Care & Maintenance | Warranty

- Care of cloth upholstery:

To maintain the cloth upholstery, regular vacuum cleaning is recommended. Marks and stains may be removed with a proprietary cleaner. In difficult cases, consult a reputable firm of cleaners, or ourselves for advice.

- Care of leather upholstery:

Leather upholstery should be wiped with a slightly damp cloth and gently rubbed dry. A good proprietary hide food should be applied at least once a year, and more often if the leather is in a dry atmosphere or close to a heat source.

- Care of plastic parts:

Plastic compound parts are best clear by wiping with a slightly damp cloth a gently rubbing dry with a soft duster.

This product includes a comprehensive warranty.

Details of this warranty are available from Simply Ergonmoic customer services department on:

Tel: 0203 600 0322

Should you have any problem with your chair, please contact us on the number above.

Simply Ergonomic
human posture - ergonomic solutions

www.simply-ergonomic.co.uk

Setting up your Chair

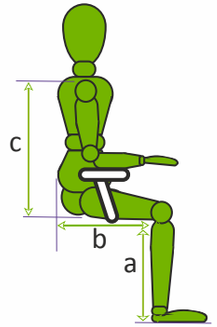
a. Seat height:
Ideally, your hips should be slightly higher than your knees to promote good posture. When your shoulders are relaxed and elbows are at right angles your forearms should be just above the surface of the desktop, parallel to the floor.

b. Seat Depth:
Your bottom should be at the back of the seat with roughly three fingers gap between the front of the seat and behind your knees. This will ensure adequate thigh support but without obstructing leg movement and lower leg circulation.

c. Back height:
The lumbar support of the backrest should fit into the small of your back to maintain the natural 'S' shape of the spine.

- Armrests:
The armrests should touch the underside of your forearms when your shoulders are relaxed and elbows are at right angles. This will avoid strain in the neck, shoulders and upper limbs.

Tension:
Create a feeling of floating (when your feet are off the floor) to encourage improved blood circulation and comfortable changes of posture. The tension should be not too soft so that you instantly recline and not too hard that you can't naturally push back.



Driving your Chair

Even the best ergonomic chairs can't do the job for you. Spending just a few minutes getting to know your chair and thinking about the way you sit can make a huge difference.

Do's:
- Adjust every chair you sit on - it only takes a couple of minutes.
- Keep the chair in the 'free float' mode most of the time and set the tension for your bodyweight.
- Alter your working position regularly and be conscious of your posture.
- Stand up, walk and stretch whenever possible, ideally every 20 minutes

Don'ts:
- Don't assume the chair is already set up for you.
- Don't slouch back in your chair or 'hunch' over your keyboard.
- Avoid perching on the edge of your seat.

Yes!

No!

No!

Operating your adapt® 600

1. Seat Height Adjustment

Lift handle (1) and raise or lower until desired height found. Release handle to set height. To lower the seat, body weight must be applied to seat surface. Adjustments should be made when sitting in the chair.

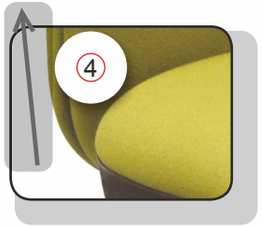
2. Seat Depth Adjustment

Seat depth adjustment lever is located to the rear of the seat on the left-hand side. Lift lever (2) to slide the seat to the desired depth. Release the lever to set

3. Backrest Angle Adjustment

To alter the angle of the backrest, lift the lever (3) and move the backrest to your desired angle. This is best done whilst sitting. Return lever to the downward position to lock in place

4. Back Height Adjustment



Lock the back in a vertical position. When seated, grasp the sides of the back and raise until comfortable. This is a 6-position ratchet system. To re-position the back, lift fully to the top, lower to the bottom and raise to the desired height.

5. Seat Tilt Adjustment (Free Float)

The chair is locked in position when paddle (5) is in the downward position, to unlock the seat tilt action, lift the paddle up. Leave unlocked for free float or , if preferred, lock when the desired seat angle is reached.

6. Body Weight Tension Adjustment

The tension adjustment handle (6) is located at the front right underside of the seat, twist clockwise to increase tension and anti-clockwise to reduce tension.

We recommend that the chair is set up to suit your individual dimensions to obtain the best results.

7. Inflatable Lumbar Support

Adjust the level of lumbar support by depressing the inflation pump bulb, located under the seat at the rear. If necessary, reposition the backrest angle and height

To deflate the air-cell, press the valve button attached to the bulb

8. Head/Neck Support (if fitted)

Height Adjustment - Raise or lower by grasping the headrest mechanism - Lift up or push down to achieve desired height.
Angle - Rotate the pad manually to achieve the angle you need.

9. Armrest Width Adjustment (if fitted with arms)

All armrests options offer a width adjustment feature, located underneath the seat. Loosen handle (9) slide arm to desired width then re-tighten the handle to set.

Details on the specific operation of all types of armrests, see the adaptations™ section of our website