Forma 5

TECHNICAL FEATURES

DOT. BASIC

08/2025

DOT. BASIC | MECI MESH BACKREST

For anti-electrostatic solutions, please ask us the conditions.
Download the document here.

High backrest
Black Meci Mesh

Backrest frame
Black

Seat
Upholstered injected polyurethane foam

Flex Lumbar Adjustment
Optional

Seat Depth Adjustment
Optional

Base
64 cm Polyamide Star Base

Mechanism
Sincro Motion

Casters
50 mm hard or soft dual-wheel casters

REASONS TO CHOOSE DOT.BASIC

- FREEDOM OF MOVEMENT
- HIGHLY DURABLE MATERIALS
- GREATER BRIGHTNESS AND SPACIOUSNESS
- NOTABLE FOR ITS HIGH AESTHETIC QUALITY
- LUMBAR SUPPORT

INNOVATION IN DESIGN

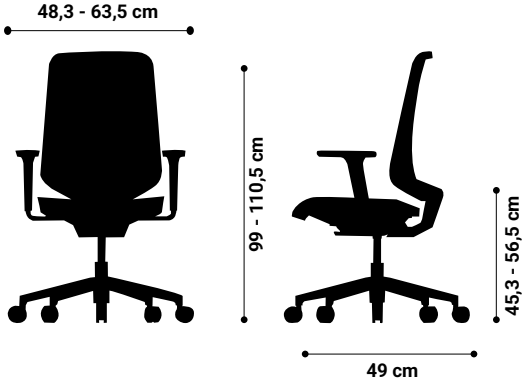
DOT.BASIC FEATURES AN INNOVATIVE SYSTEM THAT, THANKS TO DURABLE AND FLEXIBLE MATERIALS, ALLOWS DORSAL TORSION WITH FIRM LUMBAR SUPPORT.

DIMENSIONS AND WEIGHTS

SWIVEL CHAIR | MECI MESH BACKREST

Height*	**99-110,5 cm**
Seat height*	**45,3 - 56,5 cm**
Width (without/with arms)	**48,3 - 63,5 cm**
Depth	**49 cm**
Weight*	**11,56 - 11,77 kg**
Upholstery linear meters	**0,6 m**

* These minimum and maximum dimensions depend on the selected configuration. Please consult if specific values are required.



BACKREST

- Lightweight and flexible design
- Ensures comfort
- Supports your natural posture
- Breathability thanks to its technical mesh
- Made of polypropylene reinforced with fiberglass

MECHANISM

- Seat depth adjustment
- Sincro Atom Mechanism

SEAT

- Firm support thanks to injected foam
- Comfortable and well-structured surface
- Upholstery designed for comfort
- Five-point Seat depth adjustment

ARMRESTS

- Available in 1D
- Relieves pressure on your shoulders
- Support for intervertebral discs
- Polyamide structure

SUPPORT

- Provides firm and durable support
- Increases comfort during prolonged use
- Allows seat customization according to the user
- Improves alignment and reduces fatigue

LUMBAR SUPPORT

- Adjustable and flexible lumbar support
- Prevents uncomfortable pressure in the lumbar area
- Spring-type system for greater comfort
- Improves posture with adaptive support

CONCEPT

- Combination of aesthetics and ergonomics
- Designed for the most demanding workspaces

CERTIFICATES

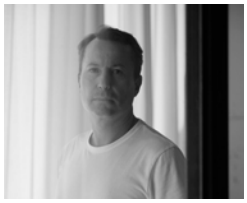
- TÜV Certified
- Assessed by UMANA
- Certified health benefit
- Quality Mark Certification (Tecnalia)
- Environmental Product Declaration

BASE

- Sturdy base with 5 support points
- Trapezoidal section for better weight distribution
- Rounded edges for an elegant design
- 64 cm diameter polyamide base

DESIGN

- Comprehensive approach to product design and art
- Designer with worldwide recognition
- Multidisciplinary background encompassing creativity and technical skills
- Winner of prestigious design awards



Nowadays, workplace well-being is an essential priority for companies, and much of it depends on having furniture that encourages correct posture. At Forma 5 Group, we strive to create value through products that not only serve a practical purpose but also care for people and enhance their performance.

Occupational health studies confirm it: protecting the back requires a chair that follows its natural movement throughout the workday. With this premise, Dot.Basic was born—a proposal that combines engineering and ergonomics to deliver truly intelligent support.

