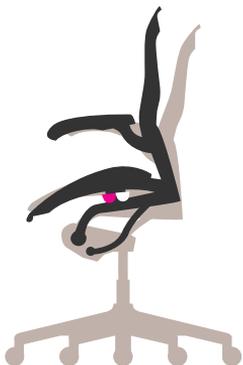


Lumbar Height

Thick pad on back of chair

To change height: Using equal pressure on each end of lumbar support pad, raise or lower it to desired position within adjustment track.

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



Forward Tilt

Front lever on left side



To position chair forward: Lean back and lift lever all the way up. Lean forward.

To resume horizontal position: While seated, push lever all the way down. Lean back.

Normally, forward tilt position is used with increased chair height. This relaxes the bend of your waist, knees, and ankles. To support back, set tilt limiter after assuming forward position.



Tilt Limiter

Rear lever on left side



To limit tilt range: Recline as far as you like. Move lever up to define the limit of recline. You can still move forward.

Readjust as necessary.

To release tilt limiter: Lean forward, press lever down.

If you want to sit in an upright position, set the tilt limiter when the seat is in a horizontal or forward position.

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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