Forma 5

TECHNICAL FEATURES

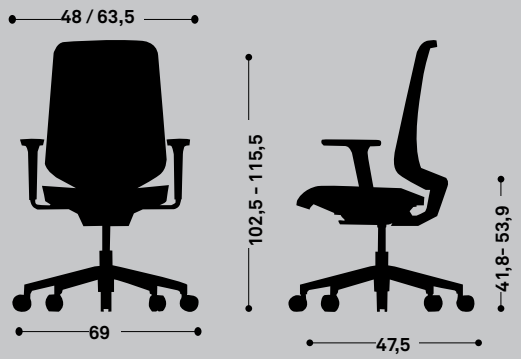
DOT. PRO

DOT. PRO| MECI OR WEB MESH BACKREST

DIMENSIONS

Height	**102,5 - 115,5** cm
Seat height	**41,8- 53,9** cm
Width (without arms / with arms)	**48 / 63,5**cm
Depth	**47,5** cm
Weight	**11,071 / 12,93** kg
Fabric meters	**0,6** m

* These minimum and maximum dimensions depend on the chosen configuration. Please ask for concrete values in case you need them.



Dimensions in centimeters

SWIVEL CHAIR | HIGH MESH BACKREST

Backrest frame
Black or white

High backrest
Upholstered mesh backrest (Meci) over black Phenix fabric and later, upholstered with the same fabric than the seat.

Arms
Without arms
Fixed arms
1D adjustable arms
3D adjustable arms
4D adjustable arms

Flex lumbar support
Optional

Seat
Upholstered polyurethane injected foam

Sliding seat
Optional seat depth regulation

Base
Polyamide star 69 base
Polished aluminium pyramidal 66 base

Mechanism
Synchro Atom or
Synchro Motion

Casters
Hard or soft double wheel casters of 65 mm

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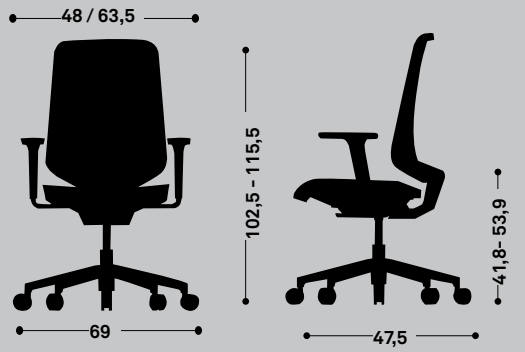
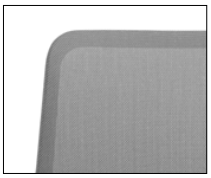
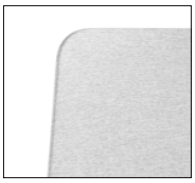


Dimensions in centimeters

BACKREST

Light and flexible, with a polygonal form, with rounded corners and edges, slightly elongated in the vertical line. Made from polypropylene and fiberglass. Upholstery with breathable technical mesh Web or upholstered with fabric over black Meci mesh (upholstered mesh option).





SEAT

Formed from a polypropylene structural shell, textured on the outside, that serves as support for the injected polyurethane foam 62kg/m3, and upholstered with a border. This border can be customized with matching Web mesh that corresponds to the backrest in the mesh version or upholstered with the same type of fabric than the seat for the version upholstered mesh backrest.
The seat has 5 different depth settings.

FLEX LUMBAR SUPPORT

Formed from a single piece of polypropylene that crosses the backrest transversely, with height adjustability of flexible slats that provide a more uniform support (spring type) avoiding the lumbar pressure experienced on rigid systems.

ARMS

The chair may be ordered without arms. Each arm sellection has different ergonomic qualities . Options offered:

Fixed:"T" shape polypropylene fixed arms. Black or white.

1D adjustable: with polypropylene structure and polyurethane armpads. Easy adjustment in height. Dimensions: 250 x 90 mm.

3D adjustable polyamide arm support: with polyamide structure reinforced with fiberglass and soft-touch polyurethane armrest. Easy adjustment in height, depth and turn.

3D adjustable aluminium arm support: : with injected aluminium structure and polyurethane armpads. Easy adjustment in height, depth and turn.

4D adjustable: with injected aluminium structure and polypropylene armrests. Easy adjustment: height, depth, width and rotation. 235 x 105 mm.

