# HOW TO ADJUST YOUR SPECTRUM CHAIR

**RECOMMENDED**
FOR USERS UP TO
**200KG**

## BACKREST HEIGHT

Loosen the knob at the rear left of the mechanism, and slide the backrest to the desired position.

Tighten the knob to fix in place.

REAR RIGHT LEVER

## BACKREST ANGLE

Lift lever to allow the backrest to tilt.

Lower the lever to fix the angle.

FRONT RIGHT LEVER

## GASLIFT SEAT HEIGHT

When sitting, lift lever to lower the gaslift.

Take your weight off the seat and lift lever to raise the gaslift.

EDEN

# SPECTRUM 200

Keep this for later reference



| | |
|---|---|
| 10YR | 10-YEAR WARRANTY |
| 200KG | RECOMMENDED MAXIMUM USER WEIGHT |
| GREENGUARD GOLD | GREENGUARD GOLD CERTIFIED* |
| FSC www.fsc.org | 100% Wood from well-managed forests FSC® C182102 |

*Product Certified for Low Chemical Emissions: UL.com/GG UL2818

## SEATING POSTURE

We recommend computer users adopt an open-angle sitting position, with knees slightly lower than hips.

Always sit near the back of your seat.

Adjust your backrest height so that the lumbar support fits into the lumbar contour of your back.

Adjust your backrest angle and seat height to a position that allows you to sit close to your workstation.

Your feet should be flat on the floor or on a footrest. There should be no pressure under your thighs.

Keyboarding and mouse operation should be achieved comfortably without stretching.

## WARRANTY

**Spectrum 200 is warrantied for 10 years in normal commercial-use situations.**

**The recommended maximum user weight is 200kg.**

Eden Office accept full responsibility for faulty workmanship and/or mechanical failure. Chair parts will be repaired or replaced free of charge within this period.

Repairs undertaken by any other party, or adjustment or tampering with mechanical parts, could void the warranty.

## CHAIR CARE

The **mechanical parts** of your Spectrum chair require little or no maintenance.

The **castors** should be kept clear of threads or other objects that would inhibit their movement.

The **gaslift** contains pressurised gas and should not be tampered with in any way.

The **foam and standard fabric** used in the upholstery of Spectrum chairs comply with standard AS/NZS 4088.1:1996.

Vacuum regularly. Protect from direct sunlight. Professional cleaning is recommended.

**For spot cleaning:** Wipe clean with a damp cloth, or shampoo using upholstery shampoo. A mild citrus cleaner may also be used.