



All instructions refer to the seated position

The Flint F05 chair is designed as a good quality, comfortable operator chair. It offers an adjustable back rake mechanism, gas column operated seat height movement and back height adjustment.

There are 2 levers on the chair located below the seat, on the right-hand side.

1. The front lever on the right hand side of the chair operates the gas lift to enable the user to adjust the seat height. Lifting the lever allows the chair to move down. To raise the seat, lift the lever while simultaneously taking weight off the chair seat. The sitting position can then be fixed by simply returning the lever to its start position.

Ideally the feet will rest comfortably on the floor and the thighs will be horizontal. However, the height of the desk and keyboard position will determine the best seat height.

2. The back lever activates the back tilt. Lifting the lever upwards releases the back allowing it to tilt forwards and backwards. The back can be locked into position by returning the lever to its starting point.

The exact position of the back is a matter of personal preference, but it is important to maintain good back support and posture. It is possible to leave the back 'floating' (ie not locked in position) for general office use.

3. The handwheel located at the bottom of the back on the left hand side is used to release the back and adjust the height. Unscrew the wheel anti-clockwise, push the back down or pull it up to the desired position and retighten the handwheel (do not overtighten).

It is important that the back should provide good support and posture for the user.

4. The chair is designed to accommodate users weighing up to 120kg.
5. All chairs are built to comply with and have passed BSEN1335-1:2000, and BSEN1335:2009 Parts 2, 3, & 4.

Optional Extras – Where Fitted.

6. **Height Adjustable Arms** These can be adjusted to suit individual preferences by pushing in the button located on the arm support underneath the arm pad to release the arm support. When the desired position has been achieved release the button.
7. **Seat Slide** The lever at the front left (seated position), operates the seat depth adjustment. To activate lift the lever up while simultaneously sliding the seat forward and down to lock in position. The slider is spring activated, so it will move back by itself once the lever is lifted. There should be a gap of approximately 2 fingers width between the back of the calf and the seat.
8. **Inflatable Lumbar Support** The bulb hanging from the bottom left of the back is to inflate the lumbar support. Squeeze bulb to inflate the support. To deflate, there is a button between the bulb and the stem it hangs on, squeeze this and you will feel and hear the lumbar support deflating. The amount of inflation will depend on individual preference.