

Home, office and gaming chairs

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Some workchairs have a 10 year limited warranty. Read more in the warranty brochure.



Sit perfectly for your activities

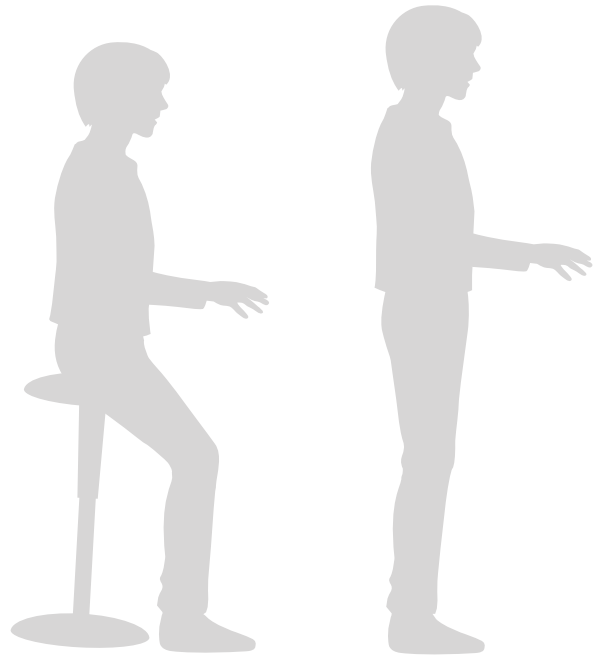
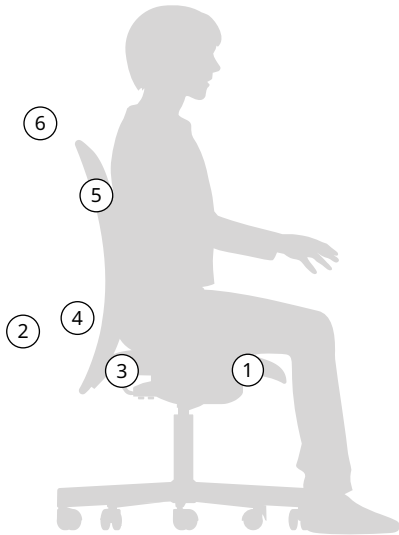
A great sitting position helps you feel more creative, energetic and efficient. Start with who you are and how you'll use the chair. If you work from home for shorter periods, basic adjustable functions may be enough. For full-time work in the office, you'll need additional settings and more support for your arms and head. Love to game? Choose a gaming chair that helps you perform at your best. And for the younger ones, we have chairs adapted for drawing and doing homework.

This is a reference guide created to better assist customers when purchasing products. While a high level of accuracy has been sought in its preparation, we cannot guarantee that there are no errors or omissions, nor will we be bound by them. Availability may vary by store. Please see an IKEA co-worker or visit www.IKEA.ca for more information.



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 circulation and productivity. Check out our height adjustable desks since they're ideal for alternating between sitting, leaning and standing.

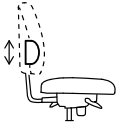
Good to know



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



Height-adjustable backrest; provides support in all the right places and helps your body to maintain a naturally good posture.



Adjustable lumbar support; helps maintain the correct posture while sitting which reduces strain on muscles on your lower back.



Adjustable seat depth; easy to adapt for increased support to your thighs and back.



Adjustable headrest depth; adjust the depth position of the headrest to fit your needs, reducing strain on the neck and shoulders.



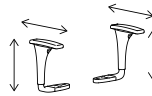
Adjustable tilting neck support; adjusting the headrest angle for optimal support and comfort reduces neck muscle strain and prevents discomfort during prolonged sitting.



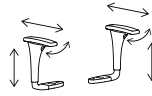
Adjustable headrest height; allows for proper alignment of the head and neck, reducing the risk of discomfort from prolonged sitting.



Armrests; provide support for the upper part of your forearms and reduce strain on the back and shoulders.