Its backrest features an innovative system: a single anchoring point to the seat which, together with durable and flexible materials, allows controlled torsion in the upper back. This solution provides freedom of movement where it is needed most, while maintaining firm support in the lumbar area.

The result is a healthier posture, reduced muscle fatigue, and greater comfort, even during long working hours.
Dot.Basic, Forma 5 Group's commitment to ergonomics and workplace efficiency.

ELEMENT DESCRIPTION

BACKREST

The backrest, with its lightweight and flexible design, combines sharp-edged forms with rounded corners to enhance both aesthetics and functionality. Its high flex capacity naturally follows the movements of the back, providing dynamic and continuous support that improves ergonomics during prolonged use.

It is made of polypropylene reinforced with fiberglass, offering mechanical strength and structural lightness. In its mesh version, it features the breathable technical fabric Meci, which promotes ventilation and thermal comfort, especially in intensive work environments.

Mesh backrest

SEAT

The seat consists of a structural polypropylene shell with a textured finish on its outer surface, serving as a support for the high-density (62 kg/m³) injected polyurethane foam. This configuration ensures a solid, comfortable, and durable base, suitable for intensive use.

Seat

LUMBAR SUPPORT

The lumbar support consists of a single polypropylene piece that spans the backrest transversely. It incorporates a height-adjustable system composed of flexible spring-like slats, providing sustained and adaptive support while avoiding the localized pressure typical of rigid systems. Its design features open strips that enhance flexibility and promote breathability, increasing user comfort without compromising structural strength.

Flex Lumbar Support

ARMRESTS

Optional, can be purchased without armrests. They feature ergonomic qualities for better arm relaxation.

1D Adjustable: height-adjustable with polypropylene structure and polyurethane armrests

1D Adjustables armrests

MECHANISM

SEAT DEPTH ADJUSTMENT: Optional for all swivel chairs.

SINCRO ATOM: The mechanism allows the backrest to rotate relative to the seat by positioning the pivot axis above the seat surface, very close to the hip joint. This arrangement ensures ergonomic and natural support during the reclining movement. It offers 5 locking positions.

The seat height adjustment is operated via a lever, allowing optimal customization to the user's needs. Additionally, the mechanism automatically adapts the recline resistance to the user's weight, ensuring optimal performance within a range of 45 to 110 kg. The backrest locking is controlled with the same lever: pushing it inward activates free movement, while pulling it outward locks the desired position.

Base star D64 cm de poliamida

BASE

Polyamide STAR: Diameter 64 cm. 5 trapezoidal-section arms with rounded edges.

50 mm dual-wheel caster

50 mm dual soft-wheel caster

FLOOR SUPPORT

Two floor support options are offered:

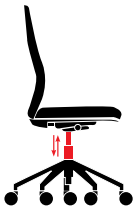
- Dual hard-wheel casters Ø50 mm
- Dual soft-wheel casters Ø50 mm

PACKAGING

The chair is delivered fully assembled and protected with plastic. We offer ultra-slim packaging designed for export, allowing up to 357 chairs in a 40'HC container, 144 in a 20' container, or 399 in a trailer. This optimizes logistics while avoiding indirect emissions.

ERGONOMICS

TAKING CARE OF OUR BODY DOES NOT DEPEND EXCLUSIVELY ON GOOD NUTRITION AND CONTINUOUS PHYSICAL EXERCISE. THERE ARE OTHER FACTORS THAT INFLUENCE THE HEALTH OF THE INDIVIDUAL, SUCH AS A CORRECT POSTURE IN THE WORKPLACE. THAT IS WHY TO KEEP THE BODY IN AN IDEAL STATE AND FREE OF PHYSICAL AILMENTS IT IS NECESSARY TO USE GOOD FURNITURE AND MAKE PROPER USE OF IT.



HEIGHT ADJUSTMENT OF THE CHAIR

Chairs must have an option to raise or lower the seat height, either by means of a mechanical system or a pneumatic system. The aim is to ensure that the posture is correct, with the feet resting firmly on the floor and the thighs in a horizontal position. In addition, the mechanism must be easily accessible from a seated position.

LUMBAR ADJUSTMENT

Many of the chairs are designed to have an adaptable support in the back area. It is highly recommended that the backrest regulates both forward and backward movement and can be locked or released as desired by the user. In addition, many chairs incorporate a device that adjusts the curvature of the chair to that of the back and provides a more optimized rest for the worker.

