

## How to adjust the air lumbar

Prior to inflating or deflating the air lumbar support, ensure the lumbar support is adjusted to the correct height for you by adjusting the backrest up or down.

See chair adjustment guide for more information.

### Ergonomic tips

You can inflate and deflate the air lumbar while sitting in the chair or, if you find it easier, you can inflate the air lumbar to its maximum size while standing behind the chair, and then sit in the chair and simply depress the release valve to release air from the lumbar until it provides the support you require.

You may benefit from varying the amount the air lumbar is inflated, from time to time, to vary your posture.

### Inflating or deflating the air lumbar

#### 1 Pump

To inflate the air lumbar, press the pump repeatedly until the firmness is at a desired level.

#### 2 Release valve

To deflate the air lumbar, press the release valve button.

