Work chair with a perfect fit
Choosing the right 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, bill writing? And how much time you will spend sitting in it. A basic height-adjustable chair may offer the comfort you need for short periods. But for full-time work, you might need one with more adjustable features to help you vary between sitting positions. Do you have specific 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 fulfills high 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 North 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 full-time desk work—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 increases circulation and productivity. Check out our height adjustable desks since they're ideal for alternating between sitting, leaning and standing.

Leaning
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

Work chairs should stay where you leave them and not roll away on their own. That’s why we put safety casters on our work chairs. The casters have a built-in pressure-sensitive locking mechanism so that they roll freely and easily when you sit on the chair—and lock when you stand up. Note that even though the casters don’t roll when locked, they can still slide on the floor if the chair is pushed.
All parts and prices

Office chairs

MARKUS swivel chair. W62xD60 cm (W24⅜xD23⅝”). Max height 140 cm (55⅛”). Tested for 110 kg (243 lb). Seat height adjustable 46-57 cm (18⅛-22½”). The mesh material of the backrest lets air through to your back during long sitting periods. Rubbercoated casters; run smoothly on any type of floor. Design: Henrik Preutz.

Vissle dark gray 902.891.72 $169
Glose black 001.031.02 $229

HATTEFJÄLL swivel chair. W68xD68 (W26¾xD26¾”). Max height 110 cm (43 1/4”). Tested for 110 kg (243 lb). Seat height adjustable 41-52 cm (16 1/8-20 1/2”). An ergonomic office chair with gently curved lines.

Gunnared beige 203.202.27 $239
Gunnared medium gray 403.413.37 $239
Gunnared light brown-pink 503.413.46 $239

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

White 303.413.47 $30

ALEFJÄLL swivel chair. W64xD64 cm (W25¼xD25¼”). Max height 95 cm (37⅜”). Tested for 110 kg (243 lb). Seat height adjustable 45-56 cm (17¾-22”). An ergonomic office chair with a traditional look.

Grann beige 103.202.23 $299
Grann golden brown 704.199.85 $299
Glose black 103.674.61 $299

JÄRVFJÄLLET swivel chair. W68×68 cm (W26¾×D26¾”). Max height 140 cm (55⅛”). Tested for 110 kg (243 lb). Seat height adjustable 45-56 cm (17¾-22”). 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.

Gunnared dark gray 902.749.72 $209
Gunnared beige 904.199.85 $209
Gunnared blue 203.636.03 $209
Glose black 503.635.50 $279

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

Black 103.086.69 $30
White 204.294.30 $30

LÅNGFJÄLL 4-leg swivel chair. W67xD67 (W26⅜xD26⅜”). Max height 92 cm (36⅛”). Tested for 110 kg (243 lb). Seat height adjustable 43-53 cm (16¾-20¾”). An ergonomic office 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 991.749.68 $129
Gunnared beige/white 892.522.97 $129
Gunnared blue/black 891.749.78 $129
Gunnared blue/white 992.523.10 $129
Gunnared dark gray/black 791.749.74 $129
Gunnared dark gray/white 892.522.78 $129
Gunnared light brown-pink/black 992.610.03 $129
Gunnared light brown-pink/white 292.523.42 $129

LÅNGFJÄLL 4-leg swivel chair with high back
W67xD67 (W26⅜xD26⅜”). Max height 104 cm (41¼”). Tested for 110 kg (243 lb). Seat height adjustable 43-53 cm (16¾-20¾”). An ergonomic office 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 291.750.56 $159
Gunnared beige/white 392.523.46 $159
Gunnared blue/black 891.751.19 $159
Gunnared blue/white 592.523.50 $159
Gunnared dark gray/black 191.750.66 $159
Gunnared dark gray/white 792.523.54 $159
Gunnared light brown-pink/black 092.611.54 $159
Gunnared light brown-pink/white 092.523.62 $159

LÅNGFJÄLL 5-leg swivel chair with casters
W67xD67 (W26⅜xD26⅜”). Max height 92 cm (36⅛”). Tested for 110 kg (243 lb). Seat height adjustable 43-53 cm (16¾-20¾”). An ergonomic office 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 $149
Gunnared beige/white 592.523.69 $149
Gunnared blue/black 791.775.81 $149
Gunnared blue/white 892.523.82 $149
Gunnared dark gray/black 591.775.81 $149
Gunnared dark gray/white 792.523.87 $149
Gunnared light brown-pink/black 092.610.81 $149
Gunnared light brown-pink/white 692.524.01 $149
All parts and prices

