

## Technical data sheet JC316

Specification Swivel chair medium high, Softback, Synchr.FlexGrid

Dimensions in mm	Backrest:	H:	600
		Seat:	H: 420-530
		W:	500
		D:	460
	Total:	H:	1175
		W (no ArmR):	500
		W (ArmR):	725
		D:	630
Packaging data	Weight:	kg	15,7
	Volume:	m³	0,6



### Basic equipment

### Benefit

Plastic parts Colour maintained throughout, black, light grey.

Colourfast and resistant to deep scratches and abrasions.

Backrest Backrest medium height, Softback, black.

Upholstery Seat upholstery: 55 mm foam, upholstery is unglued, ensuring optimal air movement, breathable.

Great seating comfort.

Mechanism Synchronous mechanism. Large opening angle between the seat and the backrest of up to 118°.

Synchronous mechanisms of Interstuhl are designed in a way that they help to support optimally the body in every seating position and at the same time they relieve the change between the different seating positions.

Seat height adjustment Seat height adjustment infinitely variable from 410 - 520 mm. Self-supporting safety gas spring.

Even people outside the DIN range (i.e. taller than 192cm and smaller than 151cm) will sit in the most ergonomic way.

Weight Adjustment From 45 - 120 kg, adjustable within 7 steps.

Individual adjustment of the backrest and the back pressure to the weight and height of the user.

Seat depth adjustment Individual adjustment of the seat depth, 60 mm adjustment.

Lumbar support Adjustable height and depth.

Through to a mechanical rotation, the depth of the FlexGrid integrated into the back frame can be adjusted (and the height can be adjusted simply by moving it) and adapted to the anatomical build of the person sitting in the chair. This provides custom support in the lumbar spine area.

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 situation, minimum risk of accident.

Base Colour maintained throughout polyamide base, black.

Colourfast and resistant to deep scratches and abrasions.

Chair column Column colour matches the base colour.

Uniform colour scheme for the whole model.

Materials All materials are segregated and recyclable.

Environmentally friendly.

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Standards	EN 1335 for office swivel chairs and office swivel armchairs. GS-Symbol for tested safety, tested for contaminants, Ergonomics approved.	High quality product and great 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.	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
Castors	Soft double castors, load dependent braked, for hard floors (Acc. to DIN EN 12529).	The chair does not roll away in an off-loaded position, minimum risk of accident.
Base	Polished aluminium and light-grey plastic	Very high stability, long service life. High-quality look.
Seat inclination	Adjustment of seat +4,9°	The inclination prevents the pelvis from tilting to the rear, ensures the right position of the spinal column.
Armrests	2D T-armrests, adjustable height/width. 3D T-armrests, adjustable height/width/depth, soft. 4D T-armrests, adjustable height/width/depth, rotatable, soft.	The armrests relieve the neck and shoulder muscles.
Cover materials	Various fabric and leather options available.	Individual design.

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