

# Adjustments for OneTouch™ Control

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

**Seat Depth (Optional)** **2**  
While lifting the lever, slide yourself forward and backward until you have 2 - 3 inches between the front of your seat and the back of your knee.

**Backrest Height** **3**  
Lean slightly forward and guide the backrest up and down until it nestles nicely into the small of your back. Release the lever to lock.

**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.

**5 Backrest & Seat Angle**  
While lifting get into your normal working posture. The seat and backrest will move into position to support you. Now release the paddle. Generally, the angle between your upper body and upper legs should be about 100°.

**4 Air Lumbar (Optional)**  
Pull the bulb from the holder and squeeze. You will feel the bolster inflate. To deflate, simply push the button and lean back into the chair.

## Adjustment for Optional Backrests



### Mesh Back Adjustment

Grab the backrest with both hands, lean slightly forward, and lift the backrest until it clicks into place. Lift the backrest all the way up to reset. Twist the lumbar handle to increase or decrease lumbar support.