Fixed arm

Fixed arm

1D adjustable arm

3D adjustable polyamide arm support

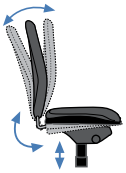
3D adjustable aluminium arm support

4D adjustable arm

MECHANISM

SLIDING SEAT: Optional seat depth adjustment for all swivel chairs.

SYNCHRO ATOM: The backrest moves in a ratio to the seat pan.The pivot centre has been located above the seatsurface near the user's hips and this gaurantees the optimum feeling of comfort and movement. There are 5 back locking positions. There are multiple settings of the seat height via a paddle.
The mechanism regulates itself automatically responding to the user's weight (for people between 45 and 110 kg). The backrest can be locked off by pulling a handle beneath the seat and can obviously be reversed by pushing it in.



SYNCHRO MOTION: A 24 degree back displacement will alter the angle of the seat by 10 degrees.When reclineing on the backrest the seat will follow in the ratio 2.4:1. The torque adjustment is quick and simple with just two turns of the throttle style handle; ideal for users between 45 and 120 kg to get optimum support. The forward tilt of the seat pan releives pressure on the users legs.There are 5 locking back settings. Overall the mechanisms are discreetly integrated into the design of the chair.

BASE

POLYAMIDE STAR: 64 or 69 cm diameter. 5 trapezoidal branches with rounded corners.

POLISHED ALUMINIUM OR WHITE ALUMINIUM STAR: Star base in polished aluminium 69 cm diameter. 5 trapezoidal branches with rounded corners. Finishes in aluminium or polar white.

Polyamide star D69cm base

Polished aluminium star D69cm base

White painted aluminium star D69cm base

FLOOR SUPPORT

2 floor support options:

Roulette double galet 65 mm

Roulette double galet sol dur 65 mm

UPHOLSTERY

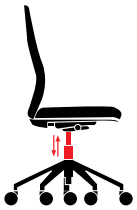
The seat can be upholstered using all the fabric ranges at Forma 5, including a wide range of fabrics (yarn, fireproof fabrics) and leathers. Backrest available in mesh ; or all the range of Forma 5 fabrics.Please consult the fabrics brochure and Forma 5 Pricelist.
Groups 1, 2, 3 and 5 fabrics from Forma 5 are supplied by Camira. Although our fabrics brochure includes a selection of the Camira fabrics, if the customer requires another we will organise the procurement and specification of any fabric from the Camira range.

PACKING

As standard, the chair comes assembled and protected with a plastic packing. For further packaging options, please ask us.

ERGONOMICS

TAKING CARE OF OUR BODY DOES NOT ONLY DEPEND ON GOOD NUTRITIONAL HABITS AND SPORT. THERE ARE OTHER FACTORS THAT CAN INFLUENCE HEALTH, LIKE A CORRECT POSITION AT THE WORKSTATION. FOR THIS REASON, TO KEEP THE BODY IN A GOOD SHAPE AND FREE OF PHYSICAL DISORDERS IT IS NECESSARY TO HAVE GOOD FURNITURE AND KNOW HOW TO USE IT CORRECTLY.



CHAIR WITH HEIGHT ADJUSTMENT

Chairs should have an option to lift or lower the seat's height, through a mechanical or a pneumatic system. The position will be the correct one, when the feet rest firmly on the floor and the thighs remain in a horizontal position.
The mechanism should be easily accessible from a seating position.

LUMBAR ADJUSTMENT

Many chairs are designed with an adjustable back support. It is desirable that the backrest may be regulated allowing either free movement or to block the mechanism as desired. Many chairs also include a mechanism to adjust the curvature of the back of the chair providing better comfort and lumbar support.

SEAT CONSISTENCY

We spend a long time on the seat, so it should provide firmness and adapt to the user's features. Both the high density foam and the injected foam are very resistant, durable and
comfortable.

SEAT AND BACKREST LEANING

The chair should include a mechanism to control the seat leaning movement and keep a well-balanced position at work. The synchro system is the most extended one, but there are other versions which are more advanced, like the Atom synchro. This last one is a Forma 5 exclusive and it self-adjusts to the user's weight

5 BRANCHES BASE

To facilitate a movement with less effort and to provide stability and firmness, the base should have 5 support points for the casters.

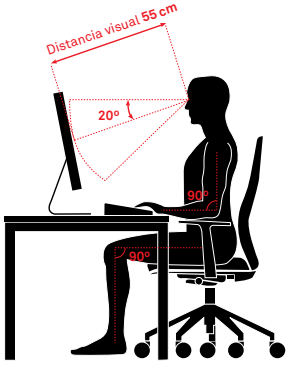
ADJUSTABLE ARMS

The user can enjoy several versions of the arm; fixed,1D,2D,3D and 4D.If arm rests are utilised they can help releive pressure on the lower spine.

