

HermanMiller Mirra® Chair



Seating that
performs for you.

Seat Height: Lower right side of seat



To raise:
Take your weight off chair, lift tab up.



To lower:
Lift tab up while seated.

At the proper height, your feet should rest flat on the floor.



Harmonic™ Tilt Tension: Knob below right front side of seat



To increase:
Turn knob clockwise.



To decrease:
Turn knob counterclockwise.

Set the tilt tension to control the resistance you feel when reclining.



FlexFront® Seat Depth: Handle under front of seat



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

In the proper position, you will have approximately three-fingers of clearance
between the back of your knees and the seat edge.



Forward Tilt: Horizontal tab on left front side of seat

Only available on some models.



To engage:
Recline and flip lever down.



To release:
Recline and flip lever up.

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



Tilt Limiter: Vertical tab on left front side of seat

Only available on some models.



To engage:
Recline and move lever up to define the limit of recline.

To release:
Lean forward and press lever back.

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



Arm Height: Tab on outside lower base of each arm

Only available on some models.



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

For maximum comfort, your arms should make contact with the armpad without any lift at your shoulders.



Lumbar Height: Levers on lumbar support

Only available on some models.



To adjust:
Rotate levers to loosen, slide lumbar support up or down to desired height.

Adjust the lumbar height so that it comfortably supports the natural curve of your spine.



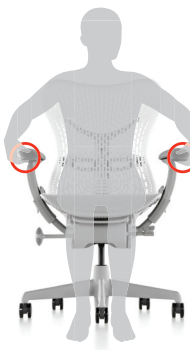
Arm Angle: Front of each armpad

Only available on some models.



To adjust:
Grasp front end of armpad and pivot inward or outward.

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



Lumbar Depth: Levers on lumbar support



To increase:
Rotate levers downward.



To decrease:
Rotate levers upward.

Adjust the lumbar depth so that it comfortably supports the natural curve of your spine.



Arm Width: Button on inside of each armpad

Only available on some models.



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

In the proper position, your elbows should be in line with your shoulders.

