

# Nightingale Highlights

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MALIBU

# ERGONOMIC CHAIRS

## What you should know



Ergonomic chairs have been around since the 1850s when the first office chairs were developed in America with the hope of making the workplace more productive. It wasn't until the 1970s when modern ergonomic concepts truly inspired office chair design.

Since the introduction of ergonomic office chairs, a stream of designs, research and information have been made available. From mono-leg seating stools to high back "gamer chairs", ergonomic chair designs are seemingly infinite today.

Ergonomic chairs are now the norm in most offices and even many homes – as we go to the office less in our hybrid working world. Ergonomic office chairs might be ubiquitous, but they are not all created equal. These are three key things you need to know about ergonomic chairs.

### Benefits of ergonomic chairs

First, ergonomic office chairs are designed to keep your body from getting tired.

Our bodies need support when not on two legs, with an even and sustainable pressure on the spine, neck, and head. Getting support in the right places reduce muscle and joint strain on the legs, back arms and neck. These features lower overall fatigue and improve your work stamina.

Second, ergonomic office chairs are designed to be comfortable.

Features such as adjustable seat height, lumbar support height and seat pan allow for the user to customize their chair to their body type and needs. Features such as adjustable armrests, tilt resistance and even a headrest can help to ensure the user is in a comfortable position. These features are very helpful to reduce stress and improve concentration at work.

Finally, ergonomic office chairs prevent repetitive strain injuries and improve overall health and wellbeing.

The right chair which is set up for your body can keep muscles at relaxed but not slack which prompts you to make efficient movements all day. Being poised for efficient movements at work is like a sports stance on the field, they will prepare you for what's to come and lower your risk of injury.

An ergonomic office chair that is fit for you will also improve circulation and reduce joint discomfort by allowing proper alignment of your body's systems. Good blood flow and optimized human function can help to improve focus and productivity.

## Cost of ergonomic chairs

They are some of the costliest chairs, and for a reason. Even regular office chairs are packed full of features. They're extremely well designed and built using high quality materials. The expression: "you get what you pay for", definitely applies to ergonomic chairs.

Prices for a full ergonomic chair (well-padded and adjustable, armrests, rolling and without headrest) range from a few hundred at the low end to over a thousand or more at the high end. The more you pay, the more you can expect from your chair. With a cheaper chair you compromise on build quality, feature depth (like how up or down it will adjust), durability, brand reputation, service and also how long it will last.

Like any investment, the more you spend upfront, the better value you will experience for the years to come. And don't forget, ergonomic chairs are assets.

## Ergonomic chair styles

### ERGONOMIC TASK CHAIRS

Ergonomic task chairs are specially designed chairs that prioritize user comfort, support, and overall well-being, particularly in office or workspace settings where individuals spend extended periods performing tasks at a desk.



### SIT/STAND CHAIRS

Ergonomic stools are gaining popularity in recent years because of their simplicity. They're usually colourful and cost effective, making them an easy option for offices seeking a temporary solution or replacement of a task chair.



### STACKABLE CHAIRS

The key feature of stackable chairs is their ability to be stacked vertically, which helps save space when the chairs are not in use. This design makes them particularly practical for environments where flexibility and quick rearrangement of seating are essential.



### HEAVY DUTY CHAIRS

These are modern ergonomic office chairs, with wheels, armrests and lots of adjustments. This is the best design for regular long term use at a desk in an office. If you are working at a computer workstation for hours each day, heavy duty chairs are the best tool for the job.



### LOUNGE CHAIRS

These chairs are crafted to provide comfort for short breaks, informal meetings, or casual collaborative spaces within the office environment. Unlike traditional office chairs that are often more structured and formal, office lounge chairs are designed to offer a relaxed and comfortable seating experience.



### EXECUTIVE CHAIRS

These plush chairs look large and in charge, with fill armrests and a finish to match the desk. Executive chairs come in a range of sizes and styles with some ergonomic adjustments. Appropriate for a board room these chairs often do not have adjustable armrests or adjustable lumbar support.



