



A guide to healthy working





Flokk – A guide to healthy working

Designing a great work set up can be a juggling act. Form and function jostle for position in the effort to create inspiring spaces that bring the best out of the people that use them.

Through good work habits and the specification of suitably supportive products, wellbeing can be protected without compromising on design. The seating ranges across Flokk's brand portfolio are bursting with good looking and high performing options.

Content

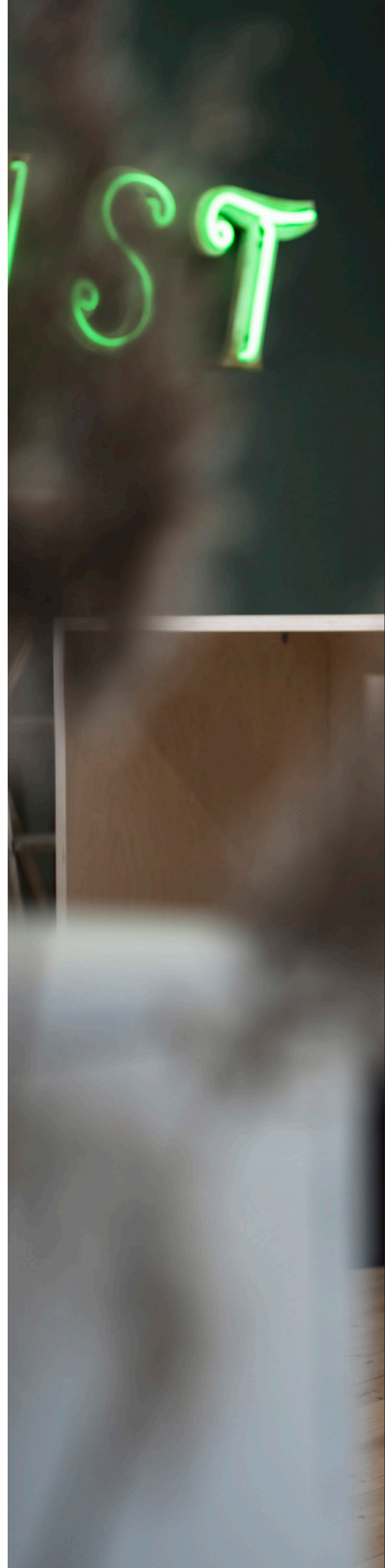
Healthy working at Flokk

- 06 Our approach
- 12 Tips and tricks with Ergonomist Sukhi Assee

Our best choice

- 18 RH New Logic
- 20 RH Mereo
- 22 BMA Axia
- 24 Profim Accis^{Pro}
- 26 HÅG SoFi
- 28 Giroflex 64
- 30 Profim LightUp
- 32 HÅG Capisco[®]
- 34 HÅG Capisco Puls[®]
- 36 Profim Mickey
- 38 Giroflex 10

- 40 Accessories
- 40 HÅG Quickstep
- 41 HÅG Footrest
- 41 BMA Footform
- 42 Certifications and Warranty
- 43 Measurements





Our approach to designing for people.

When we design furniture, we look closely at human needs, particularly within the context of day-to-day activities that take place. Our goal is to make furniture that provides a positive experience for every user.

Explore how Flokk apply these principles through the designs we make, and learn how you can improve wellbeing in your workplace or home.



»Form follows function is our key philosophy - because we always focus on people needs.«

Flokk

Traditionally, designs for the workplace have been developed focusing on the physical needs and interactions of the worker - a good design was an efficient design. More recently, we have seen a shift towards the psychological and cognitive aspects. This holistic approach, where the entire user experience is considered, is known as the Human Factors Discipline.

Furniture - Designed for you

When we design furniture, we look closely at human needs, particularly within the context of day-to-day activities that take place.

Our goal is to make furniture that provides a positive experience for every user. Be it in the workplace or the home, we make sure that everyone

can understand the benefits of our designs, and can clearly see how they are intended to be used. To achieve that goal we have identified four key criteria that we consider in all of our designs.

Movement & Support

Movement and variation are so important when it comes to everyone's wellbeing. Our solutions are either designed for movement or invite the user to move and change postures regularly. However, there is a critical relation between stability and movement.

When designing, we consider the users' need to feel safe to be able to move on or with the product. If the feeling of stability is challenged, the body will react by fixating its position to regain control.

Sketch from Peter Opsvik's notebook Exploring ideas for promoting movement while sitting. The sketch illustrates the different positions their body can be in on the ideal chair.





