

## get to know your Criterion® chair

### Fully adjustable for long-term comfort

Designed from the base up to fit the broadest range of body types, user tasks and personal preferences, the Criterion® chair suits your work style perfectly. Six million people around the globe can't be wrong: this chair supports you unconditionally.



### Adjustable Arms\*

Arms adjust fluidly in three directions so you can find a natural position. Squeeze triggers in while moving arms up or down to adjust height. Grasp arm and move in or out to adjust width; push front left or right to pivot.

### Seat Height

Proper seat height should allow your thighs to be parallel to the floor. To raise the chair, lift body weight and pull lever up. To lower chair, remain seated and pull lever up.

### Seat Depth\*

Adjustable seat depth adjusts to your leg length for extended comfort. Lift and slide seat forward and back until you have enough room for 2-3 fingers between the front seat edge and the back of your knee.

### Adjustable Back\*

Criterion's contoured mid- and high- back chairs are designed to move up and down to provide the right combination of upper and lower back support, providing long-term comfort for task-intensive work.

To adjust while seated, pull handle toward you and raise or lower.

### Seat Angle

Seat angle is designed to allow you to tilt your seat forward or back to adjust to your work. Adjust while seated by pulling handle up and shifting your weight to alter seat angle. Release handle to lock anywhere within the range.

### Tension Control

Allows you to set the amount of "push back" you desire as you recline. To adjust the tension while seated, turn the knob clockwise to increase tension or counter clockwise to reduce tension.

### Variable Back Stop

Allows you to set desired angle of recline. Hold switch forward to recline. Lean back to desired back angle. Release switch to set tilt range.

To lock in upright position, remove weight from back and release switch.

\* Optional features (may not be included on your chair).