

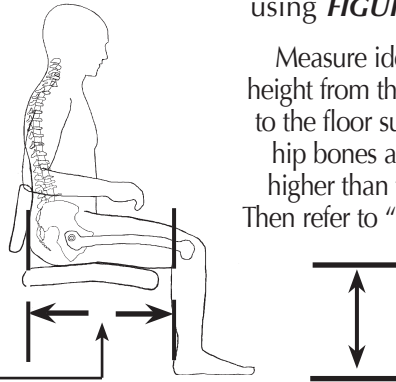
SEAT SELECTION GUIDE

How to Choose Seat Size and Lift Size

a) Measure Sitting Length using **FIGURE A**

Measure distance from the back of the knee to the back of the back to determine sitting length. then refer to Chart A below.

FIGURE A



b) Measure Sitting Height using **FIGURE A**

Measure ideal sitting height from the sitz-bones to the floor such that the hip bones are slightly higher than the knees. Then refer to "Lift" column

c) Use **CHART A** below to determine seat size based on measured thigh length and mechanism choice. Seat slider allows seat to adjust 1" shorter and 1.5" deeper

CHART A

Sitting Length	Seat Size w/ E, S, R or V Mechs.
14.5" - 16"	2
15" - 17"	3
16.5" - 18.5"	4
18" - 20"	5 & 6
18" - 22"	5 & 6 w/ SS
over 21" SS set at Max	5 & 6 w/ SS

BACKREST SELECTION GUIDE

1. Choose Backrest Style

Low Backs

(Recommended mechanism: S for maximum low back support)

- Ideal for people who like to sit upright and who do a lot of data entry.
- Supports the low back and lumbar region, by stabilizing the hips.
- Relaxation achieved by sitting balanced over the spine unloading on top edge of backrest.

Midheight Backs

(Recommended mechanism: R & K for maximum complete back support)

- Ideal for people who multitask and are in and out of their chair often.
- Designed to keep shoulder blades free to form a naturally supported open posture.
- Supports the low back and lumbar region, the spine.

Tall Backs

Recommended mechanism: R & K for maximum complete back support)

- Ideal for people who like to recline and people with neck problems.
- Designed to keep shoulder blades free to form a naturally supported open posture.
- Supports the low back and lumbar region, the spine, and the neck.
- Relaxation achieved by slightly reclining and resting the entire upper body against the backrest.

2. Choose Backrest Size

a) **Low Backs:**

- Choose backrest size based on the width of the backrest. The backrest should not impede the free movement of the users arms

b) **Midheight Backs:**

- Same as Low Backs

c) **Tall Backs:**

- Same as Low Backs
- Measure torso height (see **FIGURE B**) to determine which tall backrest to choose (see **CHART B**)

FIGURE B

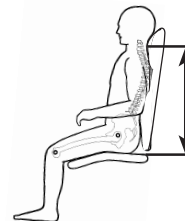


CHART B

Sitting Height to Nape-of-Neck Height

< 22": 26" Tall Back (i.e. TAs TBs, TCs or TJs)

22" - 29": 32" Tall Back (i.e. TAt TBt, TCt or Tjt)