

Technical data sheet 14M3

Specification Swivel chair, mesh backrest, Autolift-mechanism

Dimensions in mm	Backrest:	H:	565	
		Seat:	H:	420-525
			W:	495
			D:	500
	Total:	H:	1090	
		W (no ArmR):	560	
W (ArmR):		635		
D:		740		
Packaging data	Weight:	kg	15,4	
	Volume:	m³	0,6	



Basic equipment

Benefit

Plastic parts	Seat and back, colour maintained throughout plastic parts, black.	Thus "colourfast" with deep scratches and abrasions.
Backrest	Meshback, black.	
Upholstery	Seat upholstery: 55 mm foam, Upholstery is unglued, ensuring optimal air movement, breathable.	Good seating comfort.
Mechanism/Fine tuning adjustment	Autolift-System (with synchronous mechanism). 3 point tilt limiter with automatic weight adjustment (45 - 120 kg) incl. fine-tune adjustment. Opening angle between seat and back up to 119°.	It enables the user to change seating positions flexibly. Several users can use the chair easily without having to adjust the tension of the backrest. Additionally, the fine tuning adjustment can be used. When leaning backwards, the edge of the front seat pad rises. Consequently, the user slides backwards slightly contributing to an ideal and comfortable seating posture.
Seat height adjustment	Seat height adjustment infinitely variable from 410 - 515 mm. Self- supporting safety gas spring.	Even those outside the DIN range (i.e. taller than 192 cm and smaller than 151 cm) are offered the correct ergonomic posture.
Castors Ø 65 mm	Hard double castors, black, load dependent braked, for soft floors. (Acc. to DIN EN 12529).	The chair does not roll away in an off-loaded position, minimum risk of accident.
Base	Colour maintained throughout polyamide base, as colour finish (plastic parts).	Thus "colourfast" with deep scratches and abrasions.
Materials	All materials are segregated and recyclable.	Environmentally friendly.
Standards	EN 1335 for office swivel chairs and office swivel armchairs. GS-Symbol for tested safety, tested for contaminants, Ergonomics approved, Bifma tested.	High quality product and comfort.
Certification	Quality management system DIN EN ISO 9001:2008, VO (EG) No. 1221/2009 (EMAS), Environmental management system DIN EN ISO 14001:2009, OHSAS, EcoVadis gold, Commitment to sustainability. Quality Office, Blue Angel, Bifma e3 level Platin.	High quality product.
Warranty and return	10 years warranty. Complete return and recycling guarantee.	Exchange of parts, free of charge, within the guaranteed period.

Disassembly instructions are available upon request for any interstuhl product

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Options	Benefit
Backrest	Meshback, white, flame red, traffic orange, may green, beige grey, iron grey, cobalt blue, pastel blue.
Colour finish	Seat and back incl. base, colour maintained throughout plastic parts, white. Thus "colourfast" with deep scratches and abrasions. Visual appeal.
Castors/Glides	Soft double castors, black, load dependent braked, for hard floors or glides. (Acc. to DIN EN 12529). The chair does not roll away in an off-loaded position, minimum risk of accident.
Base	Aluminium brilliant silver powder coated or polished. Very high stability, long service life. High quality look.
Seat depth adjustment	Sliding seat for individual adjustment of the seat depth, adjustment 115 mm.
Seat inclination	Adjustable, -3,5° till +1,5°. The inclination prevents the pelvis from tilting to the rear, ensures the right position of the spinal column.
Lumbar support	Depth- and height adjustable (60 mm). The lumbar support is depth adjustable and can be adapted to the corporal conditions of the user. In that way an individual support in the lumbar area is possible.
Armrests	T-armrest, height adjustable (100 mm), soft surface (as colour finish). 3D T-armrests, height (100 mm) and width (2 x 25 mm) adjustable, rotatable (2 x 15°), soft surface (as colour finish). 3D T-armrest, height (100 mm), width (2 x 25 mm) and depth (50 mm) adjustable, soft surface (as colour finish). The armrests relieve the neck and shoulder muscles.
Material (fabric)	Several fabric collections and leather in various colours. During the design of the chair several colours and upholstery materials are available.
Two colour design	For special qualities of cover different colours are possible on the seat and back upholstery. Optical design.

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