Buying guide

Home and office chairs

Work chair with a perfect fit
Choosing the 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 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 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 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 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.

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.
### All parts and prices

#### SWIVEL CHAIRS FOR OFFICE USE

**Information of use.**

Intended use: tested and approved for office use only. Chair type: work chair. Care and maintenance: vacuum clean and protect from direct sunlight to prevent from drying out. Castors are rubber coated to run smoothly on any type of floor.

*Chairs sold are with castors.

#### Office chairs


- **Vissle black** 003.368.42 $89
- **Vissle grey** 003.368.37 $89

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

- **Black** 702.002.70 $30

**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.

- **Glose black** 501.372.08 $249
- **VIssle dark grey** 502.611.51 $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.

- **Glose black** 103.635.52 $299
- **Gunnared beige** 504.199.53 $269
- **Gunnared blue** 603.636.01 $269
- **Gunnared dark grey** 003.635.95 $269

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

- **Black** 803.636.24 $50
- **White** 004.294.31 $50

**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 $329
- **Gunnared medium grey** 803.413.35 $329
- **Gunnared light brown-pink** 003.413.44 $329
- **Smidig black** 804.283.19 $429

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

- **White** 804.294.27 $50
- **Black** 103.413.48 $50

**LÅNGFJÄLL swivel chair, 5 legs with castors.** Seat W53×D41 cm. Tested for 110 kg. A comfortable 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** 661.775.67 $199
- **Gunnared beige/white** 992.523.67 $199
- **Gunnared blue/black** 391.775.78 $199
- **Gunnared blue/white** 292.523.80 $199
- **Gunnared dark grey/black** 991.775.75 $199
- **Gunnared dark grey/white** 192.523.85 $199
- **Gunnared light brown-pink/black** 992.610.79 $199
- **Gunnared light brown-pink/white** 292.525.99 $199

**LÅNGFJÄLL swivel chair with high back, 5 legs with castors.** Seat W53×D41 cm. Tested for 110 kg. A comfortable 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** 691.776.28 $219
- **Gunnared beige/white** 892.524.81 $219
- **Gunnared blue/black** 591.776.62 $219
- **Gunnared blue/white** 092.525.12 $219
- **Gunnared dark grey/black** 192.776.16 $219
- **Gunnared dark grey/white** 192.525.16 $219
- **Gunnared light brown-pink/black** 392.611.00 $219
- **Gunnared light brown-pink/white** 792.525.42 $219

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

- **Black** 303.205.66 $30
- **White** 503.205.70 $30

**ALEFJÄLL swivel chair.** Seat W51×D42 cm. Tested for 110 kg. Height adjustable 45-56 cm. An ergonomic office chair with a traditional look.

- **Glose black** 503.674.59 $369
- **Grann beige** 603.202.25 $369
- **Grann golden brown** 204.199.83 $369

**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 $145
- **Grann beige** 803.882.62 $145

**LIDKULLEN active sit/stand support.** Tested for 110 kg. Height adjustable 59–81 cm. Gives you an active sitting position thanks to tilting mechanism of the seat.

- **Gunnared dark grey** 904.457.85 $99
- **Gunnared beige** 804.457.81 $99
All parts and prices

VISITOR’S CHAIRS AND CONFERENCE CHAIRS FOR OFFICE USE

Information of use.
Intended use: tested and approved for office use only. Chair type: work chair. Care and maintenance: vacuum clean and protect from direct sunlight to prevent from drying out. Castors are rubber coated to run smoothly on any type of floor.
*Chairs sold are with castors.

Conference chairs

STOLJAN conference chair – polyurethane covered cotton/polyester seat. Seat W44×D44×H46 cm. Tested for 110 kg. The chairs are stackable and save space when not in use. A maximum of 7 chairs can be stacked together.
Black 699.074.67 $59

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 $159
Gunnared beige/white 292.522.95 $159
Gunnared blue/black 691.749.79 $159
Gunnared blue/white 392.523.09 $159
Gunnared dark grey/black 491.749.75 $159
Gunnared dark grey/white 292.523.76 $159
Gunnared light brown-pink/black 392.610.01 $159
Gunnared light brown-pink/white 692.523.40 $159

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 light beige 604.062.76 $299

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 dark grey/black 691.750.64 $179
Gunnared dark grey/white 192.523.52 $179
Gunnared light brown-pink/black 492.611.52 $179
Gunnared light brown-pink/white 492.523.60 $179

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 ash veneer/Gunnared dark grey 603.964.18 $299
All parts and prices

SWIVEL CHAIRS FOR HOME USE

Information of use.
Intended use: tested and approved for home use only. Chair type: work chair. Care and maintenance: vacuum clean and protect from direct sunlight to prevent from drying out. Castors are rubber coated to run smoothly on any type of floor.
*Chairs sold are with castors.

Home chairs

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 $19.90

SKÅLBERG/SPORREN swivel chair. Seat W46×D40 cm. Tested for 110 kg. Height adjustable 42-54 cm. Rubber-coated castors; run smoothly on any type of floor.

Black 790.235.98 $49
Black/white 090.236.05 $49
White 490.236.13 $49
White/black 990.235.97 $49

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

White 593.318.66 $39.90

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 303.636.50 $59
Pine/black 903.636.52 $59

KULLABERG swivel chair. Seat W42×D39 cm. Tested for 110 kg. Height adjustable 44-55 cm. Adjustable feet make the chair stand steady also on uneven floors.

Black 703.255.19 $79
Pine/black 903.203.42 $79

SVENBERTIL/BALSBERGET Swivel chair. Seat W45×D47 cm. Tested for 110 kg. Height adjustable 40-50 cm.

White/white 393.031.24 $75
Black/white 193.031.01 $75

LEIFARNE/BALSBERGET swivel chair. Seat W45×D36 cm. Tested for 110 kg.

White/white 293.049.73 $75
Olive-green/white 293.049.68 $75
Dark yellow/white 193.049.64 $75

RENBERGET swivel chair. Seat W49×D42 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 $79

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 $149
Kinstad white 003.394.16 $149

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 $79
Dark grey 303.618.68 $79
Dark red 504.645.25 $79

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 Holmbläck & Ulrik Nordentoft.

Black/Vissle black 293.030.73 $69
White/Vissle blue 793.030.37 $69
White/Vissle dark grey 193.030.40 $69
White/Vissle dark yellow 693.030.47 $69
White/Vissle purple 493.030.67 $69

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 $79
White/Vissle grey 703.097.22 $79

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 $129
Blekinge white 202.387.13 $129
All parts and prices

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.

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ODGER swivel chair. Seat W68×D68 cm. Tested for 110 kg. Height adjustable 43–54 cm.

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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.

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

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