



Klöber Mera

Bedienungsanleitung
Operating instructions

Besser sitzen.
Sitting better.

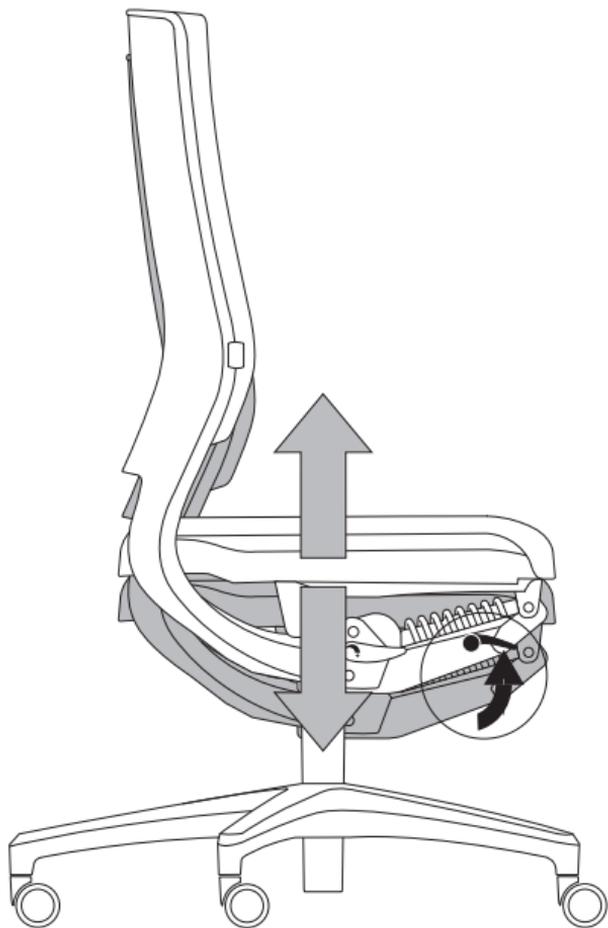
KLÖBER 

The Klöber logo symbol consists of a stylized, circular graphic element. It features a thick, dark gray outer ring that is open on the right side. Inside this ring, there is a smaller, solid dark gray circle. The overall effect is a modern, geometric logo.

Leerseite

**You have chosen a Klöber Mera.
Congratulations!**

**On the following pages, you can find
out the ways in which you can adapt the
Klöber Mera to suit your own personal
sitting requirements.**