**LÅNGFJÄLL 5-leg swivel chair with high back with casters.** W68×D68 cm (W26¾×D26¾”). Max height 104 cm (41¾”). Tested for 110 kg (243 lb). Seat height adjustable 43-53 cm (16¾-20¾”). An ergonomic office 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 $179
- Gunnared beige/white 492.524.83 $179
- Gunnared blue/black 391.776.63 $179
- Gunnared blue/white 692.525.14 $179
- Gunnared dark gray/black 391.776.44 $179
- Gunnared dark gray/white 792.525.18 $179
- Gunnared light brown-pink/black 992.611.02 $179
- Gunnared light brown-pink/white 392.525.44 $179

**FLINTAN swivel chair.** W74×D69 cm (W29⅛×D27⅛”). Max height 114 cm (44⅞”). Tested for 110 kg (243 lb). Seat height adjustable 47-60 cm (18½-23⅝”). Self adjusting tilt tension. May be completed with NOMINELL armrests. Rubber-coated casters; run smoothly on any type of floor. Design: Henrik Preutz.

- Vissle black 603.368.44 $89.99
- Vissle gray 603.368.39 $89.99

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

- Black 902.002.69 $20
- White 703.205.69 $30

**MILLBERGET swivel chair.** Seat W52×D45 cm (20½×17¾”). Max height 123 cm (48⅜”). Tested for 110 kg (243 lb). Seat height adjustable 45-58 cm (17¼-22¾”). Adjustable tilt tension allows you to adjust the resistance to suit your movements and weight.

- Bomstad black 403.317.05 $79.99
- Kimstad white 403.317.07 $79.99

**RENBERGET swivel chair.** W59×D65 cm (W23¼×D25⅝”). Max height 108 cm (42½”). Tested for 110 kg (243 lb). Seat height adjustable 38-50 cm (15-19¾”). Adjustable tilt tension allows you to adjust the resistance to suit your movements and weight.

- Bomstad black 503.322.38 $59.99

**LILLHÖJDEN swivel chair.** W70×D70 cm (W27½×D27½”). Max height 106 cm (41⅞”). Tested for 110 kg (243 lb). Seat height adjustable 41-52 cm (16¾-20¾”). Rubber-coated casters; run smoothly on any type of floor.

- Idemo black 302.214.01 $109
- Blekinge white 702.387.15 $109

**BLECKBERGET swivel chair.** W68×D68 cm (W26¾×D26¾”). Max height 87 cm (34¼”). Tested for 110 kg (243 lb). Seat height adjustable 47-59 cm (18½-23¼”). High-quality density foam will keep the chair comfortable for many years to come. Design: Francis Cayouette.

- Dark red 704.645.29 $49.99
- Beige 303.586.39 $49.99
- Dark gray 903.618.70 $49.99

**SKRUVSTA swivel chair.** W69×D69 cm (W27⅛×D27⅛”). Max height 86 cm (33⅞”). Tested for 110 kg (243 lb). Seat height adjustable 47-55 cm (18½-21¾”). These casters are designed for soft floors. The chair comes with both casters and feet.

- Idhult black 104.030.01 $159
- Vissle gray 902.821.18 $159
- Ysane white 904.030.02 $159

**GARKA swivel chair.** W66.5×D66.5 cm (W26⅛×D26⅛”). Max height 120 cm (47⅛”). Tested for 110 kg (243 lb). Seat height adjustable 58-78 cm (22¾-30¼”). This chair is tested and approved for office use. Mesh backrest material allows air to circulate.

- Idhult black 904.197.53 $149
ÖRFJÄLL swivel chair. W68xD68 cm (W26¾×D26¾”). Max height 94 cm (37¾”). Tested for 110 kg (243 lb). Seat height adjustable 46-58 cm (18⅛-22⅞”). High-quality density foam will keep the chair comfortable for many years to come. Design: Sebastian Holmbäck & Ulrik Nordentoft.

White/Vissle blue 993.030.36 $59.99
White/Vissle dark gray 793.030.42 $59.99
White/Vissle dark yellow 293.030.49 $59.99
White/Vissle purple 093.030.69 $59.99

KULLABERG swivel chair. W58×D58 cm (W22¾×D22¾”). Max height 94 cm (37¾”). Tested for 110 kg (243 lb). Seat height adjustable 44-55 cm (17⅜–21⅝”). Adjustable feet make the chair stand steady on uneven floors.