Quality and sustainability play a major role for used materials
Working with local partners, Flokk can offer a range of sustainable wool options on our upholstery, providing a sustainable solution to our furniture fabrics.



Comfort

The most noticeable thing for anyone using a piece of furniture is how comfortable it is. Measuring what comfort actually is, is a little more tricky. We focus on three aspects of comfort in all our designs, one following the other in the users' journey of experiencing a product.

- Visual comfort - What we see with our eyes primes our minds on what to expect; our expectations influence our experience of comfort.
- Initial comfort - How does it feel upon first contact? Tactile sensations and degree of softness are evaluated at this stage. We make sure our chair's settings are highly intuitive to create memorable first impressions.

- Lasting comfort - How does it feel after a day, a week, a year? With most of our products designed to last a minimum of 10 years, we optimise every component for long term usage, with an understanding that comfort can influence posture and behaviour too.

Inclusive Design

Inclusive design means a lot of things, but at its core, it means designing products that can be adapted, adjusted or specified for all kinds of people. We design products that positively affect all people that are in touch with them, in one way or another.

Usability

Not understanding how something works is frustrating. We work hard to make all of our designs intuitive, and provide simple instructional guides to make sure that any potential problems are met head on. We see five key areas to address in order to provide a positive user experience:

- Intuitive design - Effortless understanding of the architecture and operation of the product
- Ease of learning - How fast a new user can grasp the basic functions
- Efficiency of use - How fast an experienced user can accomplish actions or tasks
- Memorability - Can you remember enough to use the product effectively in the future?
- Subjective satisfaction - Is using the product enjoyable?



»When we design seating solutions, we take a close look at human needs.«

Flokk



Four tips to improve well-being while sitting.





Senior Ergonomist at Flokk Sukhi Assee (MSc) offers advice as to how to protect yourself from injury during desk-based work. The single most important tip?

Stay active while working!

- stand up for up to 15 minutes every hour.
- walk while taking phone calls.
- stand when on zoom meetings.
- go outside for lunch.

Keep your body moving and it will take care of you. For a perfectly adjusted workplace, the following four tips should also be followed.

1

Backrest

Typically the lower arch of the chair's backrest should align with the small of your back.

Tension: if the backrest has a tilt, keep the angle open and adjust the tension so that is neither stiff nor too free-flowing.

2

Armrests

Armrest height should not exceed your seated elbow height.

If you have a height-adjustable desk, lower it so that your shoulders are relaxed and your forearms are parallel to the desk. The same applies when standing.



3

Screens

Keep your screen at about an arms length from your seated position.

Keep the screens height so that your eyeline meets the top two-thirds of the monitor.

4

Seat height & depth

Seat height: adjust the seat's height so that your thighs are nearly parallel to the floor and feet are planted comfortably on the ground.

Seat depth: if your chair has an adjustable seat depth feature, then adjust this so that you have about 2-3 finger clearance between the front of the chair and behind to the knees.

»Ergonomics is all about enhancing your performance through good design whilst also keeping you safe and healthy.«

Sukhi Assee
Senior Ergonomist, Flokk



Screens Keep the monitor height so that your eyeline meets the top two-thirds of the monitor.



Our top chairs for wellbeing

- 18 RH **New Logic**
- 20 RH **Mereo**
- 22 BMA **Axia**
- 24 Profim **Accis^{Pro}**
- 26 HÅG **SoFi**
- 28 Giroflex **giroflex 64**
- 30 Profim **LightUp**
- 32 HÅG **Capisco[®]**
- 34 HÅG **Capisco Puls[®]**
- 36 Profim **Mickey**
- 38 Giroflex **giroflex 10**

RH

New Logic

By adjusting smoothly to your body and providing crucial support and relief, it helps you stay focused on getting things done – no matter who you are, what you do or when you do it.

Adjustments:

- Seat height
- Seat depth
- Lumbar
- Armrest height
- Armrest depth
- Armrest width
- Tilt-lock
- Tilt tension
- Headrest height
- Headrest depth

Certificates:

- EN 1335
- NPR 1813
- ANSI/BIFMA
- BS 5459
- GS tested
- EPD (ISO 14025)
- ISO 9001
- ISO 14001
- GREENGUARD
- MØBELFAKTA





RH Mereo

RH Mereo helps you to achieve an active sitting position, better concentration and better performance. Is perfect for workplaces where several people use the same office chair.

