

NIGHTINGALE HIGHLIGHTS

# Nightingale Highlights

JUNE 2023



6200 CXO

# ENVIRONMENTALLY RESPONSIBLE MANUFACTURING

Green and sustainable initiatives have been around for some time, being utilized in many items we buy during everyday life. During the initial implementation of these initiatives it was commonly thought that using materials that are easily recycled made the entire difference however, through further studies, ideas progressed to ensure the life cycles of products and their materials grows longer.

It is true that the usage of easily recycled and remanufactured material ensures that the life cycle continues after the initial life of the item, given that materials now could be used again and again. A study conducted at the University of Michigan concluded that an overwhelming majority of environmental impact came from the actual manufacturing process, usage of electricity, CFC's and other harmful items. It was apparent that manufacturing needed to be updated for many, thereby reducing the environmental impact and increasing the life cycle.

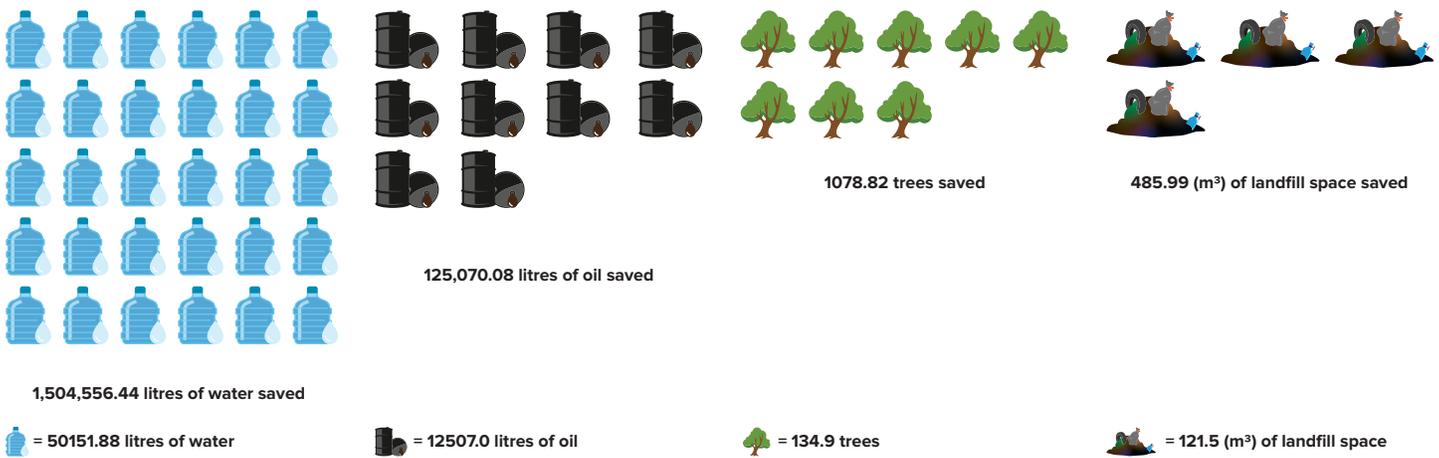
At Nightingale, we believe in these principles to create not only sustainable, less harmful manufacturing, but in using recycled materials to continue the longer flow of the life cycle of our seating products. We achieve this with all of our

items, whether you would like the NLC, a heavy duty CXO, the smaller Cricket, or a beautiful Stratford, by constantly staying involved and educated on new studies as well as using plastic and metal components from recycled materials. We also use paints free of volatile organic compounds or ozone depleting substances. We minimize waste through our zero waste initiatives. In 2019 we completed an extensive renovation to our factory and offices as this was an important step in the reduction of energy consumption and shrinking our environmental impact.

