

# DuoBack® Type 11 & 12

## 1 SEAT HEIGHT

To raise the chair in height lift this lever whilst unseated. To lower the chair in height lift this lever whilst seated.

## 2 SYNCHRONOUS ADJUSTMENT

Lifting this lever upwards puts the chair mechanism in free float. To lock the synchronous mechanism simply find a position that is comfortable for you and push the lever down to lock the movement off.

## 3 ERGOLAST® WEIGHT TENSION CONTROL

First pull this lever out sideways to the right as this will make it easier for you to adjust. By rotating the handle clockwise you will increase the level of resistance to the synchronous action of the chair and by rotating it anti-clockwise, the resistance is reduced. Adjust to suit your body weight.

## 4 SEAT TILT (This is an optional feature)

Push this lever down and twist backwards towards the rear of the chair to unlock the independent seat tilt mechanism. Adjust the seat in angle back or forth and lock in the desired position by pulling this lever forwards towards the front of the chair. It will automatically twist upwards as you do this.

## 5 SLIDING SEAT MECHANISM

Depress this button and slide the seat back or forth to adjust the seat depth to your upper leg length. Releasing the button will lock the seat in place.

## 6 DUOBACK® HEIGHT ADJUSTMENT \*

Turn this wheel (½ - 1 turn) in an anti-clockwise direction to loosen the back rest, then with your free hand raise or lower the back rest to the desired height and lock it off by turning this wheel in a clockwise direction.

## 7 DUOBACK® WIDTH ADJUSTMENT

Turn this wheel in a clockwise direction to decrease the width of the DuoBack back rest pads and in an anti-clockwise direction to increase the width of the DuoBack back rest pads.

## 8 ARM REST WIDTH ADJUSTMENT

Loosening these levers by gently pushing them down will enable you to adjust the width of the arm rests from underneath the seat pan. Slide the arm rests in or out to increase or decrease the width between the arms and lock into place by lifting the levers upwards.

## 9 ARM REST HEIGHT ADJUSTMENT

Press and hold this button, raise or lower the arm rest to the desired position and release the button to lock the arm rest in place.

## 10 ARMREST PAD ADJUSTMENT

The arm rest top pads can be slid forwards and backwards from the central position. By pressing and holding this button whilst twisting the top pad, the armrest can be rotated through 360°.



\* When setting the height of the back rest in relation to your back, we strongly recommend that the area of the back rest indicated by the dotted lines is centred to the small of your back. This will ensure you gain the maximum benefit of the DuoBack® and receive optimum support for your back.