Adjustments:

- Seat height
- Seat depth
- Lumbar
- Backrest height
- Armrest height
- Armrest depth
- Armrest width
- Tilt-lock
- Tilt tension
- Headrest height
- Headrest depth

Certificates:

- EN 1335
- NPR 1813
- ANSI/BIFMA
- GS tested
- EPD (ISO 14025)
- ISO 9001
- ISO 14001
- GREENGUARD
- MØBELFAKTA





BMA Axia

The Axia range is not just a chair that helps you achieve a relaxed and healthy posture. With five different backrest heights it is a complete and sophisticated seating system that brings together all our expertise in the field of ergonomics, design, technology and sustainability. People are different, this system makes users more aware of their posture when seated and actively supports through adaptive pelvic support.

Adjustments:

- Seat height
- Seat depth
- Lumbar
- Backrest height
- Armrest height
- Armrest depth
- Armrest width
- Tilt-lock
- Tilt tension
- Headrest height
- Headrest depth

Certificates:

- EN 1335
- NPR 1813
- BS 5459
- GS tested
- EPD (ISO 14025)
- ISO 9001
- ISO 14001
- GREENGUARD
- Ergonomic Excellence
- Cradle to Cradle





Profim Accis^{Pro}

Accis^{Pro} is an example of how technological thought can improve a simple activity - sitting. The seat and backrest adapt to the user's body movements. The purpose is not to burden the spine.

Adjustments:

- Seat height
- Seat depth
- Seat side-movement function
- Lumbar
- Armrest height
- Armrest depth
- Armrest width
- Arms Pivot
- Tilt-lock
- Tilt tension
- Headrest height and angle
- Headrest depth

Certificates:

- GS tested
- ISO 9001
- ISO 14001
- Quality Office
- TÜV (Ergonomics approved)
- Blue Angel



»The patented system gives the user a feeling of a “second skin”.«

Profim about Accis^{Pro}



HÅG

SoFi Collection

The HÅG SoFi is the ultimate task chair. Visually warm and welcoming, it hides the fact that it's packed full of smart functionality. Designed to create a neat impression, its complete user-friendliness makes it ideal for both your own desk, and multi-user working environments. It's easy to adjust and continuously energise you.

Adjustments:

- Seat height
- Seat depth
- Lumbar
- Armrest height
- Armrest depth
- Armrest width
- Slide back armrest
- Tilt-lock
- Tilt tension
- Headrest height
- Headrest depth

Certificates:

- EN 1335
- NPR 1813
- ANSI/BIFMA
- BS 5459
- GS tested
- EPD (ISO 14025) - SoFi mesh
- ISO 9001
- ISO 14001
- GREENGUARD
- MØBELFAKTA





Giroflex giroflex 64

The giroflex 64 swivel chair stands for noticeably correct sitting. This office furniture classic, which has been sold millions of times worldwide, guarantees perfect seating comfort. Technical perfection and scientifically tested ergonomics enable the giroflex 64 swivel chairs to provide optimum support in every sitting position.

Adjustments:

- Seat height
- Seat depth
- Lumbar
- Backrest height
- Armrest height
- Armrest depth
- Armrest width
- Tilt-lock
- Tilt tension
- Headrest height
- Headrest depth

Certificates:

- EN 1335
- GS tested
- ISO 9001
- ISO 14001
- Quality Office
- LGA (Ergonomics approved)





Profim LightUp

LightUp is a modern swivel chair with a great price-quality ratio. A perfect solution for those seeking ergonomic and economical chairs. There are two types of backrest: mesh and upholstery. The upholstered version provides soft and comfortable support. The alternative mesh version is extremely flexible, and the use of breathable, high-quality mesh provides an additional advantage: air circulation.

Adjustments:

- Seat height
- Seat depth
- Lumbar
- Armrest height
- Armrest depth
- Armrest width
- Tilt-lock
- Tilt tension

Certificates:

- GS tested
- ISO 9001
- ISO 14001
- Quality Office
- TÜV (Ergonomics approved)
- MØBELFAKTA
- Blue Angel





HÅG Capisco®

The HÅG Capisco is a design icon that continues to withstand the test of time. Inspired by a horseback rider's posture, its pioneering saddle seat and overall unique shape, offer endless ways to sit or half stand. All of which encourage you to vary your position, whether you're facing forwards, backwards or sideways. Whatever feels most comfortable next.