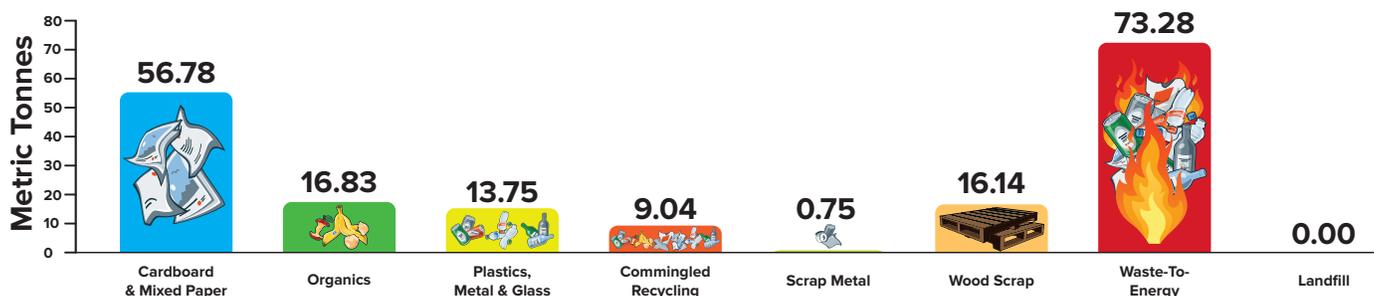
Environmental responsibility is not only an important part of what we do at Nightingale, but a way of life, ensuring the environment in and around us all can be enjoyed by future generations. We invite you below to see for yourself how we use the aspects above and others to make this a priority with our products and manufacturing processes.

Visit Nightingale at [www.nightingalechairs.com](http://www.nightingalechairs.com) to see all the products, use the chair maker feature to spec your own chair, obtain virtual literature, and learn more about our green initiatives and the company as a whole.

