

# Joy e-Operating Instructions

**ALFIE** and his journey of JOY...

Why bother adjusting the chair - Don't have time



**Mind you** - what with Colin's bad back, Sharon's stress levels & my lack of concentration, maybe the occupational health dept have a point about taking a few minutes out to learn.....



I normally only do **seat height**... at least that's obvious - my thighs and trunk angle are at 90°



But what a difference getting **seat depth** right - got a few fingers gap between the front of the seat & the back of my knees, I feel more supported...no more perching or slumping!



**Backrest height** easy to grab & adjust - I've got the curve in the backrest matching the small of my back.



**The arms adjust** so my forearms are supported at 90° when my shoulders are relaxed - no more tension in the neck or slouching



\* Applicable where option selected

\* Sliding armpad applicable where option selected



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