

Haworth Zody

Haworth Zody Dual Posture Mesh Office Chair Instruction Manual

Model: Zody

INTRODUCTION

The Haworth Zody Dual Posture Mesh Office Chair is engineered for ergonomic support, accommodating both traditional sitting and active 'perch' postures. This chair is designed to enhance comfort and productivity in various work environments, including those with sit-to-stand desks. It features advanced adjustability and is recognized for its environmental certifications.



The Haworth Zody chair integrated into a modern office environment.

Key features include pneumatic seat height adjustment, 4-dimensional padded armrests, a Pelvic and Asymmetrical Lumbar system, back stop, tilt tension control, forward tilt option, seat depth adjustment, soft casters, and an aluminum base. The chair is designed to accommodate a wide range of body shapes and supports up to 400 lbs.



Overview of key features and certifications of the Zody chair.

SETUP

Your Haworth Zody chair arrives fully assembled and ready for immediate use. No additional assembly steps are required. Simply remove it from the packaging and place it in your desired location.

OPERATING INSTRUCTIONS

The Zody chair offers multiple adjustment points to customize your seating experience for optimal comfort and support.

1. Seat Height Adjustment

Locate the pneumatic lever on the right side, under the seat. To raise the seat, lift the lever while taking your weight off the seat. To lower the seat, lift the lever while seated and apply downward pressure. Adjust until your feet are flat on the floor or a footrest, and your knees are at approximately a 90-degree angle.

2. Armrest Adjustment (4-Dimensional)

The padded armrests can be adjusted in four ways:

- **Height:** Press the button on the side of the armrest support and slide the armrest up or down.
- **Depth (Forward/Backward):** Slide the armrest pad forward or backward.
- **Width (In/Out):** Slide the armrest pad horizontally.
- **Pivot:** Rotate the armrest pad inward or outward.

Adjust armrests to support your forearms comfortably, keeping your shoulders relaxed.

3. Lumbar Support (Pelvic and Asymmetrical Lumbar System)

The Zody chair features a Pelvic and Asymmetrical Lumbar system for precise lower back support. Locate the adjustment controls on the back of the chair. These controls allow you to fine-tune the lumbar support to match the natural curve of your spine, providing targeted comfort.



Rear view of the Zody chair, highlighting the backrest and lumbar support area.

4. Back Stop

To lock the backrest in an upright or reclined position, use the back stop lever, typically found on the left side under the seat. Engage the lever to lock the backrest at your desired angle. Disengage to allow the backrest to recline freely.

5. Tilt Tension

The tilt tension knob is located under the seat, usually at the front. Turn the knob clockwise to increase the resistance when reclining, making it harder to tilt back. Turn counter-clockwise to decrease resistance, allowing for easier reclining. Adjust to your preferred level of recline effort.

6. Forward Tilt

Activate the forward tilt option to position the seat pan slightly forward, promoting an open hip angle. This can be beneficial for active work postures. Locate the specific control for forward tilt, often a lever or button under the seat. Engage it to activate, disengage to return to a neutral or reclined position.

7. Seat Depth Adjustment

Use the lever or button located under the seat to slide the seat pan forward or backward. Adjust the seat depth so there is a small gap (about two to three fingers) between the front edge of the seat and the back of your knees. This ensures proper thigh support and circulation.



Side view illustrating the chair's adjustable components.

MAINTENANCE

To maintain the appearance and functionality of your Haworth Zody chair, follow these care instructions:

- **Spot Clean:** For spills or stains, spot clean immediately using a mild detergent and a damp cloth. Gently blot the affected area; do not rub vigorously.
- **Avoid Harsh Chemicals:** Do not use abrasive cleaners, solvents, or harsh chemicals, as these can damage the upholstery, mesh, or frame finishes.
- **Regular Dusting:** Dust the chair regularly with a soft, dry cloth to prevent dust buildup.
- **Caster Care:** Periodically check the soft casters for debris (e.g., hair, lint) and clean as necessary to ensure smooth movement.

TROUBLESHOOTING

If you encounter any issues with your Haworth Zody chair, consider the following basic troubleshooting steps:

- **Adjustment Not Working:** Ensure all levers and knobs are fully engaged or disengaged as required for the specific adjustment. Sometimes a slight jiggle or re-attempt can resolve minor sticking.
- **Squeaking/Noise:** Check that all visible connections are secure. If the noise persists, it may indicate a need for professional inspection.
- **Chair Movement Issues:** Verify that casters are clean and free of obstructions. Ensure the chair is used on an appropriate surface (hard floor recommended for soft casters).

For persistent issues or concerns not addressed here, please contact Haworth customer support for assistance.

SPECIFICATIONS



Dimensional overview of the Haworth Zody chair.

| Feature | Detail |
|---------------------------|---|
| Brand | Haworth |
| Model Name | Zody |
| Color | Cement |
| Product Dimensions | 29"D x 29"W x 39.5"H |
| Back Style | Solid Back (Mesh) |
| Special Features | Arm Rest, Ergonomic, Rolling |
| Product Care Instructions | Spot Clean |
| Recommended Uses | Office |
| Style | With Lumbar Support |
| Finish Type | Upholstered |
| Included Components | Dual posture, padded 4-dimensional arms, Pelvic and Asymmetrical Lumbar system, back stop, tilt tension, forward tilt, seat depth adjustment, soft casters, aluminum base |
| Seat Depth | 16.8 inches |
| Fill Material | Foam |
| Tilting | Yes |
| Surface Recommendation | Hard Floor |
| Certifications | Cradle to Cradle Bronze Certified, GREENGUARD Gold Certified |



GREENGUARD Gold certification for low chemical emissions.

WARRANTY & SUPPORT

The Haworth Zody chair is backed by a **12-year warranty**, ensuring craftsmanship and quality under normal use. This warranty covers defects in materials and workmanship for a period of twelve years from the date of purchase.



The Haworth Zody chair comes with a 12-year limited warranty.

For warranty claims, technical support, or any product-related inquiries, please contact Haworth Inc. directly through their official customer service channels. Please have your purchase information and model details (Zody, B0BTYW2ZRR) available when contacting support.

SAFETY INFORMATION

WARNING:

- Always use the adjustable features (seat height, back stop, seat depth) with caution to prevent injury.
- Do not force the swivel base to rotate beyond its natural range of motion.
- Exercise care when cleaning the chair to avoid damaging any parts or finishes.
- Ensure the chair is placed on a stable, level surface before use.
- Do not stand on the chair or use it as a ladder.