

Econic – Office chair

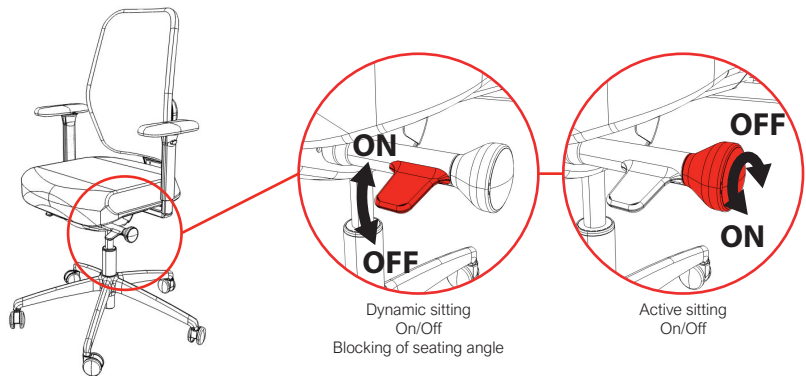
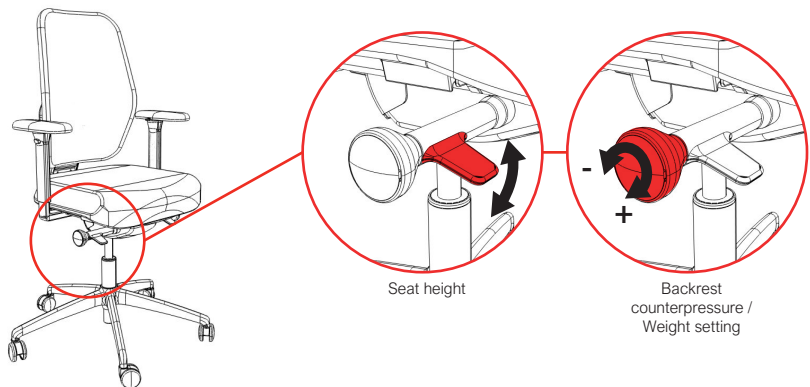
User manual



