BUYING GUIDE

HOME AND OFFICE CHAIRS

Work chair with a perfect fit
Choosing a work chair is easy if you know what you need. Think about what kind of activities you will do in the chair – computer work, drawing, paying bills and how much time you will spend sitting in it. A basic height-adjustable chair may offer the comfort you need for shorter periods. But for fulltime work, you might need one with more adjustable features to help you vary sitting positions. Do you have special needs, e.g. want relief for your back, support for your arms and shoulders? What style do you like? Let your answers to these questions guide you to the perfect work chair for you.

Can take a tough day at work
A chair that is tested for office use fulfils a high level of requirements on ergonomics, stability, strength and durability. We know, because we put the chair through many different tests and tough challenges. For example, we sized the chair according to both European and American measurement requirements, subjected it to heavy loads and tested the endurance of each part – up to 300,000 times. We did all this to make sure it would be comfortable to sit in, safe to use and capable of enduring fulltime deskwork – for many years.
GOOD TO KNOW

The human body is made to move, so ideally, your workspace should give you the choice of sitting, standing or leaning, allowing you to change positions often.

SITTING
1. You should be able to stretch your legs under the table and turn 90° to the left and right. The hips and knees should be at an angle of approx. 95-100° with your feet flat on the floor. If you share the chair with other people, the height adjustable seat allows all of you to sit comfortably.
2. It doesn’t matter if you’re short or tall with an adjustable seat depth or a height adjustable backrest you can try different depths and heights and get exactly the support your legs and back need.
3. A chair with tilt function makes it easy to change sitting position, regardless of whether the tilt function is in the seat or the backrest – or in both places.
4. The lumbar region is where we usually feel the first onset of tiredness. A chair with built-in lumbar support relieves pressure on your back.
5. Armrests reduce strain on arms and shoulders. Adjustable armrests reduce strain even more – regardless of how tall or short you are. Make sure that the armrests don’t prevent the chair from being drawn close to the desk, and that they don’t restrict your movements.
6. If you’ve been sitting at your desk for some time, it may feel nice to lean back and change your position for a moment. With a headrest on your chair, your head and neck also get some well-deserved relaxation.

LEANING
A standing support enables a position between sitting and standing, and it’s ideal when you have a height adjustable desk.

• Provides freedom of movement for your upper and lower body.
• Activates and strengthens your body’s core muscles.
• Gives you an open posture which improves your circulation and metabolic rate.

STANDING
Don’t forget to stand up as well. Alternating between sitting and standing is good for you since it and increases circulation and productivity. Check out our height adjustable desks since they’re ideal for alternating between sitting, leaning and standing.
GOOD TO KNOW

- **Height adjustable seat**: for a comfortable sitting posture regardless of body height.

- **Adjustable seat depth**: easy to adapt for increased support to your thighs and back.

- **Height adjustable backrest**: gives lumbar support and relieves strain on your back.

- **Lockable tilt function**: for increased stability in different sitting positions.

- **Adjustable tilt tension**: increase or decrease the resistance to suit your movements and weight.

- **Synchronised tilt function**: in seat and backrest; the chair follows your movements when you lean forward or back.

- **Weight compensation mechanism**: automatically finds the right amount of tilt tension to open up your body when you lean back.

- **Depth adjustable armrest**: adjust the depth according to your needs.

- **Height and depth adjustable armrests**: adjust to relieve strain on your arms and shoulders even more.

SAFETY CASTORS

Chairs should stay where you leave them and not roll away on their own. That’s why we put safety castors on our chairs. The castors have a built-in pressure-sensitive brake mechanism so that they roll freely and easily when you sit on the chair – and brake when you stand up. Note that even though the castors don’t roll when braked, they can still slide on the floor if the chair is pushed.
MARKUS swivel chair. Seat W53×D47 cm. Tested for 110 kg. Height adjustable 48–57 cm. This chair is tested and approved for office use. Rubber-coated castors; run smoothly on any type of floor. Design: Henrik Preutz.

VISSLE dark grey 502.611.51 $229


GLOSE black 503.674.59 $299

GUNNARED beige 504.199.53 $199

JÄRVFJÄLLET swivel chair. Seat W52×D46 cm. Tested for 110 kg. Height adjustable 45–56 cm. The mesh material of the backrest lets air through to your back during long sitting periods. You can adjust the lumbar support and seat depth according to your body.