2D adjustable armrests; height and width adjustable armrests enable a relaxed position for arms and shoulders and reduce the risk of tension.



3D adjustable armrests; height, width, and depth adjustable armrest helps you find the most comfortable and supportive position for the arms and shoulders, leading to improved posture and reduced fatigue.



Manual tilt tension; allows you to adjust the resistance to suit your movements and weight.



Automatic tilt tension; your body weight determines how much resistance the backrest offers.



Synchronized tilt mechanism; allows the chair to move with you. The backrest moves more than the seat when you lean back, so torso/hips open up. This improves circulation and keeps energy levels up.



Tilt lock; allows you to lock the tilt in the upright, the lowest position and different positions in-between.

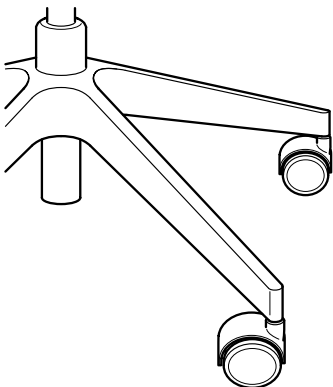


Removable washable cover, seat; easy to keep clean and fresh, as you can take it off and machine-wash it.



Removable washable cover; backrest and seat. The cover is easy to keep clean and fresh, as you can take it off and machine-wash it.

Safety casters



Chairs should stay where you leave them and not roll away on their own. That's why we put safety casters on our chairs. The casters 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 casters don't roll when braked, they can still slide on the floor if the chair is pushed.

All parts

Office chairs



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FLINTAN swivel chair. Seat W46×D49 cm (18½×19¼"). Tested for 110 kg (243 lb). Height adjustable 45-58 cm (17¼-22½"). Self adjusting tilt tension. May be completed with FLINTAN armrests. The cover is removable and machine washable. Rubber-coated casters; run smoothly on any type of floor. Design: Henrik Preutz.

Black	904.890.29
Beige	004.922.05



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MARKUS swivel chair. Seat W53×D47 cm (20½×18½"). Tested for 110 kg (243 lb). Height adjustable 46-57 cm (18½-22½"). This chair is tested and approved for office use. Rubber-coated casters; run smoothly on any type of floor. Design: Henrik Preutz.

Vissle dark gray	902.891.72
Vissle light gray	305.218.62



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JÄRVFJÄLLET swivel chair with height adjustable armrests. Seat W52×D46 cm (20½×18½"). Tested for 110 kg (243 lb). Height adjustable 45-56 cm (17¼-22"). 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. Armrests can be adjusted upwards/downwards and forwards/backwards. The adjustable armrests can help take the load off your shoulders and neck to reduce tension, strain and pain.

Glose black	605.106.40
Grann white	705.218.55



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HATTEFJÄLL swivel chair with height and width adjustable armrests. Seat W50×D40 cm (19½×15¼"). Tested for 110 kg (243 lb). Height adjustable 41-52 cm (16½-20½"). An ergonomic office chair with gently curved lines. You can adjust the lumbar support and seat depth according to your body. Armrests can be adjusted upwards/downwards and forwards/backwards. The adjustable armrests can help take the load off your shoulders and neck to reduce tension, strain and pain.

Gunnared beige/white	005.389.58
Gunnared dark gray/black	205.389.76
Gunnared green/black	005.389.77
Gunnared light green/white	005.329.56
Gunnared medium gray/white	005.389.63
Gunnared red/white	605.251.04



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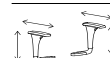
VALLFJÄLLET office chair. Seat W50×D46 cm (19½×18½"). Tested for 110kg (243 lb). Height adjustable 43-56 cm (16½×22"). May be completed with VALLFJÄLLET pair of armrests and/or VALLFJÄLLET headrest. Minimalist style combined with maximum functionality. The ergonomic VALLFJÄLLET office chair is easy to adjust so it gives your body comfortable support – regardless if you are in the office or at home.