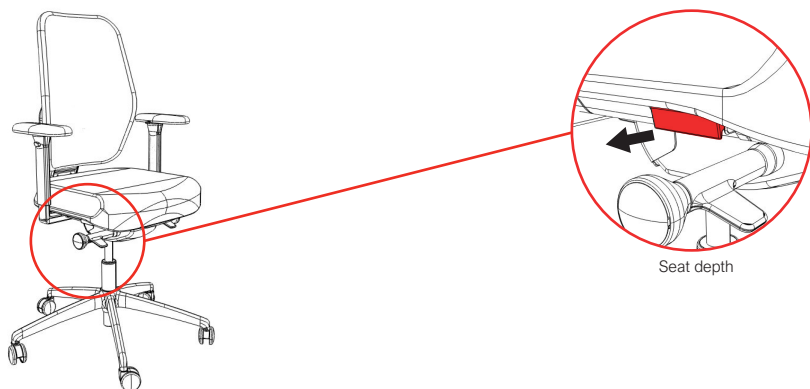
1. Overview

Features

1.1 Mechanics underneath the seat



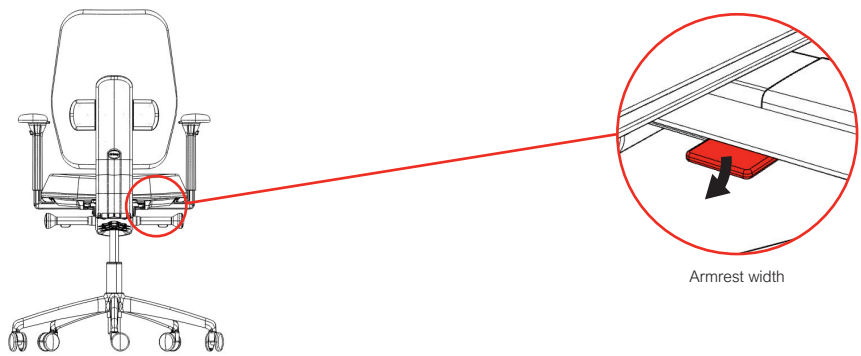
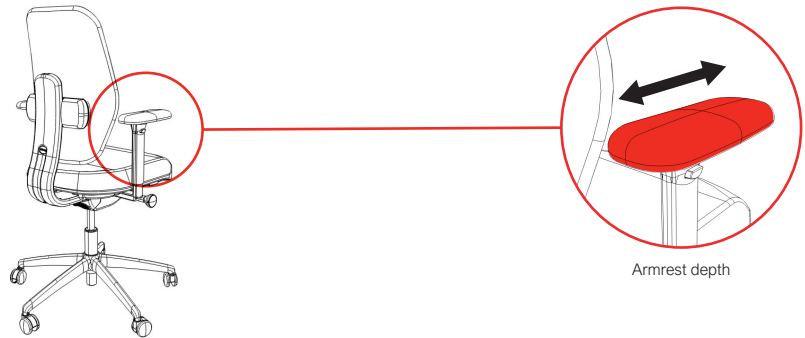
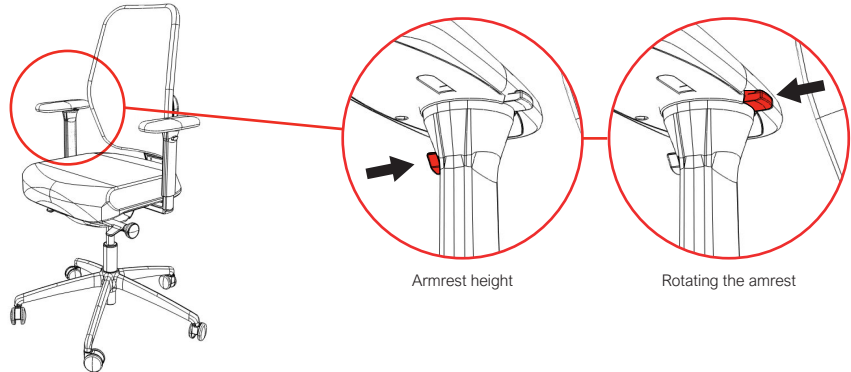
1.2 Mechanics seat depth



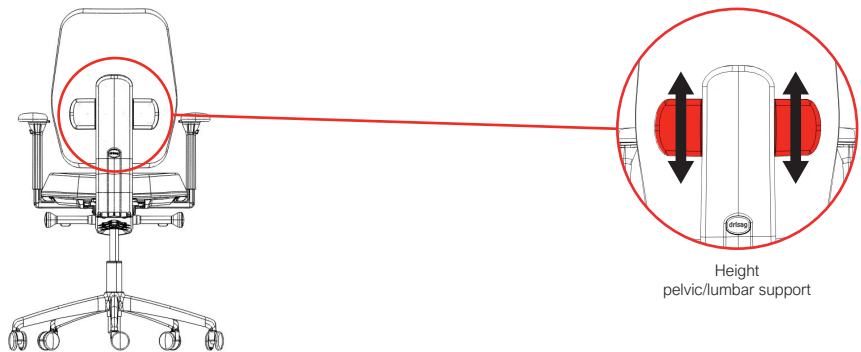
1. Overview

Features

1.3 Mechanics armrests



1.4 Mechanics pelvic/lumbar support



2. Econic setup

Order and directions

Maximum range



2.1 Seat height

To adjust the seat height, pull the lever at the bottom right of the seat up, allowing the seat to move up or down.

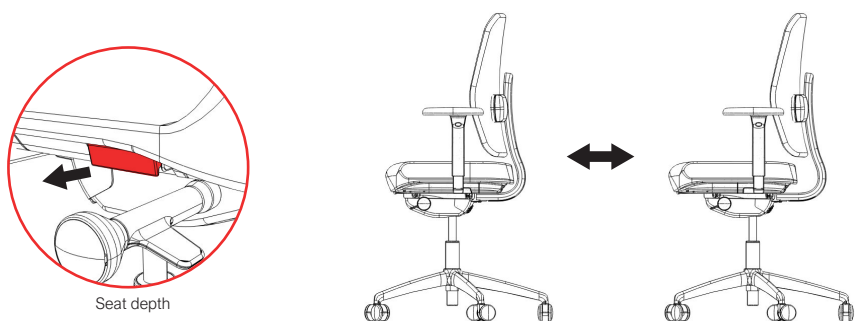
For a correct seat height, place your feet flat on the ground and form an angle of 90° with your knees between your lower & upper legs. In this way you avoid pressure points and distribute your weight over as large a surface as possible. Always make sure that you sit properly with your seat in the back of the chair and against the backrest.