CONSISTENCY OF THE SEAT

Due to the hours we spend sitting, the seat must provide firmness and adaptation to the user's physiognomy. Both high-density foam and injected foam are two resistant, durable and comfortable materials that perfectly fulfill their purpose.

SEAT AND BACKREST TILT

It is necessary that the chair has a mechanism to control the seat inclination, in order to maintain a balanced working position. The synchro system is the most common, although there are more advanced versions on the market, such as the Atom synchro. This mechanism is exclusive to Forma 5 and self-adjusts to the user's weight. It also includes the option of adjusting the depth of the seat or backrest.

BASE 5 POINTS

To facilitate movement that involves less effort to move and to provide the chair with the correct stability and firmness, the base must have 5 points of support of the wheels with the floor.

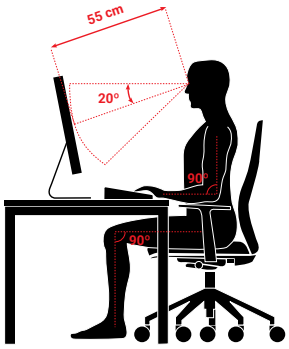
ADJUSTABLE ARMS

The support of the arms is essential to maintain a good posture and not overload the arms, in addition to serving to take a seat and get up from it.

UPHOLSTERY

Depending on the area where the chair will be located and the weather conditions, the most appropriate fabric for each situation should be chosen.

BEARING IN MIND THE ABOVE ASPECTS, IT IS APPROPRIATE TO COMMENT ON THE POSTURE TO BE ADOPTED WHEN SITTING AT THE WORKPLACE.



1. The distance between the computer screen and the eyes should be at least 55 centimeters. In addition, the screen must be fixed in front of the worker, and not displaced to one side.
2. The top of the screen should be at eye level.
3. The thighs of the legs should be horizontal on the seat, and the feet should be fully supported, with a clear space under the table.
4. Regular breaks should be taken for stretching and mobilization, changing posture from time to time.
5. The eyes should be rested from time to time to avoid eyestrain. For example, focusing on different places on the screen and on distant points.

Life Cycle Analysis

Serie DOT.BASIC

RAW MATERIALS		
Raw material	Kg	%
Steel	5,14 Kg	46,1 %
Plastics	4,78 Kg	42,9%
Tap/Mat.Filling	1,24 Kg	11,1%

% Mat. Recycled= 18%
% Mat. Recyclables= 63,6%

Ecodesign

Results achieved in life cycle stages

MATERIALS

Aluminum
Aluminum has 100% recycled material.

Steel
Steel with a recycling percentage between 100%.

Plastic
Plastics with a recycling rate between 70% and 100%.

Filling material
Filling materials HCFC-free and Okotext-accredited.

Upholstery
Upholstery free of VOC emissions and accredited by Oko-text.

Packaging
100% recycled packaging with solvent-free inks.

ENVIRONMENTAL PRODUCT DECLARATION

PRODUCTION

Optimization of the use of raw materials
Cutting of boards, upholstery and steel tubes.

Use of renewable energies
with reduction of CO2 emissions (photovoltaic panels).

Energy saving measures
throughout the production process.

Reduction of overall VOC emissions
from production processes by 70%.

Powder coatings
recovery of 93% of undeposited paint.

Elimination of glues and adhesives in upholstery.

The factory
has an internal treatment plant for liquid waste.

Existence of clean points
in the factory.

Recycling of 100% of waste
from the production process and special treatment of hazardous waste.

TRANSPORTATION

Optimization of the use of cardboard
of packaging.

Reduced use of cardboard and packaging materials.

Flat packaging and reduced package sizes
for space optimization.

Compactor for solid waste
that reduces transportation and emissions.

Light weights and volumes
Renewal of transportation fleet
with 28% reduction in fuel consumption.

Reduction of supplier radius
Power local market and less transport pollution.

USE

asy maintenance and cleaning
without solvents.

Forma 5 Warranty

Highest material qualities
for an average product life of 10 years.

Optimized product life
due to standardized and modular design.

The boards
do not emit E1 particles.

END OF LIFE

Easy unpacking
for recycling or reuse of components.

Standardization of parts
for reuse.

Recyclable materials used in the products (% recyclability):
Aluminum is 100% recyclable.Steel is 100% recyclable.Wood is 100% recyclable.Plastics between 70% and 100% recyclability.