## What is the best office chair?

There is no best ergonomic desk chair, there is only the best for your particular use. Task chairs, gaming chairs and even stools have their purpose and place, it is up to you to use it as intended. Each chair is different, with its own features.

# Meet the Malibu



Nightingale's Malibu is a mid-back ergonomic task chair that was designed to facilitate freedom and flexibility throughout the workday. With its lightweight and simplistic design, Nightingale's Malibu Collection was made to move.

Malibu's innovative, flexible back moves with you to provide high quality support, no matter your sitting position. The Malibu is uniquely engineered with a perforated high flexion back which enables spine health and allows for breathability and dynamic movement, along with body heat dissipation.

The Malibu, a standard ergonomic task chair, was modified for a client who inquired if it was available in a stool design. After completing this order, the company realized that would be an ideal sit/stand solution. Now the Malibu, has a standard stool model option for customers to choose from.

The Malibu effortlessly fits into any workspace with its breezy minimalist design while providing maximum ergonomic comfort and support. Users receive excellent ergonomic support in this intuitive, easy to adjust chair.

## THE MALIBU IS EQUIPPED WITH THE FOLLOWING ERGONOMIC FEATURES:

- *4-Way Arm Adaption – Create comfort at any angle with these 4-D arms that pivot, slide and are height/width adjustable. Arms are made with sculpted polyurethane arm pads.*
- *Tilt Lock – Lock the seat in your desired position for all day comfort.*
- *Self-Weighted Mechanism – Weight activated self-adjusting tension control.*
- *Pneumatic Height Adjustment – Easily adjust to your preferred height so you can work with correct posture control.*
- *Seat Slider – This integrated seat slider allows for quick and simple seat depth adjustment.*
- *Sturdy Base & Casters – Durable nylon base paired with standard dual-wheel carpet casters.*
- *Optional Enersorb™ Foam Seat – Ultra-comfortable Enersorb™ seat foam to reduce pressure points and increase circulation throughout the day.*
- *Optional Sit/Stand Stool Model – Includes the swivel mechanism with pneumatic height adjustment and seat slide adjustment in an innovative stool design, to facilitate movement and freedom as you work.*

The Malibu can be upholstered in a variety of Nightingale's high-quality textiles, vinyls and leathers. With a wide selection of colors and grades to choose from, we make customizing your chair easy and enjoyable.

# Meet the Malibu



## LUMBAR SUPPORT

Perforated, flexing polypropylene back designed to support the natural “S” curve of the spine. Located at 5.5” to 16”. The seat’s back offers enticing, responsive support while ensuring a smooth flow of body heat through consistent and alluring airflow.

## 4D ARMS

Arms feature pivoting arm pads with a 30° range of motion inward and outward, height (3”), width (2.5”) and depth adjustment (3”). (Note: Can be ordered armless)

## MECHANISM

Self-weighted mechanism for the perfect tension with infinite position tilt lock. Pneumatic height adjustment and built-in seat slide. All controls clearly labeled and adjustable from a seated position.

## BASE AND CASTERS

Sturdy nylon base paired with standard dual-wheel carpet casters. (Note: Optional polished aluminum base or hard surface casters are available)

## CONTOURED BACK

Contoured, flexible polypropylene back provides exceptional aeration and can be easily cleaned or sanitized.

## HEIGHT ADJUSTABLE FOOT RING

Footring can be easily adjusted to provide optimum leg and foot support.



## ABOUT US

Founded in 1928, Nightingale is a contract seating manufacturer that puts purpose before profit. By collaborating with top designers, engineers and research teams, we create quality ergonomic products that are good for your body and the planet. Nightingale is one of the country's Greenest Employers and is committed to building products with minimal carbon footprints that are recyclable, sustainable and durable. All our products are made in our waste-free facility powered by clean energy. As one of the country's Best Managed companies, Nightingale's commitment to comfort, quality and innovation drives our vision to be a global industry leader.

We invite you to visit us at [www.nightingalechairs.com](http://www.nightingalechairs.com) to view all our quality seating options, obtain virtual literature, use the My Chair Maker app, learn more about our green initiatives and discover Nightingale's story.



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