

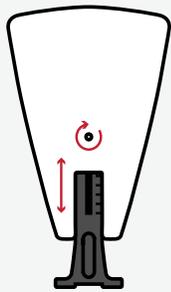


## USING YOUR LOCUS SEAT BY FOCAL UPRIGHT



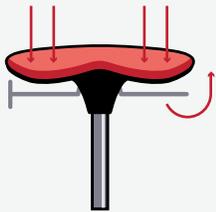
The Locus™ Seat by Focal Upright™ is a redesign of the traditional office chair. You don't sit on the Locus Seat; you lean into it. When you do, your body is supported in a relaxed upright position. This award-winning ergonomic seat is designed to adjust to every move you make, while maintaining equilibrium between your back and core muscles.

If the Locus' adjustments are properly utilized, the seat will adhere to your body type and maximize comfort. To ensure you have the optimal settings on your seat, follow the instructions below.



### 1. Adjust the Base

Begin by adjusting the length of your seat base. To do this, simply use your Hex Key (included) to loosen the bolt. Then extend and retract the base length until you find an adjustment that's right for you. Once you have it right, use the Hex Key to lock the base in place.



### 2. Adjust the Height

Next, adjust the height of the seat post by lifting the lever under the left side of the seat pan. When you do this, the seat will rise on its own. If you need to lower the seat, lift the same lever and apply pressure to the seat itself.



### 3. Adjust the Angle

Last but not least, you can adjust the angle of the seat pan by loosening the knob on the right side of the seat. Once you find a comfortable angle, simply tighten the knob again to keep the seat pan in position.

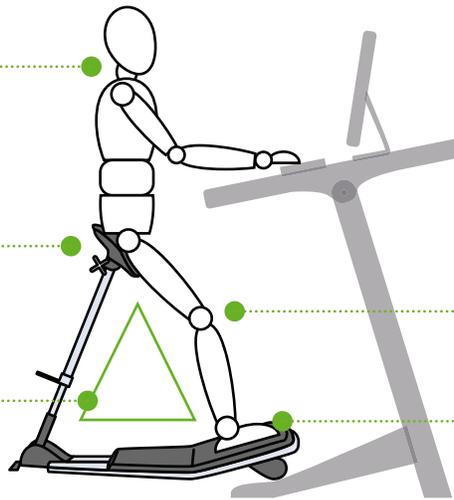
# DO'S:

## THE DEEP LEAN

Neck and shoulders are relaxed

Bum is supported by seat cushion

Posture forms a triangle between seat and legs



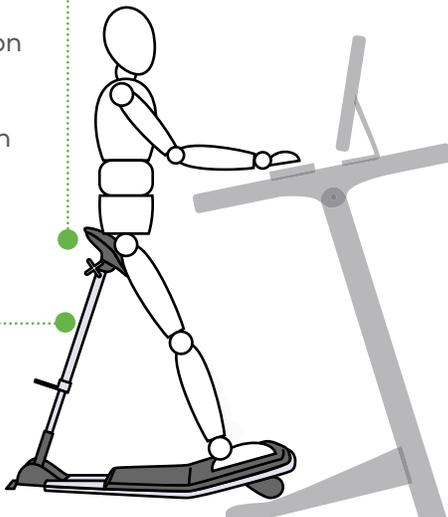
Knees are slightly bent

Feet are firmly on the anti-fatigue mat, but toes are not over the edge of the platform

## THE MEDIUM LEAN

Seat cushion is more sharply angled than the deep lean

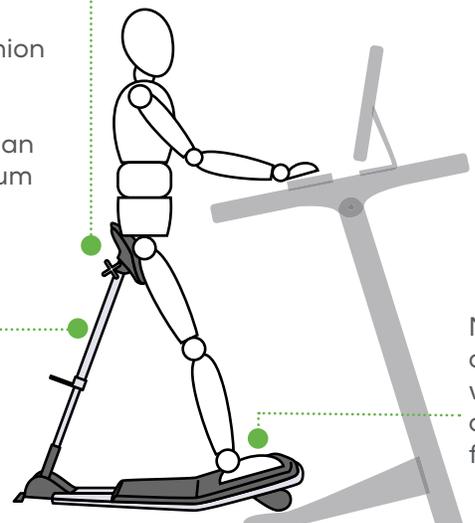
Seat post is slightly higher than the deep lean



