

# Nightingale Highlights

AUGUST 2020





## Nightingale Named Canada's Greenest Employer

Toronto, June 16, 2020

Nightingale has been recognised by *Canada's Top 100 Employers* as one of *Canada's Greenest Employers* for 2020.

Canada's Greenest Employers evaluates companies that have developed exceptional sustainability initiatives and their success in reducing the organization's carbon footprint. Companies are also evaluated on the degree that the employees are involved and the extent to which these initiatives have become linked to their public identity.

Nightingale's award-winning environmental 'zero-waste' initiative is to be as carbon-neutral as possible. Nightingale is an off-the-grid company, powered by solar and wind energy. The cornerstone of Nightingale's environmental commitment

to zero waste is the 'land-fill sucks' policy. Within Nightingale's manufacturing process, no waste is produced. Excess, or end-of-lifespan materials are either repurposed or reused. Nightingale also uses recycled fabric and metal in the production of its chairs. By engaging in these practices, old materials become new resources for the company.

As part of Nightingale's continuing commitment to the environment, Nightingale offers various products that are certified by the Healthier Hospitals Initiative.

"Nightingale's team of employees are committed to making a difference by creating quality ergonomic products that are good for your body and for the planet" notes President Ed Breen.

This designation is an acknowledgement of Nightingale's dedication to the environment and leading the industry to create a sustainable future. Nightingale is proud to have been named one of Canada's Greenest Employers 2020.



Check out our video on our environmental efforts.



### Resources Saved

Nightingale has a company-wide “landfill sucks”, zero-waste policy. This policy dictates all of our manufacturing methods. Since 1990, we have saved:

Though we are happy that our actions have benefitted the planet, we don’t intend to stop here! We plan to both continue, and further increase our sustainable practices in future years.



**45,720**  
Trees



**61,391,824**  
Gallons of water



**44,468**  
m<sup>3</sup> of landfill space



**11,490,256**  
kWh of electricity



## Soil Depletion

One of the biggest challenges we face as a planet today is soil degradation and soil depletion. 1/3 of our beautiful mother earths soil has already fallen victim and continues to see losses of fertile soil at the rate of 24Bn tonnes per year. A huge factor is the expansion of industrial farming and the destruction of treed land for this purpose.

The past 20 years has seen agricultural production increase 3 fold with the amount of irrigated land doubling. Heavy tilling, too many harvests and the use of all kinds of chemicals and synthetic fertilizers have increased yields at the expense of long term sustainability. Not to mention the loss of essential nutrients, bacteria, microbes and fungi – all organic compounds part of a complex system to ensure foods contain these essential nutrients. Current methods of farming unfortunately diminish fertility and can lead to abandonment of land and ultimately desertification.

The situation needs to be addressed considering factors such as population growth, climate change and the shifting needs of a global market. We will continue to see ever greater challenges UNLESS we

consider lower levels of meat consumption, improved farming efficiency and better land regulation. We need to stop clearing forests for industry, as those forests are completely necessary for humanity's survival. We need to divest from oil, gas and mining companies; which is very difficult given they are driven by industrial, commercial and political interests.

Good news – soil is a very resilient organism and system of organisms, which will regenerate given the opportunity to. We can make all the difference for future generations by taking the right steps today. We can research more regenerative farming techniques such as planting cover crops to replenish lost nutrients in crop downtimes. We can eliminate the use of harmful chemicals. We can regulate the yields to be smaller and meet needs rather than living in excess. We can enhance and protect what nature already does! Everything is connected at a fundamental level, so as we make improvements – all things move towards improvement. We just need to BE more forward thinking and make a commitment to the long haul so that this beautiful planet can continue to sustain us.

# Introducing Cricket II

Nightingale is proud to introduce the Cricket II Series. The Cricket II features a modern square back design and is available with or without casters and arms.

Cricket II chairs are easily grouped or stacked. With a wider compound curved back and waterfall seat, Cricket II provides enhanced comfort and support. Cricket II chairs can be upholstered in any of

Nightingale's wide selection of textile offerings and colors that will give any common space a unique look.