Gunnared gray	005.540.76
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VALLFJÄLLET pair of armrests. You can easily move these adjustable armrests upwards/downwards and forwards/backwards as needed. Fits perfectly on VALLFJÄLLET office chair where they give you a nice support that relieves your shoulders.

104.684.03



VALLFJÄLLET headrest. This adjustable headrest extends the back of your VALLFJÄLLET office chair and gives your head and neck precise support so that you relax and sit comfortably.

Gunnared gray	205.540.75
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ALEFJÄLL swivel chair. Seat W51×D42 cm (20½×16½"). Tested for 110 kg (243 lb). Height adjustable 45-56 cm (17¼-22"). The genuine grain leather is a treat in terms of softness and comfort – also both seat and back are tilt- and height-adjustable to give you maximum support. Guaranteed to outlast years of ups and downs.

Glose black	103.674.61
Grann golden brown	704.199.85



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LIDKULLEN active sit/stand support. Seat diameter Ø38 cm (15"). Tested for 110 kg (243 lb). Height adjustable 59-81 cm (23¼-31½"). Gives you an active sitting position thanks to tilting mechanism of the seat. It is ideal when you have a height adjustable desk.

Gunnared dark gray	504.457.87
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All parts

Conference chairs



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LÅNGFJÄLL conference chair, 5 legs with casters. Seat W53×D41 cm (20%×16¼"). Tested for 110 kg (243 lb). Seat height adjustable 43-53 cm (16%-20%). A comfortable conference chair with lightly curved lines, attention to the sewn details and an easy-to-use mechanism hidden under the seat to highlight the design.

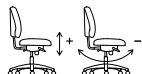
Gunnared beige/black	291.775.69
Gunnared beige/white	592.523.69
Gunnared blue/black	791.775.81
Gunnared blue/white	892.523.82
Gunnared dark gray/black	591.775.77
Gunnared dark gray/white	792.523.87
Gunnared green-gray/black	695.060.59
Gunnared green-gray/white	595.060.69
Gunnared red-orange/black	895.060.63
Gunnared red-orange/white	295.060.75



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LÅNGFJÄLL conference chair with high back, 5 legs with casters. Seat W53×D41 cm (20%×16¼"). Tested for 110 kg (243 lb). Seat height adjustable 43-53 cm (16%-20%). A comfortable conference 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	091.776.31
Gunnared beige/white	492.524.83
Gunnared blue/black	391.776.63
Gunnared blue/white	692.525.14
Gunnared dark gray/black	391.776.44
Gunnared dark gray/white	792.525.18



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

Black	503.205.65
White	703.205.69



MULLFJÄLLET conference chair, 5 legs with casters. Seat W52×D46 cm (21¼×17¾"). Tested for 110 kg (243 lb). Height adjustable 47-59 cm (18½-23¼"). A comfortable conference chair with lightly curved lines. The cover is easy to keep clean since it is removable and can be machine washed, while the perfect fit makes it look just as neat as a fixed cover.

Naggen beige	304.729.13
Naggen dark gray	104.729.14



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FJÄLLBERGET conference chair. Seat W42×D40 cm (16½×15¾"). Tested for 110 kg (243 lb). Height adjustable 43-56 cm (16%-22"). The curved bent wood back and armrests are both comfortable and stylish.

White stained oak veneer/ Gunnared dark gray	404.877.68
Black stained oak veneer/ Gunnared light beige	404.062.77



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LÅKTARE conference chair. Conference chair with clean Scandi-design in natural, light birch veneer. It's sturdy yet lightweight and stackable to save space but can also be hung on the table for easy cleaning. 10-year guarantee.

Birch veneer/white	095.031.91
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LÅKTARE conference chair with chair cover. Comfy, elegant and easy-to-place conference chair. It's sturdy yet lightweight and stackable to save space but can also be hung on the table for easy cleaning. Removable/washable cover.

