

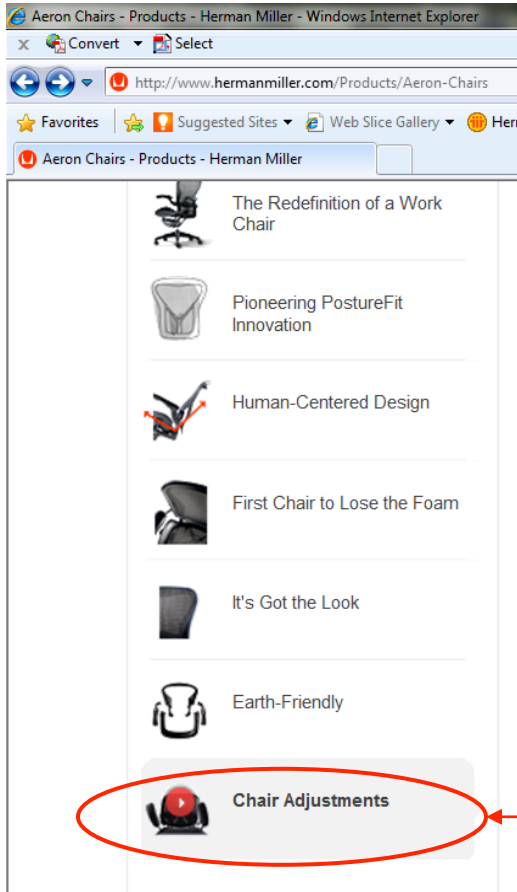


## Herman Miller Aeron Chair

How to adjust the Aeron chair:

<http://www.hermanmiller.com/Products/Aeron-Chairs>

Scroll down and look to the bottom left of the web page...



Click here

### Adjusting Aeron

#### Adjustment Choices

- ▶ Seat height
- ▶ Tilt tension
- ▶ **Tilt limiter**
- ▶ Forward tilt
- ▶ Arm height, lever
- ▶ Arm height, wheel
- ▶ Arm angle
- ▶ PostureFit
- ▶ Lumbar

To make your Aeron chair move with you and fit like a glove, just make a few quick adjustments to suit your body and work posture. It's easy, and these short videos will show you how.



Navigate by clicking on the categories of adjustment

\* Actual adjustments vary according to the chair model