Adjustments:

- Seat height
- Seat depth
- Backrest height
- Tilt-lock
- Tilt tension
- Headrest height

Certificates:

- EN 1335
- ANSI/BIFMA
- GS tested
- EPD (ISO 14025)
- ISO 9001
- ISO 14001
- GREENGUARD
- MØBELFAKTA
- Nordic Swan





THE
TREETOPS
OF
EUROPE

HÅG Capisco Puls®

An update to the HÅG Capisco, the Puls model carries the same pioneering saddle seat and overall unique shape, created with a plastic seat and backrest shell, for environments where full upholstery is not required. Two versions, the 8010 and 8020, one with a simple padded inlay and one with a fully upholstered seat pad recently updated with the same classic stitch design featured on the classic HÅG Capisco.

Adjustments:

- Seat height
- Seat depth
- Backrest height
- Tilt-lock
- Tilt tension

Certificates:

- EN 1335
- ANSI/BIFMA
- GS tested
- EN 16139
- EPD (ISO 14025)
- ISO 9001
- ISO 14001
- GREENGUARD
- MØBELFAKTA





Profim Mickey

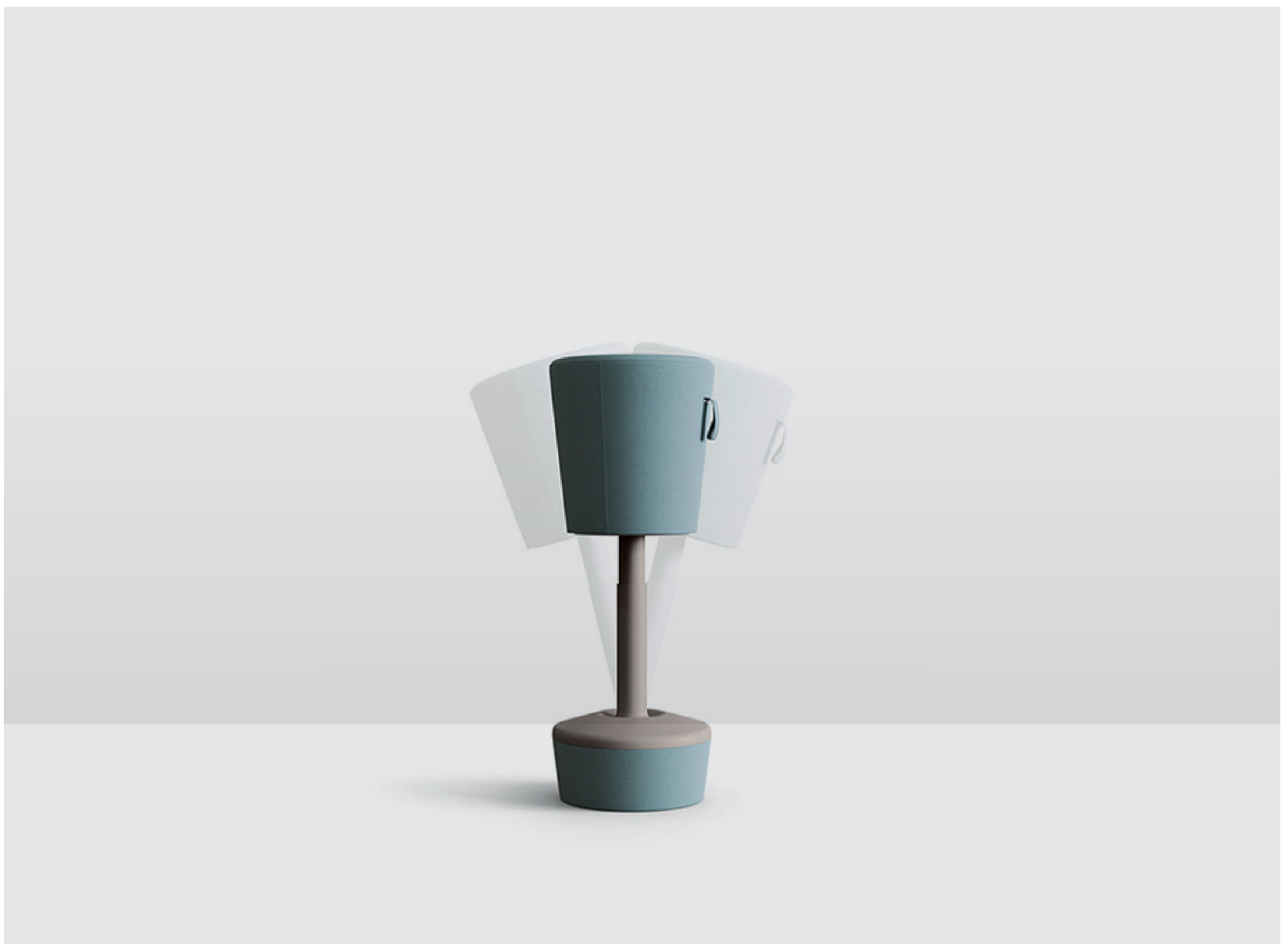
Mickey swivels and swings from side to side, has a height adjustment that goes from a low pouffe to a seat providing support during standing work.

