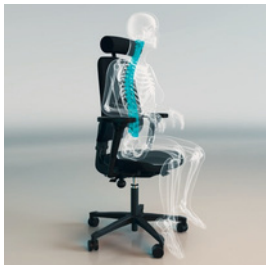
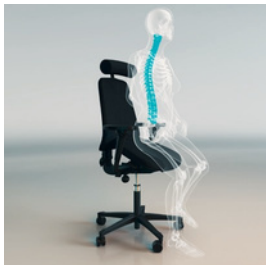


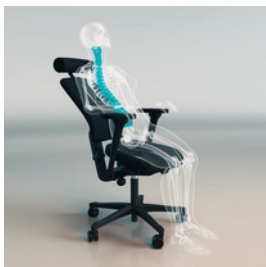
Allow yourself a couple of minutes to work with the settings of your chair in order to achieve carefully selected positions for the seat, back and armrests. Adjust the firmness of the recline setting and leave the seat loose. Then, without having to move a lever, you can:



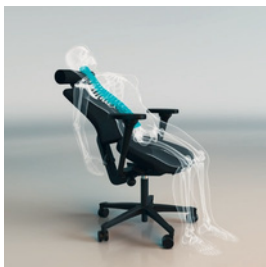
Sit upright



Sit in a balanced position



Recline backwards



Stretch out your body



[sales@kos.ie](mailto:sales@kos.ie)



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**KOS** Ergonomics  
THE POSTURE IMPROVERS



## HM Chairs Instruction Guide





#### 1. Seat height adjustment

Lift the outer lever upwards to increase the seat height or lower using your body weight.

#### 2. Seat depth adjustment

Release the seat by pushing the inner lever down. Then move the seat forwards/ backwards to the desired depth, then release the lever, which locks in a number of fixed positions.

#### 3. Adjust the firmness of the recline setting

Turn the knob clockwise or counterclockwise to set the recline mechanism to fit your body weight.

#### 4. Seat angle lock

Turn the lever back to release the lock. To lock the angle of the seat in any position, pull the lever forwards / downwards.

#### 5. Backrest angle setting

If you pull the lever upwards and apply pressure to the backpad, its angle will change.

#### 6. Recline mechanism lock

Turn the knob counterclockwise to lock the recline mechanism in any position and clockwise to unlock the recline mechanism. Note! The security lock only releases when leaning back.



#### 7. Backrest height adjustment

The backrest can be raised or lowered when this button is pressed. The backrest should be set so that the protruding section provides complete support for your lower back.

#### 8. Lumbar support (optional)

If you need more support in the lumbar region, more air can be pumped into the backrest using the pump. Air is let out by pressing the button next to the pump. The air cushion has two air chambers in order to ensure that the pressure is equally distributed and to reduce the pressure on the spine.

#### 9. Armrest adjustment

The armrests can have their height, width, depth and angle adjusted.

Height: Press the button on the side.

Width: Loosen the snap fitting on the bottom of the armrest attachment.

Depth: Move the armrest pad forwards or backwards.

Angle: There is a locking button located on the bottom of the armrest pad. Press to rotate the armrest plate.

#### 10. Neckrest setting (optional)

The height and depth of the neck rest can be adjusted. Adjust the neckrest to the desired height by pulling it up or down. Adjust its depth by turning it forwards/backwards.