

**Technical data sheet 162H**

Specification Swivel chair, upholstered



Dimensions in mm	Backrest:	H:	650
		Seat:	H: 410-520 W: 470 D: 420
	Total:	H:	1180
		W (no ArmR):	520
		W (ArmR):	750
		D:	700
Packaging data	Weight:	kg	21,5
	Volume:	m³	0,6

**Basic equipment**

**Benefit**

Backrest	Medium-high back, upholstered, 20 mm foam. Plastic backrest cover, black.	The support point "S" specified in EN 1335 around 170 - 220mm above the seat is provided. This allows relaxed and comfortable sitting. Comfortably in the middle and rear seating positions too.
Upholstery	Upholstered seat and backrest. Breathable moulded foam, CFC and CHC-free (pure foam). Seat: 45 mm foam + 10 mm wadding.	Optimum microclimate through unglued upholstery, breathable.
Mechanism / Weight adjustment	Autofit synchro mechanism with automatic weight regulation, including fine adjustment. The return force of the backrest is adjusted automatically, controlled by the users' body weight (though you can select a harder or softer basic characteristic). Opening angle between seat and backrest 126°. Can be locked in 4 positions.	Several users can use the chair alternately without having to adjust the weight regulation anew every time they change.
Seat height adjustment	Seat height adjustment infinitely variable from 410 - 520 mm.	Even persons outside the DIN range (i.e. taller than 192 cm and smaller than 151 cm) are offered the correct ergonomic posture. The additional basic seat height adjustment is 30 mm downwards and 20 mm upwards.
Castors Ø 65 mm	Hard castors, black, load-dependent braked, for soft floors. (Corresponding to DIN EN 12529).	The chair does not roll away when not in use, minimises the risk of accidents. Dition, minimum risk of accident.
Base / Metal parts	Base and backrest connection, black plastic. Mechanism housing powder-coated, black.	High stability, long service life.
Materials	All materials are pure and recyclable.	Environmentally friendly.
Standards	EN 1335 for office swivel chairs and office swivel executive chairs. GS-Symbol for tested safety, ergonomics and tested for contaminants, BIFMA tested.	High safety and comfort.
Certification	Quality management system DIN EN ISO 9001:2015, Regulation (EC) no. 1221/2009 (EMAS), Environmental Management System DIN EN ISO 14001:2015, Health and Safety Management System DIN EN ISO 45001:2018, EcoVadis Gold. Commitment to sustainability. Quality Office, Blue Angel, Bifma e3 level Platin.	High-quality product.
Warranty and return	10 years warranty. Full return and recycling warranty.	Free parts replacement within the warranty period of charge, within the guaranteed period.

Disassembly instructions are available upon request for any interstuhl product

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<b>Options</b>	<b>Benefit</b>	
Castors Ø 65 mm / Glides	Soft, load-dependent braked twin castors for hard floors (according to DIN EN 12529) or glides.	The chair does not roll away when not in use, minimises the risk of accidents. In condition, minimum risk of accidents.
Base / Metal parts	Aluminium base, powder-coated black, brilliant silver or polished.	Very high stability, long service life.
Sprung column	Sprung column also possible in lowest position. (Basic seat height adjustment only possible with base without mech. bounce spring).	Dampens the impact on sitting down, thus gentle on the spine.
Seat depth adjustment	Patented seat depth adjustment (active) in front seat area by up to 50 mm.	Enlarges the support area for the thighs of taller persons. Also for the thighs of taller persons.
Seat inclination adjustment	Can be adjusted forwards by up to -4°.	Counteracts the backward tilt of the pelvis in an inclined working position, in particular during work with computers. The larger angle between the thigh and upper body also takes the strain off the organism. Saves the organism.
Lumbar support	Adjustable lumbar support with fine adjustment Air-Pressure-Technology. 65 mm height-adjustable.	The depth of the lumbar support integrated in the backrest upholstery can be adjusted by air pressure to the physical circumstances of the seated person. This permits an individual support of the lumbar spine.
Armrests	4D T-armrests - height, width and depth-adjustable, pivoted (360°), soft. 2D T-armrests - height and width adjustable, soft.	The adjustable height of the armrests also takes the strain off the neck muscles. Neck muscles will be relieved.
Fabric materials	Leather and several fabric qualities.	A number of colours and fabrics are available for the design of the chair. Upholstery materials are available.
Accessories	Coat hanger, powder coated black.	

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