

THIS IS  
SIGHT



**RH MERERO**

Inspired by the dynamic nature of today's working life,  
the RH Mereo is a perfect fit for anyone.

Advanced ergonomics made easy, uniquely intuitive handles  
and a clean shape makes it easily adjusted to personal needs  
and preferences – no matter what size or shape you are.  
A chair for the whole office to share, providing both bodies  
and minds with extra energy.

Anyone can adjust the chair to own personal needs, small or  
large. One chair fits everyone. Unique movement that responds  
to your slightest shift, finest movement, responds when you  
move even just a finger.

# COLLECTION



RH MERE0 220

RH MERE0 200

RH MERE0 300

# HOW IT WORKS

## BACKREST ANGLE

The angle of the backrest can be adjusted separately, increasing opportunities to adjust the chair to individual needs, thereby enhancing comfort and support in any position.

## ARMRESTS

Armrests are optional but are recommended since they provide relief for the shoulders. Adjustable in height, depth, width and angle.

## SEAT

The seat has inclined waterfall design of the seat that reduces pressure on the underside of the thighs, enhancing circulation. The seat is available in one size, and its depth can be adjusted separately. Both the seat and backrest pads are easily replaced.

## SEAT HEIGHT

Seat height and depth can be adjusted through simple manoeuvres. The controls can easily be accessed even when seated. Correct height improves blood flow in the legs while the correct seat angle provides better relief and support.

## BASE

Base in different color are available in black, silver or polished aluminium. Raised base with curved arms helps keep feet firmly on the floor.

## CASTORS

Castors for both hard and soft floors are available.

## NECK REST

The neck rest is an accessory we strongly recommend. It supports the neck, thereby enhancing relief for the entire body. Naturally, it can be adjusted for height and depth. \*Neckrest not available for RH Mereo 200

## BACKREST

The backrest has a very generous lumbar support, providing relief for the entire back. Users can adjust the lumbar support by adjusting the height of their back to suit their bodies. The height of the backrest can easily be adjusted while sitting in the chair and its tapered design allows the arms to move freely.

The upper part of the backrest features a "Tvedts" cushion, an RH innovation that helps you to sit properly and oxygenate better. The back is available in two heights, medium and large curved or square back.

## TILT MECHANISM

The tilt mechanism is infinitely adjustable and has an even motion thanks to the "torsion" rod. The tilt mechanism can be locked in any chosen position and the chair follows your slightest movement - regardless of working position. This provides dynamic seating with complete back support, enabling you to always sit upright and breathe properly.

## TILT RESISTANCE

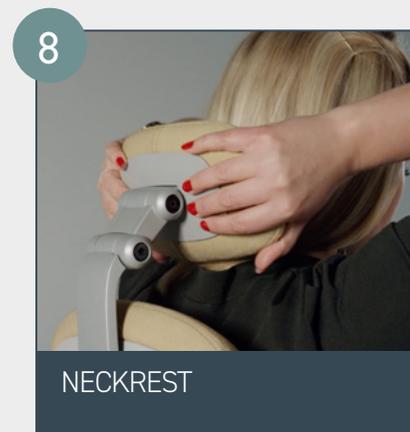
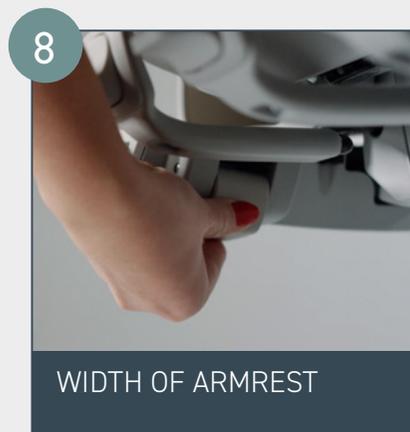
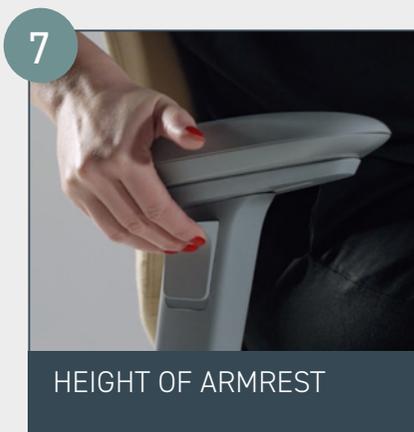
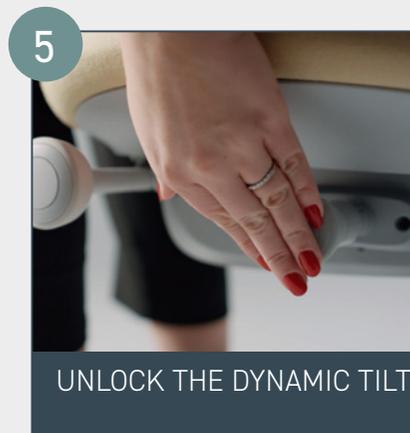
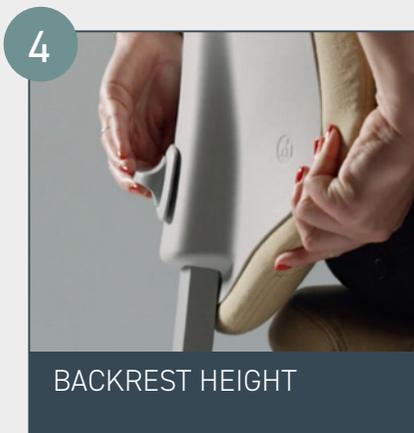
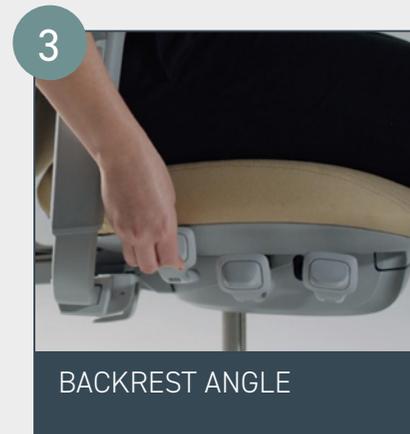
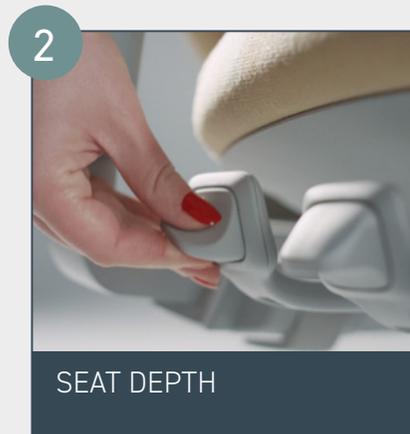
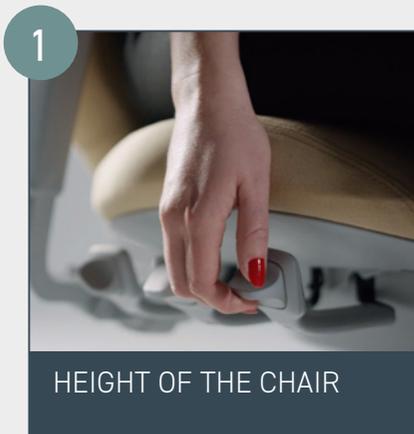
The resistance of the tilt mechanism is simply adjusted according to body weight and height, ensuring the chair is correctly balanced. This allows it to follow your movements without the need to exert muscular force to push the chair into new positions. The control is located beneath the seat.