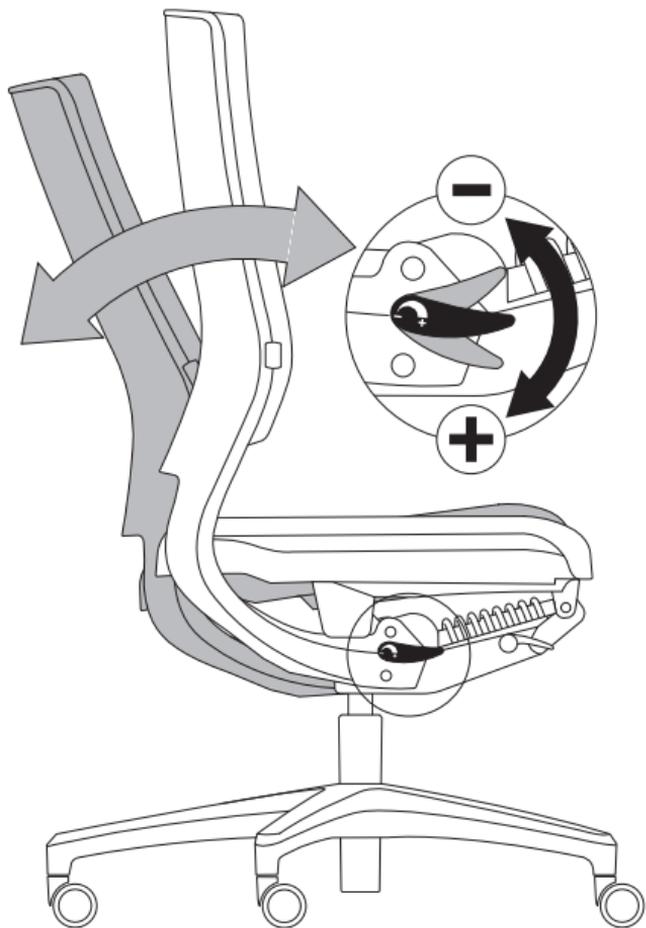


1. Seat height adjustment

The seat height of your swivel chair features infinitely-variable gas lift adjustment. To adjust, pull the lever under the seat upwards and the seat can be moved to a different height. Take your weight off the seat and it will rise. Sit back down and the seat will sink. Release the lever to fix the seat height.

Tip!

You are sitting correctly if your thigh and calf form an angle of around 90°.

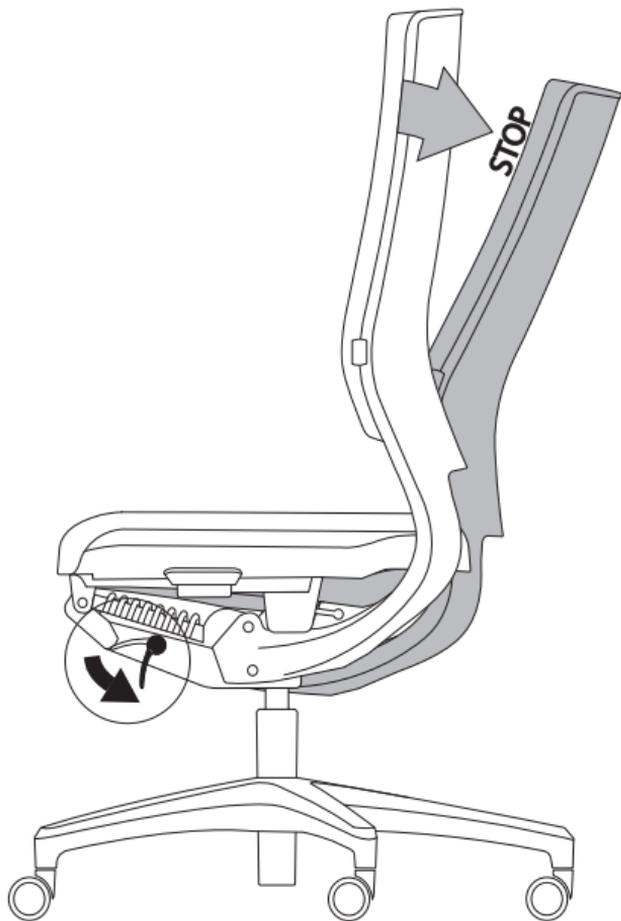


2. Body weight adjustment

Body weight adjustment (backrest return force) is controlled using a patented quick-acting adjustment lever underneath the right-hand side of the seat. Push the lever down, and the counter-pressure is increased; lift the lever, and the counter-pressure decreases.

Note! The counter-pressure can only be adjusted with the backrest in the fully-forward position (no pressure on the backrest)!

Tip! It is important to set the backrest counter-pressure correctly for your body weight to ensure good sitting. Set the counter-pressure so that the backrest supports you comfortably and well in any sitting position.



