

The logo consists of the lowercase letters 'do' in a stylized, rounded, black font. The 'd' and 'o' are connected, with the vertical stem of the 'd' extending upwards.

better
task chair
operating instructions

user-centred design

means there's **no longer a multitude of knobs and levers** to find and interpret, this makes the chair easier to use and a cleaner design.

Both the **technical and upholstered mesh textiles adapt to each user's body shape** to always provide great back support. The single skin mesh allows better temperature control and breathe-ability than a traditional upholstered back.

Because we know that **good lumbar support is an important factor in delivering great comfort**, we've included this as standard. Our flexible lumbar pad has 100mm of adjustment and is easy to reach and to operate when you're sat in the chair.

The seat controls are intuitive & simple; **if it moves the seat, then it's on the seat**, with height adjustment on one side and depth adjustment on the other.

The **weight balancing mechanism automatically adapts to any size of user**, taking away the need for the usual tension adjustment & complicated chair 'set-up'. The optional travel limiter allows back recline to three different angles but ensures that the back can only ever be locked in the upright position.



Seat Height

The seat height control can be found at the front of the seat pan on the right hand side, just below the bottom of the seat cushion.

To raise the seat height, pull the seat height control outwards whilst your weight is lifted slightly off the seat.

To lower the seat height pull the seat height control outwards whilst you're sat in the chair as normal.

The seat height should be set so your **thigh to back angle should be 90°** or slightly more. This will help keep your pelvis up-right and your spine aligned in a natural 'S' shape.



Seat Depth

The seat depth control can be found at the front of the seat pan on the left hand side, just below the bottom of the seat cushion.

To adjust the seat depth, pull the control outwards whilst your weight is lifted slightly off the seat and slide the seat forward or backward into the desired position.

The seat depth should be set so you have **up two to three fingers gap between the front of the seat and the back your knees.**

This will ensure adequate thigh support without obstructing leg movement or **restricting blood-flow.**



Back Lock / Travel Limiter (Optional)

The do chair has been designed to allow the user to work in an upright position without having to lock the back, in order to encourage healthy, natural movement throughout the working day. If, however, **your chair is fitted with the optional travel limiter**, this will allow the chair to be locked in the upright position. It will also allow the user to limit the recline of the chair back to three different angles (but ensures the back can only ever be locked in the upright position).

The control stalk is located on the left hand side of the chair mechanism and is rotated to adjust it. When rotated fully forward, the back will be locked into the upright position.

When rotated rearward, the control will allow the back to rotate into three different levels of recline angle but will not lock the back whilst reclined.



Lumbar Height Adjustment

The flexible lumbar pad can be raised or lowered to a position that suits you best.

Simply reach around the back of the chair with both hands and lift or lower the pad using the grips on either side (this works best when you move both grips at the same time).

The pad will remain in the position you have set for it.

The best position for the lumbar pad is the one where you feel most comfortable of course, but ideally the **lumbar should fit into the small of your back** to help maintain the natural 'S' shape of the spine.



Adjustable Arm: Height Adjustment

The standard adjustable arm has a height adjustment range of 100mm.

The height adjustment control is found on the underside of the arm pad, toward the front end of the pad.

To raise or lower the arm, squeeze the button upward into the arm shroud and lift or lower the arm to the desired position. Release the button to lock the arm into position.

The armrests should touch your forearms when your shoulders and elbows are relaxed at your side. This will avoid strain in the neck and upper limbs.



Multi Adjustable Arm: Height Adjustment (Option)

The multi adjustable arm is available as an option on the chair and if fitted has a height adjustment range of 70mm.

The height adjustment control is found at the top of the arm shroud (position A). To raise or lower the arm, press the button into the arm shroud and lift or lower the arm to the desired position. Release the button to lock the arm into position.

The armrests should touch your forearms when your shoulders and elbows are relaxed at your side. This will avoid strain in the neck and upper limbs.



Multi Adjustable Arm: Pad Rotation (Option)

The arm pad rotation control is found on the underside of the arm pad, at the front (position B).

To rotate the pad, cup your hand over the front of the arm pad and slide the control **forward with your finger tips**, then rotate the pad to the desired position.

The pad can be rotated 180° rearward to allow you to work closer to your desk or 30° inward to provide wrist support whilst typing.

The arm-pad will automatically lock in the forward position for additional safety.



Adjustable Arm and Multi-Adjustable Arm: Width Adjustment (Optional)

If fitted as an option on your chair, both designs of adjustable arm offer width adjustment with a range of 35mm per arm.

The width adjustment knob is found on the underside of the arm support on each arm.

Reach under the seat pan and loosen the knob by one full turn. Then slide the arm inward or outward to the desired position and re-tighten the knob so it is firmly clamping the arm support in place.

