



The New Corrigo Ergonomic Chair - Fitting Guidelines

The Corrigo chair recognises and supports individuality. To ensure a true fit between the user and chair, the key points to remember are:

Seat Height

(First rectangular lever on the front right hand side of seat. To raise; stand up, pull lever up to release and push down to set. To lower; pull lever up whilst sitting on chair.)

Adjust height so legs are bent at 90 degrees with feet flat on floor. Forearms should be level with the desk (see armrest height). If the desk is very high, you may need a footrest to keep your feet flat on the ground.

Seat Depth

(Second rectangular lever on the front right hand side of seat. Lift up whilst pulling on the back of the seat to bring seat forward. Push seat back whilst lifting lever to decrease the depth.)

Adjust the depth so that the seat supports the whole length of the thigh, but leaves a space behind the knees.

Armrest Height

(Armrests work on a ratchet system. Pull up slowly to raise, and to lower: Pull up to top to release the system back down.)

Adjust the height so that your arms (when bent at 90o) are level with the desk and the elbows are gently supported underneath the shoulders (see also armrest width).

Armrest Width

(To adjust, use the turn screws underneath the seat.)

Adjust the width of the arms so that they sit directly under the elbow (as close to your body as is comfortable).

Backrest Height

(The backrest works on a ratchet system. Pull up slowly to raise, to lower: Pull up to top to release the system back down.)

Adjust the back so that it fits snugly into the lower back area

Lumbar and sacrum support

(Squeeze the bladder on the back of the backrest to increase the depth of this support. Press the small release valve to decrease the support.)

Adjust the depth to the level that it provides the most comfortable support for your lower back

Backrest Angle

(Pull up lever on left hand side to adjust the angle. Lower to set. To bring backrest back up, pull up lever, lean back on backrest to release setting and then reset accordingly.)

Adjust the backrest to a comfortable angle for you. Ideally this should be at an upright angle when working at the computer.

Backrest Tension

(Pull out front first lever on right hand side of seat. To increase the tension turn clockwise, to reduce the tension turn anti-clockwise.)

The tensioner adjusts the effort required to operate the backrest tilt. This will need to be increased or decreased to allow a smooth operation of these adjustments.

Seat Angle

(To adjust the angle, pull up the long lever at middle of right hand side of seat. Lower to set.)

Adjust the seat to a comfortable angle for you. Ideally this should be at a forward tilt when working at the computer.

Always remember to sit right back into the seat, so the backrest can support your body. Research shows the seat pan and backrest should ideally be at a forward tilt when you are working at the computer (as this encourages the back into a healthy posture). However, you may find this strange at first, so first and foremost find the most comfortable angle for your body.