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Haworth Zody

Haworth Zody Dual Posture Digital Knit Office Chair Instruction Manual

INTRODUCTION

This manual provides essential information for the proper use, adjustment, and care of your Haworth Zody Dual Posture Digital Knit Office Chair. Designed for ergonomic support and comfort, the Zody chair offers a range of adjustments to suit individual preferences and promote healthy posture. Please read these instructions thoroughly to maximize your chair's benefits and ensure its longevity.



Image: Front-side view of the Haworth Zody Dual Posture Digital Knit Office Chair in Iron color, showcasing its ergonomic design and digital knit backrest.

SETUP

The Haworth Zody Dual Posture Digital Knit Office Chair is delivered fully assembled and ready for immediate use. No additional assembly steps are required. Simply remove the packaging and position the chair in your desired workspace.



Image: The Haworth Zody chair positioned in a home office environment, ready for use.

OPERATING THE CHAIR: ADJUSTMENTS

The Zody chair features multiple adjustment mechanisms to customize your seating experience. Familiarize yourself with these controls to achieve optimal comfort and support.

1. Pneumatic Seat Height Adjustment

To adjust the seat height, locate the lever typically found on the right side, beneath the seat. While seated, lift the lever to raise the seat. To lower the seat, lift the lever while applying your body weight. Release the lever to lock the seat at the desired height.

2. Padded 4-Dimensional Arms

The armrests can be adjusted in four directions: height, depth (forward/backward), width (in/out), and pivot (angle). Locate the buttons or levers on the armrests to unlock and adjust them. Adjust the armrests to support your forearms comfortably, keeping your shoulders relaxed and wrists straight while typing.

3. Pelvic and Asymmetrical Lumbar System

The Zody chair features a unique Pelvic and Asymmetrical Lumbar system. This allows for independent

adjustment of the left and right sides of the lumbar support. Locate the controls on the back of the chair to fine-tune the lumbar support to match the natural curve of your spine and provide targeted support where needed.

4. Back Stop

The back stop mechanism allows you to lock the chair's backrest in various reclined positions or keep it upright. Engage the back stop lever to prevent the backrest from reclining further than your chosen position.

5. Tilt Tension

Adjust the tilt tension to control the amount of force required to recline the chair. A knob, usually located under the seat, can be turned clockwise to increase tension (making it harder to recline) or counter-clockwise to decrease tension (making it easier to recline). Set it so you can recline comfortably without feeling like you're falling backward.

6. Forward Tilt

The forward tilt option allows the seat to tilt slightly forward, which can be beneficial for tasks requiring a forward-leaning posture, such as intense keyboard work. Engage the forward tilt mechanism using its dedicated control, typically a lever under the seat.

7. Seat Depth Adjustment

To adjust the seat depth, locate the lever or button under the seat. While seated, lift the lever and slide the seat forward or backward until there is a comfortable gap (approximately two to three fingers) between the edge of the seat and the back of your knees. Release the lever to lock the seat in place.

8. Soft Casters

The chair is equipped with soft casters, suitable for use on hard floor surfaces. These casters are designed to move smoothly and protect your flooring.



Image: Side view of the Haworth Zody chair, illustrating the various levers and controls for ergonomic adjustments.

MAINTENANCE

Proper care will help maintain the appearance and functionality of your Haworth Zody chair.

Cleaning Instructions

For general cleaning, **spot clean** the fabric and surfaces as needed. Use a mild soap and water solution with a soft cloth. Avoid harsh chemicals or abrasive cleaners, as these may damage the chair's materials. Regularly vacuum the fabric to remove dust and debris.

General Care

- Periodically check all fasteners and connections to ensure they are secure.
- Avoid exposing the chair to direct sunlight for extended periods, as this can cause fading.
- Do not exceed the maximum weight recommendation of 325 pounds.