## Resources saved at Nightingale Chairs in an average month.

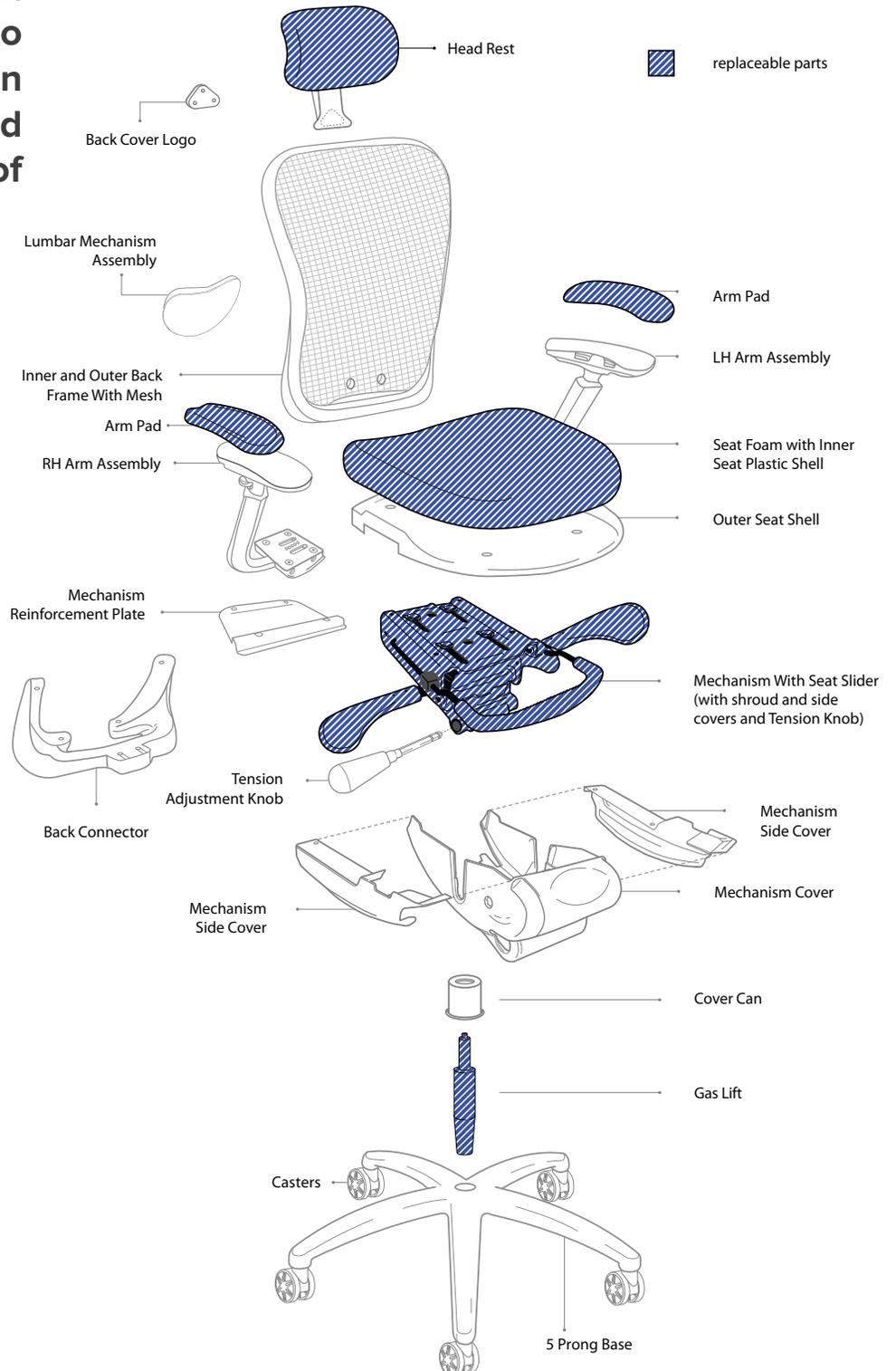


## Waste Stream Composition at Nightingale Chairs.



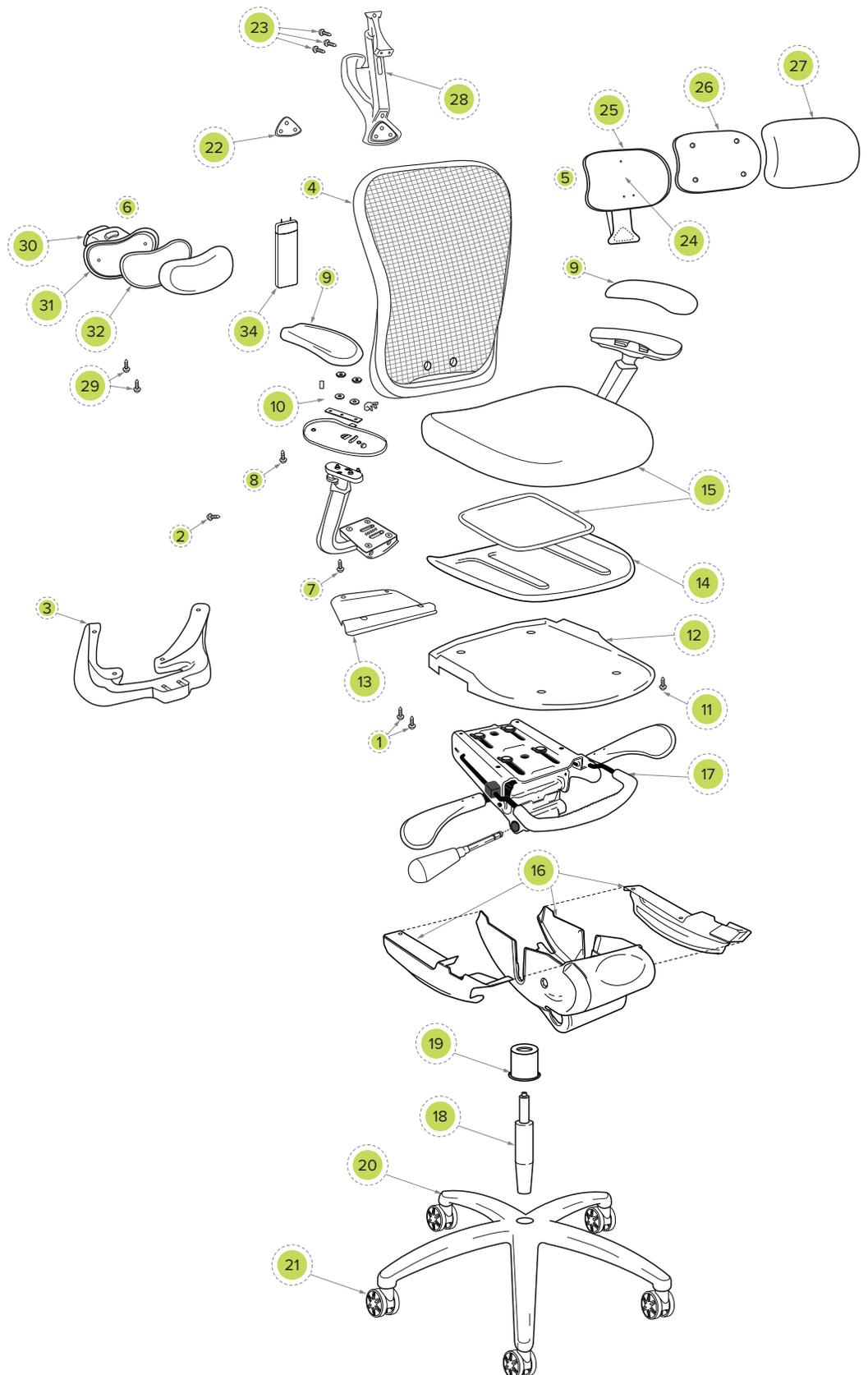
# BUILDING A SUSTAINABLE FUTURE: REPLACEABLE CHAIR PARTS ON 6200D CXO

Our chairs are designed and manufactured so that parts can be replaced to extend the useful lifespan of the chair, well beyond the industry average of 6-7 years.



# BUILDING A SUSTAINABLE FUTURE: DISASSEMBLY OF CHAIR SO YOU CAN RECYCLE IT.

We design our chairs so that they can be disassembled in the field and the parts sent for recycling when it is at the end of its long useful lifespan.



# BUILDING A SUSTAINABLE FUTURE: DISSASSEMBLY OF CXO MODEL 6200D

**CAUTION**

Proper safety equipment should be worn when attempting to disassemble any Nightingale product. Dependent on state of wear, products may have exposed sharp edges. Nightingale accepts no responsibility for any damage, accident or injury which may occur during disassembly. For further assistance, please contact **Customer Service** at Nightingale 1-800-363-8954

Step	Description	QTY	Material(s)		Tool	Procedure
1	Back Connector Bolt	2	Steel	Y	B	Using a wrench, remove the nuts securing the back connector on the top side of the mechanism, then the bolts on the bottom side of the mechanism
2	Back Connector to Back Bolt	4	Steel	Y	C	Using an Allen Key, remove the 4 bolts which attach the back connector to the back
3	Back Connector	1	Plastic (GFN)	Y	N/A	Recycle
4	Back	1	Plastic (Nylon and ABS)*	Y	A,C	Remove Allen Bolts on the rear of back to separate inner and outer components. Use a screwdriver to remove the mesh and clips from the inner back
5	Headrest	1	Various	Y		
6	Lumbar	1	Various	Y		
7	Arm Bolts	8	Steel	Y	A	Remove the bolts attaching the arms to seat
8	Arm Pad Bolts	4	Steel	Y	A	Remove the bolts holding arms to arm pads
9	Arm Pad	2	PU and Steel*	Y	N/A	
10	Arm	2	GFN and Steel*	Y	B	Use a wrench to remove nuts holding other components together. Separate plastic and steel
11	Mechanism Bolt	4	Steel	Y	A	Remove 4 bolts connecting mechanism to the seat
12	Outer Seat	1	Plastic (GFN)	Y	A	Using a screwdriver, pry inner and outer seat apart
13	Reinforcement Plate	1	Steel	Y	N/A	Recycle
14	Inner Seat	1	Plastic (PP)	Y	E,F	Cut upholstery from seat plastic using knife and remove staples using pliers