No air or water contamination

in waste disposal.

Returnable, recyclable and reusable packaging.

63.6% product recyclability

DOWNLOAD
Sustainability Report 2024

DOWNLOAD
Environmental Product Declaration

FROM OUR SKIN, FOR THE EARTH

"From our skin, for the Earth" is our promise, the way we look at, feel and envisage sustainability.
It means soul and art, intention and action, vision and journey. Acting based on our thoughts and feelings to protect nature, the people who live in it, the time that is left. Learning from the journey, the legacy and the spirit of the south. A deliberate, mindful, authentic spirit.
A message that encourages us to think from our skin, create from truth and produce with dedication, mindful and responsible furniture for a better tomorrow on this planet.

"Desde la piel, para la Tierra" es nuestra promesa, nuestra forma de mirar, de sentir y concebir la sostenibilidad.
Es alma y arte, intención y acción, mirada y camino. Es actuar desde el sentimiento y el pensamiento para proteger la naturaleza, las personas que la habitan, el tiempo que queda por venir. Aprendiendo del camino, del legado y de la esencia del sur. Una esencia pausada, consciente, auténtica.
Un mensaje que nos incita a pensar desde la piel, crear desde la verdad y producir con compromiso, un mobiliario consciente y respetuoso para un mejor mañana en este planeta.

"From our skin, for the Earth" est notre promesse, notre façon de voir, de ressentir et de concevoir le développement durable.
C'est une âme et un art, l'intention et l'action, le regard et le chemin.
C'est agir à travers le sentiment et la pensée pour protéger la nature, les personnes qui l'habitent, le temps qui reste à venir. Apprendre du chemin, de l'héritage et de l'essence même du sud.
Une essence posée, consciente, authentique. Un message qui nous encourage à penser à travers notre peau, à créer à travers la vérité et à produire de façon engagée, un mobilier conscient et respectueux, pour construire un avenir meilleur sur cette planète.

"From our skin, for the Earth" lautet unser Versprechen. Das ist unsere Art, Nachhaltigkeit sichtbar, spürbar und erlebbar zu machen.
Es ist der Geist und die Kunst, die Absicht und die Handlung, die Betrachtung und der Weg. Es bedeutet, nach Gefühl und Gewissen zu handeln, um die Natur zu schützen, die Menschen, die sie bewohnen, und die Zeit, die noch vor uns liegt. Und dabei vom Weg, dem Erbe und der Essenz des Südens zu lernen. Eine ruhige, bewusste, authentische Essenz.
Eine Botschaft, die uns dazu anregt, aus unserer Haut heraus zu denken, aus der Wahrheit heraus zu erschaffen und mit viel Hingabe eine verantwortungsvolle und umweltfreundliche Einrichtung für eine bessere Zukunft auf diesem Planeten zu schaffen.

SUSTAINABILITY PRODUCT

DOT. BASIC

DURABLE COMPONENTS

COMPONENTES DURADEROS
COMPOSANTS DURABLES
LANGLEBIGE KOMPONENTEN

The design of Dot. Basic facilitates the separation of its main materials (steel, plastics, and textiles) at the end of its life cycle. This promotes ecodesign and the circular economy.

El diseño de Dot. Basic facilita la separación de sus principales materiales (acero. plásticos y textiles) al final de su vida útil. Esto favorece la recuperación de recursos, alineando la serie en los principios del ecodiseño y la economia circular.

Le design de Dot, Basic facilite la séparation de ses principaux matériaux (acier, plastiques, et textiles) en fin de vie. Cela favorise la recupération des ressources, en alignant la série avec les principes de l'écoconception et de l´économie circulaire.

Das design von Dot. Basic erleichtert die trennung seiner hauptmaterialien (stahl, Kunststoffe und textilien) am ende der lebensdauer. Dies begünstigt die rückgewinnung von ressourcen und orientiert sich an den prinzipien des ökodesigns und der Kreislaufwirtschaft.

RECICLABILITY

RECICLABILIDAD
RECYCLABILITÉ
RECYCLINGFÄHIGKEIT

Approximately 65% of a Dot. Basic chair could be reused to manufacture another identical unit after its useful life. The same applies to its packaging, which is fully returnable, recyclable, and reusable.

Alrededor de 65% de una silla de Dot. Basic podría usarse para producir otra unidad igual una vez terminada su vida útil. Mismo caso que su embalaje, totalmente retornable, reciclable y reutilizable.