2.2 Seat depth

To adjust the seat depth, pull the button on the right side of the seat, allowing it to slide forwards or backwards.

For a correct seat depth, you must adjust the seat so that you can place a fist between the front of the seat and the hollow of your knee. Always make sure that you sit properly with your seat in the back of the chair and against the backrest.



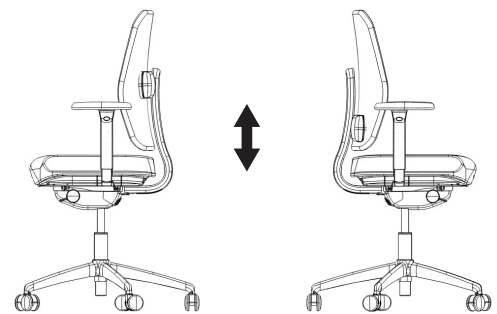
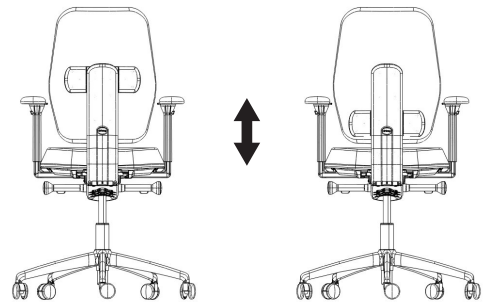
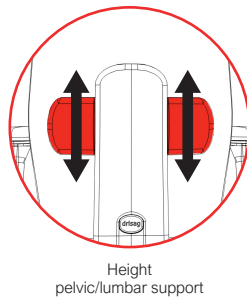
2. Econic setup

Order and directions

2.3 Pelvic/lumbar support

To adjust the pelvic/lumbar support, slide the support up and down until the desired height is reached.

For correct support of your lower back, place the pelvic/lumbar support at the bottom of your loins and the top of your pelvis. Always make sure that you sit properly with your seat in the back of the chair and against the backrest.

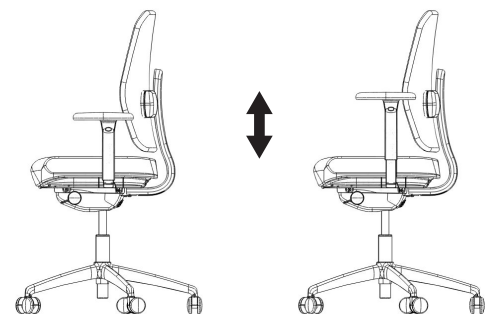
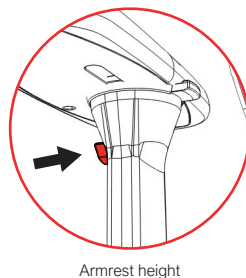


2.4 Armrests

2.4.1 Height control

To adjust the height, use the buttons on the outside of the armrests.

For a correct height of your armrests, relax your shoulders and upper arms & form an angle of 90° between your upper & lower arms. Place the armrests at such a height that your lower arms are just resting on the armrests.

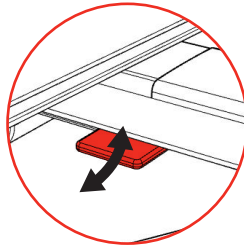


2. Econic setup

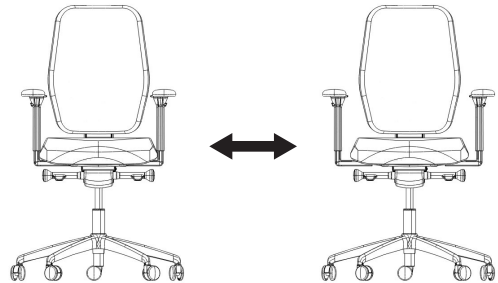
Order and directions

2.4.2 Width control

To adjust the width between the armrests, use the levers at the bottom of the chair.