15	Seat Foam	1	PU Foam	Y	E	Cut or steam seat foam from plastic seat
16	Mechanism Covers	3	High Impact Polystyrene	Y	HAND	Remove main and side covers from mechanism. It may be necessary to break the main cover to remove it from the mechanism
17	Mechanism	1	Steel and Plastic (Nylon)*	Y	D	Using a hammer, tap the steel of the mechanism beside the gas lift until it dislodges
18	Gas Lift	1	Steel, Rubber, Plastic (Nylon)*	Y	D	Using a hammer, tap the bottom of the gas lift to dislodge if from the chair base.
19	Cover Can	1	Plastic (PP)	Y	HAND	Slide plastic cover can off of gas lift
20	Chair Base	1	Cast Aluminum	Y	HAND	Remove casters from base by pulling downward on them while securely holding the chair base.
21	Casters	5	Plastic (Nylon) and Steel*	Y	HAND & F	The metal posts on the casters can be pulled out by gripping the plastic portion of the caster and pulling on the metal stem with pliers
22	Logo Plate	1	Plastic (GFN)	Y	A	Pry logo plate from headrest with screwdriver
23	Headrest Bolts	3	Steel	Y	A	Using a screwdriver, remove the 3 bolts connecting the headrest to the back
24	Headrest Assembly Bolt	2	Steel	Y	C	Remove the 2 bolts from headrest inner to outer.
25	Headrest Outer Plastic	1	Plastic (GFN)	Y	A	Pry headrest inner and outer apart using screwdriver, then remove bolts holding outer to headrest Ratchet mechanism
26	Headrest Inner Plastic	1	PP	Y	E,F	Cut upholstery from inner using knife and pliers
27	Headrest Foam	1	Polyurethane	Y	E	Cut or steam headrest foam from plastic inner
28	Headrest Ratchet	1	Nylon & Steel*	Y	C	Use Allen Key to disassemble ratchet mechanism
29	Lumbar to Back Bolts	2	Steel	Y	C	Use Allen Key to remove lumbar from inner back
30	Outer Lumbar	1	Plastic (GFN)	Y	A,C	Remove bolt on bottom of lumbar to release lumbar trigger button and spring, then remove black horizontal connector at rear. Remove 2 bolts at the rear of this cavity.
31	Lumbar Assembly Bolts	2	Steel	Y	C	Use Allen Key to separate inner lumbar from outer lumbar
32	Lumbar Inner Plastic	1	Plastic (PP)	Y	E,F	Cut upholstery from inner using knife and pliers
33	Lumbar Foam	1	Polyurethane	Y	E	Cut or steam lumbar foam from plastic inner
34	Lumbar back housing	1	Plastic (GFN)	Y	C	Unbolt 4 bolts using Allen Key to remove from back, then remove additional 4 bolts to disassemble ratchet mechanism

