

Ergofy XXL Office Chair “Richard”

User Manual



ADAPTED TO YOU. **ERGOFY**

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 correctly, so you can work comfortably throughout the day and help prevent physical discomfort. Alternate your sitting posture regularly by standing up or moving. With the synchronous mechanism of the “Richard” office chair you can make micro-movements while seated. These promote an active posture and support recovery from static load.



Step 1

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



Step 2

You should have sufficient support from the seat. It should not press against the back of your lower leg, but it should not be too short either. Use the slide mechanism to move the seat forwards or backwards. The handle is located at the front, directly underneath the seat.



Step 3

Turn the knobs on both sides of the backrest to adjust the backrest angle.



Step 4

Operate the synchronous mechanism by turning the lever on the left side forwards or backwards. When the mechanism is set to "free", you can move the backrest backwards.



Step 5

Adjust the resistance of the tilt mechanism using the crank/handle on the right side.



Step 6

Adjust the armrest height by pressing the button on the outside of the armrest and pulling the armrest up or pushing it down.



Step 7

For additional lower-back support, use the pump attached to the backrest to add air to the lumbar cushion. Press the button above the pump to release air.



ENJOY

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