

## **Adjustment instructions of the ERGO chair**

- 1. Position the seat at the optimum height for the working station**
- 2. Adjust the seat depth. You should be able to pass 1 or 2 fingers between the front of the seat and the back of the child's knee when he sits up straight and his back is touching the backrest.**
- 3. Adjust the height of the footrest. The knee should be at the same height as the hip; the thigh parallels to the ground. At the end, the knee should make a 90 degrees angle.**
- 4. Adjust the height of the backrest so that there's 1 to 2 inches between the seat and the bottom of the backrest.**
- 5. To maximize the strength of the chair, the central crossbar (small crossbar) should be halfway between the seat and the footrest. It is normal that there is a small gap and that the bar does not touch the two sides of the chair. When the seat AND the footrest does not move anymore, the adjustment is sufficient. If you tighten too much, there is a risk that the bar could crack.**
- 6. Securely tighten all screws (or handle is applicable) on each side. Please note that the wood can work with temperature changes, so it is very important to check from time to time if the screws or the handles are still tight.**

**Feel free to contact us if you have any questions or problems**

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