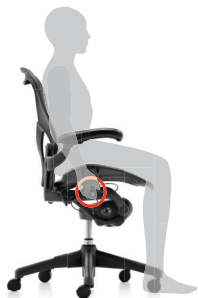


# HermanMiller Aeron® Chair



Seating that  
performs for you.

## Seat Height: Paddle-shaped lever on right side



**To raise:**  
While taking your weight off chair,  
lift lever up.



**To lower:**  
While seated, lift lever up.

At the proper height, your feet should rest flat on the floor.

## Arm Height: Lever on base of arm support

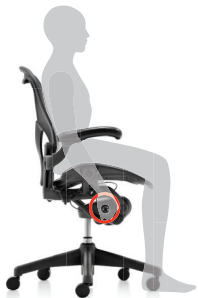


**To raise or lower arm:**  
While seated, lift lever to unlock.  
Grasp base of arm support and raise  
or lower to desired height. Lower lever  
to lock.

For maximum comfort, your arms should make contact with the armpad  
without any lift at your shoulders.

## Kinemat® Tilt Tension: Long stem on right side with knob

*Only available on some models.*



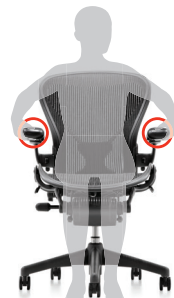
**To increase tension:**  
While seated, turn knob forward  
(clockwise, toward + sign).



**To decrease tension:**  
While seated, turn knob backward  
(counterclockwise, toward – sign).

Set the tilt tension to control the resistance you feel when leaning back.

## Arm Angle: Front of each armpad



**To swing arms in or out:**  
While seated, grasp front end  
of armpad and pivot it to the  
left or right.

Adjusting arm angle can help support different types of work and shifts in  
posture. Swing chair arms inward for support while using keyboard. Swing  
arm out to support use of computer mouse.

### Forward Tilt: Front lever on left side

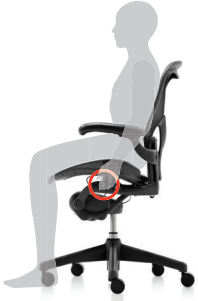


**To position chair forward:**  
Lean back and lift lever all the way up. Lean forward.



**To resume horizontal position:**  
While seated, push lever all the way down. Lean back.

Engage forward tilt to support the thighs' declined posture when performing intensive tasks such as keyboarding.



### Lumbar Height: Thick pad on back of chair



**To change height:**  
Using equal pressure on each end of lumbar support pad, raise or lower it to desired position within adjustment track.

Adjust pad height so that it comfortably supports the natural curve of your spine.



### Tilt Limiter: Rear lever on left side

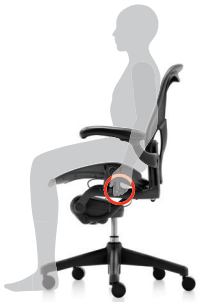


**To limit tilt range:**  
Recline as far as you like. Move lever up to define the limit of recline. You can still move forward. Readjust as necessary.



**To release tilt limiter:**  
Lean forward, press lever down.

Engage the tilt limiter when you want to sit in an upright or partially reclined position.



### PostureFit® Adjustment: Knob on right side of chair



**To engage:**  
While seated, turn knob forward until it stops. Then turn knob backward until you find the support that feels right for you.



**To disengage:**  
While seated, turn knob backward.

Note: Set PostureFit with tilt limiter engaged in forward position to achieve the best fit for you. Before making this adjustment, you should be seated with your back in the pocket of the chair back. Then adjust PostureFit so that it comfortably supports the natural alignment of your spine and provides lower back comfort.



### Lumbar Depth: Thick pad on back of chair



**To adjust depth:**  
Using equal pressure on each end of lumbar support pad, lift it out of its track in back of chair. Flip it over and replace in track. (Notice that one side of support pad is thicker than the other side.)

Switch between thick and thin sides of the pad so that it comfortably supports the natural curve of your spine.



### Fine-Tune™ Footring Height: Long stem on left side with knob

Only available on some stools.



**To raise:**  
While seated, lift your feet off the footring, turn knob forward.



**To lower:**  
While seated, lift your feet off the footring, turn knob backward.

At the proper height, your feet should rest flat on the footring.

