

# Opera 60



**BACK CARE**  
solutions

## Instructions

### Independent Backrest Tilt

To adjust this, simply lift the lever to alter the angle of your backrest and release to lock into position. Aim for a 10 degree backwards angle.

### Seat Slide

To allow you to adjust the depth of the seat to a supportive position for your upper leg without restricting circulation.

### Tension Control

Use this to alter the tension on the seat tilt function.

### Tension Adjustable Seat Tilt

To adjust the angle of your seat, simply lift the lever to angle the seat as required. Aim for a slight downward angle between the hip and knee. Once in position, push the lever back downwards to lock it.

### Seat Height Adjustment

This lets you adjust your seat to a suitable height for yourself and your workstation. To raise the chair, lift the lever whilst unseated and release to set the height. To lower the chair, do the same but whilst seated.

