

## Ergonomic recommendations

Your chair is the most important piece of furniture to select. Sitting at a desk for long periods is one of the biggest causes of physical problems in today's corporate environment. Improper posture can cause many problems including head aches, neck pain, back pain, nausea and fatigue. Remember, fit your chair to your body, not your body to your chair.

1. Sit deeply in your chair allowing your back to be as close as possible to the backrest with legs slightly apart to create a wider support base.
2. Ensure the lumbar support is in the correct position to support your spine (where your belt normally sits).
3. Keep your head and neck in alignment with your shoulders and spine which maintains the healthy 'S' curve of good posture.
4. Ensure that your chair is at the right height and that your elbows are at the same height (or a little higher) than your worksurface.
5. Keep your shins perpendicular with the floor (90° angle).
6. Lean your lower arms on the armrests (if fitted) to create a 90° angle between your upper and lower arms.
7. Get up and walk, stand or stretch when possible to avoid sitting for extended periods.

## Maintenance and upkeep of the chair

Advanta chairs are manufactured to stringent standards and the only maintenance generally required is to keep them clean. Specific care instructions for upholstery coverings attached to the chair must be followed. All maintenance work should be carried out by authorised Advanta repair agents.

# USER GUIDE

## VOKA Chair

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## Seat Height Adjustment

- Lift lever on the right to adjust seat height
- **TO RAISE**  
Release your body weight from the seat until the desired height is attained and then release the paddle.
- **TO LOWER**  
Place your body weight on the seat until the desired height is attained and then release the paddle.

## Tilt Lock Control

- Pull lever on the right outwards to unlock the mechanism and enable dynamic 'Free-Float' mode. You can now move freely and the chair will follow your movements.
- If you desire the chair to be in locked mode, push the lever inwards to lock the chair in position.

## Tilt Tension Control

- This feature adjusts the tension of the mechanism to suit your weight. The tension should be set so you can easily recline on the chair but still have enough support when you want to sit upright. Set the tension so the chair has the correct level of balance and follows your movements with adequate support.
- Rotate the control handle 3 forward (clockwise) to tighten the tension. Keep turning the handle until the tension feels like it is giving you the correct level of support.
- Rotate the control handle backwards (anti-clockwise) to lessen the tension.

## Seat Depth Adjustment

- Lift lever 2 on front right side of seat.
- Slide the seat forwards or backwards to the desired position.
- Release the lever to lock the seat in position.

## SYNCHRO Mechanism - Ergonomic Features

The key ergonomic advantages of the Synchro Mechanism are dynamic and responsive support and adjustable seat depth. The Voka chair is designed to move with your body as you wish. Regular movement and changes in posture result in improved well-being and productivity and the Voka promotes this by following and responding to your movements.

