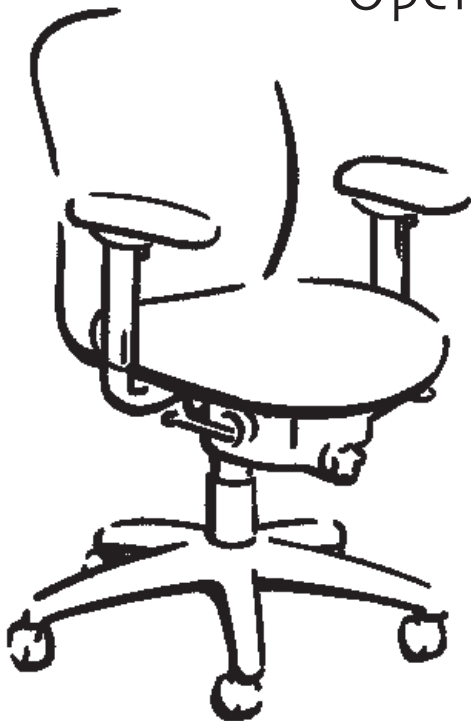


# PRIDE™ SEATING

## Operating Instructions



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## Deriving Maximum Benefits From Your Pride™ Chair

### Foot Ring Adjustment On Stool (not shown)

To raise or lower foot ring, turn knob counterclockwise to loosen. Position foot ring at desired location. Turn knob clockwise to tighten.

For maximum support, sit as far back in the seat as is comfortable and lean against the backrest. To benefit from the Pride chair's range of ergonomic features, individual adjustments need to be made. Proper cardiovascular circulation requires the seat be at the correct height. To achieve the correct height, your feet should be flat on the floor.

A. Seat height is adjusted with a pneumatic cylinder. To lower height while seated, lift the lever at the right front of the seat.

To raise the height, remove your weight from the seat while lifting the lever.

B. Adjust the back height by pulling the lever at the lower right of the back. In either a seated or standing position, simply raise or lower the back to the desired height.

C. To lock the back in one of three angles, first move your back to the desired position. Then, pull up on the lever at the right rear of the seat.

To return the back to its free-floating position, lean back slightly and push the lever down.

D. An adjustment can be made to the chair's seat tilt tension with the dial directly under the front of the seat. To increase the tension of the tilt, turn the dial clockwise. To decrease the tension, turn the dial counter-clockwise.

E. To adjust the Pride chair for your torso length, you can adjust seat depth. First, depress the button located on the left rear

of the seat. With the button depressed, slide the seat forward or back such that seat depth is comfortable for you. The most comfortable seat depth for most people is one in which they are able to sit well into the seat, with their back resting against the chair back, and with a slight space between the underside of their knee and the front of the seat. **Note: Limited adjustment on stool.**

F. You can choose to allow the seat to tilt forward by first leaning back slightly. While leaning back, lower the lever at the left front of the seat. You can then lean forward, and the seat will tilt downward with you. To eliminate the forward tilt of the seat, first lean back slightly. While leaning back, raise the lever at the left front of the seat. The seat will no longer tilt forward. **Note:** To open the forward seat tilt, or lock it out, the back angle lock must be in the down position. **Note: Forward-tilt not an option on stool.**

G. Arm Height Adjustment-depress button and raise or lower to desired height.