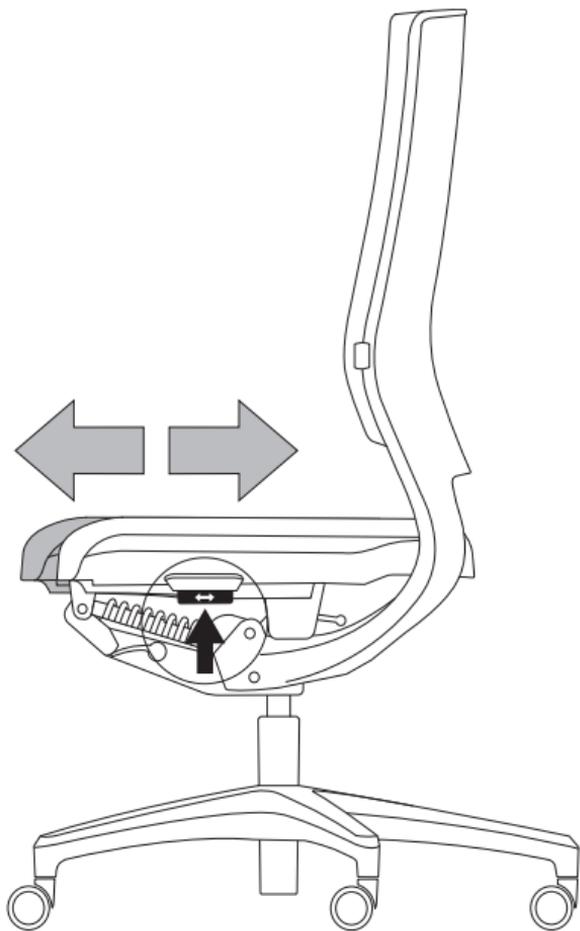
3. Tilt limit / lock (seat and back)

Occupational health specialists recommend a “dynamic” sitting position, i.e. frequent changes in posture.

But if you prefer to work for long periods without changing position, you can deactivate the “synchronised movement”. To do this, depress the lever underneath the left-hand side of the seat: the chair is locked in the desired sitting position. Pull the lever upwards, and the synchronous movement is restored.

Tip!

Take advantage of the alternating positions of dynamic sitting: leaning backwards, leaning sideways, and rotating. The discs in your spine will stay young longer.



4. Seat depth adjustment with integral pelvis support (optional)

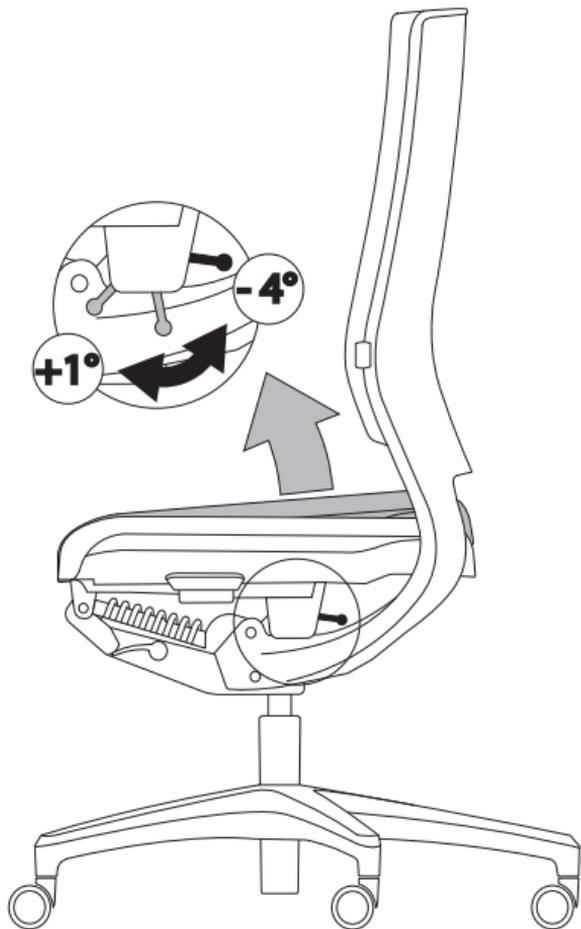
You can adjust the seat depth to suit different body sizes and/or leg lengths.

To make the adjustment, while seated pull the lever on the left-hand side upwards: now you can slide the seat forward and choose the seat depth which you find comfortable. Release the lever, and the seat depth is locked once more.

The pelvis support which is integrated into the seat (only on models with seat depth adjustment) supports an upright sitting position, regardless of the seat depth adjustment; in this way, you always have the optimum support when sitting.

Tip!

Leave a gap approximately as large as your fist between the edge of the seat and the back of the knee.



