

Abstract

An arm rest, in particular for an office chair

5 The invention relates to an arm rest (1), in particular for
an office chair, preferably with a height-adjustable arm rest
column (2) and an arm support (4) positioned on the arm rest
column (2). In order to improve the operation of an arm rest
of this type (1), it is recommended that a multi-function
10 bearing head (3) arranged on the arm rest column (2) be
fitted, with a rotational, longitudinal and lateral
adjustment mechanism (39, 35, 16) for the arm support (4).

Figure 4