\* part is comprised of co-mingled materials. Contact your recycling facility



A. Screwdriver



B. Wrench



C. Allen Key



D. Hammer



E. Knife



F. Pliers

\*\*Items are listed in suggested order of disassembly. Estimated time required – 60 minutes

# WORLD ENVIRONMENT DAY 2023



The theme for World Environment Day on 5 June 2023 focussed on solutions to plastic pollution under the campaign **#BeatPlasticPollution**.

The world is being inundated by plastic. More than 400 million tonnes of plastic is produced every year, half of which is designed to be used only once. Of that, less than 10 per cent is recycled. An estimated 19-23 million tonnes end up in lakes, rivers and seas. Today, plastic clogs our landfills, leaches into the ocean and is combusted into toxic smoke, making it one of the gravest threats to the planet.

Not only that, what is less known is that microplastics find their way into the food we eat, the water we drink and even the air we breathe. Many plastic products contain hazardous additives, which may pose a threat to our health.

## THE HOST COUNTRY

World Environment Day 2023 was hosted by Côte d'Ivoire in partnership with the Netherlands.

Côte d'Ivoire is showing leadership in the campaign against plastic pollution. Since 2014, it has banned the use of plastic bags, supporting a shift to reusable packaging. The country's largest city, Abidjan, has also become a hub for environmentally minded start-ups.

"The scourge of plastic pollution is a visible threat that impacts every community," said Jean-Luc Assi, Côte d'Ivoire's Minister for the Environment and Sustainable Development. "We are proud to champion diverse treatments for the plastic pandemic."

The good news is that we have science and solutions to tackle the problem –and a lot is already happening. What is needed most now is a surge of public and political pressure to scale up and speed actions from governments, companies and other stakeholders to solve this crisis. This underscores the importance of World Environment Day mobilizing action from every corner of the world.

World Environment Day 2023 showcased how countries, businesses and individuals are learning to use the material more sustainably, offering hope that one day, plastic pollution will be history.

World Environment Day 2023 was supported by the Government of the Netherlands, which is one of the countries taking ambitious action along the plastic lifecycle. It is a signatory of the New Plastics Economy Global Commitment and a member of the Global Partnership on Plastic Pollution and Marine Litter.

"Plastic pollution and its detrimental impacts on health, the economy and the environment cannot be ignored. Urgent action is required. At the same time, we need true, effective and robust solutions," said Vivianne Heijnen, Netherlands' Minister for the Environment. "As part of several policies aimed at plastics, The Netherlands and the European community at large are fully committed to reduce the production and consumption of single-use plastic, which can and must be replaced with durable and sustainable alternatives."

