tangram + Steelcase



Workstation User Guide

tangraminteriors.com



LIVE MÁS



Welcome!

Explore the New Flavors of Your Office

01/ Design Renderings

02/ Product User Guide

tangram + Steelcase

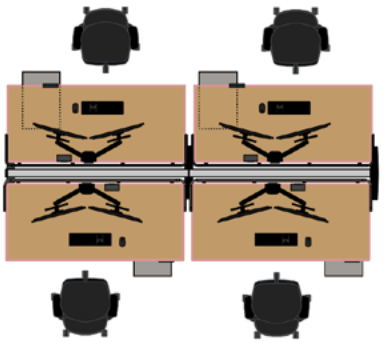
LIVE MÁS

Workstation



Callouts

1. Answer Panel, Tackable Acoustical Fabric. Power placement options in a variety of locations on the panel. Size: 30”h x 72”W
2. AMQ Height Adjustable Desk Activ2.0Base, 3 Stage-BIFMA rated, C-Leg, HPL Laminate Worksurface. Size: 70”W x 30”D
3. AMQ 3F PET Felt Privacy/Modesty U Shape Screen. Made from Sustainable Recycled Materials. Size: 70”W x 18”H70”W x 18”H
4. Universal Mobile Pedestal with Cushion Top, 1 Box / 1 File, Flush steel front, Locking . Size: 15”W x 22 5/8” D x 23”H
5. Desktop Clamp Mounted Power + USB A+C



*HPL = High Pressure Laminate

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.

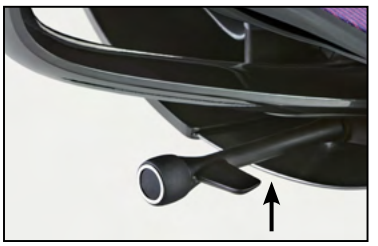


CLICK BELOW
for more information

LEARN MORE →

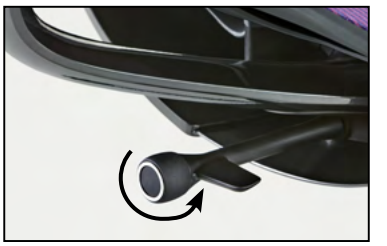
LIVE MÁS

Operating your
Steelcase Karman Task Chair



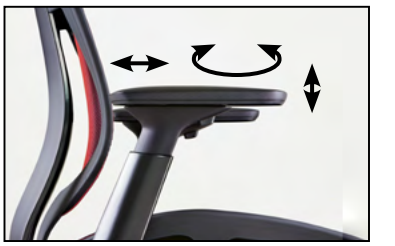
Seat Height
To raise the chair, lift your body weight and pull lever up.

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.

CLICK BELOW
for more information

LEARN MORE →

tangram + Steelcase

Operating your
Monitor Arms



MONITOR ARM CONTROLS

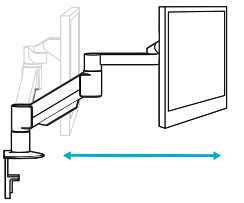
To reposition the arm on the post:

Height Adjustment

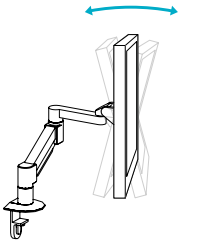
- Slide the arm upward
- Move the outer retention ring up
- Place the inner retention ring into the appropriate height location hole
- Slide the outer retention ring back over the inner retention ring and slide the arm downward into position

Focal Length Adjustment

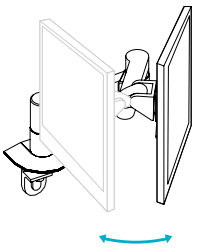
- For comfort, easily bring monitors closer for detailed work or move them farther away with the touch of a hand, without altering the height or angle of the screens.



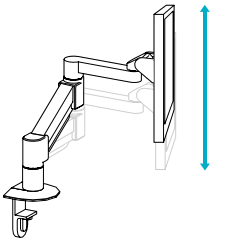
Focal Adjustment



Tilt Adjustment



Panning Adjustment



Height Adjustment

CLICK BELOW
for more information

LEARN MORE ⟶

LIVE MÁS

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.

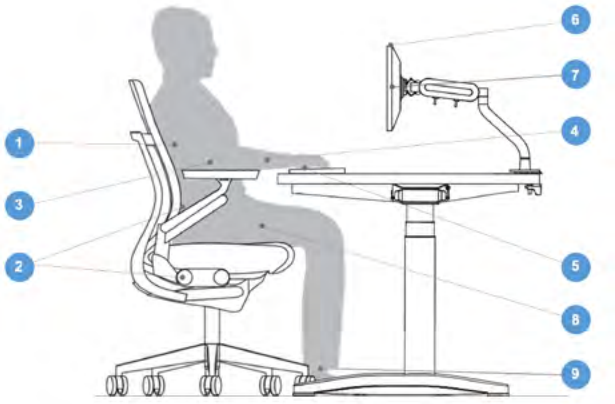
Monitor Adjustments

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.

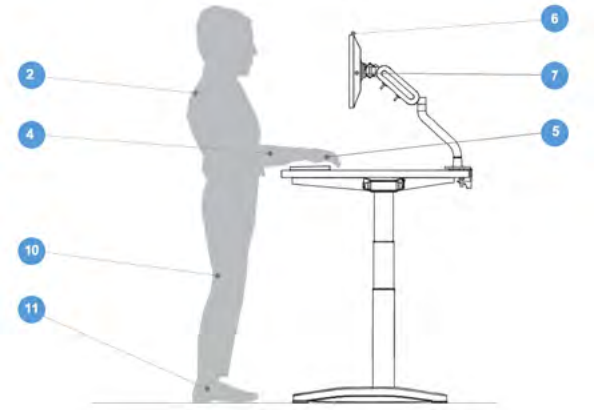
Lower Body Ergonomics

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



CLICK BELOW
for more information

LEARN MORE ⟶

tangram + Steelcase

LIVE MÁS


tangram + Steelcase

tangram™ + Steelcase®

tangraminteriors.com