

## Technical data sheet 312P

Specification Swivel chair, high, synchronous mechanism

Dimensions in	Backrest:	H:	575-665
	Seat:	H:	420-520
		W:	470
		D:	440
	Total:	H:	1215
		W (no AR):	540
		W (Ar):	665
		L:	700
Packaging data	Weight:	kg	17
	Volume:	m³	0.19



### Basic equipment

### Benefit

Plastic parts	Seat and back, colour maintained throughout plastic parts, black.	Thus "colourfast" with deep scratches and abrasions.
Backrest	High, height adjustable.	The point of support "S" specified in EN 1335, 170- 220 mm over the seat, is maintained. In that way a relaxed and comfortable sitting is possible.
Seat height adjustment	Seat height adjustment infinitely variable from 420- 520 mm. Self- supporting safety gas spring. Patented base seat height adjustment.	Even those outside the DIN range (i.e. taller than 192 cm and smaller than 151 cm) are offered the correct ergonomic posture.
Mechanism	Synchronous mechanism, opening angle between seat and back up to 125°.	Synchronous mechanisms of Interstuhl are designed in a way that they help to support optimally the body in every seating position and also relieve the change between the different seating positions.
Weight adjustment	From 45 -110 kg, infinitely adjustable.	Individual adjustment of the backrest and back pressure to the size and weight of the user.
Base	Colour maintained throughout plastic base, black.	Thus "colourfast" with deep scratches and abrasions.
Castors Ø 65 mm	Hard double castors, 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.
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, ergonomics and toxic agents.	High safety and comfort.
Certification	Quality management system DIN EN ISO 9001, EMAS acc. to EC Directive 761/2001, Environmental management system DIN EN ISO 14001.	High quality product.
Warranty and return	5 years long term and 3 years full warranty. Complete return and recycling guarantee.	Exchange of parts, free of charge, within the guaranteed period.

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Options		Benefit
Plastic parts	Seat, back and base in plastic cream white or ice- blue. ( Adjusting lever and operational controls always black).	The chair range is available in several colours. Visual appeal.
Upholstery for the seat and back	Seat upholstery: 45 mm foam, back upholstery: 20 mm foam. Upholstery is unglued, ensuring optimal air movement, breathable. Fabric and leather collections are available in various colours.	Good seating comfort. Easy to exchange. Visual appeal.
Seat depth adjustment	Sliding seat for individual adjustment of the seat depth, adjustment 40 mm.	The support area for the thighs for taller people will be increased.
Seat inclination	Adjustment of seat within 3 steps up to 4°.	The inclination prevents the pelvis from tilting to the rear, ensures the right position of the spinal column.
Castors Ø 65 mm	Soft double castors, 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 powder- coated, brilliant silver, black or aluminium polished.	Stability, longevity.
Sprung column	Also possible in the lowest position.	Cushions the impact of sitting down, and gentle on the spine.
Lumbar support	Depth adjustable.	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	Height, depth and width adjustable, pivoting, with soft surface. Width adjustable by 20 mm, height adjustable in 10 positions (100 mm), 25 mm depth adjustable. Larger area of adjustment in width through the change from the left to the right arm.. Afterwards easy to assemble and to retrofit.	The armrests relieve the neck and shoulder muscles.