

# Q5 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. Backrest Tension**

While seated, pull out and then turn the knob on the right hand side of the seat to adjust the tension of the backrest.

**3. Backrest Tilt**

To prevent the backrest from tilting, pull out and then rotate the knob on the left hand side towards the rear of the chair. To unlock the tilt mechanism, rotate the knob towards the front.

**4. Seat Depth**

While seated, lift the left hand side paddle and slide the seat forwards or backwards, release the paddle to lock the seat pan at the desired depth.

**5. Lumbar Support**

The lumbar support is simply slid up or down to suit the location of the small of your back.

**6. Armrest Height**

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