

HermanMiller Mirra® 2 Chair



Seat Height: Lower right side of seat



To raise:
Take your weight off chair, lift tab up.



To lower:
Lift tab up while seated.

At the proper height, your feet should rest flat on the floor with upper and lower leg forming a 90 degree angle.

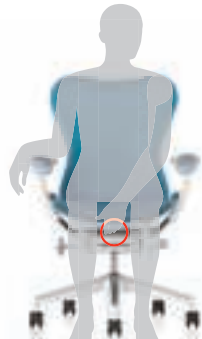


FlexFront® Seat Depth: Handle under front of seat



To adjust:
Squeeze handle and adjust seat edge up or down. Release handle to lock in position.

In the proper position, you will have a minimum of three-fingers of clearance between the back of your knees and the front seat edge.



Harmonic™ Tilt Tension: Knob below right front side of seat



To increase:
Turn knob clockwise.



To decrease:
Turn knob counterclockwise.

Set the tilt tension to control the resistance you feel when reclining.



Forward Tilt: Horizontal tab on left front side of seat

Only available on some models.



To engage:
Recline and flip lever down.



To release:
Recline and flip lever up.

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

Note: When using forward seat angle, increase seat height slightly for added comfort.



Tilt Limiter: Vertical tab on left front side of seat

Only available on some models.



To engage:
Recline and move lever up to define the limit of recline.

To release:
Lean forward and press lever back.

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



Lumbar Height & Depth: Levers on lumbar support

Only available on some models.



To adjust height:
Rotate levers to loosen, slide lumbar support up or down to desired height.

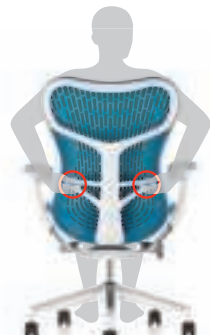


To increase depth:
Rotate levers downward.



To decrease depth:
Rotate levers upward.

Adjust the lumbar depth so that it comfortably supports the natural curve of your spine.



Arm Height: Tab on outside lower base of each arm

Only available on some models.



To adjust:
Raise tab to unlock arm, raise or lower arm, lower tab to lock.

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



Arm Depth: Back of each arm

Only available on some models.



To adjust:
Grasp arm pad, push forward or back to desired position.

You should be able to position chair close to your work surface while supporting arms.



Arm Angle & Width: Each armpad

Only available on some models.



To adjust angle:
Grasp front end of armpad and pivot it inward or outward.



To adjust width:
Grasp armpad to pull in or push out.

Adjust arm angle inward when using a keyboard; adjust arm angle outward when using a mouse.

Armpad width is properly adjusted when your elbows are in line with your shoulders while seated.



Footring Height:

Only available on some models.



To adjust footing height:
Hold base with one hand, grasp footing spoke and turn counterclockwise (-) to loosen.



Once loose, raise or lower footing to desired height.



Hold collar with one hand, grasp footing and turn clockwise (+) to tighten. To secure, finish turning footing while holding base.