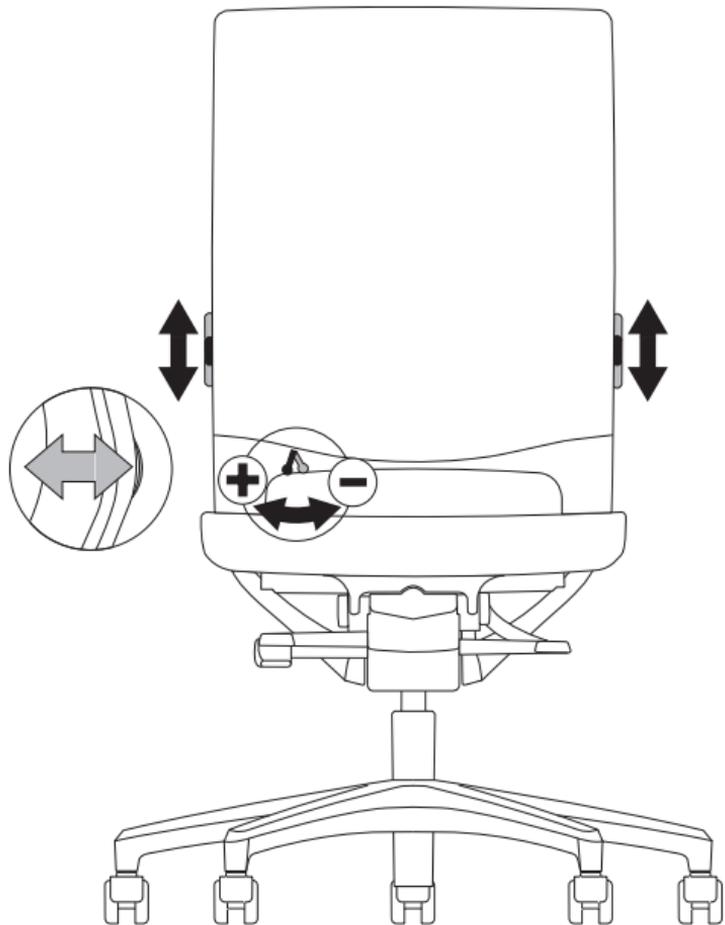
5. Seat forward tilt adjustment

You can adjust the tilt yourself. To do so, take the weight off the seat and push back the lever underneath the left-hand side of the chair. The seat pad will then tilt forward. When you reverse the lever movement, the rear edge of the seat returns to the start position. (Lever locks into final positions).

Tip!

A seat with a slight forward tilt is recommended by ergonomics specialists for an upright sitting posture. This automatically positions the spine in its natural double-S shape.

Do change the tilt angle from time to time from +1° to -4°; without realising it, you will be giving your muscles a workout while sitting.



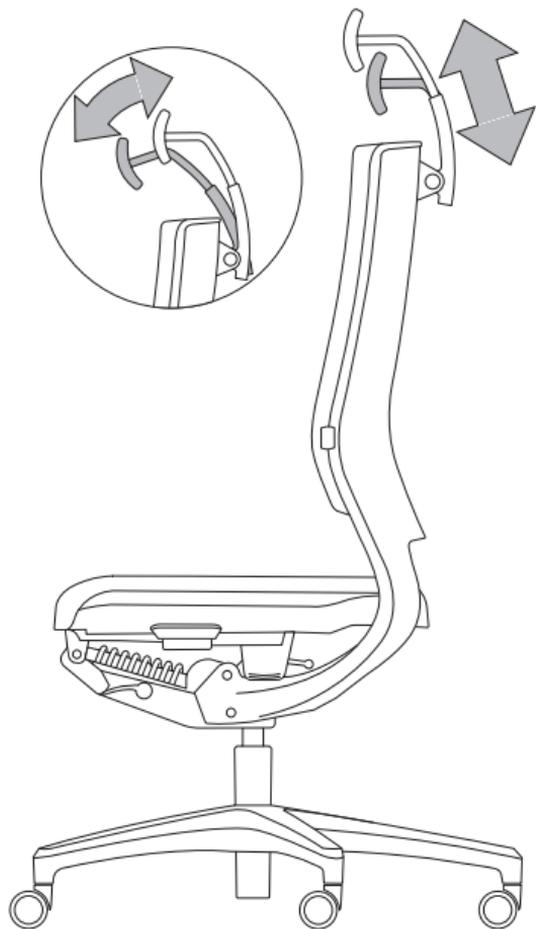
6. Lumbar support (with optional depth adjustment)

The lumbar support in the backrest is infinitely variable adjustable in height and depth (the latter is optional), so providing the best possible fit with the user's individual back shape, especially in the area of the lumbar vertebrae.

