tangram

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# Furniture User Guide



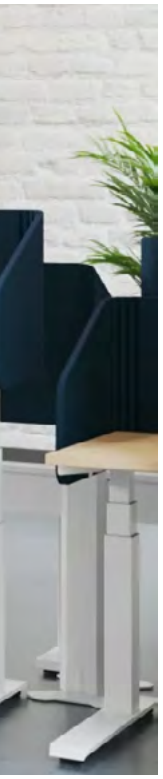
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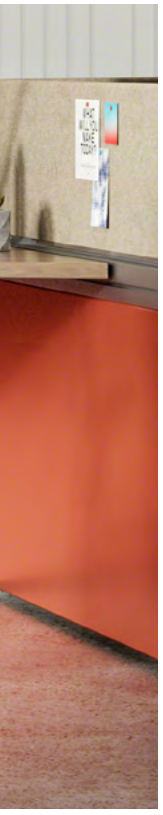






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# Welcome!

## Get To Know Your New Workstation

**01/** Workstation Rendering

**02/** Product User Guides

**03/** Ergonomic Adjustments

# WS-01 Typical Workstations

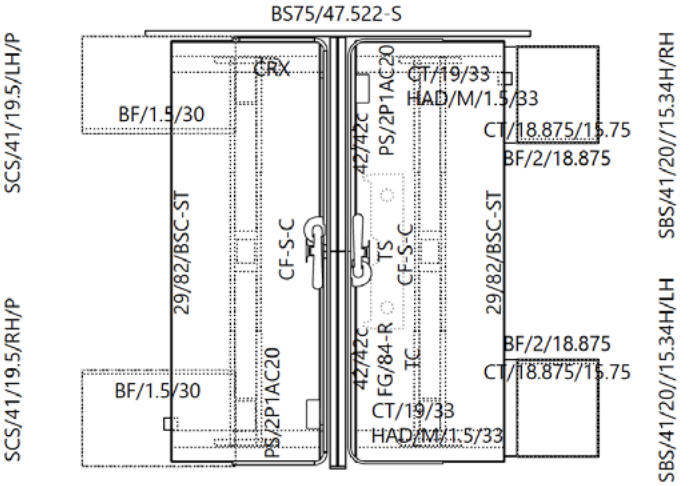



**Callouts**

1. Height Adjustable Desk.
2. Fixed Storage
3. Fabric Desk Screens
4. Monitor Arm
5. Convenience Power
6. Task Chairs (Not Rendered)




**2D Floor Plan**



# **Operating your**
# AMQ Activ Pro 2.0 Height Adjustable Desk



**Programming Memory Presets**

1. Press the up or down arrow to set the worksurface to the desired height.
2. Press “M” button followed by one of the preset number buttons (1, 2 or 3) on the LED screen.
3. The table will automatically reset to this height whenever the preset number is pressed and held* until the preset height is reached.

Note: Extended height range which is 22.6” - 48.7”

Note: As a safety feature, the user must continuously hold down the button in order for the desk to move.

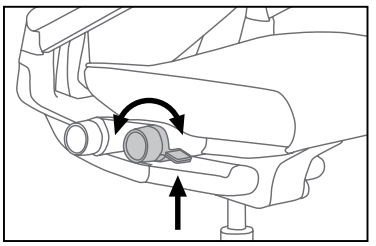



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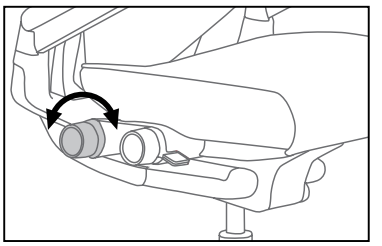
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# **Operating your**
# Steelcase Gesture Task Chair



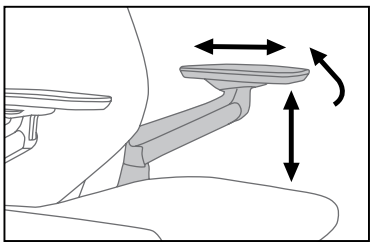
**Seat Depth –** To extend seat depth, remain seated and turn knob away from you.
To retract, remain seated and turn knob toward you.

**Seat Height –** To raise chair, lift your body weight and hold lever up.
To lower chair, remain seated and hold lever up.



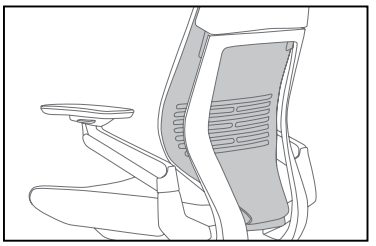
**Back Tension –** Allows you to adjust the force required to sit upright or recline. Turn the knob forward for more resistance and backward for less resistance.

**Variable Back Stop –** This dial is located inset of the back tension knob. It allows four settings, upright lock, full recline, and two stops in between.



