

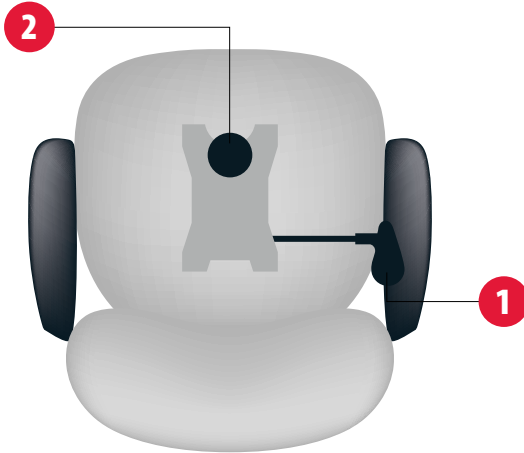


# Adjustments for ConferenceTilt™ Control

*For maximum seating comfort we recommend that you adjust your chair in the numerical steps indicated below.*

## Rocking Tension

The tension adjustment provides a controlled rocking motion to the chair. Put the chair in rocking motion (See tilt lock adjustment). Turn knob tighter or looser to suit your weight.



## 1 Seat Height

Lift the lever while seated and the chair will go down. Remove your weight, lift the lever, and the chair will rise. To lock the chair into a fixed upright position, lean forward and push lever in. Pull the lever out to rock.