Environ 65% d'un siège Dot. Basic pourrait être réutilisé pour produire une unité identique après sa durée de vie. Il en va de mêmepour son emballage, entièrementréutilisable, recyclable et retournable.

Etwa 65% eines Dot. Basic- stuhls könnten nach seinem lebenszyklus zur herstellung einer identischen einheit wiederverwendet werden. Dasselbe gilt für seine verpackung, die volltänding rückführbar, recycelbar und wiederverwendbar ist.

A SUSTAINABLE BACKREST

RESPALDO SOSTENIBLE
DOSSIER DURABLE
NACHHALTIGE RÜCKENLEHNE

The structural components of Dot. Basic backrest are made of fiberglass-reinforced polypropylene, a lightweight, strong, and highly durable material. Its use reduces the product's weight, optimizing transport and lowering the carbon footprint.

Los componentes estructurales del respaldo de Dot.Basic están fabricados en polipropileno con carga de fibra de vidrio, un material ligero, resistente y de alta durabilidad. Su elección reduce el peso del producto, optimizando el transporte y disminuyendo la huella de carbono.

Les composants structurels du dossier de Dot.Basic sont fabriqués en polypropylène chargé en fibre de verre, un matériau léger, résistant et très durable. Ce choix réduit le poids du produit, optimise le transport et diminue l'empreinte

Die Strukturkomponenten der Rückenlehne von Dot.Basic bestehen aus glasfaserverstärktem Polypropylen - ein leichtes, widerstandsfähiges und langlebiges Material. Diese Wahl reduziert das Produktgewicht, optimiert den Transport und senkt den COz-Fußabdruck.

EU PROGRAMMES

PROGRAMAS UE
PROGRAMMES DE L'UE
EU PROGRAMME

Forma 5 Group participates in a program supported by the European Union to develop sustainable products. Series like Dot. Basic are candidates to be redesigned in the near future using more sustainable materials, with the aim of reducing their carbon footprint as close to zero as possible.

Grupo Forma 5 es participe de un programa respaldado por la Unión Europea para desarrollar productos sostenibles. Series como Dot.Basic son candidatas a ser rediseñadas en el futuro próximo integrando materiales más sostenibles, con el objetivo de que su huella de carbono se acerque lo más posible a cero.

Forma 5 Group participe à un programme soutenu par l'Union européenne pour développer des produits durables. Des séries comme Dot.Basic sont candidates à une refonte future intégrant des matériaux plus durables, dans le but de réduire leur empreinte carbone au maximum.

Die Forma 5 Group nimmt an einem von der Europäischen Union unterstützten Programm zur Entwicklung nachhaltiger Produkte teil. Serien wie Dot.Basic sind Kandidaten für eine zukünftige Neugestaltung mit nachhaltigeren Materialien, mit dem Ziel, ihren COz-Fußabdruck möglichst auf null zu senken.

MAINTENANCE AND CLEANING OF CHAIRS

LINES OF ACTION FOR THE CORRECT CLEANING AND MAINTENANCE OF THE DIFFERENT PARTS OF THE CHAIR, TAKING INTO ACCOUNT THE DIFFERENT MATERIALS OF WHICH IT IS COMPOSED:

FABRICS

Vacuum regularly.

Rub with a damp cloth soaked in neutral PH soap on the stained area and test a hidden area beforehand.

Alternatively, dry foam of the type used on carpets can be used.

PLASTIC PARTS

Rub the areas to be cleaned with a damp cloth soaked in neutral PH soap.

Under no circumstances should abrasive products be used.

METAL PARTS

1. Rub the areas to be cleaned with a damp cloth soaked in neutral PH soap.
2. Polished aluminum parts can be recovered with polish on a dry cotton cloth to restore their initial shine conditions.

CERTIFICATES

CERTIFICATE

Forma 5 certifies that the Dot.Basic program has passed the tests carried out both in the internal Quality Control laboratory and in the TECNALIA Technological Research Center, obtaining “satisfactory” results in the following tests:

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.

tecnalia MEMBER OF BASQUE RESEARCH & TECHNOLOGY ALLIANCE

lmana Ingeniería biomecánica

TÜV Rheinland GS geprüfte Sicherheit

SGS ISO 9001 · SGS ISO 14001 · SGS ISO 45001 · SGS ISO 14006

Designed by **JORGE HERRERA**