Beige/white	195.032.75
Light green/white	895.032.48
Medium gray/white	895.032.53



LÅKTARE chair cover. LÅKTARE chair covers are soft and comfy, made from 90% recycled polyester. Available in several colours for an easy match with the other furniture in the room. Chair covers have a simple and elegant expression that is easy to place in any conference room. Keep a few extra covers at hand for quick and easy updates when needed. This cover is made of dope-dyed GUNNARED fabric in polyester. It is a durable fabric with a wool-like feel, a warm look and a two-toned melange effect.

Gunnared light beige	105.280.01
Gunnared light green	705.279.99
Gunnared medium gray	305.280.00

All parts

Home chairs



SMÄLLEN swivel chair. Seat W40×D39 cm (15¾×15¾"). Tested for 110 kg (243 lb). Spin the seat upwards or downwards to adjust the seat height of the chair.

Black	005.034.35
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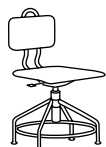
LOBERGET/MALSKÄR swivel chair. Seat W44×D43 cm (17¾×16¾"). Tested for 110 kg (243 lb). Height adjustable 45-57 cm (17¾-22½"). These castors are designed for soft floors.

White/White	194.454.69
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ELDBERGET/MALSKÄR swivel chair. Seat W44×D43 cm (17¾×16¾"). Tested for 110 kg (243 lb). Height adjustable 45-55 cm (17¾-21¾"). Lower back support, adjustable height and sturdy casters – this desk chair really has it all. Use it at the desk, roll it to the dining table and add PYNTEN seat pad for extra soft and comfortable sitting.

Beige/black	693.318.56
Dark gray/black	593.318.47
Green/black	194.444.22
Beige/white	594.443.97
Yellow/white	694.444.05



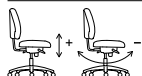
KULLABERG swivel chair. Seat W42×D39 cm (16½×15¾"). Tested for 110 kg (243 lb). Height adjustable 44-55 cm (17¾-21¾"). Adjustable feet make the chair stand steady also on uneven floors.

Black	903.255.18
Pine/black	103.203.41



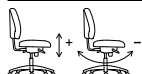
RENBERGET swivel chair. Seat W48×D43 cm (18¾×16¾"). Tested for 110 kg (243 lb). Height adjustable. Tilt tension that allows you to adjust the resistance to suit your movements and weight. Improved shape of the armrests gives your arms better support when working at the desk.

Bomstad black	205.032.84
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MILLBERGET swivel chair. Seat W52×D45 cm (20½×17¾"). Tested for 110 kg (243 lb). Height adjustable. Adjustable tilt tension allows you to adjust the resistance to suit your movements and weight. Padded armrests offer comfortable support for your arms while working at the desk. To adjust the tilt tension, turn the knob under the seat to increase or decrease the resistance.

Murum black	004.893.97
Murum golden brown	704.894.07
Murum beige	904.893.93



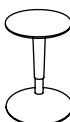
BLECKBERGET swivel chair. Seat W47×D45 (17¾×17¾") Tested for 110 kg (243 lb). Seat height adjustable 47-59 cm (18½-23¾"). High-quality density foam will keep the chair comfortable for many years to come. Neat and compact design that makes it easy to place the chair anywhere, even in smaller spaces. Design: Francis Cayouette

Beige	904.830.51
Dark gray	804.830.56
Light green	805.223.45



ÖRFJÄLL swivel chair. Seat W49×D43 (19¼×16¾") Tested for 110 kg (243 lb). Seat height adjustable 46-58 cm (18½-22¾"). High-quality density foam will keep the chair comfortable for many years to come. Design: Sebastian Holmbäck & Ulrik Nordentoft.