TROUBLESHOOTING

If you encounter any issues with your Haworth Zody chair, consider the following common solutions:

- **Chair Sinks or Does Not Hold Height:** Ensure the pneumatic cylinder lever is fully disengaged. If the issue persists, the gas cylinder may need replacement. Contact customer support.
- **Difficulty Adjusting Tilt Tension:** Check that the tilt tension knob is not overtightened or jammed. Loosen it completely and then gradually tighten to find your preferred resistance.
- **Armrests Feel Loose:** Verify that the armrest locking mechanisms are fully engaged after adjustment.
- **Casters Not Rolling Smoothly:** Check for debris (hair, lint) wrapped around the caster wheels. Clean them as necessary.

For issues not resolved by these steps, please refer to the Warranty and Support section.

SPECIFICATIONS

Feature	Detail
Brand	Haworth
Model Name	Zody
Color	Iron
Product Dimensions	29"D x 29"W x 39.5"H
Back Style	Solid Back
Special Feature	Ergonomic
Recommended Uses	Office
Style	With Lumbar Support
Material	Foam (Fill Material)
Weight Capacity	Up to 325 lb
Casters	Soft Casters (for hard floors)
Certifications	Cradle to Cradle Bronze Certified, GREENGUARD Gold Certified

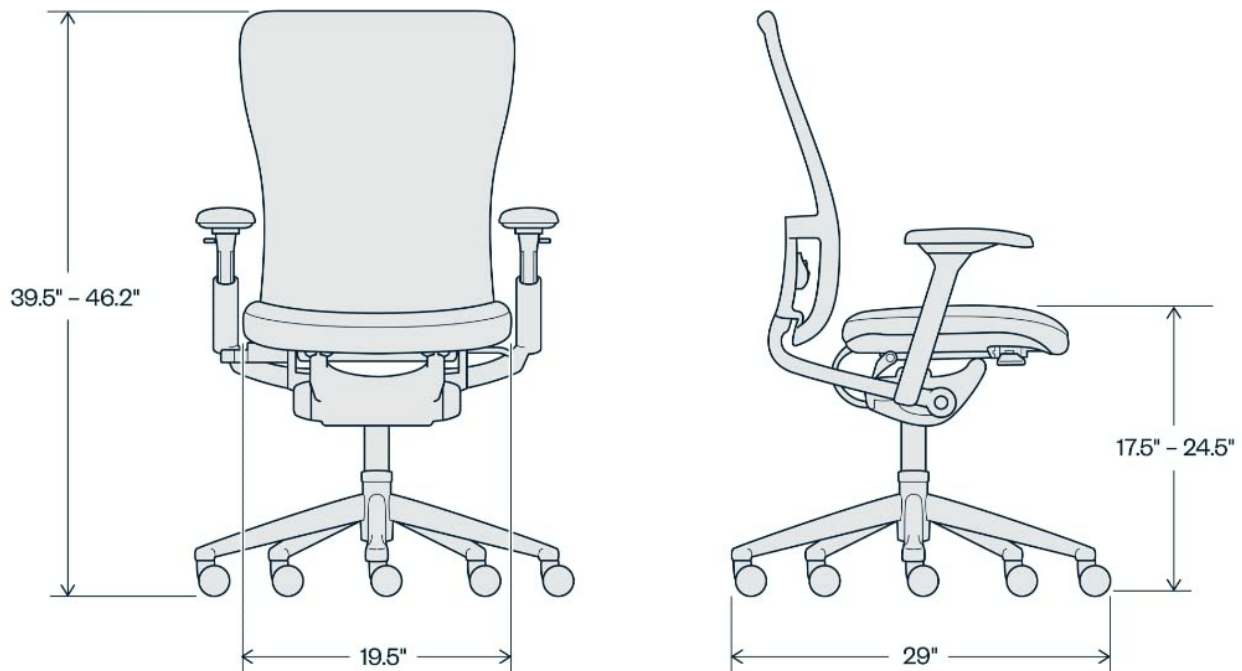


Image: Technical diagram illustrating the key dimensions of the Haworth Zody chair, including height, width, and depth ranges.