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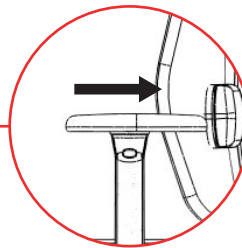


2.4.3 Depth function

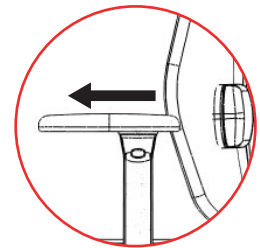
The armrest support can be slid forwards or backwards without any button. It is desirable to always sit as close to your desk as possible, so make sure you position the armrests backwards sufficiently.



Armrest depth



backward

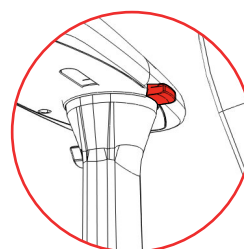


forward

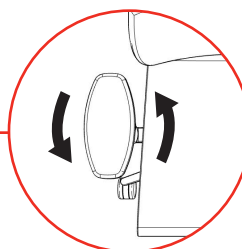
2.4.3 Rotating function

The armrest support can rotate. To do this, press the buttons just below the support.

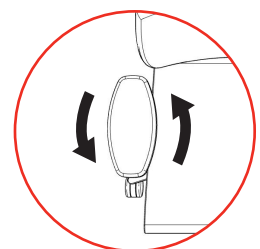
- a) 180° rotation: additional width adjustment between the armrests
- b) 45° rotation: optimal support for the lower arms during typing



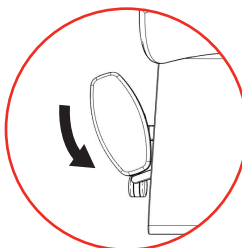
Rotating Armrest



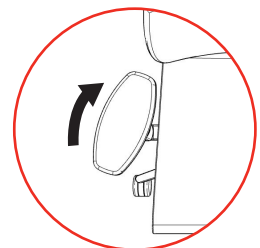
Rotate 180°



Rotate 180°



Rotate 45°



Rotate 45°

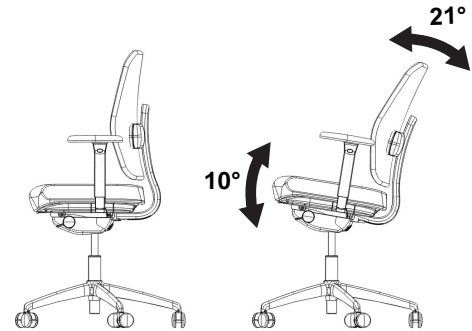
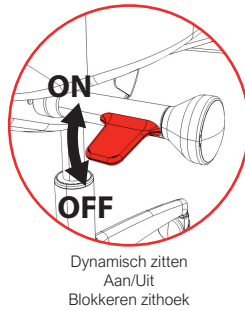
2. Econic setup

Order and directions

2.5 Static vs. Dynamic

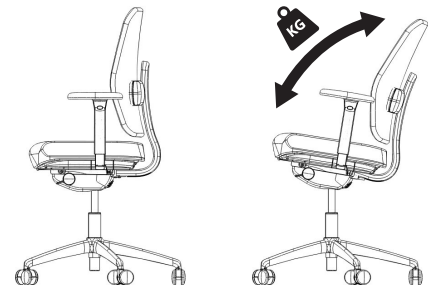
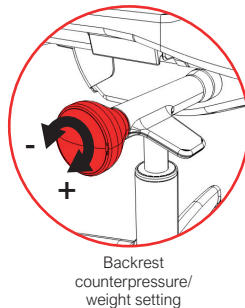
2.5.1 Dynamic sitting/ Swinging

To swing, pull the lever on the bottom of the left side of the chair up. Dynamic sitting prevents cramping during prolonged sitting. Static sitting can be achieved by pushing the lever downwards. The chair is lockable in 6 positions and equipped with kickback protection. Prolonged static sitting increases the risk of cramping and is not recommended.



