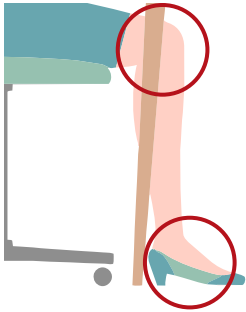




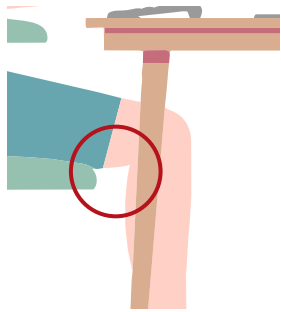
GATEWAY
office furniture

5 CHAIR ADJUSTMENTS FOR ALL-DAY COMFORT



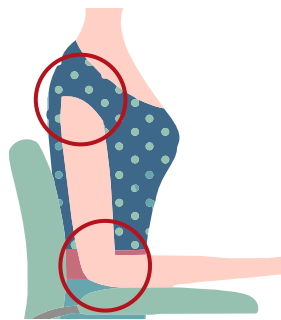
1

- Feet flat on floor
- Knees at 90°
- Use a footrest if needed



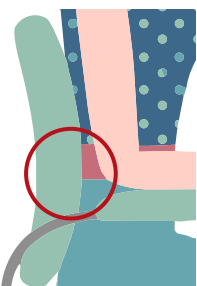
2

- Leave 2-3 fingers between seat edge & knees
- Avoid pressure behind knees



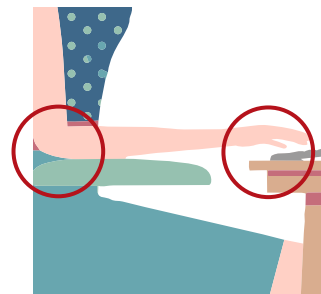
3

- Relax shoulders
- Elbows close to body
- Forearms supported



4

- Lumbar support fits lower back
- Sit back in the chair
- Slight recline is okay



5

- Wrists straight
- Elbows near keyboard height
- Avoid reaching