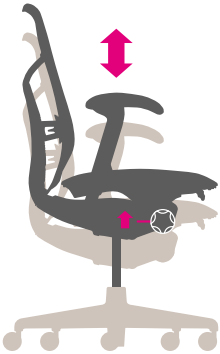
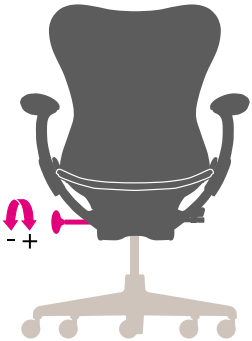
Read this while adjusting your Mirra™ chair

HermanMiller

Instructions on this card show all possible adjustments. Specific adjustments vary according to chair model.

To view the Mirra chair user-adjustment video, visit www.HermanMiller.com





Seat Height

Tab next to tilt tension knob, lower right

To raise: While taking your weight off chair, lift tab up.
To lower: While seated, lift tab up.

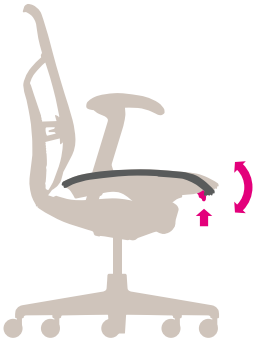
Adjust chair height so your feet rest flat on floor or footrest, with your body comfortably supported by breathable AireWeave™ suspension. Avoid dangling legs, which puts pressure on the back of thighs and restricts blood flow. A work surface or keyboard that seems too high or low may require adjusting.

Harmonic™ Tilt Tension

Knob below right front side of seat

To increase: Turn knob clockwise.
To decrease: Turn knob counterclockwise.

Increased tilt tension provides more stability and back support while you recline.

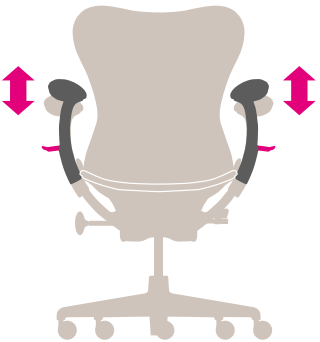


FlexFront™ Seat Depth

Handle under front of seat

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

For maximum back support, adjust chair depth (distance from hip to knee) so the seat edge doesn't hit the back of your legs.

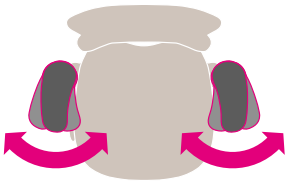


Arm Height

Tab on outside lower base of each arm

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

Adjust height of each chair arm so your arms are supported. This helps take weight off your shoulders.

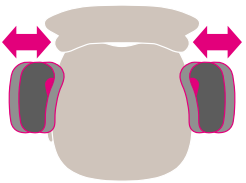


Arm Angle

Front of each armpad

To pivot arms in or out: 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. For example, adjust chair arms inward for support while using keyboard; adjust arm out for support when using mouse.

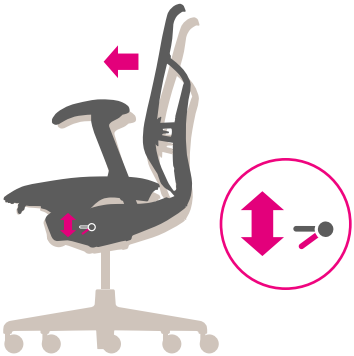


Arm Width

Button on inside of each armpad

To adjust: Engage button and adjust arm in or out.

Adjust width of each chair arm so your arms are supported. This helps take weight off your shoulders.

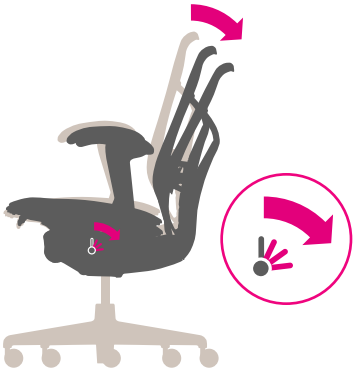


Forward Tilt

Horizontal tab on left front side of seat

To position chair forward: Recline and flip lever down.
To resume horizontal position: Recline and flip lever up.

Forward tilt with a 4-degree range provides full support while leaning forward for task-intensive work, such as keyboarding. Normally, forward tilt position is used with increased chair height. This position helps the body achieve a more neutral, open angle between trunk and thighs.

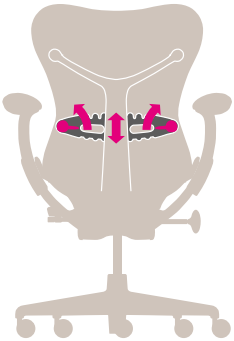


Tilt Limiter

Vertical tab on left front side of seat

To engage: Recline and move lever up to define the limit of recline.
To release: Lean forward and press lever back.

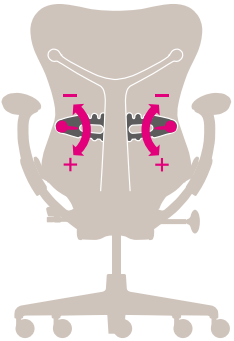
If you want to sit in an upright position, set the tilt limiter when the seat is in a horizontal or forward position.



Lumbar Height

Levers on lumbar support

To raise or lower: Move levers up to loosen, slide lumbar support up or down to desired height.



Lumbar Depth

Levers on lumbar support

To increase lumbar support: Adjust levers downward.
To decrease lumbar support: Raise levers upward.

Although the chair back automatically adjusts to your size and posture, you can fine-tune lumbar support by adjusting the bar so that it comfortably supports the natural curve of your spine. Once support is adjusted, it follows you throughout your range of recline.

User information: Installers do not remove

Users: Retain This Information for Future Reference

Maintenance
A periodic inspection of chair components and fasteners should be made to ensure that the chair is structurally intact and functioning properly. Damaged and broken parts should be replaced and loose fasteners tightened.

For more information about our products and services or to see a list of dealers, please visit us at www.hermanmiller.com or call (800) 851 1196.

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