# How to use your YOU Task Mesh Mechanism



## Synchronised Body Responsive Mechanism

Simplistic controls located all on one side make this mechanism really easy to use and ultra ergonomic. This quick and easy mechanism has been developed to put the user in full control of their chair, enabling them to work in free flow mode or lock the chair into a position that is comfortable for them.

### 1) Adjustable Lumbar Panel

From a seated position, raise or lower the Lumbar Panel to optomise comfort and support for your lower back.

### 2) Seat Slide Adjustment

Rotate telescopic handle to alter seat depth. Release to lock into desired position.

### 3) Back and Seat Height Adjustment

Raise the lever and adjust the height of the seat to maximise comfort. Release lever when your seat is in you preferred position.

### 4) Back and Seat Angle Adjustment

Push the button to set the chair in any one of the 5 locking positions, or leave the button open to operate in free float mode.

\* Please note that this product carries a maximum weight limit of 150kg \*