

# 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

I still get tired & I'm blown if I'm going to get up every 20 minutes & do windmill exercises just to please occupational health.....

Hang on ! - they did say something about sit aerobics...bit sorry but I'm sure there's features to allow me to keep exercising without leaving my seat ?



Oo-er !...seems a bit loose ...thats what that weight adjuster must be for - keeps me balanced & can be adjusted for all my colleagues too



If I keep this **unlocked** most of the time & can stay more mobile & improve my range of reach when I'm typing the chair will follow me - **what a 'joy' !**

