

How to use the CorrectSit / ErgoSolex Tilt®

1. **Handle 1 left: tilting mechanism of the seat.** Set the inclination of the seat: pull the handle to release the tilting mechanism. Now you are able to put the seat in the right inclination (horizontal or a few degrees backwards, negative inclination) if you feel comfortable lock the position by pushing down the handle.
2. **Handle 2 right front: high-low adjustment.** 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.
3. **Handle 3 right back-side : inclination of the backrest.** Pull the handle upwards to release the mechanism (fig. 4) first push with your back the backrest far as possible backwards then stretch your back and let it come into your back till it gives the right amount of support then lock it by pushing the handle downwards.
4. **Rotary knob, backside: high-low adjustment for the backrest.** Adjust the height of the backrest. Release the rotary knob and place the backrest at the good height. The backrest should give support in the hollow of your back. The average position is at belt level of the pair of trousers.



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