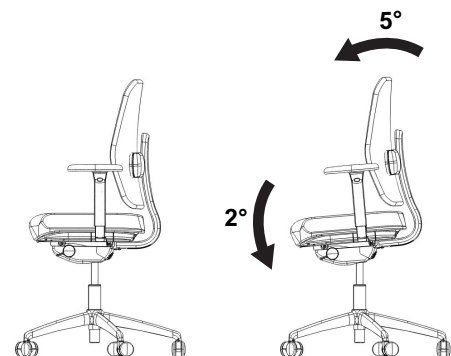
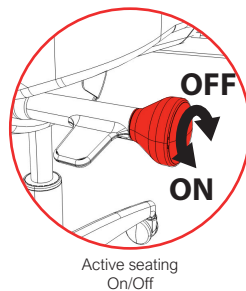
2.5.2 Backrest counterpressure/ Weight setting

At the bottom right, next to the lever of the seat height, there is a rotary knob with which you can refine the backrest counterpressure. Turn clockwise: increase the counterpressure, turn counterclockwise: decrease the counterpressure. Ideal setting = being able to swing smoothly in combination with sufficient counterpressure/support in the back.



2.5.3 Active sitting

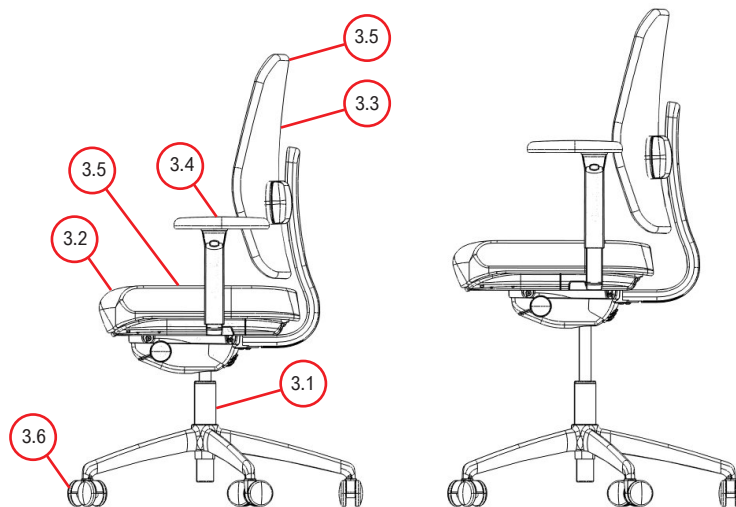
At the bottom left, next to the lever to lock the seat, there is a rotary knob for "extra active sitting". By rotating this knob and leaning back for a moment, you activate this function. In the most active sitting position of the chair, this tilts the seat 2° and the backrest 5° forward. Sitting on a seat tilting forward stimulates forward tilting of the pelvis, preventing deformation of the spine and back problems.



3. NBN EN 1335

Dimensions

- 3.1 Seat height
Standard spring height: seat height 43.5 – 56 cm
Other gas springs possible on request
- 3.2 Seat
Adjustable seat depth: 39 to 49cm, 9 positions
- 3.3 Backrest
Back height low back: 47 cm
Back height middle high back: 57 cm
Back height high back: 67 cm
Lumbar support: adjustable over a range of 14.7 cm
- 3.4 Armrests
Adjustable height, width, depth and rotatable
- 3.5 Upholstery
Interchangeable
- 3.6 Castors
different types of castors available:
 - Soft castors for a 'hard' floor (concrete, tiles, parquet, etc.)
 - Hard castors for a 'soft' floor (carpet)



4. Maintenance

Instructions and advice

4.1 Textile

It is best to clean the seat and back of the chair with a vacuum cleaner or dry foam. Please contact your seller for the cleaning of leather and artificial leather covers and the use of the right cleaning products.

4.2 Plastic components

Plastic components can be cleaned with a dry or slightly damp cloth, or with a vacuum cleaner.

4.3 Gas spring

Some parts of the gas spring may contain a lubricant. This is important for the component to function correctly. Please do not remove this product.

4.4 General repairs

Please contact your seller for potential repairs, reupholsterings or the replacement of damaged components.