1 Height adjustment - Grasp the headrest on both sides and lift or lower it. The headrest has 2.5” of height adjustment from the starting position. This allows the headrest to be correctly positioned for differently sized individuals.

2 Angle adjustment - Grasp the headrest on both sides and adjust forward or back to your desired position. The headrest tilts 5° forward & 40° back from the starting, upright position.

Optimal positioning is achieved when the neck is able to relax and the weight of the head is supported by the rest during task work. This relieves pressure from the upper thorax and lower cervical region of the spine. The headrest can also be pushed back out of the way during downtime.