# EVERYDAY ENVIRONMENTAL CHANGES

At Nightingale, we have made a commitment to always do what we can to build a greener tomorrow. Our environmental initiatives aim to minimize our carbon footprint in many ways including using clean energy, our zero-landfill policy, and partnering with suppliers that share those same ideals. There are ways we can all make a positive environmental impact in our day-to-day lives as well. As you will see below, some of these changes are not only easy, but can even save you money along the way!



## 1 Heating and Electricity

Think about lowering your thermostat a little to save energy. By raising your thermostat a bit in the summer and lowering it slightly in the winter you are saving money and reducing the power needed to heat and cool your home. If you lower your thermostat by 10 -15 degrees for 8 hours, you can save 5-15% on your annual heating bill which translates to reduced energy waste.

There are programmable thermostats you can install that automatically lower or raise the temperature depending on the time of day. This is a hands-off way to make a positive environmental impact by saving energy, time, and money. Replacing windows with more efficient double-paned options along with adding or improving to your home's insulation will reduce the strain on your heating and cooling systems. Along with adjusting your thermostat, setting your water heater to a lower temperature will also curb costs and negative environmental impacts.

In terms of lighting, there are many small changes you can make to reduce your energy consumption such as: turning off lights when leaving a room and replacing traditional lightbulbs with CFL or LED options as they use less electricity and last longer. Opening your blinds and letting natural light in helps you avoid turning the lights on for as long as possible.

Regarding your household appliances, be sure to unplug those that are not in use to prevent phantom electricity from being consumed. When the time comes to upgrade your appliances consider switching to more energy efficient options. In the long run, these changes save you money and reduce your carbon footprint.

## 2 Water Consumption



Water is an essential part of our everyday lives but there are more energy efficient ways to manage our water usage to reduce our impact on the planet.

When getting ready in the morning, you can turn the tap off when brushing your teeth, take shorter showers and even collect runoff water when waiting for your shower to heat up and use it to water household plants. You can also reduce your water usage by installing low-flow showerheads, faucets and toilets. Be sure to repair leaky taps and pipes to reduce water waste and save money on your hydro bill.

For appliances such as your dishwasher or washing machine that also use copious amounts of water, consider making the following changes: wait until you have a full load of laundry or dishes before starting your washing machine or dishwasher. When washing dishes, don't forget to turn off the tap to not waste water. You can save energy by running your washing machine on cold water as opposed to hot, most of the energy wasted is used on heating the water. Even when drying clothes, using a clothesline or drying rack instead of a dryer will save a tremendous amount of energy.

## 3 Everyday Habits

Carbon emissions play a large part in depleting the ozone layer and perpetuating global warming, little changes such as carpooling, taking public transit, even biking or walking to places can help to significantly reduce this impact. Combining errands rather than taking multiple trips will avoid unnecessary back and forth, save you gas and in turn save the ozone. A long-term commitment to reduce CO2 emissions would be to buy an electric or hybrid vehicle when car shopping.

When grocery shopping, consider bringing your own reusable canvas bags to avoid using paper or plastic. Only buy what you need to reduce food and garbage waste. Choosing to eat less meat will decrease the levels of CO2 emissions that are related to the production of beef products. You can even compost and make your own garden home to give back to the earth and appreciate what it can provide you with.

Purchase a water filter for your taps at home and invest in a reusable water bottle to eliminate the purchasing of single-use plastic bottles. Plastic is such a significant contributor to harming the planet so try to swap out single-use items such as disposable razors, plasticware, and straws for more environmentally friendly reusable options. Thrifting clothes and donating items you no longer use or need are great ways to give back to the community and reduce waste.

You can change all personal accounts to include paperless billing and alter your subscription services to online instead of physical to reduce paper production and waste. Also, eliminate paper towel usage by using reusable dishcloths or towels.

Finally, **RECYCLE!** Recycling is the simplest choice you can make each day to reduce your impact on the environment. Don't hesitate to share these tips with your friends and family to include them in our commitment to building a greener tomorrow.

## 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.



## CONTACT

General Information

Sales Inquiries

**Main Office**  
(905) 896 3434

**Customer Care**  
1 (800) 363-8954

[info@nightingalechairs.com](mailto:info@nightingalechairs.com)  
[www.nightingalechairs.com](http://www.nightingalechairs.com)

[customercare@nightingalechairs.com](mailto:customercare@nightingalechairs.com)

ISO 14001 & 9001 CERTIFIED  
TB117-2013 COMPLIANT

