

# B1 Task Chair



**1. Backrest Tilt**

To prevent the backrest from tilting, pull the lever backward to lock. To unlock, pull the lever forward.

**2. Armrest Height**

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

**3. 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.

**4. 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.