

HEIGHT ADJUSTABLE ARMREST ASSEMBLY AND CHAIR INCLUDING SAME

【ABSTRACT】

The present invention relates to a height adjustable armrest assembly and a chair including same, and particularly, comprises: a fixing bracket portion having an inner space; and a lifting portion provided on top of the fixing bracket portion so as to be movable in the vertical direction, wherein in the lifting portion, a part of a rotation lock portion that is engaged with or disengaged from the fixing bracket portion is formed to rotate toward a front side of the inner space of the fixing bracket portion, thus providing the advantage of greatly improving ease of use for a user.

Fig. 10