GUNNARED beige/black 691.776.28 $229

GUNNARED beige/white 892.524.81 $229

GUNNARED blue/black 591.776.62 $229

GUNNARED blue/white 092.525.12 $229

GUNNARED light brown-pink/black 392.611.00 $229

GUNNARED light brown-pink/white 792.525.42 $229

GUNNARED dark grey/black 191.776.40 $229

GUNNARED dark grey/white 192.525.16 $229

GUNNARED light green/black 691.777.51 $229

GUNNARED light green/white 392.525.20 $229

JÄRVFJÄLLET pair of armrests. Relieves the pressure on arms and shoulders. Fits JÄRVFJÄLLET swivel chairs.

Black 303.205.66 $30

White 503.205.70 $30

HATTEFJÄLL swivel chair. Seat W50×D40 cm. Tested for 110 kg. Height adjustable 41–52 cm. An ergonomic office chair with gently curved lines.

GUNNARED beige 003.202.28 $299

GUNNARED medium grey 803.413.35 $299

GUNNARED light brown-pink 003.413.44 $299

SMIDIG black 804.283.19 $449

HATTEFJÄLL pair of armrests. Relieves the pressure on arms and shoulders. Fits HATTEFJÄLL swivel chairs.

White 103.413.48 $50

MILLBERGET swivel chair. Seat W52×D45 cm. Tested for 110 kg. Height adjustable 45–58 cm. Adjustable tilt tension allows you to adjust the resistance to suit your movements and weight.

BOMSTAD black 503.394.14 $99

KINSTAD white 003.394.16 $99


VISSLE black 003.368.42 $99

VISSLE grey 003.368.37 $99

NOMINELL pair of armrests. Relieves the pressure on arms and shoulders. Fits FLINTAN swivel chairs.

Black 702.002.70 $30
LILLHÖJDEN swivel chair. Seat W44×D44 cm. Tested for 110 kg. Rubber-coated castors; run smoothly on any type of floor.

IDEMO black 502.214.00 $99
BLEKINGE white 202.387.13 $99

LÖBERGET/BLYSKÄR swivel chair. Seat W44×D43 cm. Height adjustable 43-54 cm. These castors are designed for soft floors.

White 593.318.66 $35

SKRUVSTA swivel chair. Seat W48×D45 cm. Tested for 110 kg. Height adjustable 47–55 cm. The chair comes with both castors and feet. Rubber-coated castors; run smoothly on any type of floor.

IDHULT black 104.029.97 $179
YSANE white 304.029.96 $179
VISSLE grey 802.800.06 $159

JULES junior chair. Seat W35×D32 cm. Tested for 50 kg. Height adjustable 38–50 cm. These castors are designed for soft floors. Design: Nicholai Wiig Hansen.

White 192.077.17 $79
Blue 092.077.13 $79
Pink 592.077.15 $79

KULLABERG stool. Tested for 110 kg. Height adjustable 46-69 cm. The seat is designed in order not to rotate so you can easily find the holes to adjust the height. Design: Sarah Fager

Black 703.255.19 $99
Pine/black 903.203.42 $99

ÖRFJÄLL swivel chair. Seat W49×D43 cm. Tested for 110 kg. Height adjustable 46-58 cm. High-quality density foam will keep the chair comfortable for many years to come. Design: Sebastian Holmbräck & Ulrik Nordentoft.

White/VISSLE blue 793.030.37 $79
White/VISSLE dark grey 193.030.40 $79
White/VISSLE dark yellow 693.030.47 $79
White/VISSLE purple 493.030.67 $79
Black/VISSLE black 293.030.73 $79

BLECKBERGET swivel chair. Seat W47×D45 cm. Tested for 110 kg. Height adjustable 47-59 cm. High-quality density foam will keep the chair comfortable for many years to come. Design: Francis Cayouette.

Beige 503.586.38 $69
Dark grey 303.618.68 $69

ELDBERGET/BLYSKÄR swivel chair. Seat W44×D43 cm. Height adjustable 43-54 cm. These castors are designed for soft floors.

Blue/White 893.318.60 $44.99
Red/White 293.318.63 $44.99

ELDBERGET/MALSKÄR swivel chair. Seat W43×D44 cm. Height adjustable 43-55 cm. These castors are designed for soft floors.

Beige/black 493.318.57 $49.99
Black 393.318.48 $49.99
Blue/black 793.318.51 $49.99
Red/black 193.318.54 $49.99

NILSERIK standing support. Seat diameter 35 cm. Tested for 110 kg. Height adjustable 51-71 cm. Gives you an active sitting position.

