

Instructions for use of the ErgoDynamic



active position 3° forward passive position 6° backwards

Dynamic has 4 knobs

First set the chair in the passive position (see diagram)

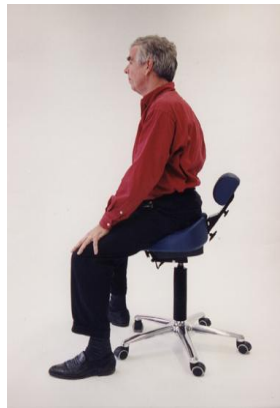
1. Move the knob at the front of the chair (4) to its highest position. Place your buttocks flush against the raised back edge of the chair. The saddle will ease downwards 6°, automatically moving the lumbar back support towards the lower part of your back.
Important: first adopt a firm sitting position, and then lean back against the back of the chair, hollowing your back slightly. If you are too hasty in leaning back before sitting in the manner described above, the scissor mechanism will lock and you will slip away from the chair; you will then be slouching in the chair rather than sitting in it!
2. With knob 1 adjust the height of the chair in such a way that your thighs slope slightly downwards at an angle of approx. 100° - 120° from the hip. If your thighs bear down too heavily on the saddle, or if there is a feeling of tightness in the crutch, the position of the ErgoDynamic will need to be lowered slightly.
3. Using knob 2 adjust the back rest at approximately waist level, or slightly above or below it (at the deepest part of the lumbar-spinal column).
4. With knob 3 the back rest can be adjusted to give varying degrees of support.

By following these steps you will have adjusted the chair correctly for the passive sitting position.

In order to now *automatically adopt the active sitting position*, the following steps should be taken:



passive position



active position

To set the chair in the active position (see diagram)

5. Loosen knob 1, move it to a lower position on the dial (ie. 3), then tighten knob again to secure that position.
6. Now raise your chest and bring it forward, thereby bringing the trunk forward slightly and gently hollowing the back. Now tilt your pelvis forward.

Tip: lean on the knees with elbows stretched and bring the chest bone slightly forward/upward; see diagram. The saddle should now come up easily.

NB: When returning to the passive sitting position the saddle should easily go back to its starting position (in the passive setting). If this is not the case, or if the saddle does not easily return to its starting position, then readjust knob 4 to a slightly higher setting.

Important: When re-adopting the passive position, **first sit** (with slightly hollowed back), **then lean** (do not slouch or sprawl, in other words, for this would lock the scissor movement of the chair). This also works as a **reminder of the correct department that one should aim for.**

Accessories: foot ring, arm rests, foot control (on request).

The ErgoDynamic is a chair which encourages and promotes a more active sitting position, whereby back complaints can be prevented and dealt with. This altered sitting behaviour may possibly result in slightly aching muscles in the beginning; a period of adjustment is normal (physiological muscle ache).



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