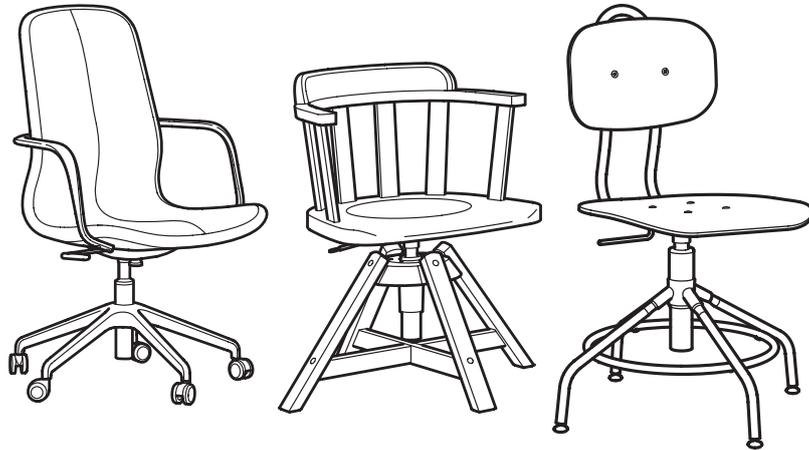


Work chairs

10

Year
Guarantee

Read more in the guarantee brochure for MARKUS, LÅNGFJÄLL, HATTEFJÄLL, FJÄLLBERGET, ALEFJÄLL and JÄRVFJÄLLET, swivel chairs.



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 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

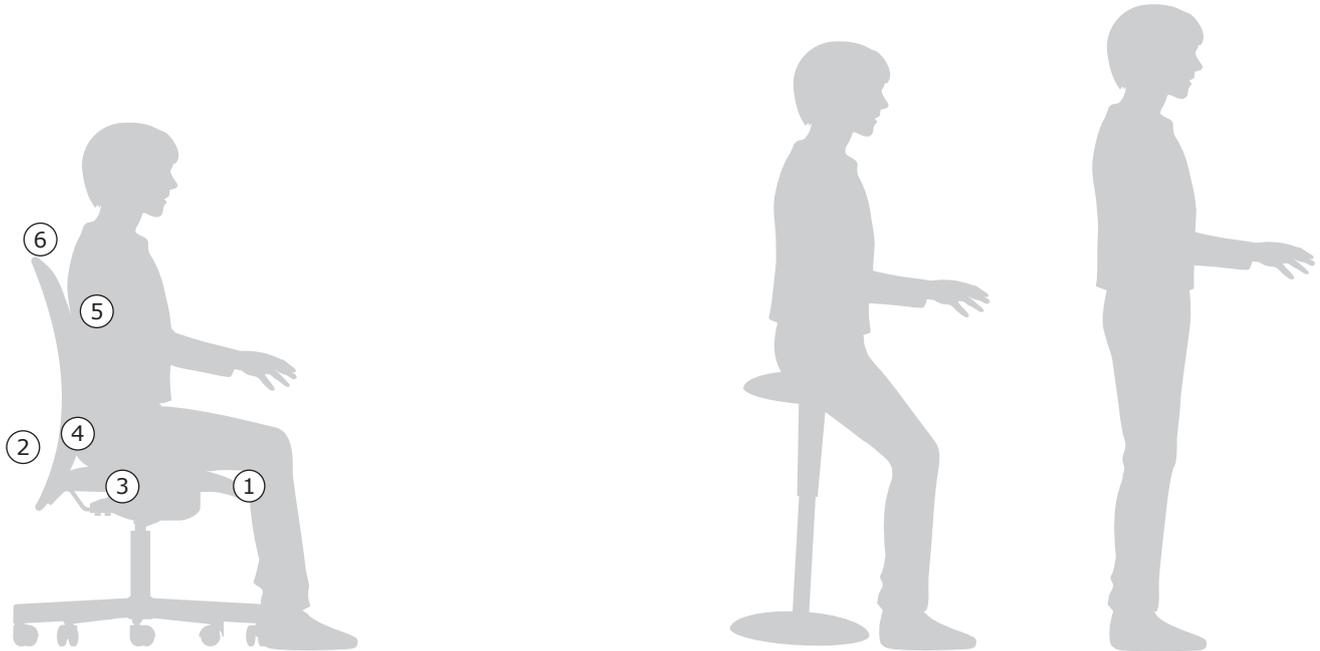
A chair that is tested for office use fulfils high requirements on ergonomics, stability, strength and durability. We know, because we put the chair through many different tests and tough challenges. For example, we sized the chair according to both European and American measurement requirements, subjected 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.