To adjust the height, push the two slides on the sides of the chair-back up or down. The depth of the lumbar support is adjusted by pushing the lever on the bottom right of the inner side of the backrest. Turn the lever to the right, and the lumbar support curves further outwards; turn the lever to the left, and the curvature of the lumbar support is reduced.

Tip!

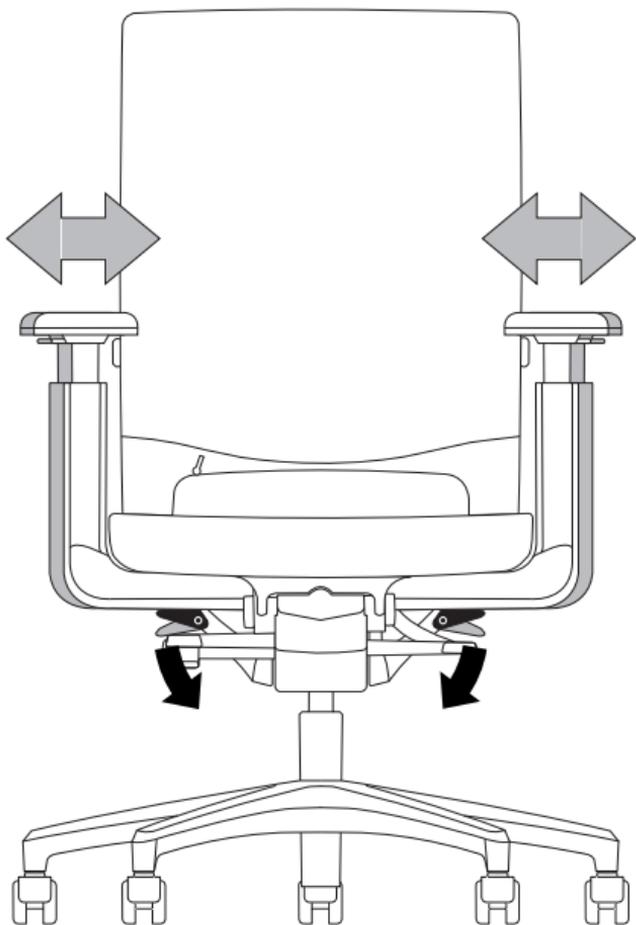
Set the forward curvature of the lumbar support at the level where you feel pleasantly supported in the area of the lumbar vertebrae.



7. Neck support (mer99)

The neck support is infinitely variable adjustable in height and tilt. To adjust the height, slide the neck support up or down in increments. It can also be adjusted front to back in increments.

Tip! Your neck should be supported comfortably by the neck support as you lean backwards.

