

HERMAN MILLER AERON

User Guide

POSTURE FIT

Turn the knob on the back of the chair until the pressure/support is comfortable on your lower back.

ADJUSTABLE LUMBAR SUPPORT

Manually slide the support up or down to comfortably center the pressure in your lower back.

ADJUSTABLE ARM RESTS

Arms move up and down with the height adjustment feature. Arms move in and out to accommodate body width.

TILT LIMITER

Rotate the inside knob forward to limit the recline of the back of the chair.

HEIGHT ADJUSTMENT

Pneumatic height adjustment raises and lowers the frame of the chair.

FORWARD TILT

Lean back and rotate the outside knob forward.

TILT TENSION

Turn knob forward to increase tension and backward to lessen tension.



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