

## Ergonomic recommendations

Your chair is the most important piece of furniture to select. Sitting at a desk for long periods is one of the biggest causes of physical problems in today's corporate environment. Improper posture can cause many problems including head aches, neck pain, back pain, nausea and fatigue. Remember, fit your chair to your body, not your body to your chair.

1. Sit deeply in your chair allowing your back to be as close as possible to the backrest with legs slightly apart to create a wider support base.
2. Ensure the lumbar support is in the correct position to support your spine (where your belt normally sits).
3. Keep your head and neck in alignment with your shoulders and spine which maintains the healthy 'S' curve of good posture.
4. Ensure that your chair is at the right height and that your elbows are at the same height (or a little higher) than your worksurface.
5. Keep your shins perpendicular with the floor (90° angle).
6. Lean your lower arms on the armrests (if fitted) to create a 90° angle between your upper and lower arms.
7. Get up and walk, stand or stretch when possible to avoid sitting for extended periods.

## Maintenance and upkeep of the chair

Advanta chairs are manufactured to stringent standards and the only maintenance generally required is to keep them clean. Specific care instructions for upholstery coverings attached to the chair must be followed.

All maintenance work should be carried out by authorised Advanta repair agents.

# Advanta

# USER GUIDE

## DASH Chair



## Seat Height Adjustment

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- Lift lever **1** to adjust seat height
- TO RAISE  
Release your body weight from the seat until the desired height is attained and then release the paddle.
- TO LOWER  
Place your body weight on the seat until the desired height is attained and then release the paddle.

## Tilt Lock Control

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- Twist lever **2** up to unlock the mechanism and enable dynamic 'free-float' mode. You can now move freely and the chair will follow your movements.
- If you desire the chair to be in locked mode, push the lever down to lock the chair in position.

## Seat Depth Adjustment

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- Lift lever **3** on rear left side of seat.
- Slide the seat forwards or backwards to the desired position.
- Release the lever to lock the seat in position.

## Lumbar Support

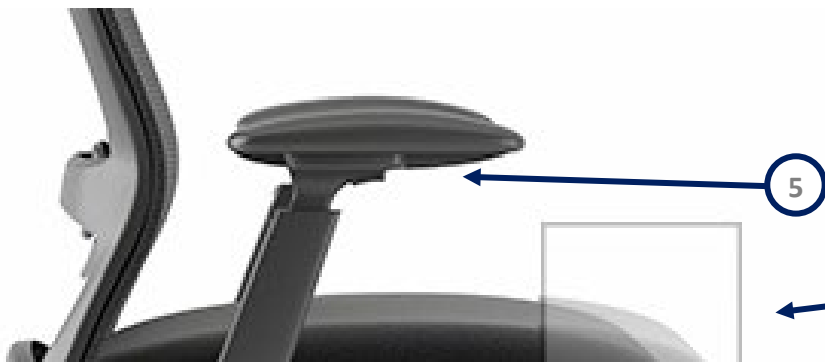
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- Slide the lumbar support **4** up or down to the desired position.

## Adjustable Armrests (optional)

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- Lift the button **5** and slide the armrest up or down to the desired position and then release the button to lock in position.



## DASH - Ergonomic Features

Key ergonomic advantages of the Dash chair are dynamic and responsive support and adjustable seat depth. The Dash chair is designed to move with your body as you wish. Regular movement and changes in posture result in improved well-being and productivity and the Dash promotes this by following and responding to your movements. The seat depth can also be adjusted to suit your preferred position, and the Lumbar support can be adjusted for height to sit in the correct position on your back.

