

# Instructions For Use

## HAG Capisco Ergonomic Office Saddle Chair



1. **Head Rest Height Adjustment.** Lift the head rest to the desired position. You may need to apply some force to lift & lower the head rest.
2. **Chair Recline Adjustment.** Push the lever towards the front of the chair to engage the seat recline function. You can lock the chair in any position by pulling the lever back to its original position.
3. **Recline Tension Adjustment.** Turn the plastic knob clockwise to increase the tension of the recline (i.e. make it harder to recline). Turn the plastic knob anti-clockwise to reduce the tension of the recline function (i.e. makes it easier to recline the chair).
4. **Step-Up Foot Stool.** To install the Step-Up Footstool, push C shaped joint onto the top of the gas cylinder. Then slide the footstool downwards until it is on top of the gas cylinder. Gently push the entire footstool downwards until the wheels touch the ground.
5. **Height Adjustable Back Rest.** On the back of the chair pull the button out to raise or lower the back rest.
6. **Chair Height Adjustment.** Lift the lever upwards to activate the gas cylinder height adjustment. Note, when attempting to raise the height of the chair, do not put body weight on the chair whilst lifting the lever.
7. **Seat Slider.** Underneath the left hand side of the chair lift the lever up to slide the seat base away from the back rest. Push Lever down lock the seat base to your desired position.

Please Note: When assembling the chair, be sure to spray a lubricant on the top and bottom of the gas cylinder. This will make it easier when disassembling the chair in the future.