

Give yourself a few minutes with the settings for optimal adjustment of the seat, back and armrest of your office chair. Adjust the recline resistance and disengage the seat. Then you can, without operating any lever:



Sit upright



Sit in a balanced position



Sit in a reclined position



Sit outstretched



**KOS** Ergonomics

THE POSTURE IMPROVERS

**Work Better.**

# HM Series





#### 1. Adjustment of seat height

Lift the outer lever upwards to raise the seat height or to lower it with the help of your body weight.

#### 2. Adjustment of seat depth

Disengage the seat by pressing the inner lever downwards. Then slide the seat forwards/backwards to the desired depth, and release the lever, which locks in a number of fixed positions.

#### 3. Changing the recline resistance

Turn the knob clockwise or anti-clockwise to adjust the recline mechanism according to your body weight.

#### 4. Locking the seat's angle

Rotate the lever backwards to disengage locking. To lock the seat's angle in any position, pull the lever forwards/downwards.

#### 5. Adjustment of the backrest's angle

Pull the lever upwards and push against the backrest in order to change its angle.

#### 6. Locking of the recline mechanism

Pull the knob outwards and turn anti-clockwise, release to lock the recline in any position, and turn clockwise to unlock the recline. Please note: The safety catch releases only when you lean backwards.



#### 7. Adjustment of backrest height

When this button is pressed, the backrest can be raised or lowered. The backrest can be adjusted so that the convex part of the backrest gives full support to the small of the back.

#### 8. Back-up

If more lower back support is needed, more air can be pumped into the backrest using the pump. By pressing the button next to the pump, the air is released. The back-up has two air chambers so that the pressure is evenly distributed, as well as to reduce the pressure on the spine.

#### 9. Adjustment of armrest (add-on)

The armrest's height, width, depth and angle are adjustable.

Height: Push the button on the side

Width: Release the snap bracket on the underside of the arm rest mounting.

Depth: Slide the armrest plate forwards or backwards.

Angle: There is a lock button on the armrest plate's underside. Press to turn the armrest plate.

#### 10. Adjustment of neck rest (add-on)

The neck rest is height and depth-adjustable. Adjust the neck rest to the desired height by pulling it upwards/downwards. Adjust the depth by turning it forwards/backwards.