

Aeron

User information

Notice d'utilisation

Gebrauchsanleitung

Información para el usuario

Informazioni per l'utente

Gebruiksaanwijzingen

 **HermanMiller**

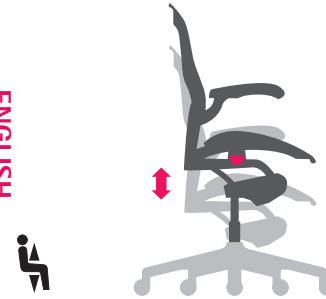
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Seat Height

Paddle-shaped lever on right side

ENGLISH



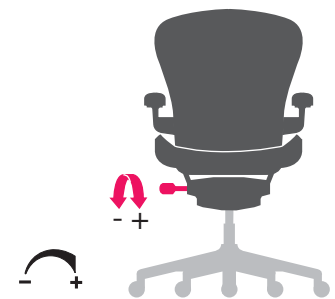
To raise: While lifting your weight off chair, pull lever up.

To lower: While seated, pull lever up.

Adjust to fit height of worksurface or keyboard, if possible. Feet should rest flat on floor or footrest. Avoid dangling legs, which puts pressure on and restricts blood flow in the back of thighs.

Kinemat® Tilt Tension

Long stem on right side with knob



To increase tension: While seated, turn knob forward (clockwise, toward + sign).

To decrease tension: While seated, turn knob backward (anti-clockwise, toward - sign).

Depending on desired tilt resistance, a number of turns may be required.

Increased tilt tension provides more stability and back support while reclining. Too much resistance makes the chair feel stiff. Depending on weight and preference, different people will require different levels of tilt resistance.

Arm Height

Lever on base of arm support

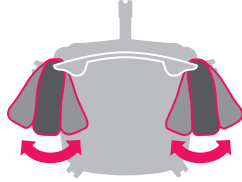


To raise or lower arm: While seated, lift lever to unlock. Grasp base of arm support and raise or lower to desired height. Lower lever to lock.

Adjust height of each chair arm so your arms are supported. This helps take weight off your shoulders.

Arm Angle

End of each arm



To swing arms in or out: While seated, grasp end of chair arm and move it left or right.

Adjusting arm angle can help support different types of work and shifts in posture. Swing chair arms inward for support while keyboarding. Swing arm out to support use of computer mouse.

Forward Tilt

Front lever on left side



To position chair forward: Lean back and pull lever all the way up. Lean forward.

To resume horizontal position: While seated, push lever all the way down. Lean back.

Normally, forward tilt position is used with increased chair height. This relaxes the bend of your waist, knees, and ankles. To support back, set tilt limiter after assuming forward position.

Tilt Limiter

Rear lever on left side



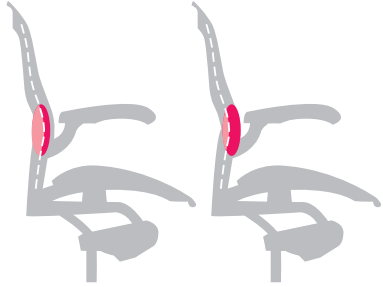
To limit tilt range: Recline as far as you like. Move lever up to define limit of recline. You can still move forward. Readjust as necessary.

To release tilt limiter: Lean forward, press lever down.

If you want to sit in an upright position, set the tilt limiter when the seat is in a horizontal or forward position.

Lumbar Depth

Thick pad on back of chair

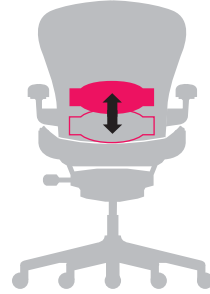


To adjust depth: Lift lumbar support pad out of its track in back of chair. Flip it over; replace. One side of support pad is thicker than the other side.

Switch between thick and thin sides to determine desired amount of support.

Lumbar Height

Thick pad on back of chair

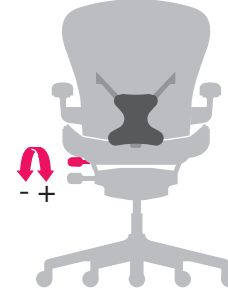


To adjust height: While seated, reach behind chair with both hands to grasp lumbar support pad. Raise or lower to desired position within adjustment track.

Typically, placement is just above your belt line.

PostureFit® Adjustment

Knob on right side of chair



To engage: While seated, turn knob forward (clockwise) until it stops. Then turn knob backward (counterclockwise) until you find the support that feels right for you.

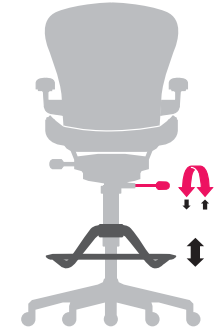
To disengage: While seated, turn knob backward (counterclockwise).

Note: Set PostureFit with tilt limiter engaged in forward position to achieve the best fit for you.

Before making this adjustment you should be seated as far back in the chair as possible. Then adjust PostureFit so that it comfortably supports the natural alignment of your spine and provides lower back comfort.

Fine-Tune™ Footring Height

Long stem on left side with knob



To raise: While seated, lift your feet off the footring, turn knob forward.

To lower: While seated, lift your feet off the footring, turn knob backward.

Adjust footring height so your feet rest flat on the footring, with your body comfortably supported by breathable Pellicle® suspension. A void dangling legs, which puts pressure on the back of thighs and restricts blood flow.

For more information about our products and services, please visit us at www.HermanMiller.com