

Quick Ergonomic Adjustment Guide

How to Adjust Your BEVCO Chair for Maximum Comfort!

Follow these simple steps:

Adjusting your chair is not just about comfort; it is a crucial investment in your long-term physical health, productivity, and focus. Since no two bodies are the same, a "standard" chair setting often requires your body to adapt to the furniture rather than the other way around. This can lead to chronic pain and fatigue. Consider these steps to improve circulation, reduce fatigue, and enhance productivity.



1

Seat Height

- Your feet should rest flat on the floor or footring with your knees at a 90–100° angle.
- To adjust the chair height, locate the height adjustment lever on the right side of the chair.
- While not seated, pull the lever towards the seat to raise it to the appropriate height.

2

Footring (if included)

- Adjust the position of the footring on the cylinder by using the handwheel to loosen or secure it to the desired height.

3

Ergonomic Tilt

- If you ordered a chair with this functionality, you can adjust both the angle of the seat and the angle of the backrest.
 - 1 tilt lever, typically on the right side, allows you to adjust the tilt of both the seat and backrest simultaneously.
 - 2 tilt levers, one on each side of the chair, enable you to adjust the seat tilt independently from the back tilt.

4

Lumbar Support

- The backrest should curve securely into your lower back to prevent slouching.
- Using the handwheel, adjust the backrest height to enjoy optimal lumbar support for maintaining proper spinal alignment.

5

Armrest Height (optional)

- Shoulders should remain relaxed (not shrugged) while your forearms sit parallel to the floor.
- Set at the desired height to reduce neck and shoulder tension.

Enjoy your new BEVCO chair!



Note:

Ergonomic experts from the [Mayo Clinic](#) and [CCOHS](#) emphasize that even a perfectly adjusted chair cannot replace the need for movement; you should still stand and stretch every 30–60 minutes.