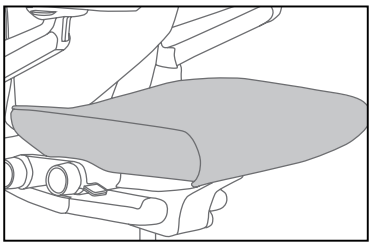
**360 Arm –** A single release enables 360 degrees of motion, giving arm support wherever needed.

To adjust arm cap postion, grasp arm caps and slide in any direction.



**3D LiveBack TM –** Provides sagittal, lateral, and torsional movement while maintaining persistent support.

**Core Equalizer –** Connects the seat to the back so they move together and provides just the right amount of lumbar support in any angle of recline.



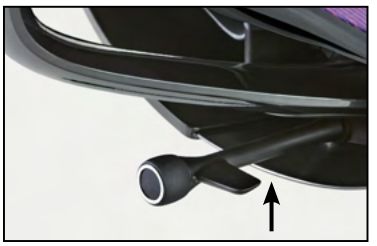
**Flexible Edges –** Designed with soft edges, comfort is extended to the edge of the seat.

**Adaptive Bolstering –** The Gesture seat is designed with air pockets carefully placed beneath the foam to give consistent comfort to a range of users.

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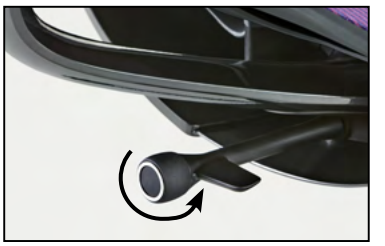
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# **Operating your**
# Steelcase Karman Task Chair



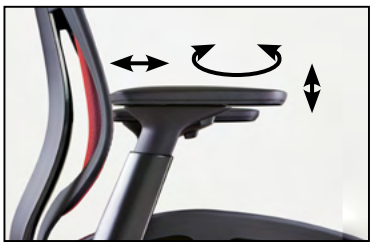
**Seat Height**
To raise the chair, lift your body weight and pull lever up.

To lower the chair, stay seated and pull lever up.



**Back Tension & Back Angle**
Turn the comfort dial to one of the four comfort settings:

- Upright back lock
- Mid-stop recline
- Full recline with weight activated tension + 20% boost
- Full recline with weight-activated tension



**Height / Width / Pivot / Depth Adjustable Arms***
Lift button under arm caps to adjust height.

To adjust arm cap position, grasp arm caps and slide or pivot in any direction. Your elbows should stay close to your sides and you wrists straight.



**Lumbar***
For additional back support, grab both sides of the Lumbar and slide up or down.

Position the lumbar to fit comfortably into the curve of your lower back.



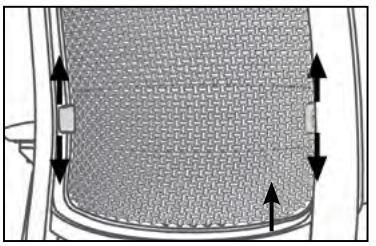
**Organic Movement**
A weight activated mechanism responds automatically to your body as you sit and change postures in every direction.

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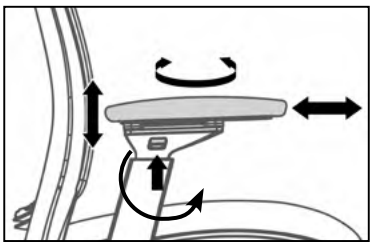
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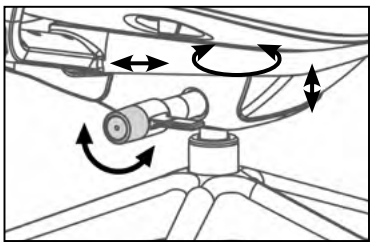
# Operating your
# Steelcase Series™ 2 Task Chair



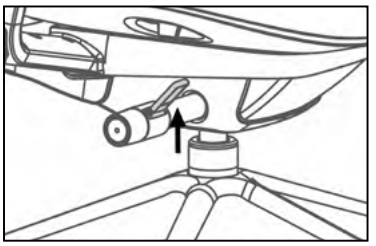
**HEIGHT-ADJUSTABLE LUMBAR**
For additional back support, grasp both handles and slide up or down. Position the lumbar to fit comfortably into the curve of your lower back.



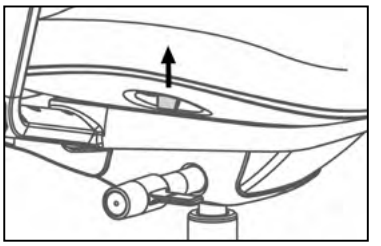
**HEIGHT/WIDTH/PIVOT/ DEPTH ADJUSTABLE ARMS**
Lift button under arm caps to adjust height. To adjust arm cap position, grasp arm caps and slide in any direction. Keep your elbows close to your sides, with your wrists straight.



