

# SAYL™

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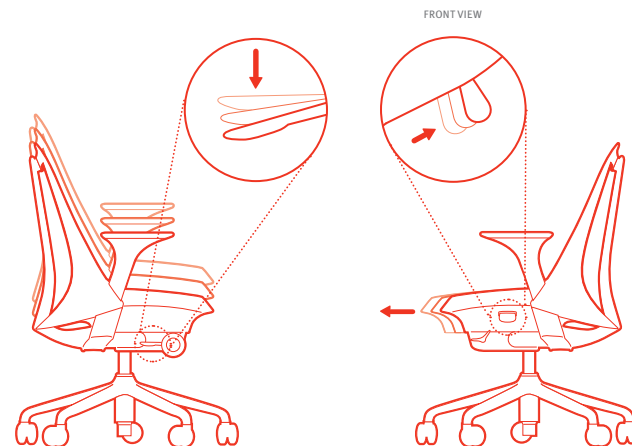
Work chair user instructions



## Thank you for purchasing a Herman Miller chair.

With every chair we design, our goal is to advance the art and science of seating. This goal has helped us become the leading manufacturer of seating worldwide. Each Herman Miller chair is designed to give you the most comfort and highest function for the price. We incorporate the best ergonomic thinking and most advanced environmental design into all our seating, and we want every Herman Miller chair to perform for you.

Enjoy your SAYL chair, designed by Yves Béhar. Please visit [hermanmiller.com/SAYL-Chairs](http://hermanmiller.com/SAYL-Chairs) for additional help with its operation or adjustment.



### Seat height

*Lever next to tilt tension knob, right side of chair.*

#### To raise

Take your weight off chair, lift tab up.

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#### To lower

While seated, lift tab up.

### Seat depth

*Lever under left side of seat.*

#### To increase depth

Pull lever out, slide thighs forward to adjust seat; release lever.

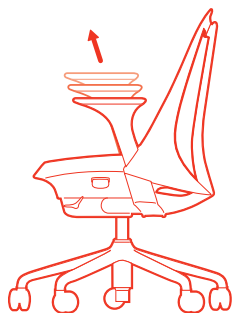
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#### To reduce depth

Pull lever out, push seat back and release lever.

*Adjust the seat so your feet rest flat on the floor.*

*Adjust your chair's depth so the seat edge doesn't contact the back of your calves.*



## Arm height

### To raise arms

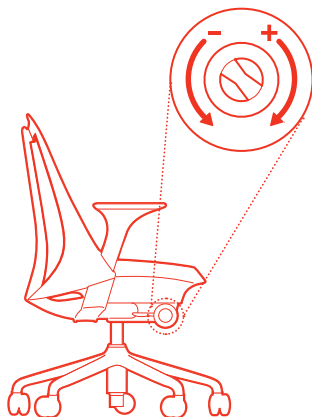
Grasp the arms and pull up gradually to desired height.

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### To lower arms

Grasp arms and pull up to highest position, release, then raise to desired height.

*Adjust arm height to support your arms and take weight off your shoulders.*



## Tilt tension

*Knob below right side of seat.*

### To increase tension

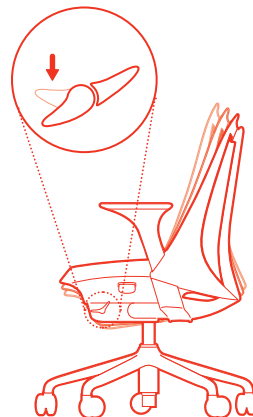
Turn knob clockwise.

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### To decrease tension

Turn knob counterclockwise.

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



## Forward tilt

*Front horizontal tab on left side of seat.*

### To position chair forward

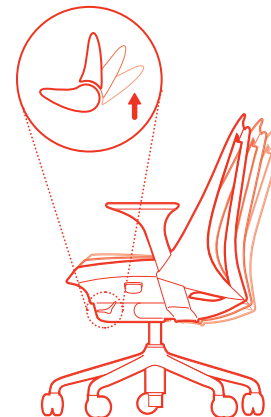
Recline and flip lever down.

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### To resume horizontal position

Recline and flip lever up.

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



## Tilt limiter

*Back horizontal tab on left side behind seat.*

### To engage

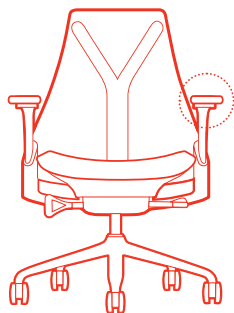
Recline and move tab up to define the limit of recline.

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### To release

Lean forward and flip tab fully downward.

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



## Arm adjustment

*Only available on some models.*

### a/ To adjust arm width

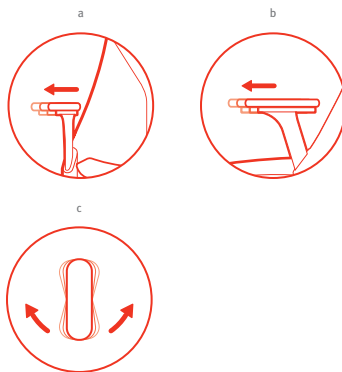
Grasp armpad to pull in or push out.

### b/ To adjust arm depth

Grasp armpad and slide forward or backward.

*Adjust width of chair's arms to allow your arms to fall naturally at your side.*

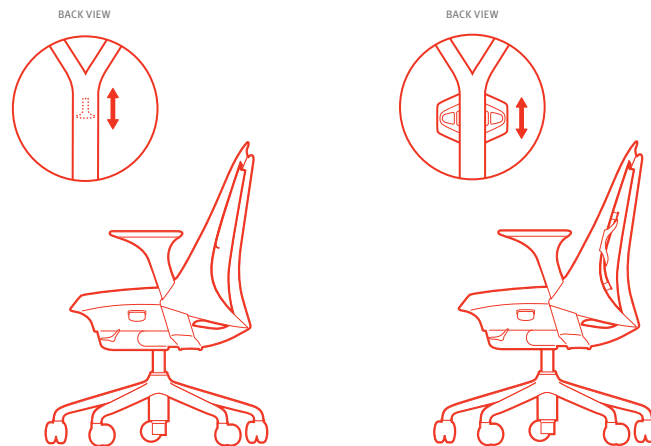
*Adjust for comfort. Avoid any pressure on wrists and elbows.*



### c/ To pivot arms in or out

Grasp armpad and pivot to the left or right.

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



## Lumbar height (upholstered)

*Only available on some models.*

### To raise or lower

Move back lever behind Y-Tower™ up or down as needed.

## Lumbar height (suspension)

*Only available on some models.*

## User information

Installers do not remove.

## Users

Retain this information for future reference.

## Care and Maintenance

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

*Instructions on this card show all possible adjustments. Specific adjustments vary according to chair model. For more information, visit [hermanmiller.com/SAYL-Chairs](http://hermanmiller.com/SAYL-Chairs).*

# HermanMiller

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