

The HÅG chair from Medical Positioning, Inc.

— HÅG Capisco!

You've probably asked yourself which sitting position is the best? It's always your next one... Your HÅG chair will give you the support you need to keep moving throughout your working day.

1. HÅG Capisco was inspired by the position of a rider in the saddle, so with this chair you can sit higher than in other chairs. An excellent choice for height-adjustable desks or higher work surfaces.

NOTE: There are also models with a flat or rounded seat.

2. Adjust the seat height according to the height of your desk. Use the lever on the left-hand side with the lavender-colored marking. When sitting on the forward part of the seat you will not need any back support. If you want to use more of the seat in order to rest your back or maybe lean backwards, place your feet on the star base or on a HÅG StepUp™.
3. Back height is easily adjusted with the button on the rear of the back element. Press in and adjust the back element (up or down) to the desired height.
4. You can rest your arms on the back element armrests.
5. The knob under the chair will alter movement resistance backwards. You can also sit on the chair sideways or back-to-front, but it is then wise to lock the chair in position (using the lever with the green marking). You can then support your weight without feeling you are going to tip forwards. When using the chair back-to-front some people find it easier if they shift the seat slightly away from the back. Use the lever on the left-hand side with the yellow marking.



Our feet are our transport department and have moved us throughout history. Allow them to get on with their job—even when you're sitting down. This will ensure good blood circulation and energy transfer to all your working muscles—from top to toe.

If you would like to read more about using the chair, see the user instructions stored under the seat on the right-hand side.

the **HÅG** movement