

Humanscale®  
*freedom*®

Designed by Niels Diffrient.  
Made by Humanscale.



**AWM**

**AWM  
AMARO**



A true design icon, the Freedom chair proves that ergonomics can be beautiful. Created by Niels Diffrient, Freedom automatically adjusts to every user. Designed to eliminate the need for manual controls, it features a sophisticated weight-sensitive, self-locking recline mechanism. And its unique form has a timeless aesthetic that complements any workspace.

## Features

Available in two versions, the everyday Freedom Task and the executive Freedom Headrest, each chair includes the following features:

- Distinctive design sets it apart from other task chairs and enhances any space
- Innovative weight-sensitive, self-locking recline mechanism cleverly uses each sitter's body weight to perfectly adjust the tension and recline position of the chair for full support throughout movement
- Pivoting backrest automatically moves with the user throughout the day and offers perfect lumbar comfort in all positions
- Synchronous arms allow effortless adjustment with one hand and our unique arm design attaches to the backrest to move with the user
- Contoured cushions are sculpted to closely follow the body's shape and offer long-term comfort, reduce pressure points and provide exceptional weight distribution
- Modular design allows the user to update the aesthetic of the chair and offers easy maintenance
- A wide range of specifically created, high-performance textiles complement the chair's unique cushion contours to maximize their comfort, performance and ergonomic function
- The Freedom Headrest features a dynamic support that cradles the head and neck during recline, but remains neutral when in upright positions



## Niels Diffrient and the Freedom Chair

As the pioneer of ergonomics, Niels Diffrient aimed to redefine the concept of the traditional task chair and instead design seating solutions that efficiently adapt to users, allowing them to move freely from posture to posture. Diffrient's unique approach removed complexities found in other chairs, such as cumbersome recline levers and back tension dials. He realized that movement during recline took pressure off the user's body, and transferred it to the back of the chair. As a result, he developed the weight-sensitive, self-locking recline mechanism, definitively reinventing the features of modern task seating to be truly simple, beautiful and functional.



## Standard Freedom Task

**Standard cylinder, synchronous arms,  
standard cushions, hard casters**

- Designed to fit 95% of the office population (5'0" - 6'4" height, 100 lbs to 400 lbs weight)
- Weight-sensitive, self-locking recline mechanism with 20 degrees of movement
- Automatically pivoting backrest with seven-degree back tilt
- Synchronous arms attach to the back frame with 5.85" vertical adjustment, adjusting seat level for up close work at a desk
- Arm length is 8.8" with 19" distance between each synchronous arm
- Contoured cushions with waterfall edge and Coccyx cutout reduce pressure on lumbar and thoracic spine
- Modular design
- Handle on back of chair for easy maneuvering
- 15-year warranty
- Dimensions: W: 26.75" x D: 17.40" - 19.85" x H: 36.7" - 41.5"
- Weight: 30 lbs without arms, 34 lbs with arms
- Designed and assembled in the United States

## Standard Freedom Headrest

**Standard cylinder, synchronous arms,  
standard cushions, hard casters**

All the features of the Freedom Task, plus:

- Dynamic headrest with 5" vertical adjustment
- Dimensions: W: 26.75" x D: 17.40" - 19.85" x H: 48.2" - 53" (height adjustment range)
- Weight: 34 lbs without arms, 38 lbs with arms



## Available Options:

- **Textiles:** Range of four-way stretch fabrics, box-stitched leathers, antimicrobial textiles and non-stretch materials
- **Stitch finishing:** Choice of matching or contrasting box stitching is available with all leathers
- **Cushions:** Technogel cushions maximize weight distribution
- **Arms:** - Synchronous arms in duron, gel or matching textile  
- Advanced arms in duron, gel or matching textile
- **Finishes:** Graphite, Titanium and Polished Aluminum with Graphite or Titanium
- **Cylinder:** Low, Tall, High with footring and return to height
- **Casters:** Soft casters, glides or locking casters (lock when you sit down)
- Convenient coat hanger attachment
- CAL133
- Also available in a clean room compliant configuration



## The Freedom Chair and the Environment

Like all Humanscale products, the Freedom chair was designed with a constant and genuine focus on its environmental impact at every stage of its development. For us, the best designs in the world achieve more with less, and sustainability is the natural result of this focus.

The Freedom chair's lightweight design minimizes the environmental impact of its shipping, and its simple, modular design makes it easy to disassemble, recycle and maintain rather than replace the chair completely. The Freedom chair is GREENGUARD Indoor Air Quality certified, GREENGUARD Gold certified and level® (BIFMA's sustainability certification program for furniture) 3 certified.

