

Natick™ Task Chair User Instructions (Automatic Tension)



1. Integrated Back Support & Optional Lumbar Support:

Integrated back support contours to the natural curvature of the spine. The optional height adjustable lumbar support located on the back of the chair can be easily raised or lowered to the desired, supportive height.

Benefits: Proper back support allows users to maintain a natural and comfortable curvature of the back.

2. 1D, 3D, 4D Arm Adjustment:

Raise or lower chair arms to desired height by pushing the button located on the side of arm post (under the arm cap). For 4D arms, slide the arm cap back/forth, side/side and pivot as desired.

Benefits: The provision of arm support can reduce upper body fatigue, facilitate shifting body positioning when sitting, as well as sitting into or standing up from the chair. Armrests decrease body flexion, knee and hip movements, effectively reducing stress in the joints during sit-to-stand transitions.

3. Seat Depth Adjustment:

Adjust the seat depth by lifting lever located under the left hand side of seat. Slide the seat forward/backward to allow for maximum support while avoiding any undue pressure behind the knees.

Benefits: Positioning the body all the way back in the seat will provide full support of the user's hips, posterior and thighs with minimal or no pressure under the front of the thigh and knee.

4. Seat Height Adjustment:

Adjust the seat height up or down by lifting the lever located under the right hand side of the seat, connected to the mechanism. For optimal comfort, you should have your feet flat on the floor with your knees bent at approximately 90°.

Benefits: Proper seat height and positioning promotes good blood circulation in the lower legs. Restricted circulation resulting from poor positioning can cause aches, pain, numbness and injury.

5. Multiple Position Back Lock Adjustment (includes upright):

Lock the back, preventing the back from reclining, by rotating the handle/knob located under the left hand side of the seat counter clockwise. Unlock the back by releasing your weight from the back and rotating the handle/knob clockwise.

Benefits: The back lock is offered to accommodate possible task needs and personal preferences.

6. Back Tension Adjustment:

Automatic Weight Balanced Tension Adjustment: The reclining back tension automatically adjusts for size and shape allowing for comfortable support as well as supportive back and forth movement.

Benefits: Tension adjustment allows for the reclining back resistance to fit your shape, size and preference. The weight balanced mechanism automatically adjusts the reclining force to your size and shape providing for balanced resistance and freedom to lean forward and back.



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Natick™ Task Chair User Instructions (Manual Center Tension)



1. Integrated Back Support & Optional Lumbar Support:

Integrated back support contours to the natural curvature of the spine. The optional height adjustable lumbar support located on the back of the chair can be easily raised or lowered to the desired, supportive height.

Benefits: Proper back support allows users to maintain a natural and comfortable curvature of the back.

2. 1D, 3D, 4D Arm Adjustment:

Raise or lower chair arms to desired height by pushing the button located on the side of arm post (under the arm cap). For 4D arms, slide the arm cap back/forth, side/side and pivot as desired.

Benefits: The provision of arm support can reduce upper body fatigue, facilitate shifting body positioning when sitting, as well as sitting into or standing up from the chair. Armrests decrease body flexion, knee and hip movements, effectively reducing stress in the joints during sit-to-stand transitions.

3. Seat Depth Adjustment:

Adjust the seat depth by lifting lever located under the left hand side of seat. Slide the seat forward/backward to allow for maximum support while avoiding any undue pressure behind the knees.

Benefits: Positioning the body all the way back in the seat will provide full support of the user's hips, posterior and thighs with minimal or no pressure under the front of the thigh and knee.

4. Seat Height Adjustment:

Adjust the seat height up or down by lifting the lever located under the right hand side of the seat, connected to the mechanism. For optimal comfort, you should have your feet flat on the floor with your knees bent at approximately 90°.

Benefits: Proper seat height and positioning promotes good blood circulation in the lower legs. Restricted circulation resulting from poor positioning can cause aches, pain, numbness and injury.

5. Upright Back Lock:

Lock the back in the upright position by pushing the handle located under the right hand side of the seat inward (same handle used for seat height adjustment). Unlock the back by releasing your weight from the back and pulling the handle outward.

Benefits: The back lock is offered to accommodate possible task needs and personal preferences.

6. Back Tension Adjustment:

Adjust the tension by rotating the knob located in the middle under the seat. Rotate the knob counter clockwise to increase and clockwise to decrease the back tension as needed to allow for comfortable support as well as back and forth movement.

Benefits: Tension adjustment allows for the reclining back resistance to fit your shape, size and preference. Once properly adjusted, the tension setting should allow for balanced resistance and freedom to lean forward and back. Balanced resistance: the chair will remain in the chosen reclined position without user having to use any muscle groups.



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