# HOW TO ADJUST

Check out our user guide, explaining how each of the unique functions are adjusted.

[User guide link here](#)



# CHOICES

Wide range of options for individual needs and preferences.

You can choose from these three configurations on all RH Mereo models:

#### SILVER

Silver lacquered aluminium and plastic parts in black colour



#### RH MEROO 200

Medium seat and medium back

#### SILVER GREY

silver lacquered aluminium and plastic parts in light grey colour



#### RH MEROO 220

Medium seat and large curved back

#### BLACK

Black lacquered aluminium and plastic parts in black colour



#### RH MEROO 300

Medium seat and square large back

#### NECKREST

- Neckrest in fabric or leather
  - adjustable in height, depth & angle
- \*Neckrest not available for RH Mereo 200



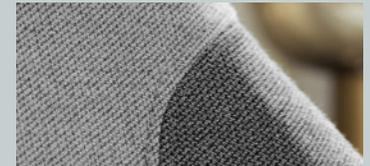
#### COAT HOOK

- in black or silver aluminium



#### UPHOLSTERY

- Decorative Stitching
- Duo - combination of two fabrics



#### ARMREST

- 8T in silver, black or silver grey.
- adjustable in height, depth, width & angle



#### GASSTEM

Standard:

- 4T NPR

Optional

- A – Black & Silver
- B – Black & Silver
- 4T – Black & Silver



#### FOOTBASE

- Base in black or silver aluminium is standard
- Polished aluminium is optional

#### CASTORS

- for hard or soft floors



NOTE! For more details see RH pricelist

# USP

- No glue or fasteners - easy to disassemble and no harmful chemicals.
- Both the seat and backrest pads are easily replaceable, extending the chair's lifespan and reducing waste.
- RH Mereo is built with recyclable materials and thoughtfully engineered for longevity - making it a smart choice for both the user and the environment.
- Adjustable back angle, support in any position and individual needs.
- Intuitive handles and levers
  - easy to adjust and you “feel” the functionality.
- Visualised ergonomic comfort
  - “see” the ergonomic before even sit in it.
- Uniquely smooth & frictionless movement, paired with intuitive weight adjustment. The backrest and seat move as much when you lean back, much like a rocking chair.
- RH Mereo is the perfect solution for offices where chairs are used by multiple people. It easily adjusts to fit different users - ensuring comfort and support for all body types.
- Three backs and three colour design options.

## RECOMMENDED AREAS

PERSONAL & MULTIPLE USERS

## DESIGN BY

JOAKIM AHLSTRÖM, KRISTIAN EKE,  
AND THE FLOKK DESIGN TEAM

## GUARANTEE



Normal use up  
to 9 hour/day

## CERTIFICATES

EN 1335 TYPE A  
GS  
NPR1813  
ANSIBIFMA X5-1  
MÖBELFAKTA  
EPD ISO 14025  
GREENGUARD GOLD