Striving for Sustainable & Healthier Solutions

We design with people and the environment in mind through sustainable material choices, engineering processes, and the avoidance of banned chemicals. Proudly manufactured in the U.S.A.

Image: The GREENGUARD Gold certification logo, indicating the product meets stringent chemical emissions standards.

WARRANTY AND SUPPORT

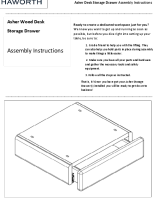

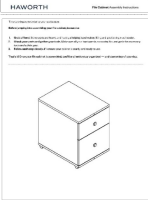
Your Haworth Zody Dual Posture Digital Knit Office Chair is backed by a **12-year warranty**, ensuring craftsmanship and quality for years of use. This warranty covers defects in materials and workmanship under normal use.

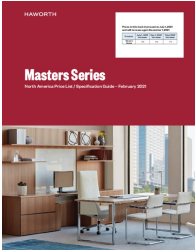

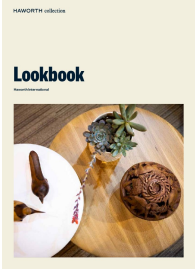


Image: A badge indicating the 12-Year Limited Warranty for the product.

For warranty claims, technical assistance, or further support, please visit the official Haworth website or contact their customer service department. You can also find more information and contact details on the [Haworth Brand Store](#).

Related Documents - Zody

 <p>The image shows the cover of the assembly instructions for the Haworth Asher Desk Storage Drawer. It features the Haworth logo at the top left, followed by the product name "Asher Desk Storage Drawer" and "Assembly Instructions". Below the text is a line drawing of the storage drawer being installed under a desk.</p>	<p>Haworth Asher Desk Storage Drawer Assembly Instructions Step-by-Step Guide</p> <p>Detailed assembly instructions for the Haworth Asher Desk Storage Drawer. Learn how to attach this convenient storage solution to your Haworth desk with clear, step-by-step guidance and required tools.</p>
 <p>The image shows the cover of the user guide for the Haworth Height Adjustable Table. It features the Haworth logo at the top left, followed by the product name "HEIGHT ADJUSTABLE TABLE" and "USER GUIDE". Below the text is a line drawing of a height-adjustable desk.</p>	<p>Haworth Height Adjustable Table User Guide</p> <p>Comprehensive user guide for the Haworth Height Adjustable Table, covering assembly, operation, safety, troubleshooting, and technical specifications.</p>
 <p>The image shows the cover of the assembly instructions for the Haworth File Cabinet. It features the Haworth logo at the top left, followed by the product name "File Cabinet" and "Assembly Instructions". Below the text is a line drawing of a two-drawer file cabinet.</p>	<p>Haworth File Cabinet Assembly Instructions</p> <p>Step-by-step guide for assembling your Haworth file cabinet, including tools, hardware, and detailed instructions for attaching drawer knobs and casters. Learn how to assemble your office storage unit.</p>

	<p>Haworth Masters Series: North America Price List & Specification Guide - February 2021</p> <p>Explore the Haworth Masters Series, a comprehensive North American price list and specification guide for office furniture, featuring desks, storage, tables, and more. Updated February 2021.</p>
	<p>Haworth Corporate Social Responsibility 2023 Report: Sustainability, ESG, and Global Impact</p> <p>Discover Haworth's 2023 Corporate Social Responsibility Report, detailing their extensive ESG initiatives, circular economy practices, operational performance, and commitment to sustainability across their global brands.</p>
	<p>Haworth Collection Lookbook: Inspiring Workspace Design & Trends</p> <p>Explore the Haworth Collection Lookbook, showcasing innovative workspace designs, post-pandemic trends, and collaborations with leading global designers. Discover solutions for adaptable, sustainable, and inspiring work environments.</p>