Healthy sitting reduces work absences

Ergonomic and healthy sitting on the job greatly enhances employee performance.
Design is not the only important characteristic of swivel work chairs. Besides robust construction and safe mechanical components, the human factor must also be considered: Employees who are tense and cannot concentrate are bound to make mistakes. A truly safe chair is one that provides relief and support to its human occupant.

A good chair also serves to prevent postural impairments that can result in chronic medical problems. In developing its swivel work chairs, Rexroth drew heavily on the expertise of occupational physicians and ergonomics specialists. The primary aim here was to achieve low-stress and dynamic sitting.

To promote performance and productivity, all work equipment near the workstation must be precisely adjusted to the employee and his or her activity. And this requires that the employee has the correct sitting posture: The worker’s calves and thighs should form a 90° angle. The same goes for the upper and lower arms, though here the angle may be greater than 90°.

In addition to the swivel work chair, we recommend the use of a footrest, or a swivel work chair with an integrated foot support or circular footrest to enable a low-fatigue work posture. When adjusting the chair and footrest, make sure that the thighs and calves form a right angle.

The main features of Rexroth swivel work chairs are:
- Form-fitting seat and backrest design: The seat and backrest are anatomically formed and promote proper posture. The permanent contact backrest adapts itself to the upper body movements of the user, thus supporting the back in every position. It can also be locked in every position, as needed. Due to anti-shock regulation, jerky backrest movements are avoided when the lock is released.
- Backrest and seat height adjustment: The lumbar support can be individually adjusted to the body size and optimum support point of each user. Pneumatic safety springs are used to adjust the seat height.
- Stable base: The five-foot base cannot tip over. Flat outbound feet ends reduce the risk of stumbling.

Rexroth’s swivel work chairs meet all safety-related and ergonomic requirements as defined by DIN 68 877.
Product advantages

Permanent contact backrest
Height adjustment

Permanent contact backrest
Height adjustment
Backrest angle and height adjustment

Permanent contact backrest
Seat angle adjustment and height adjustment
Backrest angle and height adjustment

Synchronous technology with weight regulation incl. permanent contact backrest and seat angle adjustment

Height-adjustable foot support

Washable seat and backrest upholstery

Conductive materials according to DIN EN 61 340-5-1, suitable for ESD-sensitive areas

The product complies with the safety rules and ergonomic requirements for swivel work chairs used in production as defined in DIN 68877

Suitable for cleanrooms according to DIN ISO 14 644-1

This product complies with the requirements of the German Equipment and Product Safety Act (GPSG)
Ordering guide

Sit-down workstations

Sit-down/stand-up workstations

H1a = 720 mm

800 mm

900 mm

1070 mm

3 842 527 156

3 842 527 153

3 842 527 157

3 842 527 158

3 842 527 161

3 842 527 154

3 842 527 159

3 842 535 933

3 842 527 149

3 842 527 155

3 842 527 160

3 842 527 162
Basic

- Lumbar support adjusts to body size and support point
- Backrest adjustment
- Seat height adjustment
- Washable
- Seat and backrest: Plywood, glued, 7 layers, clear varnished

Accessories: circular footrest, 65

Dynamic-PU

- Permanent contact backrest
  - Can be locked in any position
  - Anti-shock regulation provides gentle forward movement when released
  - Lumbar support adjusts to body size and support point
- Seat height adjustment
- Seat angle adjustment for an optimum, open sitting posture even when bending forward
- Pneumatic spring cover to protect against dust and dirt
- Braked double rollers for hard floors according to DIN 68131
- Washable, robust and resistant to slightly acidic and caustic materials
- Burled surface for ventilation
- Seat and backrest made of flexible PU foam, black

Accessories: foot support, circular footrest, safety armrests, 65

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### Seat height (mm) | No.
--- | ---
Basic w/sliders | 555–855 | 3 842 527 149

According to DIN 68 877, a work chair whose seat height is adjustable above 650 mm must be equipped with a circular footrest.