Black/VISSLE black 103.499.57 $69
White/VISSLE grey 703.097.22 $69

TROLLBERGET active sit/stand support. Tested for 110 kg. Height adjustable 66-80 cm. Gives you an active sitting position thanks to tilting mechanism of the seat.

GLOSE black 803.882.57 $149
GRANN beige 803.882.62 $149
**ALL PARTS AND PRICES**

**Visitor’s chairs and conference chairs**

**FJÄLLBERGET conference chair.** Seat W42×D40 cm. Tested for 110 kg. Height adjustable 43-56 cm. The curved bent wood back and armrests are both comfortable and stylish.

- White stained oak veneer/ GUNNARED beige 004.877.65 $279
- Black stained oak veneer/ GUNNARED dark grey 603.964.18 $299

**FJÄLLBERGET conference chair.** 5 legs with castors. Seat W42×D40 cm. Tested for 110 kg. Height adjustable 43-56 cm. The curved bent wood back and armrests are both comfortable and stylish.

- Black stained oak veneer/ GUNNARED dark grey 603.964.18 $299

**MOLTE desk chair.** Seat W39×D36 cm. Tested for 110 kg. The chair is easy to adjust to 4 different heights - 41, 45, 48 and 51 cm. Design: Lycke von Schantz.

- Grey 002.927.77 $22.99

**LÅNGFJÄLL swivel chair.** 4 legs. Seat W53×D41 cm. Tested for 110 kg. A visitor’s chair with lightly curved lines, attention to the sewn details and an easy-to-use mechanism hidden under the seat to highlight the design.

- GUNNARED beige/black 391.749.66 $149
- GUNNARED beige/white 292.522.95 $149
- GUNNARED blue/black 392.523.08 $149
- GUNNARED light brown-pink/black 392.616.01 $149
- GUNNARED dark grey/black 491.749.75 $149
- GUNNARED dark grey/white 691.749.84 $149
- GUNNARED light green/black 592.523.12 $149

**LÅNGFJÄLL swivel chair with high back.** 4 legs. Seat W53×D41 cm. Tested for 110 kg. A visitor’s chair with lightly curved lines, attention to the sewn details and an easy-to-use mechanism hidden under the seat to highlight the design.

- GUNNARED beige/black 791.750.54 $179
- GUNNARED beige/white 892.523.44 $179
- GUNNARED blue/black 191.751.13 $179
- GUNNARED blue/white 992.523.48 $179
- GUNNARED light brown-pink/black 492.611.52 $179
- GUNNARED light brown-pink/white 492.523.60 $179
- GUNNARED dark grey/black 691.750.64 $179
- GUNNARED dark grey/white 192.523.52 $179
- GUNNARED dark grey/white 691.750.65 $179
- GUNNARED light green/black 491.752.39 $179
- GUNNARED light green/white 292.523.56 $179

**ODGER swivel chair.** Seat W68xD68 cm. Tested for 110 kg. Height adjustable 43-54 cm.

- White/Beige 003.952.71 $149
- Anthracite 703.952.63 $149

**RENBERGET swivel chair.** Seat W49xD42 cm. Tested for 110 kg. Height adjustable 45-57 cm. Adjustable tilt tension that allows you to adjust the resistance to suit your movements and weight.

- Bomstad black 603.394.18 $75

**Accessories**

**KOLON floor protector.** 120×100 cm. Suitable for most types of floors and flat-woven rugs. Not suitable for cork floors or heated wooden floors. If the floor protector is left lying on the floor for a long period a vacuum may form and cause damage to your floor. Therefore, lift the floor protector at regular intervals for ventilation.

- 901.762.45 $29.99

**DAGOTTO foot-rest.** W38xL49xH15 cm. This foot-rest helps you sit in a good working position at your desk and reduces strain on your legs, back and neck.

- Black 202.409.90 $19.99

**PYNTEN seat pad W41xD43 cm.** Tailor made to fit LOBERGET and ELDBERGET swivel chairs perfectly. Soft and comfortable to sit on while giving your room a warm and cozy look.

- Beige 904.792.28 $10
- Light grey 704.792.29 $10
- Dark grey 904.732.07 $10
You can do it yourself, but you don’t have to

IKEA products are designed to be taken home and assembled yourself. But if you would like some help, we can offer you a range of services. For more information contact your local IKEA store or visit IKEA.com.au

Assembly
Sometimes it's nice to have someone else put your furniture together. We're happy to do it for you.

Delivery
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Interest free finance available
To realise your dream today, we offer interest free finance* to approved customers. You can apply online, over the phone or in-store at our planning desks.

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