

Humanscale®

# Liberty Task Chair.

User Guide



## Recline Tension

Liberty utilises a sophisticated mechanism that automatically adjusts recline tension to match your body weight. To set recline tension, all you have to do is sit.

### 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. Seat Depth

Lift up the lever under the forward edge of the seat and slide the seat to the desired position, release the lever to lock the seat.

### 3. Armrest Height

To change the height of the armrests, press and hold the button and slide each armrest up or down. Release the button at the desired height.

**AWM**

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