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### Seat height (mm) | No.
--- | ---
Dynamic-PU w/sliders | 460–640 | 3 842 527 154
| 590–860 | 3 842 527 155

Dynamic-PU w/rollers | 480–650 | 3 842 527 153

According to DIN 68 877, a work chair whose seat height is adjustable above 650 mm must be equipped with a circular footrest or foot support.
Dynamic-Textil

- Permanent contact backrest
  - Can be locked in any position
  - Anti-shock regulation provides gentle forward movement when released
  - Lumbar support adjusts to body size and support point
- Seat height adjustment
- Seat angle adjustment for an optimum, open sitting posture even when bending forward
- Pneumatic spring cover to protect against dust and dirt
- Braked double rollers for hard floors according to DIN 68131
- Seat and backrest made of foam, breathable polyacrylic cover, charcoal gray

Accessories: circular footrest, safety armrests, 65

Dynamic-ESD

- Suitable for use at ESD workstations due to volume-conductive plastics and conductive comfort cushions (conduction resistance: $10^6$ Ω)
- Permanent contact backrest
  - Can be locked in any position
  - Anti-shock regulation provides gentle forward movement when released
  - Lumbar support adjusts to body size and support point
- Seat height adjustment
- Seat angle adjustment for an optimum, open sitting posture even when bending forward
- Volume-conductive rollers and sliders
- Braked double rollers for hard floors according to DIN 68131
- Seat and backrest made of foam, breathable polyacrylic cover with copper threads, charcoal gray

Accessories: foot support, 65

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Swivel work chairs | MPS 4.0

<table>
<thead>
<tr>
<th>Seat height (mm)</th>
<th>ESD No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dynamic-Textil w/sliders</td>
<td>490–600</td>
</tr>
<tr>
<td>Dynamic-Textil w/rollers</td>
<td>425–555</td>
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<tr>
<td></td>
<td>475–620</td>
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<tr>
<td>Dynamic-ESD w/sliders</td>
<td>475–625</td>
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<td>630–880</td>
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<tr>
<td>Dynamic-ESD w/rollers</td>
<td>480–620</td>
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</tbody>
</table>

According to DIN 68 877, a work chair whose seat height is adjustable above 650 mm must be equipped with a circular footrest or foot support.
**Dynamic-Clean**

- Suitable for cleanroom use at class 4 according to DIN ISO 14 644-1
- Suitable for use at ESD workstations due to volume-conductive plastics and conductive comfort cushions (conduction resistance: $10^6$ Ω)
- Volume-conductive rollers and sliders
- Permanent contact backrest
  - Can be locked in any position
  - Anti-shock regulation provides gentle forward movement when released
  - Lumbar support adjusts to body size and support point
- Seat height adjustment
- Seat angle adjustment for an optimum, open sitting posture even when bending forward
- Integrated synchronization enables uniform movement of the seat and backrest and thus permanently adapts itself to the individual posture of the user
- Integrated weight regulation for individual adjustment of the backrest resistance
- Washable
- Seat and backrest made of soft, nonslip, conductive artificial leather, charcoal gray

Accessories: circular footrest, foot support, ± 65

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<tr>
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<th>Seat height (mm)</th>
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<tr>
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<td>w/rollers</td>
<td>505–645</td>
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</tbody>
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<sup>1</sup> According to DIN 68 877, a work chair whose seat height is adjustable above 650 mm must be equipped with a circular footrest or foot support.
Accessories

Foot support (A)
- For the swivel work chairs Dynamic, Dynamic-PU and Dynamic-ESD with seat height above 650 mm. According to DIN 68 877, a work chair whose seat height is adjustable above 650 mm must be equipped with a foot support.
- Retractable
- Can be retrofitted
- Adjustable height

Circular footrest (B)
- For all swivel work chairs
- For a low-fatigue, ergonomic sitting posture
- Can be installed during chair assembly

Safety armrests (C)
- For Dynamic-PU and Dynamic-Textil

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<thead>
<tr>
<th>ESD No.</th>
<th>Accessories</th>
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</thead>
<tbody>
<tr>
<td>3 842 527 164</td>
<td>Foot support</td>
</tr>
<tr>
<td>3 842 536 905</td>
<td>Circular footrest</td>
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<tr>
<td>3 842 527 166</td>
<td>Safety armrests Set</td>
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