

# AXIA 2.20, 2.40, 2.50 USER INSTRUCTIONS

Martela



## Healthy working

Take the time to set up your workstation properly! Healthy working is a combination of a proper seated posture alternated with regular breaks. In a proper basic posture: your body is well supported so you sit comfortably when looking at your screen. Effective lumbar support and use of the armrests are the key to a relaxed posture. Preferably set the chair in the dynamic position. This requires setting up your chair properly. Please take care of the following points:

### Seat:

1. Set the seat to the required height so your upper legs will be supported. Raise the lever. Adjust the seat to the required height. Release the lever to lock into position.
2. Pull out the sliders on either side of the chair. Slide the seat forwards as far as possible, but make sure your lower legs do not touch the front edge - leave a hands breadth between the seat and the back of your knee.
3. Tilt the seat back slightly. To do this, tilt the lever to top. Release the lever to lock into position. For optimum support, use the chair's dynamic setting. Raise the lever. The seat can now be tilted freely backwards and forwards.
4. Rotate the knob to find the required point of equilibrium. Take care when adjusting the tension of the mechanism to get a good balance in the dynamic setting.

### Backrest:

5. You can adjust the angle between backrest and seat stepless. Raise the lever and tilt the backrest backwards or forward. Sit in full contact with the backrest, ensuring a well-supported and active posture.
6. Set the height by pulling the levers out, so that your lower back is supported optimally.

### Armrests:

7. Depress the buttons on the armrests to adjust them to the height required for supporting your forearms when working. The correct height setting of the armrests ensures that muscles of your neck, shoulders and arms are relaxed. You can also turn or slide the armrest covers for fine-tuning the support.

### Workstation:

Set the top of the work surface to the same height as the armrests. Now the top of the work surface is an extension of the armrests. The monitor should be placed at a distance of about 60 cm from the eyes with the upper edge slightly below eye height.

### Headrest (Axia 2.40):

Adjust the headrest to your required height by sliding the bar up or down, and then rotate the headrest to a comfortable position.

**Note:** It is prohibited to repair or change the gas spring. If your chair needs service, please contact Martela.

