

Read this  
while  
adjusting  
your  
Mirra<sup>®</sup> chair



### Seat Height

Tab next to tilt tension knob, lower right



**To raise:** While taking your weight off chair, lift tab up.

**To lower:** While seated, lift tab up.

Adjust chair height so your feet rest flat on floor or footrest, with your body comfortably supported by breathable AireWeave™ suspension. Avoid dangling legs, which puts pressure on the back of thighs and restricts blood flow. A work surface or keyboard that seems too high or low may require adjusting.



### Harmonic™ Tilt Tension

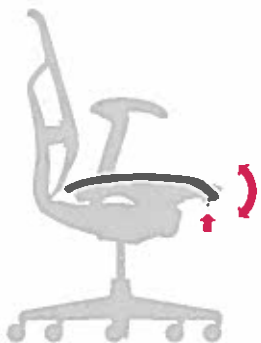
Knob below right front side of seat



**To increase:** Turn knob clockwise.

**To decrease:** Turn knob counterclockwise.

Increased tilt tension provides more stability and back support while you recline.



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### **FlexFront® Seat Depth**

*Handle under front of seat*

Squeeze handle and adjust seat edge up or down. Release handle to lock in position.

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For maximum back support, adjust chair depth (distance from hip to knee) so the seat edge doesn't hit the back of your legs.



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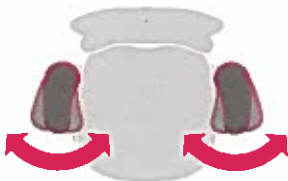
### **Arm Height**

*Tab on outside lower base of each arm*

***To raise or lower arms:*** Raise tab to unlock arm, adjust arm, lower tab to lock.

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Adjust height of each chair arm so your arms are supported. This helps take weight off your shoulders.



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### **Arm Angle**

*Front of each armpad*

***To pivot arms in or out:*** Grasp front end of armpad and pivot it to the left or right.

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### **Arm Width**

*Button on inside of each armpad*

***To adjust:*** Engage button and adjust arm in or out.

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Adjusting arm angle can help support different types of work and shifts in posture. For example, adjust chair arms inward for support while using keyboard; adjust arm out for support when using mouse.

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Adjust width of each chair arm so your arms are supported. This helps take weight off your shoulders.



### Forward Tilt

*Horizontal tab on left front side of seat*



**To position chair forward:** Recline and flip lever down.

**To resume horizontal position:** Recline and flip lever up.

Forward tilt with a 4-degree range provides full support while leaning forward for task-intensive work, such as keyboarding. Normally, forward tilt position is used with increased chair height. This position helps the body achieve a more neutral, open angle between trunk and thighs.



### Tilt Limiter

*Vertical tab on left front side of seat*



**To engage:** Recline and move lever up to define the limit of recline.

**To release:** Lean forward and press lever back

If you want to sit in an upright position, set the tilt limiter when the seat is in a horizontal or forward position.



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### Lumbar Height

*Levers on lumbar support*

***To raise or lower:*** Move levers up to loosen, slide lumbar support up or down to desired height.



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### Lumbar Depth

*Levers on lumbar support*

***To increase lumbar support:*** Adjust levers downward.

***To decrease lumbar support:*** Raise levers upward.

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Although the chair back automatically adjusts to your size and posture, you can fine-tune lumbar support by adjusting the bar so that it comfortably supports the natural curve of your spine. Once support is adjusted, it follows you throughout your range of recline.