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 full time 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 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 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 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.
- **Synchronized 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 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 and prices

Office chairs

**FLINTAN Swivel chair**

- Vissle black 603.368.44 $79.99
- Vissle gray 603.368.39 $79.99

**NOMINELL Pair of armrests**
Relieves the pressure on arms and shoulders. Fits FLINTAN swivel chairs.
- Black 902.002.69 $20

**MARKUS Swivel chair**
Seat W20⅞×D18½". Tested for 240 lbs. Height adjustable 18⅞–22½”. The mesh material of the backrest lets air through to your back during long sitting periods. Rubber-coated casters; run smoothly on any type of floor. Design: Henrik Preutz.

- Vissle dark gray 902.891.72 $199
- Glose black 001.031.02 $229

**JÄRVFJÄLLET Swivel chair**
Seat W20½×D18⅛”. Tested for 240 lbs. Height adjustable 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 beige 004.199.55 $229
- Gunnared dark gray 603.635.97 $229
- Gunnared blue 203.636.03 $229
- Glose black 503.635.50 $249

**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

**HATTEFJÄLL Swivel chair**
Seat W19⅝×D15¾”. Tested for 240 lbs. Height adjustable 16⅛-20½”. Seat and backrest are adjustable in height and give you maximum support regardless of your body height. The safety casters have a pressure-sensitive brake mechanism that keeps the chair in place when you stand up, and releases automatically when you sit down. Design: Monika Mulder.

- Gunnared beige 203.202.27 $229
- Gunnared light brown-pink 503.413.46 $229
- Gunnared medium gray 403.413.37 $229

**HATTEFJÄLL Pair of armrests**
Relieves the pressure on arms and shoulders. Fits HATTEFJÄLL swivel chairs.
- White 303.413.47 $30

**LÅNGFJÄLL 5-leg swivel chair with casters**
Seat W20⅞×D18½”. Tested for 240 lbs. Height adjustable 16½–20½”. 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.

- Gunna red beige/black 291.775.69 $159
- Gunna red beige/white 592.523.69 $159
- Gunna red blue/black 791.775.81 $159
- Gunna red blue/white 892.523.82 $159
- Gunna red dark gray/black 592.523.87 $159
- Gunna red light brown-pink/black 992.610.81 $159
- Gunna red light brown-pink/white 692.524.01 $159
- Gunna red light green/black 692.809.08 $159
- Gunna red light green/white 692.525.14 $159
- Gunna red dark gray/black 692.525.18 $159
- Gunna red light brown-pink/black 992.611.02 $159
- Gunna red light brown-pink/white 392.525.44 $159
- Gunna red light green/black 292.809.10 $159
- Gunna red light green/white 992.525.22 $159
- Gunna red light green/black 292.809.10 $159
- Gunna red light green/white 992.525.22 $159

**LÅNGFJÄLL 5-leg high-back swivel chair with casters**
Seat W20⅞×D18½”. Tested for 240 lbs. Height adjustable 16½–20½”. 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
- Gunnared light green/black 292.809.10 $179
- Gunnared light green/white 992.525.22 $179
- Gunnared light green/black 292.809.10 $179
- Gunnared light green/white 992.525.22 $179

**LÅNGFJÄLL Pair of armrests**
Relieves the pressure on arms and shoulders. Fits LÅNGFJÄLL swivel chairs.
- Black 503.205.65 $20
- White 703.205.69 $20

**ALEFJÄLL Swivel chair**

- Glose black 103.674.61 $299
- Grann beige 103.202.23 $299
- Grann golden-brown 704.199.85 $299
## All parts and prices

### TROLLBERGET Active sit/stand support
- **Seat Ø15⅜".** Height adjustable 26–31½". Tested for 240 lbs. Gives you an active sitting position thanks to tilting mechanism of the seat.
- **GLOSE black** 603.882.58 $149
- **GRANN beige** 403.882.64 $149

