

# VERTU Task Chair

## Medium Back / High Back



A basic rule of ergonomics is that there is no such thing as an "average" person. However, providing a chair specifically designed for each individual is not practical. The only solution is to provide workers with fully adjustable chairs that can accommodate a maximum range of people (typically around 90 percent of the population; workers falling in the ranges of 5% of the shortest and the tallest will need custom-made chairs).

- Controls that are easy to operate from sitting position.
- A seat that adjusts for both height and tilt.
- A seat that does not put pressure the back of thighs or knees.
- A seat with a front edge that curves towards the floor.
- Breathable, non-slippery fabric on the seat.
- A backrest shaped to support the lower back.
- A stable five-point base.
- Wheels or casters suitable for the type of flooring.
- A swivel mechanism.
- Armrests that can be adjusted to the elbow height when your upper arms are hanging down and your forearms are at about a 90 degree angle to the upper arms.
- Armrests that do not interfere with free movements within the workstation.



Stand in front of the chair. Adjust the height so the highest point of the seat, (when in the horizontal position), is just below the knee cap. The chair height should be set so that the thighs are approximately horizontal and the feet rest comfortably on the floor.



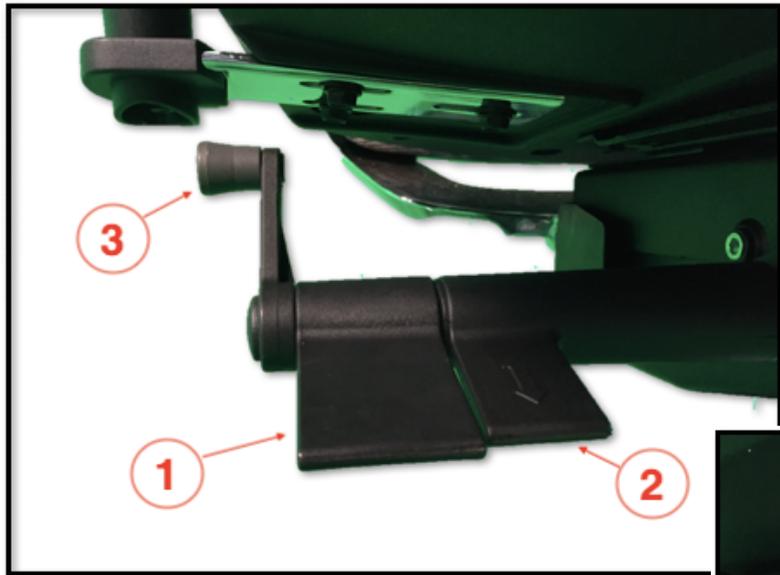
Sit on the chair and keep your feet flat on the floor. Check that the clearance between the front edge of the seat and the lower part of the legs (your calves) fits a clenched fist (about 5 cm or 2 inches).



Sit upright with your arms hanging loosely by your sides. Bend your elbows at about a right angle (90 degrees) and adjust the armrest(s) height until they barely touch the undersides of the elbows.



The backrest should be adjusted so that its convex curve fits into the curve of the lower back, centred about waist level. A slight backwards tilt of the backrest or forward tilt of the seat will allow an increase in the angle at the hip. This will decrease the force on the lumbar spine.

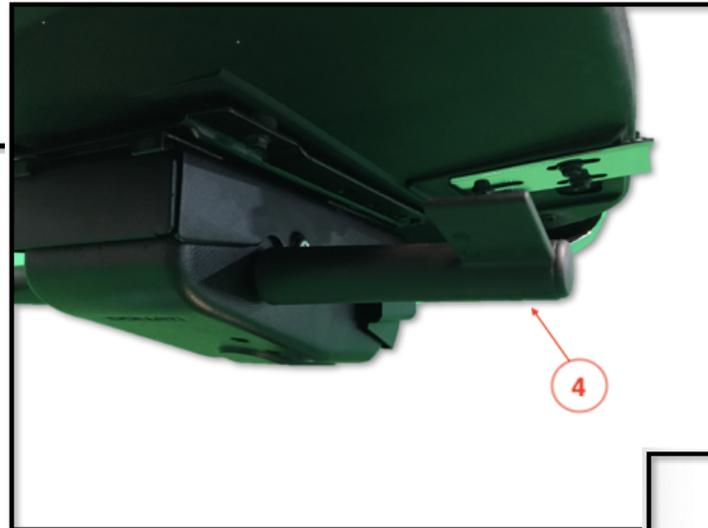


### 1. Adjusting the height of seat

When elevating the height of seat, lift up the lever then release it at the height desired. When lowering the height of seat, sit on the center of the chair then lift up the lever, release it at the desired height

### 2. Adjusting the depth of seat

Pull lever up and move seat pan , adjusting it for your convenience. Releasing the lever will lock the seat pan in place. \*When adjusting the depth of seat, please do it when standing up



### 3. Adjusting the strength / tension of tilting

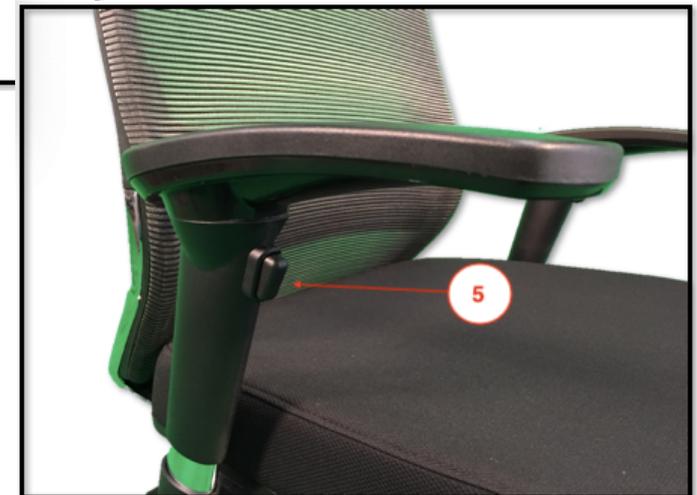
While sitting , rotate the dial counterclockwise then the strength of tilting will be weaker and if you rotate the dial clockwise, the strength will be stronger.

### 4. Locking & unlocking the backrest tilting

Pull the left lever up to unlock the back , the back will tilt freely. Snap the lever back down to lock the back into upright position.

### 5. Adjusting the armrest | Armrest height

Push the button located on the lower side of left/right arm pad and adjust the height of armrest. , Grab the front of each armpad to move it in and out until you reach desired position.



# VERTU

