1. Tilting Adjustment
(Swivel Knee Tilt -5)

Use this (to lock or unlock tilt)

The tilting of the chair is controlled by the lever located under the left side of the chair near the front of the seat.

To lock the tilting mechanism (upright position only) lean slightly forward in the chair and push the lever in or to the right.

To unlock the tilting mechanism pull the lever out to the left.

These adjustments can be made while seated.
2. Tension Adjustment

The tilting tension is controlled by the circular knob under the right side of the seat near the rear.
**To increase** the tension turn the knob counter clockwise.
**To decrease** the tension turn the knob clockwise.
The adjustment can be made while seated although some may find it easier to stand in front of the chair.

3. Height Adjustment  
(Manual adjustment)

The height of the chair is adjusted manually by an upright threaded column located between the 5 leg base and the chair.
**To raise** the chair height, turn the oversize cap on the column clockwise.
**To lower** the chair height, turn the cap counter clockwise.
These adjustments must be made while out of the chair.
4. Height Adjustment
(Pneumatic adjustment)

The height of the chair is adjusted by the paddle located under the right side of the seat near the front.

To raise the chair height lift your weight slightly out of the chair while pulling the handle upwards.

To lower the chair remain seated and pull the paddle upwards. Release the paddle when the desired height is reached whether raising or lowering the chair.