### STOLJAN Conference chair
- Seat W17⅜×D17⅜". Tested for 240 lbs. Artificial leather seat. The chairs are stackable and save space when not in use. A maximum of seven chairs can be stacked together.
- **Black/black** 599.074.44 $39.99
- **White/black** 299.074.45 $39.99

### GARKA Swivel chair
- Seat W18⅛×D16⅞". Height adjustable 22⅝-30⅝”. You sit comfortably, regardless of your height, since the seat and footrest are adjustable. The mesh material of the backrest lets air through to your back during long sitting periods. The metal ring underneath can be used as a footrest.
- **Vissle black** 904.197.53 $149

### LÅNGFJÄLL 4-leg swivel chair
- Seat W20⅞×D16⅛. Tested for 240 lbs. Height adjustable 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** 991.749.68 $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
- **Gunnared light green/black** 892.809.07 $129
- **Gunnared light green/white** 192.523.14 $129

### LÅNGFJÄLL 4-leg high-back swivel chair
- Seat W20⅞×D16⅛. Tested for 240 lbs. Height adjustable 16⅞-22”. The curved bent wood back and armrests are both comfortable and stylish.
- **Black stained ash veneer/Gunnared light beige** 403.964.19 $199

### FJÄLLBERGET Conference chair
- Five legs with casters.
- Seat W16½×D15¾". Tested for 240 lbs. Height adjustable 16½–22”. The curved bent wood back and armrests are both comfortable and stylish.
- **White stained oak veneer/Gunnared light beige** 404.062.77 $199

### FJÄLLBERGET Conference chair
- **Seat W17½×D17⅜".** Tested for 240 lbs. Artificial leather seat. The chairs are stackable and save space when not in use. A maximum of seven chairs can be stacked together.
- **Black/black** 599.074.44 $39.99
- **White/black** 299.074.45 $39.99

### LIDKULLEN Active sit/stand support
- **Seat Ø15½".** Height adjustable 23½–31⅞”. Gives you an active sitting position thanks to tilting mechanism of the seat.
- **Gunnared beige** 604.457.82 $99
- **Gunnared dark gray** 504.457.87 $99
All parts and prices

Home chairs

MOLTE Desk chair Seat W15⅜×D14⅛". Tested for 243 lbs. You sit comfortably, because the chair can be easily adjusted to five different heights - 15", 16", 17¾", 19" and 20". Design: Lycke von Schantz.

Gray 202.927.76 $14.99

SKÅLBERG/SPORREN Swivel chair Seat W18⅛×D15¼". Tested for 243 lbs. Height adjustable 16½-21¼". Rubber-coated casters; run smoothly on any type of floor.

Black 390.236.04 $39.99
Black/white 500.236.03 $39.99
Blue/black 890.236.06 $39.99
Blue/white 190.236.00 $39.99
Pink/black 490.236.08 $39.99
Pink/white 690.236.12 $39.99
White 790.236.02 $39.99

KULLABERG Stool Seat Ø13⅜". Height adjustable 18½-27¼". 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

KULLABERG Swivel chair Seat W16½×D15⅜". Tested for 243 lbs. Height adjustable 17¾-22⅞". Adjustable feet make the chair stand steady also on uneven floors.

Black 903.255.18 $59.99
Pine/black 103.203.41 $59.99

RENBERGET Swivel chair Seat W19¼×D16½". Tested for 243 lbs. Height adjustable 17¼-22¼". Adjustable tilt tension that allows you to adjust the resistance to suit your movements and weight.

Bomstad black 503.322.38 $49.99

MILLBERGET Swivel chair Seat W20½×D17¼". Tested for 243 lbs. Height adjustable 17¾-22¼". Adjustable tilt tension allows you to adjust the resistance to suit your movements and weight.

BOMSTAD black 403.317.05 $69.99
KIMSTAD white 303.317.07 $69.99

SNILLE Swivel chair Seat W17¾×D15¼". Tested for 243 lbs. Height adjustable 15¾-20¾". These casters are designed for soft floors.