The Cricket II is our 'everything chair.' Practical, durable, stackable, and comfortable, it serves a wide-range of functions and spaces. No matter your need, the Cricket II will surpass it.



Cricket II 502



Cricket II 503

## Recently launched Cricket II



## The Importance of Comfort

CXO 6200D-CH

### The Nightingale Sitting Experience

Defining comfort can sometimes be a tricky task. Without knowing all the aspects of a comfortable sit, we may not allow ourselves enough time to properly gauge how a piece of furniture meets this standard for our individual comfort. To define the importance of comfort can also take some assessments which we usually do in two separate psychological events which have implications or reactions, and sometimes we do not resolve this until being seated for a period of time.

For many, the primary feelings of comfort come quickly, the feel of the cushion or lumbar, the posture provided by the seat back, easy use of control settings to get the proper height or recline, ease of movement, and even an immediate relief of pain can contribute to the initial feeling of comfort. With all of these primary thoughts from the feelings provided by the piece, it is easy to be given into a false sense of comfort but as time progresses we may notice certain secondary responses or triggers that let us know the initial comfort has waned. As these initial feelings progress, we can be given a false sense of comfort and later the drawbacks will manifest themselves in different ways, sometimes hard to see, more readily felt in performance both individual and collective.

At Nightingale we discuss during our Webinars/ Presentations how important it is to not only understand initial comfort but the likelihood that ultimately those

feelings will change over a period sitting. The primary feelings listed above can give way to secondary feelings of discomfort in the lower back, legs, feet, neck and more, all of which can be seen in the movements and possible loss of efficiency while working. Sometimes those triggers compel a person to move, readjusting the seating position, or even to get up and walk around their office spaces. During work, many times this will stop a task in the middle, breaking focus, and as such creates a period for our minds to readjust upon return. This psychological slack can cause a loss of place in a task, and time lost to re-access placing, thought processes, and next steps to finish tasks completely. It is that crucial point in which we at Nightingale designed our chairs to effectively combat, allowing for a longer comfortable sit, creating a longer cycle of efficiency in the workplace.

Aspects of the Nightingale line of seating incorporate proper lumbar support, curvature, head/neck support, and the waterfall seat which helps to properly incorporate the lower body in concert with the upper body to lengthen comfortable sitting posture and the comfort of the sit. Energy absorbing Enersorb foam in the seats assist with sitting fatigue and with easy to use controls create an overall comfort that ergonomically creates comfort leading to increases in sit time, and thereby efficiency in the workplace.

We invite you to visit us 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 proper ergonomic seating configurations and products.

## NIGHTINGALE HIGHLIGHTS



NXO 6401-TC

## Getting to Know the NXO

Nightingale set out to make a best-of-class nesting chair with the NXO. A chair that would excel in a variety of different environments, whether it be in a classroom, training center, or even an impromptu open-area meeting. To accomplish this, we knew it would have to deliver extreme comfort, functionality, and versatility, while also being space efficient.

What may very well be the standout feature of comfort on the NXO is the generous amount of Nightingale's very own Enersorb memory foam on the seat. Enersorb's specially formulated foam provides extreme breathability while also allowing 4-way movement to better redistribute the pressure over a wider area. Adding to that comfort and breathability is the perforated seat back that will enhance airflow. All of this will contribute to a noticeably more

comfortable sit over longer periods of time. This elevated seating experience will lead to a more alert and productive user.

The NXO has a variety of ways it can be stored. While they can fold up and be stored away nested horizontally, they can also be stacked three high to be even more space efficient. And while the chair is extremely durable, it's incredibly sleek design also keeps it extremely lightweight (25lbs each). This will help makes the storing and set up an even simpler task.

For added functionality, you may want to consider adding the extremely sturdy and stable tablet arm to your NXO. The tablet arm is available left or right-handed and includes a panic-release function for any unforeseen urgent exit needs.

## ABOUT US

Founded in 1928, Nightingale is a leading office seating manufacturing company with a growing global presence. Premium quality products are hand-assembled in our cutting-edge facility. Our commitment to comfort, quality, and innovation has driven our vision to be a global industry leader.



## 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