UPHOLSTERY

The upholstery should be chosen depending on aesthetic,location and the environmental conditions under which the chair will be subjected to.

CONSIDERING THE ABOVE MENTIONED FEATURES, HERE ARE SOME COMMENTS ABOUT THE POSITION TO BE ADOPTED WHILE SEATING AT WORK



1. The distance between the screen and the eyes should be at least 55 centimeters. The screen should also be located in front of the user and not on one side.
2. The upper side of the screen should be located at eye level.
3. Thighs should be horizontal. Feet should rest firmly on the floor, having enough space below the desk.
4. Breaks should be done often for muscle stretching and moving. Users must change their position every once in a while.
5. Eyes should be rested often, so to avoid eyetstrain.
For example, focusing on different places and distant objects.

Life Cycle Analysis

DOT.PRO PROGRAMME

Raw Material	Kg	%
Steel	5,14 Kg	46,1 %
Plastic	4,78 Kg	42,9 %
Uphols./Fulling	1,24 Kg	11,1 %

% Recycled materials= 18%
% Recyclable materials= 63,6%

Ecodesign

Results reached during the life cycle stages

MATERIALS

Steel
15%-99% recycled material.

Aluminium
60% recycled material.

Plastic
30%-40% recycled material.

Staff material
Without HCFC and certified by Okotext.

Upholsteries
Without COV emissions and certified by Okotext.

Packings
100% recyclable with inks with no solvents.

PRODUCTION

Raw materials use optimization
Board, upholstery and steel tubes cut.

Renewable energies use
reducing the CO2 emissions. (Photovoltaic pannels)

Energy saving measures
in all production process

COV global emission reduction
of the production processes by 70%.

Podwer painting
ecovery of 93% of the non deposited painting

Glue removal from the upholstery

The facilities
have an internal sewage for liquid waste.

Green points
at the factory

100% waste recycling
at production process ans dangerous waste special treatment.

TRANSPORT

Cardboard use opmitization
of the packings

Cardboard and packing materials use reduction

Flat packings and small bulks
to optimize the space.

Solid waste compacter
which reduces transport and emissions.

Light volumes and weights

Transport fleet renewal
reducing by 28% the fuel consumption.

Suppliers area reduction
Local market power and less pollution at transport.

USE

Easy maintenance and cleaning
without solvents.

Forma 5 guarantee

The highest quality
for materials to provide a 10 year average life of the product.

Useful life optimization
of the product due to a standarized and modular design.

The boards
with no E1 particle emission.

END LIFE

Easy unpacking
for the recyclability or compound reuse.

Piece standarization
for the use.

Recycled materials used for products (% recyclability):
Wood is 100% recyclable.
Steel is 100% recyclable.
Aluminium is 100% recycable.
Plastics are from 70 to 100% recyclable.

With no air or water pollution
while removing waste.

Returnable, recyclable and reusable packing

Product recyclability 63,6%

CHAIR MAINTENANCE AND CLEANING GUIDE

LINES FOR A CORRECT CHAIR CLEANING AND MAINTENANCE, CONSIDERING THE DIFFERENT MATERIALS:

FABRICS

1. Vacuum often.
2. Rub any stains with a wet cloth with PH neutral soap.
   Test first on a hidden spot.
3. Alternatively dry foam carpet cleaner can be used.

PLASTIC PIECES

Rub any dirty áreas with a wet cloth with PH neutral soap.

Never use abrasive products.

METAL PIECES

1. Rub any dirty areas with a wet cloth with PH neutral soap.
2. Polished aluminium pieces can have their lustre enhanced by rubbing with a dry cloth.

CERTIFICATES

Forma 5 certifies that the Dot.Pro program has passed all tests provided by our intern Quality Department, as well as the Technological Research Center (TECNALIA) with “satisfactory” results:

UNE-EN 1335-1-2001: Office furniture. Task chairs for offices. Part 1: Dimensions. Defining the dimensions.
UNE-EN 1335-2-2009: Office furniture. Task chairs for offices. Part 2: Security requirements.
UNE-EN 1335-3-2009: Office furniture. Task chairs for offices. Part 3: Security testing methods.

Developped by JORGE HERRERA