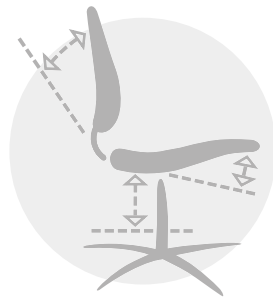


As a seated computer-user it's important to remember that the more you move the better. Sustained periods of sitting in one position can cause discomfort, fatigue and muscle strain. Our ergonomic chair mechanisms feature user-friendly adjustments that allow you to change position easily and frequently. Ergonomic task chairs are fitted with one of three types of adjustable mechanisms. Here's an explanation of the differences.

3-LEVER MECHANISMS

- Gaslift height adjustment
 - Backrest angle adjustment
 - Seat angle adjustment
- as well as
Backrest height adjustment.



With a 3-lever mechanism the seat and backrest angles are adjusted separately and can be moved to a position that suits you and then locked in place.

The seat angle adjustment allows a forward tilt seat angle promoting an open body posture and positive circulation, and allowing the user to sit within easy reach of their work.

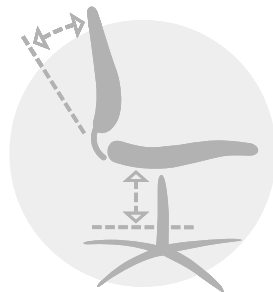
A 3-lever mechanism allows enough adjustability to **suit users working 8+ hours a day.**

Some chairs with 3-lever mechanisms also feature a Seat Slide function. This allows the seat depth to be adjusted to suit the user.

Most New Zealanders like 3-lever mechanisms as they allow the most control over how you choose to sit.

2-LEVER MECHANISMS

- Gaslift height adjustment
 - Backrest angle adjustment
- as well as
Backrest height adjustment.



The 2-lever mechanism backrest angle adjustment allows you to choose your backrest position then lock it in place to suit.

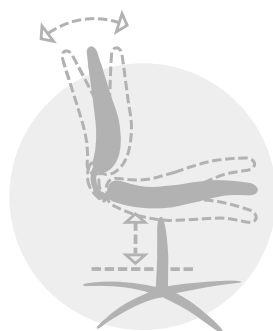
We recommend 2-lever mechanisms **for users sitting for short periods up to 6 hours a day.**

Chairs with 2-lever mechanisms can also be fitted with a Seat Slide function. This allows the seat depth to be adjusted to suit the user.

We also recommend 2-lever mechanisms for HighLift chairs, as we feel that maximum stability is achieved with a fixed seat angle.

SYNCHRO MECHANISMS

- Dynamic back-with-seat tilt movement
 - Gaslift height adjustment
- and usually
Lumbar height adjustment.



With a synchro mechanism the backrest and seat tilt movement is synchronised so they move together when adjusted. It is designed to be used in floating tilt mode so the backrest and seat move with you, following your movement to support you as you work.

The tilt function can also be locked so the seat and back angle is fixed.

On most chairs with synchro mechanisms the user needs to adjust the tilt tension to suit their body weight, so that the seat and back are providing you with appropriate support and you can move and tilt the chair comfortably.

With backrest height or lumbar adjustment, a chair with a synchro mechanism offers enough adjustability to **suit users working 8+ hours a day.**

Many of our chairs with synchro mechanisms have the Seat Slide function fitted as standard. This feature allows the seat depth to be adjusted to suit the user.