**BACK TENSION & BACK ANGLE**
Turn the dial to one of the three comfort settings:
Upright back lock
Full recline with weight-activated tension + boost
Full recline with weight-activated tension



**SEAT HEIGHT**
To raise chair, lift your body weight and hold lever up. To lower chair, remain seated and hold lever up.



**SEAT DEPTH**
Pull handle and hold, slide seat forward or back, and release lever to lock. With your back against the chair, you should have 2” – 3” of space between the backs of your knees and the seat edge.

Tip: lift weight out of seat when adjusting depth.

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# **Operating your** Monitor Arms



**MONITOR ARM CONTROLS**

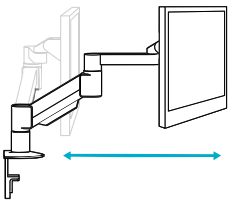
To reposition the arm on the post:

**Height Adjustment**

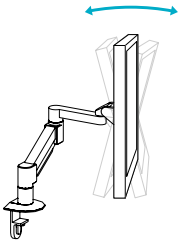
- Slide the arm upward
- Move the outer retention ring up
- Place the inner retention ring into the appropriate height location hole
- Slide the outer retention ring back over the inner retention ring and slide the arm downward into position

**Focal Length Adjustment**

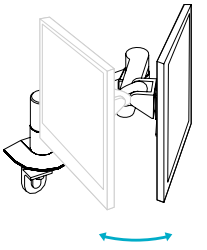
- For comfort, easily bring monitors closer for detailed work or move them farther away with the touch of a hand, without altering the height or angle of the screens.



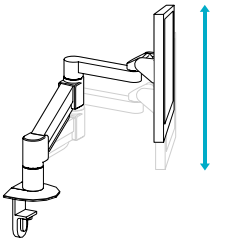
**Focal Adjustment**



**Tilt Adjustment**



**Panning Adjustment**



**Height Adjustment**

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# **Custom Fit**
# Ergonomics of Your Workstation

**HERE ARE SOME TIPS TO HELP BEGIN YOUR WELLBEING JOURNEY.**

### Seated Ergonomics

1. Back has full contact with the backrest (sit all the way back in chair).
2. Lower back fits into curved lumbar support.
3. Tension is adjusted so backrest reclines easily, yet provides smooth, even support, and encourages postural change.

### Upper Body Ergonomics

4. Elbows and forearms can rest comfortably on the arms of your chair, without bearing weight.
5. Forearms should be at a 90-110 degree angle to the floor.
6. Wrists should be straight when keying or mousing, not bent up or down.

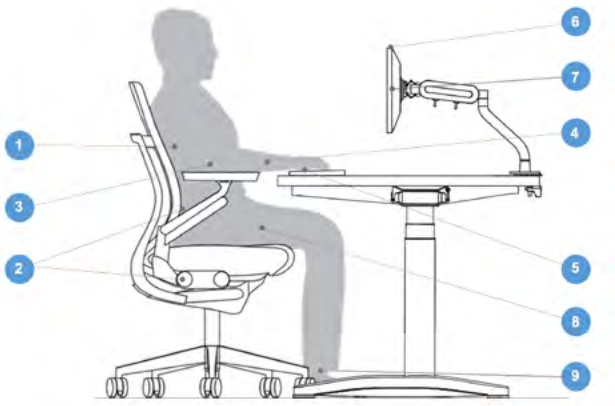
### Monitor Adjustments

7. Top of monitor is at eye level or slightly lower and directly in front of worker so head is not turned.
8. Monitor should be 20” to 30” from the eyes or approximately an arm’s length away.

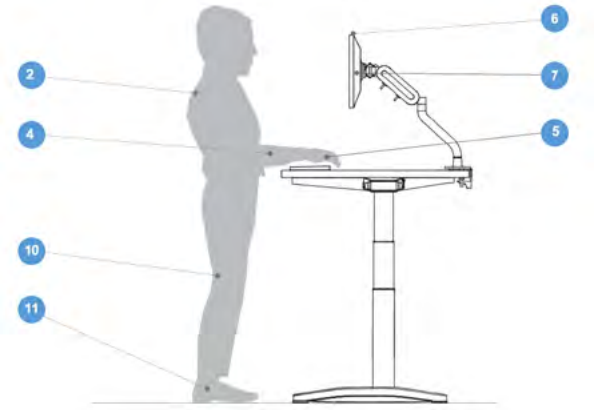
### Lower Body Ergonomics

9. Thighs are parallel to the floor.
10. Feet are flat on the floor or on a footrest.
11. Avoid locking knees to help maintain good posture.
12. Feet should be flat on the floor, hip width apart.

**WHEN SEATING**




**WHEN STANDING**




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