White 790.462.60 $19.99

VÅGSBERG/SPORREN Swivel chair Seat W17¾×D15¼". Tested for 243 lbs. Height adjustable 16½-21¼". Rubber-coated casters; run smoothly on any type of floor.

Black 290.066.95 $49.99

BLECKBERGET Swivel chair Seat W18½×D17¾". Tested for 243 lbs. Height adjustable 18½-23¾". High-quality density foam will keep the chair comfortable for many years to come. Design: Francis Cayouette.

Light green 803.728.07 $49.99
Beige 303.586.39 $49.99
Dark gray 903.618.70 $49.99
Dark red 704.645.29 $49.99

ÖRFÅLL Swivel chair Seat W19¾×D16½". Tested for 243 lbs. Height adjustable 18½-23½". High-quality density foam will keep the chair comfortable for many years to come. Design: Sebastian Holmblad and Ulrik Nordentoft.

Black/VISSLE black 793.030.75 $49.99
White/VISSLE blue 993.030.36 $49.99
White/VISSLE dark gray 793.030.42 $49.99
White/VISSLE dark yellow 293.030.49 $49.99
White/VISSLE purple 093.030.69 $49.99

NILSERIK Standing support Seat diameter 13⅜". Tested for 243 lbs. Height adjustable 20¼-28¼". Gives you an active sitting position.

Black/VISSLE black 703.499.59 $59.99
White/VISSLE gray 303.097.24 $59.99
**Accessories**

**KOLON Floor protector** L39¼"xW47¼". 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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<td>Black</td>
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**DAGOTTO Footrest** W15×L19¼×H5⅞". 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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**FIXA Stick-on floor protectors** Protects the underlying surface against wear and scratching.

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<tr>
<td>Gray</td>
<td>004.311.51</td>
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**LILLHÖJDEN Swivel chair** Seat W17¾xD17¾". Tested for 243 lbs. Rubber-coated casters; run smoothly on any type of floor.

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<td>IDEMO black</td>
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<tr>
<td>BLEKINGE white</td>
<td>702.387.15</td>
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**SKRUVSTA Swivel chair** Seat W18½xD17¼". Tested for 243 lbs. Height adjustable 18½–21¼". The chair comes with both casters and feet. Rubber-coated casters; run smoothly on any type of floor. (Not available in California).

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<td>Ysane white</td>
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**ODGER Swivel chair** Seat W17¾xD17¾". Tested for 243 lbs. Height adjustable 16⅞–21¼".

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<tr>
<td>Anthracite</td>
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SERVICES

IKEA products are designed to be taken home and assembled by you. That way, you’ll save the most money. But if you would like some help, we can offer a range of services. Assembly and delivery services fulfilled by an Independent Service Provider. Contact your local IKEA store or visit the IKEA website for details: IKEA-USA.com/services

DELIVERY SERVICE

Most of our products are designed and packaged so that you can take them home yourself. If you prefer, we can arrange for delivery of your purchases directly to your home or business. Same day, next day or same week deliveries are available. We can also arrange for delivery at a later date if you would like.

PICKING WITH DELIVERY SERVICE

We’ll collect the products on your shopping list from throughout the store and arrange to have everything delivered to your home or office. See an IKEA co-worker and tell them what you’re looking for and they will book and print your items on a customer order. Take this order to the check-outs and pay for your purchases both goods and services. And you’re on your way!

ASSEMBLY SERVICE

For online and in-store purchases, TaskRabbit offers quick and convenient assembly and mounting for your IKEA purchases made online and in select stores. Plus, enjoy flat rate pricing created just for IKEA products.

There’s more than one way to pay

We accept credit, debit and IKEA Gift Cards in our stores. We also want you to have the home you dream of; that’s why we’ve got additional financing options for you to explore. For more information about our financing options, visit IKEA-USA.com/creditcard

Services and prices may vary, please see IKEA-USA.com/services or talk to us in your local IKEA store.