

# HermanMiller Aeron® Chair



Seating that  
performs for you.

## Seat Height: Paddle-shaped lever on right side

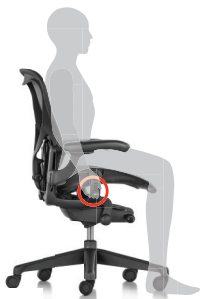


**To raise:**  
While taking your weight off chair,  
lift lever up.



**To lower:**  
While seated, lift lever up.

At the proper height, your feet should rest flat on the floor.



## Tilt Tension: Long stem on right side with knob

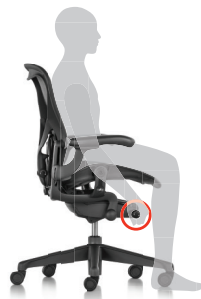


**To increase tension:**  
While seated, turn knob forward  
(toward + sign).



**To decrease tension:**  
While seated, turn knob backward  
(toward – sign).

Set the tilt tension to control the resistance you feel when leaning back.



## Arm Height: Lever on base of arm support



**To raise or lower arm:**  
While seated, lift lever to unlock.  
Grasp base of arm support and raise  
or lower to desired height. Lower lever  
to lock.

For maximum comfort, your arms should make contact with the armpad  
without any lift at your shoulders.



## Arm Angle: Front of each armpad



**To swing arms in or out:**  
While seated, grasp front end of  
armpad and pivot it to the left or right.

Adjusting arm angle can help support different types of work and shifts in  
posture. Swing chair arms inward for support while using keyboard. Swing  
arm out to support use of computer mouse.



**Arm Depth:** Front of each armpad



**To move armpads forward and back:**  
Grasp front end of the armpad and slide forward or back.



**PostureFit SL™ Adjustment:** Knob on right or left side on back of chair



**To engage:**  
While seated, turn knob forward until you find the support that feels right for you.



**To disengage:**  
While seated, turn knob backward.



Set PostureFit SL with tilt limiter engaged in forward position to achieve the best fit for you. Before making this adjustment, you should be seated with your back in the pocket of the chair back. Then adjust PostureFit SL so that it comfortably supports the natural alignment of your spine and provides lower back comfort.

**Lumbar Height:** Adjustable strap on back of chair



**To change height:**  
Using equal pressure on each end of the lumbar support, raise or lower it to desired position within adjustment track.

Adjust pad height so that it comfortably supports the natural curve of your spine.



**Forward Tilt:** Outside knob on left side



**To position chair forward:**  
Lean back and rotate knob forward.



**To resume horizontal position:**  
While seated, lean back and rotate lever back all the way.

Engage forward tilt to support the thighs' declined posture when performing intensive tasks such as keyboarding.



**Tilt Limiter:** Inside knob on the left side



**To limit tilt range:**  
Rotate knob forward to limit recline to preferred position.



**To release tilt limiter:**  
Rotate knob all the way back.

Engage the tilt limiter when you want to sit in an upright or partially reclined position.



**Footrest Height:** Circular support below seat

*Only available on some models.*



**To change height:**  
While holding base with one hand, grasp and turn footrest counterclockwise.



Raise or lower to desired height using both hands.



Turn footrest clockwise to fully tighten into lock position.

Your feet should sit comfortably on the footrest with knees at or just below hip height. When you adjust the seat height, the footrest moves so you don't have to worry about readjusting.

