

Adjustment of office chair

Step 1

Adjust the height of the chair so as you can reach the floor with flat feet and your legs are pointing downwards (if you cannot get the chair low enough, the chair must be installed with a shorter gas cylinder):



Step 2

Push the seat forwards/backwards by pulling up on the handle at the front under the seat:



You must have space for 4 fingers between the back of the knee and the front of the chair:



Step 3

Adjust the height of the back. To do this, press the button on the back of the backrest:



The wider part of the backrest should sit where the back sways:



Step 4

It is important that there is movement in the chair. Therefore, pull up the rearmost handle to the right:



You will now feel the tilt function is activated:



The chair will tilt forward as you lean forward:



Step 5

You can adjust the resistance of the tilt function by turning the handle under the chair:



Step 6

The chair is now correctly adjusted:



See also good advice regarding workplace settings from SDU Working Environment Office:

[https://www.sdu.dk/en/om_sdu/institutter_centre/i_biologi/ledelse_administration/arbejds miljoe/skaerm arbejde](https://www.sdu.dk/en/om_sdu/institutter_centre/i_biologi/ledelse_administration/arbejds miljoe/skaerm_arbejde)