

"Alex" NPR office chair

Instruction manual



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At Ergofy, our mission is to turn workdays into enjoyable days, because we know how important a comfortable and healthy workplace is.
That's why we design affordable, high-quality ergonomic products for you.

- Team Ergofy

Introduction

Take the time to adjust your office chair properly so you can work comfortably throughout the day and help prevent physical complaints. Regularly vary your sitting posture by standing up or moving around. Using the synchronous mechanism of the “Alex” office chair, you can make small movements while seated. This promotes an active posture and helps counteract the effects of static loading.



Step 1

Adjust the chair height by lifting the lever on the right side of the seat. You are seated correctly when your hips are slightly higher than your knees.



Step 2

The seat should support your thighs sufficiently. It should not press against the back of your calves, but it should not be too short either. Use the sliding mechanism to move the seat forwards or backwards. The handle is on the right-hand side, directly underneath the seat.



Step 3

The backrest height can be adjusted by sliding the backrest upwards in steps. If you move it past the maximum height, it will drop back to the lowest position.

The ideal height is when the lumbar support fills the natural curve of your lower back. The backrest contains an inflatable lumbar support, which you operate using the pump on the right-hand side.



Step 4

The synchronous mechanism is operated by moving the lever on the left side up or down. When the mechanism is in the "free" position, you can recline the backrest.

Adjust the tension using the crank on the right-hand side.



Step 5

The armrests are important for proper support during computer work. Your shoulders should be relaxed, while your elbows rest on the armrests at a 90-degree angle, directly below your shoulders in a straight line.

The height of the armrests can be adjusted by pressing the button underneath the arm pad. You can slide the armrests outward or inward using the rotary knob on both sides under the seat. The arm pads can be moved forwards/backwards and left/right. The arm pads can also rotate.



Step 6

An extra dimension to active sitting is using the "free float" function. This allows the seat to tilt forwards and backwards while you are sitting. The lever for this is located at the rear right-hand side of the seat.



ENJOY

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