

# Tilt with back lock #45C



### Seat Height

Type: Pull paddle

Adjust the seat height by lifting your weight out of the chair and pulling up on the paddle. Proper seat height is realized when the top of your legs are somewhat parallel to the floor.

### Back/Recline Tension

Type: Rotatable knob

Rotate knob right to increase tilt tension. Rotate knob left to decrease tilt tension. You can use your right or left hand based on your own comfort.

### Single Position Back Lock

Type: Pull paddle

Use the same paddle you used for the seat height adjustment. To lock the chair in an upright position, shift your weight forward until the chair is in an upright position, then push lever in. To rock (free float) shift your weight forward and pull the lever out.



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