Black 903.255.18 $69.99
Pine/black 103.203.41 $69.99

LOBERGET/BLYSKÄR swivel chair. W67×D67 cm (W26⅜×D26⅜”). Max height 90 cm (35⅜”). Tested for 110 kg (243 lb). Seat height adjustable 43-54 cm (16¾–21¼”). These castors are designed for soft floors.

White 793.318.65 $29.99

KULLABERG stool. W36xD36 cm (W14⅛×D14⅛). Tested for 110 kg (243 lb). Seat height adjustable 47-69 cm (18¾-27¼”). The seat is designed in order not to rotate so you can easily find the holes to adjust the height. Design: Sarah Fager

Black 503.636.49 $49.99
Pine/black 103.636.51 $49.99

NILSERIK standing support. Ø41 cm (16¼”). Tested for 110 kg (243 lb). Seat height adjustable 51-71 cm (20⅛–28”). Height adjustable 51–71 cm (20¼–28¾”). Has a curved base, which helps you find a comfortable, tilted sitting position.

Vissle black 703.499.59 $69.99
White/Vissle gray 303.097.24 $69.99

TROLLBERGET active sit/stand support. Ø66 cm (26¾”). Tested for 110 kg (243 lb). Seat height adjustable 66-80 cm (26–31½”). Height adjustable 66–80 cm (26¾–31¾”). Gives you an active sitting position thanks to tilting mechanism of the seat.

Glose black 603.882.58 $139
Grann beige 403.882.64 $139
All parts and prices

Conference chairs

**FJÄLLBERGET** conference chair. W67×D67 cm (26½×D26¼”). Max height 86 cm (33¾”). Tested for 110 kg (243 lb). Seat height adjustable 43-56 cm (16¾-22”). The curved bent wood back and armrests are both comfortable and stylish.

- White stained oak veneer/
  Gunnared light beige 404.062.77 $229

**FJÄLLBERGET** 5-leg conference chair with casters. W71×D71 cm (28×D28”). Max height 86 cm (33¾”). Tested for 110 kg (243 lb). Seat height adjustable 43-56 cm (16¾-22”). The curved bent wood back and armrests are both comfortable and stylish.

- Black stained oak veneer/
  Gunnared dark gray 403.964.19 $229

**MOLTE** desk chair. W40×D42 cm (W15¾×D16½”). Max height 73 cm (28¾”). Tested for 110 kg (243 lb). The chair is easy to adjust to 5 different heights—38, 41, 45, 48 and 51 cm (15, 16, 17¾, 19, 20”). Design: Lycke von Schantz.

- Gray 202.927.76 $17.99

**LÅNGFJÄLL** 4-leg swivel chair. W67×D67 (W26⅜×D26⅜”). Max height 92 cm (36¼”). Tested for 110 kg (243 lb). Seat height adjustable 43-53 cm (16⅞-20⅞”). An ergonomic office 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 991.750.56 $159
- Gunnared beige/white 392.523.46 $159
- Gunnared blue/black 891.751.19 $159
- Gunnared blue/white 592.523.50 $159
- Gunnared dark gray/black 191.750.66 $159
- Gunnared dark gray/white 792.523.54 $159
- Gunnared light brown-pink/black 092.611.54 $159
- Gunnared light brown-pink/white 092.523.62 $159

**FJÄLLBERGET** 4-legged swivel chair with high back. W67×D67 (W26⅜×D26¼”). Max height 104 cm (41”). Tested for 110 kg (243 lb). Seat height adjustable 43-53 cm (16¾-20¾”). An ergonomic office chair with lightly curved lines, attention to the seat details and an easy-to-use mechanism hidden under the seat to highlight the design.

- Black stained oak veneer/
  Gunnared dark gray 403.964.19 $229

Accessories

**KOLON** floor protector. 120×100 cm (47¼×39¼”). 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 mark or indentation may form and cause damage to your floor. Therefore, lift the floor protector at regular intervals for ventilation.

- Gray 448.811.00 $29.99

**DAGOTTO** foot-rest. W38×L49×H15 cm (15×19¼×5¾”). 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 $19.99

**FIXA** stick-on floor protector, set of 20. Protects the underlying surface against wear and scratching.

- Gray 004.311.51 $0.49
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 yourself, the lower the price will be. And the more we do 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. 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.

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