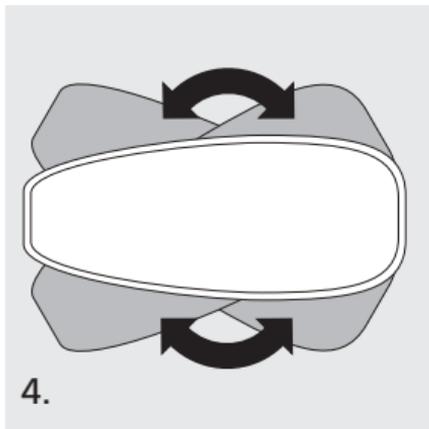
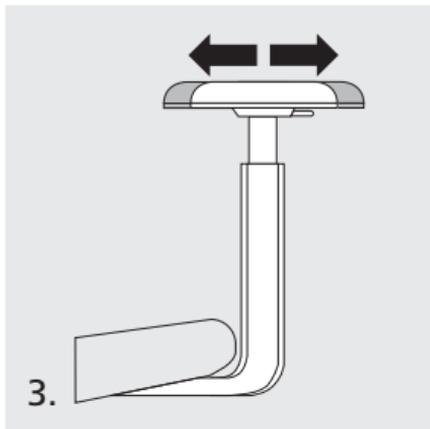
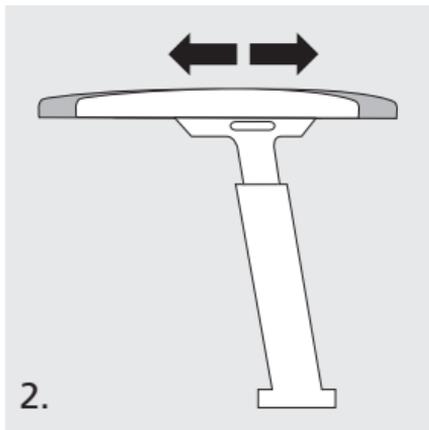
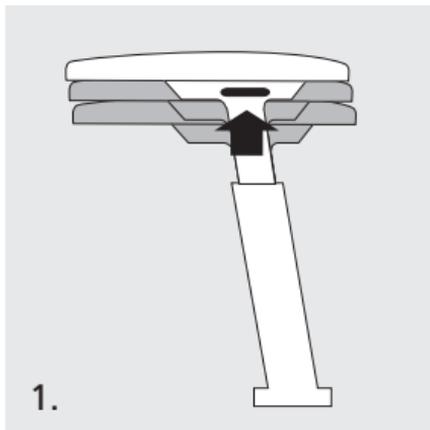


8. Klöber armrests / arm supports (optional)

All Klöber arm supports are width-adjustable without tools. Press down the lever on the arm support under the seat, slide the arm support inwards or outwards. Move the lever up again, and the arm support is fixed in position.

Tip!

The armrests take the strain off the spine, shoulder area and arm muscles effectively if the upper and lower arm form an angle of around 90°.



Klöber armrests / arm supports (optional)

	Height-adjustable armrest	3D arm supports	4F arm supports	MF arm supports
1. height adjustment	10 cm	10 cm	11 cm	11,5 cm
2. depth adjustment	–	Armrest top can be rotated at 180° by 1,5 cm	5 cm	8 cm
3. width adjustment	3 cm**	Armrest top can be rotated at 180° by 2/3 cm**	2,5 cm (+3 cm)	5 cm (+3 cm)
4. right/left swivel	–	15° and 30°	30°	30°*

* Lock the Arm Support in position by pressing the button on the inside of the armrest.

**By tool-free armrest width adjustment.

Standards/ certificates



Guarantee

Maintenance/ Cleaning

The Mera series is designed in compliance with the standards and requirements of modern seating technology. The Mera series is safety-tested and certified by LGA-Rheinland LGA Products GmbH and bears the „safety tested“ mark (GS). Made in Germany.

BS EN 1335 1-3 office task chair
Type A (with sliding seat)

Type B (with fixed seat)

BS EN 12529 Castors for swivel chairs

Assurance of ergonomic standards in excess of EN/BS requirements.

This chair is guaranteed for 5 years.

For technical information please contact the customer service department on
Tel. +49 (0) 7551/838-277.

No maintenance is required on any mechanical or moving parts. Occasional cleaning to remove carpet fluff from castors is advisable. To clean fabric or leather upholstery, you should first remove the dust. Treat spots with a soft, white cloth (no microfibres). On stubborn stains, use fabric or leather shampoo. With leather, clean it first and care for it afterwards. The seat and back covers on Mera chairs are easily replaced by the user.

Use This office swivel chair may only be used for the intended purpose whilst observing the general duty of care. Accidents can happen if the chair is not used in the proper manner (e.g. if used to stand on, sitting on armrests, extreme loads).

Castors The chairs are fitted with castors for carpeted floors as standard. Soft wheels for hard floors are available if required, which are identified by a different-coloured track ring. For safety reasons, the castors should be changed if a chair used on carpeted floors is to be used on a hard floor instead, and vice versa.

Important! Gas lift units must not be heated or opened by force! Gas lifts should be maintained or replaced by trained specialists only.

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