All the products (shown here) may not be available at the store. Please contact the staff or look at www.IKEA.co.id for more information. For more detailed product information, see the price tag and the Internet. All units require assembly. IKEA Indonesia reserves the right to adjust our prices, to correct price errors or misprints according to any changes beyond our responsible control. IKEA Indonesia tries to ensure that all information stated is correct at the time of publishing.



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 and 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 tilt tension; increase or decrease the resistance to suit your movements and weight.



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



Synchronised tilt function in seat and backrest; the chair follows your movements when you lean forward or back.



Height adjustable backrest; gives lumbar support and relieves strain on your back.

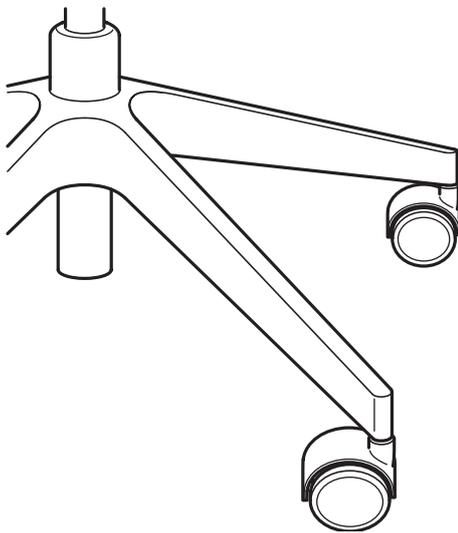


Depth adjustable armrest; adjust the depth according to your needs.



Lockable tilt function for increased stability in different sitting positions.

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

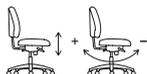


LÄNGFJÄLL pair of armrests. Relieves the pressure on arms and shoulders. Fits LÄNGFJÄLL swivel chairs.
 Black 303.205.66 Rp **500.000**
 White 503.205.70 Rp **500.000**



RENBERGET swivel chair. Seat W49xD42 cm. Tested for 110 kg. Adjustable tilt tension allows you to adjust the resistance to suit your movements and weight.

BOMSTAD black 603.394.18 Rp **1.199.000**



MILLBERGET swivel chair. Seat W52xD45 cm. Tested for 110 kg. Adjustable tilt tension allows you to adjust the resistance to suit your movements and weight.

BOMSTAD black 503.394.14 Rp **1.499.000**
 KIMSTAD white 003.394.16 Rp **1.499.000**



FLINTAN swivel chair. Seat W47xD48 cm. Tested for 110 kg. Height adjustable 47–60 cm. Self adjusting tilt tension. May be completed with NOMINELL armrests. Rubber-coated castors; run smoothly on any type of floor. Design: Henrik Preutz.

VISSLE black 003.368.42 Rp **999.000**
 VISSLE grey 003.368.37 Rp **999.000**



NOMINELL pair of armrests. Relieves the pressure on arms and shoulders. Fits FLINTAN swivel chairs.
 Black 702.002.70 Rp **250.000**



LILLHÖJDEN swivel chair. Seat W44xD44 cm. Max load 110 kg. Rubber-coated castors; run smoothly on any type of floor.

IDEMO black 502.214.00 Rp **1.299.000**
 IDEMO white 202.387.13 Rp **1.299.000**



SNILLE swivel chair. Seat W45xD39 cm. Max load 110 kg. Height adjustable 39–51 cm. These castors are designed for soft floors.

White 590.462.61 Rp **349.000**



ALRIK swivel chair. Seat W39xD37 cm. Max load 110 kg. Height adjustable 40–51 cm. These castors are designed for soft floors. Design: Henrik Preutz and Mark Temple.

Blue 202.141.18 Rp **499.000**
 Red 802.108.91 Rp **499.000**



SKRUVSTA swivel chair. Seat W48xD45 cm. Max load 110 kg. Height adjustable 47–55 cm. These castors are designed for soft floors.

VISSLE grey 802.800.06 Rp **1.799.000**
 IDHULT black 104.029.97 Rp **1.999.000**
 IDHULT white 602.800.31 Rp **1.999.000**
 YSANE white 304.029.96 Rp **1.999.000**



VÅGSBERG/SPORREN swivel chair. Seat W46xD47 cm. Max load 110 kg. Height adjustable 42–54 cm. Rubber-coated castors; run smoothly on any type of floor.

Birch veneer/black 290.066.62 Rp **799.000**
 Birch veneer/white 590.066.65 Rp **799.000**
 Black 090.066.96 Rp **799.000**
 Black/white 590.066.94 Rp **799.000**
 White 690.066.84 Rp **799.000**
 White/black 090.066.82 Rp **799.000**



SKÅLBERG/SPORREN swivel chair. Seat W46xD40 cm. Max load 110 kg. Height adjustable 42–54 cm. Rubber-coated castors; run smoothly on any type of floor.

