



Congratulations

on your new **Gregory** chair. Please follow the enclosed guide on how to correctly setup your new chair.



inca



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ADJUSTING YOUR GREGORY CHAIR

For a guide on how to correctly sit on and adjust your gregory chair, please scan the QR code or visit

www.gregorychairs.com.au/ergonomics/adjusting-your-gregory-chair



For more information

☎ 02 8808 0400 | ✉ support@gregorychairs.com.au | 🌐 www.gregorychairs.com.au

A guide to adjusting your chair

Your chair is one of the most important tools you will use at work. It is important that the chair fits and supports your body. The following steps are designed to assist you in maintaining a maximum level of support whilst sitting.



Seating Position

To enjoy the ergonomic benefits of the famous Gregory Dual Density Posture Support seat technology, ensure you are seated with your pelvis as far back as possible on the rear section of the seat (behind the seat split), with your back supported by the backrest. Failure to sit on the rear portion of the seat will reduce the ergonomic benefits and void warranty by applying incorrect pressure to the seat upholstery.



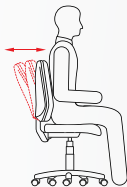
Seat Height

Using the seat height lever control lever, adjust the height of your chair so that your hips are slightly above your knees when your feet are flat on the floor or footrest.



Seat Tilt

Occasionally tilt the seat forwards or backwards to relieve pressure on the underside of your thighs. This is done by lifting the control lever and moving forwards or backwards till you find a comfortable position.



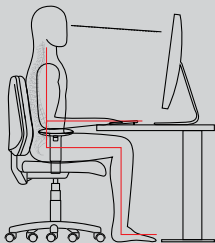
Back Angle

Using the back angle lever, adjust the angle of the back so that it gives you comfortable support. For keyboard activities, the backrest should be in a relatively upright position.



Good posture

An example of good posture while seated at a desk, note the spine is maintained in the healthy, upright 'S' curve of good posture.



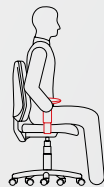
Back Height

Adjust the height of the back of the chair so that it provides support to your lower back. Position two hands on either side of the backrest and lift it up, it will automatically stop at each of the levels. Stop when you reach the correct position which is where the curve is located in your lower back for ideal lumbar support.



Seat Depth (if fitted)

Adjust seat slider so the thighs are well supported and you can sit right back in the chair whilst maintaining a 1-3 finger clearance between the front edge of the seat and the back of the knee.



Arm rests (if fitted)

Arm rests should be set to a level where it is possible to rest both forearms approximately horizontally on the rests without straining your shoulders downward or upwards. Adjust these by lifting the small lever on the side of the arm. Remember to lift your arms off the rest (or drop it down) when typing.

10 Year Product Warranty



Terms of Warranty

Gregory Commercial Furniture Pty Limited warrants all MyChair products for a period of ten (10) years or other as specified at time of purchase, under normal 50 hours, 5 days per week usage, to be free from defects in material and workmanship. Gregory Commercial Furniture Pty Limited liability under this warranty (and any warranty that is implied and can only be limited as permitted by law) is to repair or replace (at its discretion) any part or product covered by this (or any implied) warranty free of charge.

To the extent permitted by law, this warranty does not cover:

1. Normal wear and tear
2. Gregory House Fabric is covered by a 12 year warranty from the fabric manufacturer. All other customer specified fabrics are warranted by the terms of the fabric manufacturer.
3. Damage arising from abnormal use, abuse, upholstery failure of non house fabric or by users sitting on the front portion of the dual density seat.
4. Chairs which have been placed under loads in excess of 110kg (excluding Heavy Duty Kit chairs)
5. Products which have not been maintained as recommended by

Gregory Commercial Furniture Pty Limited, or which have been modified

6. Any indirect or consequential loss
7. Transport charges to return the product to Gregory Commercial Furniture Pty Limited for repair or replacement 90 days after delivery

This warranty applies only to the original purchase. All works carried out by a party under instructions from Gregory Commercial Furniture Pty Limited will be covered by the five year warranty on workmanship and repair. If the workmanship of the repair is deemed by Gregory Commercial Furniture Pty Limited to be faulty a new chair will be provided. To the extent permitted by law, all other warranties, express or implied, are excluded.

End of Life Chair Take Back Service

At the end of a Gregory Chair's life with a customer, Gregory will take back chairs manufactured or distributed by Gregory Commercial Furniture. For further information refer to our website Environment > Social responsibilities

Gregory Commercial Furniture Pty Limited



Gregory Commercial Furniture

For further information, service or to re-order, please call 02 8808 0400. Alternatively, you can visit our website at www.gregorychairs.com.au