Black/Vissle blue	394.160.22
White/Vissle light gray	794.160.15
White/Vissle yellow-green	494.160.31
White/Vissle dark blue	995.011.02
Black/Vissle red	595.010.81



NILSERIK standing support. Seat diameter Ø35 cm (13¾"). Tested for 110 kg (243 lb). Height adjustable 51-71 cm (20½-28"). Gives you an active sitting position.

Beige/Vissle dark gray	104.868.31
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SKRUVSTA swivel chair. Seat W48×D45 cm (18¾×17¾"). Tested for 110 kg (243 lb). Height adjustable 47-55cm (18½-21¾"). The chair comes with both castors and feet. Rubber-coated castors; run smoothly on any type of floor.

Beige/Vissle dark gray	104.868.31
White/Vissle dark blue	105.406.49



ODGER swivel chair. Seat W68×D68 cm (26¾×26¾"). Tested for 110 kg (243 lb). Height adjustable 43-54 cm (16¾-21¼"). Comfortable to sit on thanks to the bowl-shaped seat and rounded shape of the backrest. Give extra softness and comfort to ODGER desk chair by adding the matching ODGER seat pad.

Anthracite	203.952.70
White/beige	703.086.85



All parts

Gaming chairs



MATCHSPEL gaming chair. The whole body enjoys nice support, and you can adjust the height of the chair, neck and armrests to sit really comfy when the game begins.

Bomstad black	405.076.05
Bomstad white	605.076.14



STYRSPEL gaming chair. This gaming chair helps you play at the top of your game. Adjust the headrest, lumbar support, armrests and the seat height and depth – the mesh material keeps you cool when the game heats up!

Dark gray/gray	505.220.35
Gray/red	805.260.89
Purple/black	605.220.30



GRUPPSPEL gaming chair. This gaming chair has many smart functions that allow you to adjust the back, seat, recline angle, tilt, armrests and headrest to sit really comfortably.

Grann black	305.075.59
Gunnared beige	005.075.89
Gunnared black/gray	805.075.85



UTESPELARE gaming chair. This gaming chair gives your body a nice support with a synchronised seat and back tilt that precisely follows your movements during the entire match.

Bomstad black	705.076.18
Bomstad gray	505.076.19



HUVUDSPELARE gaming chair. The backrest gives you good lumbar support – and even when the game heats up, you stay cool thanks to the mesh net.

Black	705.076.04
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Childrens chairs



ÖRFJÄLL children's desk chair.

White/Vissle blue/green	604.417.79
White/Vissle light grey	105.018.84



LOBERGET/SIBBEN children's desk chair.

White	593.376.70
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VALFRED/SIBBEN children's desk chair.

Birch/white	593.377.88
White	393.377.32



VIMUND children's desk chair.

Turquoise	005.319.66
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Accessories



KOLON floor protector. 120×100 cm (47¼×39¾"). 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.

448.811.00



DAGOTTO foot-rest. W38×L49×H15 cm (15×19¼×5⅞"). This foot-rest helps you sit in a good working position at your desk and reduces strain on your legs, back and neck.

Black	402.409.89
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PYNTEN seat pad. W41×D43 cm (17×16¼") 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.

Turquoise	505.388.28
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Services

We offer a range of services to help you with everything from putting it together to getting it home. Of course, the more you do it yourself, the lower the price will be. And the more we do it for you, the more you can sit back and relax!



Delivery service

Can't take your furniture with you?
We'll bring it to your home or workplace.



Click and Collect

Your online purchases can be ready for pick-up on a day that's convenient for you. Have access to all items available to purchase online at [IKEA.ca](https://www.IKEA.ca). It's easy:

1. Buy your items online
2. Pre-select a date to collect your order
3. Pick-up your purchase at an IKEA store near you.



Assembly service

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



It's ok to change your mind

You have 365 days to return your purchase. Keep your receipt safe to make returns easier. You're free to change your mind. Return unused items in their original packaging within 365 days together with proof of purchase for a full refund.

Talk to a co-worker or visit www.IKEA.ca/services for further details and pricing.