## THE LIGHT LEAN

Seat cushion is more sharply angled than the medium lean

Seat post is nearly fully extended



Majority of body weight is on legs/feet

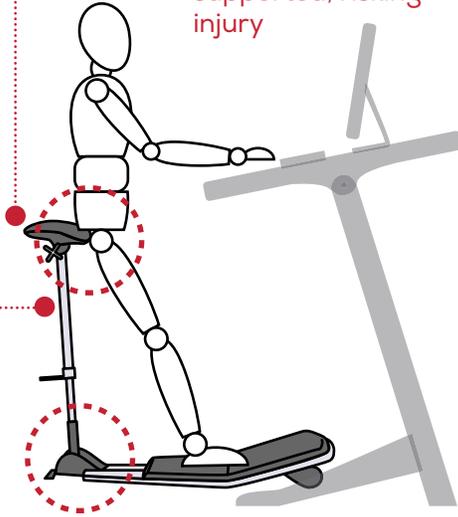
# DON'TS:

## LEANING AGAINST SEAT

Bum should be supported by the seat, not leaning against the edge

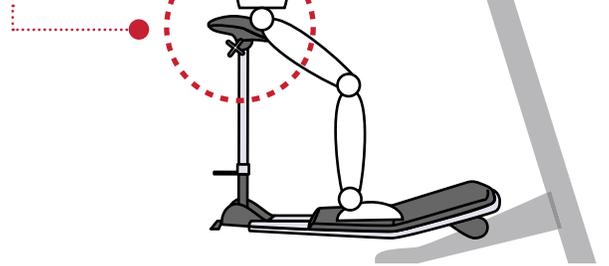
Weight is not supported, risking injury

Excess stress on the seat post may cause it to break



## SITTING

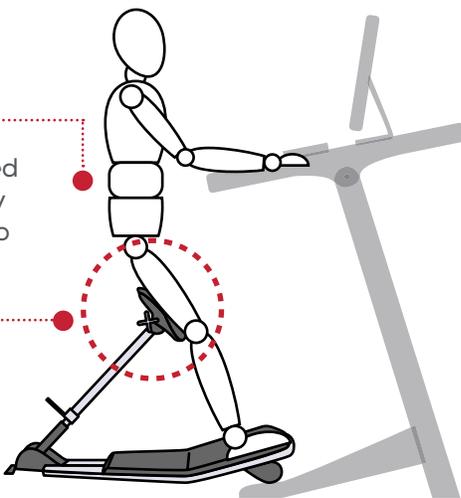
The seat is designed to be leaned against at an angle, sitting directly on seat may cause stress to the seat post



## LOW-SEAT LEAN

Unsupported leaning may cause you to fall

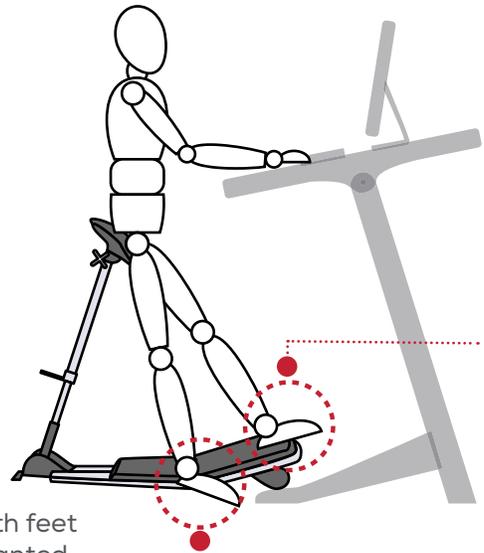
Seat should be used under bum, not thighs



## UNBALANCED LEAN

If your feet are too far forward, you may lose balance

Keep both feet firmly planted on the anti-fatigue mat



# FREQUENTLY ASKED QUESTIONS

**Q: How do I know if my seat base is extended to the proper length for me?**

**A:** Always aim to create a triangle between the following three points: your feet, your seat and the base of the seat post. Your feet should be able to rest comfortably on the angled portion of the platform without feeling cramped [too short] or strained [too long]. Keep your legs straight, and your knees “soft” – it’s a good idea to bend your knees gently once in awhile to ensure you’re not over-flexing your joints, and to keep blood flowing.

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**Q: How do I know if my seat height is right for me?**

**A:** To get the seat just right, place the seat cushion right under your bum and use the lever to lift the seat until it gently raises your heels off the ground. From there, step forward on the seat base to be in an appropriate leaning position.

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**Q: Where should I position my Locus Seat in relation to my desk?**

**A:** Position your Locus Seat so you have about three fingers-width distance between your torso (when you are using the seat) and the work surface.

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**Q: My seat is uncomfortable. What can I do about it?**

**A:** Try moving more. Feeling discomfort is your body’s way of signalling you to move. Try standing a while. If you have achy feet, lower your seat, inch up the platform and ease into a deep lean.

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**Q: It’s been two weeks, and I’m still not comfortable.**

**A:** You’ve spent a lifetime sitting. Upright working may be tiring at first. Hang in there and give it another two weeks of adjusting – it can take about a month to adjust to this new way of working.