Adjustments:

- Seat height
- Sideway tilt 10°

Certificates:

- GS tested
- MØBELFAKTA





Giroflex **giroflex 10**

The innovative giroflex 10 standing stool brings healthy dynamism to sitting. The iconic, colorful object is not only something for the eye, but also for the entire musculoskeletal system: Standing up with the giroflex 10 promotes balance, strengthens the muscles, relieves the spine and counteracts poor posture.

Adjustments:

Certificates:

- Seat height





Accessories For perfect fit

For the absolute apex ergonomic seated experience a footrest may be required. The addition of a raised footrest can improve the angles of the ankle, knees and hips, resulting in improved blood circulation and comfort. This is especially true for people of a height below 183 cm.

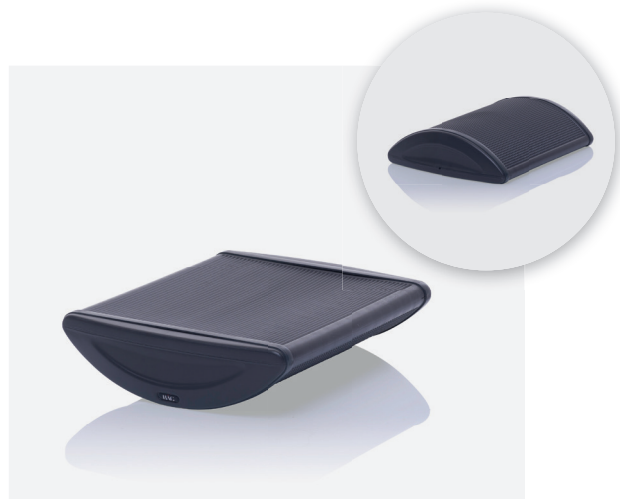
The risk of developing blood clots and varicose veins is higher when feet dangle or are unsupported. Foot support can also noticeably take the weight off lower limbs, reducing the resulting tension in the lower back.



above: HÅG Quickstep

HÅG Quickstep

With the HÅG Quickstep you activate the vein pump and stretch the leg muscles, gain extra floor height and can train your sense of balance while standing. You can use the HÅG Quickstep as a normal footrest with an inclined support surface and by rolling back and forth with it, keep your legs moving healthily. There are nubs on the surface for a soothing massage of the soles of your feet. Why not simply turn your HÅG Quickstep upside down? The rocker mechanism is removed but the ergonomic footrest remains.



Specifications

- Tilting footrest, activates blood circulation.
- Massage of the soles of the feet
- Balance training
- Dimensions: (HxWxD) 10 cm x 43 cm x 33 cm
- DIN/GS-tested

HÅG Footrest

The HÅG Footrest can be retro-fitted to the gas stem of any HÅG chair in which the height is higher than average, allowing for comfortable sitting without added pressure to the back of the legs.



Specifications

- Two extra levels for your feet
- Greater variety of seating positions
- Stimulating circulation
- Easy to attach and detach
- For use with 150, 200, 265 mm gas lifts
- Suited desk heights: 80-95 cm

BMA Footform

The BMA Footform is a freestanding, height-adjustable platform on which to rest the feet and improve sitting posture for those who need it.



Specifications

- The Footform is stable and safe and comes with an antislip layer.
- The red button is for fast height adjustment.
- The Footform may be used on any floor surface.
- The Footform comes in three different models.

Certifications & Warranty

Our commitment is to fulfil our customers' expectations to our products and services. Our level of technical expertise, combined with our honesty and sense of responsibility, ensure that you can sit comfortably every time you choose a chair from Flokk. We demand high quality in everything we do, from materials and durability to ergonomics and design. A Flokk chair is built to withstand stress and to last. All chairs are therefore rigorously tested and come with a warranty.

