

# Q70 Task Chair.

## User Guide



### 1. Seat Height

While seated, lift the right hand side paddle to lower the seat. Support your own weight off the seat while lifting the paddle to raise the height.

### 2. Lumbar Support

Place your hands behind you whilst seated and hold the lumbar strap in both hands. Slide the lumbar strap up or down to suit.

### 3. Backrest Tension

The tension adjuster can be found under the front of the seat. Turn clockwise to increase the tension, and anti-clockwise to reduce the tension.

### 4. Backrest Tilt

To adjust the backrest tilt locate the lever on the right hand side and pull out to the side. Lean back to the desired position and the lever back in to lock. To unlock the backrest tilt entirely, leave the lever pulled out.

### 5. Armrest Height

To change the height of the armrest, push and hold the button and slide each armrest up or down.

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