1 AUTO-WEIGHT SYNCHRO CONTROL

Synchro mechanism auto-weight control, it adapts automatically to the user’s weight. In order to adjust manually and adapt the tension to each user’s requirement there is a knob underneath of the seat (A).

**EFIT** includes 4 back tilt positions offering tilting angles from 0° when chair is on up-right blocked position up to 30°. To adjust and select the tilt angle of the back just pull out the handle underneath of the seat (B).

2 AIR COMFORT SYSTEM

The seat has been designed with air chambers, to improve comfort, flexibility and the distribution of pressure for any user.

3 SEAT HEIGHT ADJUSTMENT

The seat height is adjusted using a gas-lift by lifting up the knob under the seat (C). (Lowest seat height: 39 cm / Maximum seat height: 50 cm).

4 SEAT SLIDE (TRASLA)

Ideal feature to adjust the distance between the seat and the back adapting the chair to different user anthropometrics. Pull out the lever (D) and fix it back in **7 different positions**. The system includes a self-return mechanism to return the seat to the initial position when standing up by pulling the lever. (total sliding distance = 7 cm / Each position offers 10 mm adjustment).
5 ADAPTATIVE LUMBAR

EFIT incorporates an adaptive lumbar section (E) integrated in the backrest adapting to user’s back’s shape.

Flexible integrated lumbar support.

7 ADJUSTABLE ARMREST

EFIT has 2 different arm options: aluminium or PP.

Height adjustment: adjustable using the knob under the arm-rest (F), it offers 7 height positions.

Distance between arms: Width adjustment using the handle under the seat (G), each arm can be adjusted 2,5 cm, so maximum total adjustment is 5 cm.

360º Swivel arm system (Anti-panic): Only available with the aluminium arm option, 360º Swivel armrest movement allowing horizontal rotation of arm rests. Incorporation of a panic trigger in the aluminum arms (H).

POLYPROPYLENE

Height adjustable arm

Distance between arms

ALUMINIUM ARM / POLYPROPYLENE

Height adjustable arm

Distance between arms

360º Swivel arm movement

LOCKED - without movement

(Only in positions 0º and 180º)

UNLOCKED - with movement
**CASTORS AND GLIDES**

**POLYAMIDE BASE**
Polyamide (PA) Arms

**ALUMINIUM BASE**
Polyamide (PA) Arms
Aluminium Arms

**POLYAMIDE BASE FINISHES**
- Black
- White

**ALUMINIUM BASE FINISHES**
- White
- Black
- Polished

**STANDARD CASTORS**

All chairs include as standard soft castors with Teflon band which allows an easy and light movement of the chair.

- Silent teflon band.
- Black finish.
- 65mm diameter
- No self-locking.

**OPTIONAL CASTORS**

Self-Locking castors are popular as they are in line with most of the security restrictions required on projects. They avoid accidental movement of the chair and they only have a small disadvantage as the chairs is not easy to slide when no weight is on it. While sat on the chair, the chair moves easily with no resistance.

**AUTO-BREAKING CASTORS**
This system provides security as it avoids accidental movement of the chair. While sat on the chair, it moves easily.

**AUTO-BREAKING HOLE CASTORS**
This system provides security as it avoids accidental movement of the chair. While sat on the chair, it moves easily.
It includes a system to unlock the breaking system to use these castors just as an aesthetic option.
BACKREST AND SEAT

Fabric T - Newport

Fabric N - Portus B

Fabric M - Melang & Step
**DESCRIPTION**

1. Backrest, PP with glass fibre (PP + 30% G.F.) frame. It also incorporates several splines for better back breathing. Flexible moulded polyurethane foam, upholstered with different fabrics. 2 backrest models: High backrest and Standard Backrest

2. Adaptative lumbar support

3. 2D Adjustable arms: Height and width adjustment. Available in PP structure.

   3D Adjustable arms: Height and width adjustment. 360º Swivel armrest movement. Available in aluminium or polypropylene structure.


5. Gas lift

6. Auto-weight synchro control mechanism. 4 back tilt positions

7. Seat slide [Trasla]

8. 5 star base. Die cast aluminium or polyamide base with glass fibre

9. Several castors or caps available

**BASES AND CASTORS**

Polyamide - Ø 67,5 cm
Silent black castor - Ø 65 mm

FINISHES
Black and White

Aluminum injection - Ø 67,5 cm
Silent black castor - Ø 65 mm

FINISHES
White, Black and Polished.

**OPTIONAL ACCESSORIES**

- Auto-Breaking Castors
- Auto-Breaking Hole Castors
- Antistatic Castors
- Polypropylene Glides

**DIMENSIONS**

**Standard Backrest**
- Total height: from 910 to 1010 mm
- Total width: 675 to 690 mm
- Total depth: 675 mm

**Seat height**: from 460 to 560 mm
**Seat width**: 460 to 510 mm
**Seat depth**: from 470 to 540 mm

**High backrest**
- Total height: from 970 to 1070 mm
- Total width: 675 to 690 mm
- Total depth: 675 mm

**Seat height**: from 460 to 560 mm
**Seat width**: 460 to 510 mm
**Seat depth**: from 470 to 540 mm
# DESCRIPTION

1. Backrest, PP with glass fibre (PP + 30% G.F.) frame. It also incorporates several splines for better back breathing. 2 backrest models: High backrest and Standard Backrest.