Our warranty covers the chairs against material and manufacturing faults and defects from the chair's production date. The warranty covers any necessary spare parts. Labour and transport costs are not covered. Wear and tear must be expected from normal use and are not covered by the warranty. The warranty is conditional on the chair fabrics/leather undergoing normal cleaning.

CERTIFICATION	RH NEW LOGIC 200/220	BMA AXIA 2.0	HÅG SOFI	RH MERO	PROFIM ACCIS PRO	GIROFLEX G 64	HÅG CAPISCO	HÅG CAPISCO PULS	PROFIM MICKEY	PROFIM LIGHTUP
EN 1335	•	•	•	•		•	•	•		
NPR 1813	•	•	•	•						
ANSI/BIFMA	•		•	•			•	•		
BS 5459	•	•	•							
GS tested	•	•	•	•	•	•	•	•		•
EN 16139								•		
EPD, ISO14025	•	•	(•)	•			•	•		
ISO 9001, ISO 14001	•	•	•	•	•	•	•	•	•	•
Quality Office					•	•				•
TÜV Süd* / LGA** (Ergonomics approved)					•*	•**				•*
GREENGUARD	•	•	•	•			•	•		
Cradle to Cradle		•								
Møbelfakta	•		•	•			•	•	•	•
Nordic Swan Label							•			
Blue Angel					•					•

Measurements

MEASUREMENTS	RH NEW LOGIC 200	RH NEW LOGIC 220	RH MERE0 200	RH MERE0 220	RH MERE0 300	BMA AXIA 2.0*	PROFIM ACCIS ^{PRO}
Seat depth	477mm	477mm	470mm	470mm	470mm	480mm	440mm
Seat width	442mm	442mm	407mm	407mm	407mm	470mm	470mm
Seat height (standard gaslift 200mm)	406-550mm	406-550mm	395-525mm	395-525mm	395-525mm	400-550mm	390-520mm
Seat depth slide	100mm	100mm	100mm	100mm	100mm	100mm	60mm
Seat angle adjustment °	+8.6/-15.5°	+8.6/-15.5°	-16/+7.7°	-16/+7.7°	-16/+7.7°	-14/+5°	/
Backrest height	518mm	620mm	470mm	630mm	630mm	390-560mm	650mm
Backrest width	431mm	433mm	400mm	365mm	400mm	450-460mm	500mm
Backrest height adjustment	490-588mm	581-681mm	432-510mm	582-657mm	580-656mm	/	/
Back angle adjustment °	19°	21°	19.8°	19.8°	19.8°	15°	/
Diameter of base	680mm	680mm	680mm	680mm	680mm	670mm	720mm
Weight Kg	19.9kg	20.4kg	18.4kg	18.9kg	18.9kg	19kg	18kg

* Visit flokk.com for full Axia range measurements.

MEASUREMENTS	HÅG SOFI 7500	GIROFLEX G 64	PROFIM LIGHTUP	HÅG CAPISCO	HÅG CAPISCO PULS	PROFIM MICKEY	GIROFLEX G10
Seat depth	446mm	415mm-440mm	440mm		415mm	360mm	30
Seat width	448mm	450mm	470mm	470mm	460mm	360mm	30
Seat height (standard gaslift 200mm)	450-640mm	400-520mm	400-530mm	470-655mm	450-640mm	550-880mm	640-810mm
Seat depth slide	80mm	25mm	130mm	80mm	70mm	/	/
Seat angle adjustment °	-17/+13°	/	/	-15/+2°	-19.2/+3.8°	/	/
Backrest height	725mm	470-540mm	550mm	460mm	600mm	/	/
Backrest width	467mm	430mm	480mm	/	370mm	/	/
Backrest height adjustment	/	750mm	/	390-480mm	381-471mm	/	/
Back angle adjustment °	30°	0-24°	/	16.8°	17.8°	/	/
Diameter of base	730mm	660mm	720mm	730mm	730mm	320mm	330mm
Weight Kg	17kg	17kg	17kg	14kg	11.1kg	11.5kg	7.5kg



Flokk is the leading manufacturer of high-quality workplace furniture in Europe, developing a growing family of brands.

We take on a human-centered, deep design thinking approach, while always keeping a long-term perspective. All our products are designed and manufactured with a minimum environmental impact in mind, maintaining a high lifetime value. For this work we are both awarded and certified.

Designing for well-being and performance, we aim to inspire the great work of our customers, across the globe.

Flokk – Inspire great work.

Flokk Limited
63 Central Street
EC1 V 3AF London, United Kingdom
info@flokk.com
flokk.com