

# HOW TO ADJUST YOUR SPECTRUM CHAIR

TOITŪ



ISO 14067  
PRODUCT

REAR  
RIGHT LEVER

## BACKREST ANGLE

Lift lever to allow  
the backrest to tilt.

Lower the lever to  
fix the angle.

FRONT  
RIGHT LEVER

## GASLIFT SEAT HEIGHT

When sitting, lift lever  
to lower the gaslift.

Take your weight off the seat  
and lift lever to raise the gaslift.

## BACKREST HEIGHT

Loosen the knob at  
the rear left of the  
mechanism, and slide  
the backrest to the  
desired position.



Tighten the knob  
to fix in place.

## LEFT LEVER SEAT ANGLE

Lift lever to allow  
the seat to tilt.

Lower the lever to  
fix the seat angle.



# EDEN

# SPECTRUM 3



**15YR**

15-YEAR  
WARRANTY

**160KG**

RECOMMENDED  
MAXIMUM  
USER WEIGHT

AS/NZS 4438:  
**LEVEL 6**  
AFRDI CERTIFIED

AUSTRALIAN / NZ  
STANDARD FOR  
COMPUTER CHAIRS\*



GREENGUARD  
GOLD CERTIFIED\*



**100%**  
Wood from well-  
managed forests  
**FSC® C182102**

\*AFRDI Level 6: Spectrum 3 standard model

\*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 your backrest angle, seat angle, and seat height to a position that allows you to 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

**Spectrum 3 is warrantied for 15 years in normal commercial-use situations.**

**The recommended maximum user weight is 160kg.**

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 Spectrum 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.

The **foam and standard fabric** used in the upholstery of Spectrum chairs comply with standard AS/NZS 4088.1:1996.

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.