

# USER INSTRUCTIONS

## AM:PM



Facilities where people work around the clock require the right equipment. It is important to have the best chair to ensure performance throughout the working day/night, when concentration is a must. AM:PM has been designed for constant use, to give high levels of comfort using moulded foam with a sturdy internal steel structure. Specify with fabrics that will cope with the demands of 24/7 environments.

The AM:PM features a high performance fully adjustable mechanism providing easy adjustment and dynamic sitting to suit the 24/7 environment. The weight setting is up to 190kg / 30 stone. The high back version offers an integral headrest that adjusts backwards and forwards to support the users neck and shoulders.



### Back Angle Adjustment



To adjust back angle independently of the seat, turn hand wheel clockwise to unlock. Turn wheel anti-clockwise to lock back position. Leave back unlocked for free float mode to encourage body movement. Hand wheel found on the right hand side underneath the seat.

### Seat Tilt Adjustment



Rotate hand wheel in any direction 1/4 turn (until you hear a click) to lock and unlock the seat into preferred position. Hand wheel found on the left hand side underneath the seat.

### Tension Adjustment



Turn hand wheel clockwise to increase tension to compensate for body weight, anti-clockwise to decrease. This hand wheel is found on the right hand side underneath the seat next to the seat height adjustment lever.

### Seat Height Adjustment



Lift lever to raise the seat, with no weight applied. Lift lever and apply weight to lower the seat. This lever is found on the right hand side underneath the seat to the rear of the tension adjustment wheel.

### Back Height Adjustment



Lift back via integral ratchet system. Lift the back cushion and raise to desired position. To reduce height, lift back to its highest level, and the back will return to its lowest position.

### Arm Adjustment



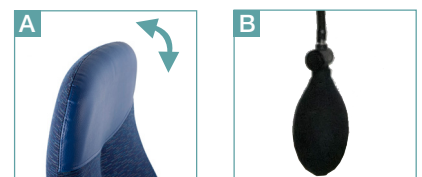
**4D Height Adjustable Arms**  
**Height:** Lift and hold button on the outside of arms to raise and lower arms to desired height. Release button to lock in place. **4D:** Move arm pads once seated, backwards, forwards and sideways, to adjust to preferred position.

### Seat Depth Adjustment



To adjust seat depth lift lever up and hold to move seat forwards and backwards. Placed underneath the seat on the left hand side, best done when seated.

### Optional Ergonomic Accessories



- A Lumbar Support:** Repeatedly squeeze bulb under seat to pump up lumbar pillow in back. Gives additional lower back support. Press button to deflate.
- B Integral Headrest:** Adjust by hand to alter angle.