2. Adaptive lumbar support.

3. 2D Adjustable arms: Height and width adjustment. Available in polyamide structure.

3. 3D Adjustable arms: Height and width adjustment. 360º Swivel armrest movement. Available in aluminium or polypropylene structure.

4. Seat with ACS technology (airflow comfort system). Made of PU (polyurethane) flexible moulded foam (density 55-60 kg/m³). Upholstered seat available in a wide range of fabrics.

5. Gas lift

6. Auto-weight synchro control mechanism. 4 back tilt positions

7. Seat slide (Trasla)

8. 5 star base. Die cast aluminium or polyamide base with glass fibre

9. Several castors or caps available

## BACKREST AND SEAT

(please see finishes and fabric on the previous page)

## BASES AND CASTORS

- **Polyamide - Ø 67.5 cm**
  - Silent black castor - Ø 65 mm
  - **FINISHES**
  - Black and White

- **Aluminum injection - Ø 67.5 cm**
  - Silent black castor - Ø 65 mm
  - **FINISHES**
  - White, Black and Polished.

## OPTIONAL ACCESSORIES

- **Auto-Breaking Castors**
- **Polypropylene Glides**
- **Antistatic Castors**
- **Hole Castors**

## DIMENSIONS

### Standard Backrest
- Total height: from 910 to 1010 mm
- Total width: 675 to 690 mm
- Total depth: 675 mm
- Seat height: from 460 to 560 mm
- Seat width: 460 to 510 mm
- Seat depth: from 470 to 540 mm

### High backrest
- Total height: from 970 to 1070 mm
- Total width: 675 to 690 mm
- Total depth: 675 mm
- Seat height: from 460 to 560 mm
- Seat width: 460 to 510 mm
- Seat depth: from 470 to 540 mm
**DESCRIPTION**

1. Backrest, PP with glass fibre [PP + 30% G.F.] frame. It also incorporates several splines for better back breathing. Model with low backrest
2. Adapative lumbar support
3. **2D Adjustable arms:** Height and width adjustment. Available in polyamide structure.
   **3D Adjustable arms:** Height and width adjustment. 360° Swivel armrest movement. Available in aluminium or polypropylene structure.
4. Seat with ACS technology [Air Comfort System], Made of PU [polyurethane] flexible moulded foam [density 55-60 kg/m³]. Upholstered seat available in a wide range of fabrics.
5. Gas lift
6. Auto-weight synchro control mechanism. 4 back tilt positions
7. Seat slide (Trasla)
8. Chromed steel footrest - Ø50cm. Curved tube Ø 18 mm, 1,5 mm thickness
9. 5 star base. Die cast aluminium or polyamide base with glass fibre
10. Serveral castors or caps available

**BACKREST AND SEAT**

*PLEASE SEE FINISHES AND FABRIC ON THE PREVIOUS PAGE*

**DIMENSIONS**

- **Total height:** from 1.065 mm to 1.225 mm
- **Seat height:** from 685 mm to 845 mm
- **Total width:** 675 mm
- **Seat width:** from 460 mm to 510 mm
- **Total depth:** 675 mm
- **Seat depth:** from 470 mm to 540 mm

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**BASIS AND CASTORS**

- Polyamide - Ø 67.5 cm
- Silent black castor - Ø 65 mm
- **FINISHES**
  - Black and White
- Aluminum injection - Ø 67.5 cm
- Silent black castor - Ø 65 mm
- **FINISHES**
  - White, Black and Polished.
1. A correct posture at work to avoid physical problems

**Seat adjustment.**
Forearms must be parallel to the desk top as in a right angle with the rest of the arm. Both feet must be lean on the floor and knees must be in right angle too.

**Adaptive Lumbar**
EFIT incorporates an adaptative lumbar section integrated in the backrest adapting to user’s back’s shape.

**Adjustable arms (7 positions)**
Place the chair arms in the lower position to get better mobility. For statics works, adjust height and distance to that point where the forearms perfectly lean.

2. Different ergonomics conditions and specific movements for each task

It is necessary to alternate daily dynamic and static tasks.

**Dynamic tasks.**
Document manipulation, communication and so on...Select positions 2, 3 or 4 on the back tilt adjustment knob. Put the arms in the lowest position.

**Static work**
Document analysis and writing, intensive computer work...
Select position 1 on the back tilt adjustment knob. Put the arms in the lowest position.

3. Incorrect Postures

**Key points.**
1. A lower position from the desk produces neck pain.
2. An incorrect back support may produce back problems.
3. Legs too stretched or too vended may cause over-stressed body joints.
The different programmes get points in different environmental categories to get the LEED certificate (sustainability, material and resources, water, energy and atmosphere, inner environment quality, innovation and design).

■ CERTIFICATES AND REFERENCES

■ STANDARDS

EFIT has passed tests done in our technical department as well as the tests done in AIDIMA the Technological Institute for furniture. The tests correspond to:

Office chairs, Standard from 2009