

# HOW TO ADJUST YOUR MEDIA ERGO CHAIR

## RATCHET BACK LIFT

### BACKREST HEIGHT

Lift the backrest upwards till it reaches the desired height.

(When it reaches the top of the ratchet positions it will return to the bottom of the range.)



## MULTI-ADJUSTABLE ARMRESTS

Use the button at the front to adjust the height.

Arm pad position can be adjusted by sliding it back or forward.



## RIGHT FLAT LEVER

### GASLIFT SEAT HEIGHT

Lift the lever to lower the gaslift.

To raise the gaslift, take your weight off the seat and lift the lever.



## LEFT FLAT LEVER

### SEAT SLIDE

Lift the lever and take your weight off the seat to slide it forward or backward.

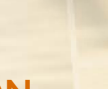


## RIGHT TWIST KNOB

### SEAT/BACK TILT TENSION

Twist forwards to tighten the seat/back tilt tension.

Twist backwards to loosen the tension.



## LEFT TWIST KNOB

### SEAT/BACK SYNCHRO TILT

Twist the knob forwards to release the seat-with-back synchro tilt.

Twist it backwards to lock.



# EDEN

# MEDIA ERGO



**10YR**

10-YEAR  
WARRANTY

**140KG**

RECOMMENDED  
MAXIMUM  
USER WEIGHT



GREENGUARD  
GOLD CERTIFIED\*

\*Product Certified for Low Chemical  
Emissions: UL.com/GG UL2818

## SEATING POSTURE

We recommend computer users adopt an open-angle sitting position, with knees slightly lower than hips.

Always sit near the back of your seat.

Adjust your backrest height so that the lumbar support fits into the lumbar contour of your back.

Adjust the tilt tension so that when the synchro tilt is released the chair supports your weight in an upright seated position but allows you to lean back easily if you choose.

Sit close to your workstation.

Your feet should be flat on the floor or on a footrest. There should be no pressure under your thighs.

Keyboarding and mouse operation should be achieved comfortably without stretching.

## WARRANTY

**Media Ergo is warrantied for 10 years in normal commercial-use situations.**

**The recommended maximum user weight is 140kg.**

Eden Office accept full responsibility for faulty workmanship and/or mechanical failure. Chair parts will be repaired or replaced free of charge within this period.

Repairs undertaken by any other party, or adjustment or tampering with mechanical parts, could void the warranty.

## CHAIR CARE

The **mechanical parts** of your Media Ergo chair require little or no maintenance.

The **castors** should be kept clear of threads or other objects that would inhibit their movement.

The **gaslift** contains pressurised gas and should not be tampered with in any way.

Vacuum regularly. Protect from direct sunlight. Professional cleaning is recommended.

**For spot cleaning:** Wipe clean with a damp cloth, or shampoo using upholstery shampoo. A mild citrus cleaner may also be used.