Black 790.235.98 Rp **599.000**
 Black/white 090.236.05 Rp **599.000**
 Blue/black 690.236.07 Rp **599.000**
 Blue/white 190.235.96 Rp **599.000**
 White 490.236.13 Rp **599.000**
 White/black 990.235.97 Rp **599.000**
 Pink/black 390.235.95 Rp **599.000**
 Pink/white 290.236.09 Rp **599.000**



JULES junior desk chair. Seat W35xD32 cm. Max load 50 kg. Height adjustable 38–50 cm. These castors are designed for soft floors. Design: Nicholai Wiig Hansen.

White 192.077.17 Rp **799.000**
 Blue 092.077.13 Rp **799.000**



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 Rp **945.000**
 White/VISSLE grey 703.097.22 Rp **945.000**



ALL PARTS AND PRICES



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	Rp999.000
Pine/black	903.203.42	Rp999.000



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	Rp699.000
Pine/black	903.636.52	Rp699.000



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

Light green	203.728.05	Rp899.000
Beige	503.586.38	Rp899.000
Dark grey	303.618.68	Rp899.000



ÖRFJÄLL/SPORREN swivel chair. Seat W49×D43 cm. Tested for 110 kg. Height adjustable 46-57 cm. High-quality density foam will keep the chair comfortable for many years to come. Design: Sebastian Holmbäck & Ulrik Nordentoft.

Black/VISSLE black	491.391.85	Rp899.000
White/VISSLE light blue	291.623.72	Rp899.000
White/VISSLE light green	691.623.73	Rp899.000
White/VISSLE light grey	991.624.42	Rp899.000



ÖRFJÄLL junior chair. Seat W39D34 cm. Tested for 110 kg. Height adjustable 38-50 cm. High-quality density foam will keep the chair comfortable for many years to come. Design: Sebastian Holmbäck & Ulrik Nordentoft.

Black/VISSLE black	503.270.67	Rp749.000
White/VISSLE bright blue	503.250.30	Rp749.000
White/VISSLE bright green	703.250.34	Rp749.000
White/VISSLE light grey	103.202.37	Rp749.000
White/VISSLE pink	303.208.25	Rp749.000



VIMUND junior chair. Seat W41×D37 cm. Tested for 110 kg. Height adjustable 38-51 cm. This ergonomic junior chair has a flexible backrest and adjustable seat depth and seat height which means that it can be adjusted to suit the child perfectly.

Bright blue	303.315.41	Rp999.000
Bright green	403.202.31	Rp999.000
Pink	103.315.42	Rp999.000

ALL PARTS AND PRICES

VISITOR'S CHAIRS AND CONFERENCE CHAIRS



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FJÄLLBERGET conference chair. Seat W42xD40 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 / GUNNARED beige	604.062.76	Rp 2.999.000
black stained ash/ GUNNARED dark grey	603.964.18	Rp 3.299.000



MOLTE desk chair. Seat W39xD36 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	Rp 229.000
Yellow	303.085.88	Rp 229.000



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LÅNGFJÄLL swivel chair, 4 legs. Seat W53xD41 cm. Tested for 110 kg. 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	391.749.66	Rp 1.999.000
GUNNARED beige/white	292.522.95	Rp 1.999.000
GUNNARED blue/black	691.749.79	Rp 1.999.000
GUNNARED blue/white	392.523.08	Rp 1.999.000
GUNNARED light brown-pink/black	392.610.01	Rp 1.999.000
GUNNARED light brown-pink/white	692.523.40	Rp 1.999.000
GUNNARED dark grey/black	491.749.75	Rp 1.999.000
GUNNARED dark grey/white	292.522.76	Rp 1.999.000
GUNNARED light green/black	691.749.84	Rp 1.999.000
GUNNARED light green/white	592.523.12	Rp 1.999.000



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Year
Guarantee

LÅNGFJÄLL swivel chair with high back, 4 legs. Seat W53xD41 cm. Tested for 110 kg. 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	791.750.54	Rp 2.199.000
GUNNARED beige/white	892.523.44	Rp 2.199.000
GUNNARED blue/black	191.751.13	Rp 2.199.000
GUNNARED blue/white	992.523.48	Rp 2.199.000
GUNNARED light brown-pink/black	492.611.52	Rp 2.199.000
GUNNARED light brown-pink/white	492.523.60	Rp 2.199.000
GUNNARED dark grey/black	691.750.64	Rp 2.199.000
GUNNARED dark grey/white	192.523.52	Rp 2.199.000
GUNNARED light green/black	491.752.39	Rp 2.199.000
GUNNARED light green/white	292.523.56	Rp 2.199.000



ACCESSORIES



KOLON floor protector. 120x100 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.

	901.762.45	Rp 399.000
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