

# FERN™ Seating Adjustment



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## A NEW MOVEMENT

It's important to adjust your chair so you can sit well, feel well, and work well. Fern's intuitive controls will ensure total back support for a variety of sitting postures.

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**A - Seat Height** lets you adjust the chair to properly position your body at the worksurface. Seat height should be adjusted to allow your legs to maintain a 90-degree angle to the floor or footrest. This keeps pressure off the back of your legs so blood flow isn't restricted.

*Pull up on the lever and raise your body out of the chair to increase seat height. Stay in the chair and pull up on the lever to decrease seat height.*

**B - Tilt Tension** regulates the amount of resistance you feel when leaning back in the chair, and the effort required to recline backwards. You accomplish multiple tasks throughout the day—the tension control helps you stay comfortable.

*Turn the crank forward to increase tension; backward to decrease.*

**C - Seat Depth** helps you sit back far enough in the chair to use the backrest without creating pressure behind the knees. With a full 3" of seat depth you have lots of room to adjust, so blood flow to your legs isn't restricted and you stay alert.

*Pull up and slide seat forward to lengthen, or backward to shorten. A minimum of two fingers should fit between the back of your calf and the front of the seat.*

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**D - Lumbar Support** maintains the lumbar curvature (lordosis) that occurs naturally in the spine of the lower back when standing. Lumbar support reduces pressure between the vertebrae, which is important for a healthy back.

*Pull lumbar support up or push down to adjust the height.*

**E - Back Stop** lets you select an upright position or limit the amount of recline. We all come in different shapes and sizes—with different comfort needs. Multiple positions in the back stop let you adjust the chair to fit your body.

*Rotate lever forward to engage; rotate backwards to disengage.*

**F - Forward Tilt** enables you to vary your posture throughout the day by changing the curve of your spine.

*Pull up on lever and lean forward, then release lever to activate. Pull up on lever and sit back to release forward tilt.*

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## **G - Armrest Height**

supports the musculature of the neck and shoulders when it's set properly. Your arms are approximately 10% of your body weight, so it's important you adjust the armrest height to take weight off your shoulders and limit fatigue.

*Pull up on lever and slide the armrest up or down as needed.*



## **H - Armrest Front to Back**

lets you get close enough to a worksurface to perform tasks.

*Grasp the armrest cap and move it forward or backwards as needed.*



## **I - Armrest Side to Side**

helps you move the armrest closer to or further away from body in order to align with shoulder width.

*Grasp the armrest cap and move it closer to body or further away as needed.*



## **J - Armrest Pivot**

gives you additional flexibility to position the armrests for the task you're performing while still providing proper forearm support.

*Grasp the armrest cap and rotate the front of the armrest towards or away from your body as needed.*