

# Nightingale Highlights

SEPTEMBER 2020



# Office Design, Aesthetics and Comfort

Nightingale chairs  
can fit any design

FEATURING WXO

Office design has changed many times over the years to reach the current iteration in which open space offices, metallic and light color finishes, and glass have become the go to for many designers. Chairs are thought of as ancillary features when dealing with many office projects, as the bulk of the furniture will be benching systems, panel systems, and desking systems; however, the importance of the chair has different levels and aspects. Due to this, the correct chair can bring together the look and visual feel of the space while still providing comfort leading to workplace efficiency.

There is no shortage of articles, papers, and other media written about the visibility or aesthetic appeal of office design. A short time on the Internet will reveal anything from minimizing clutter, to open design ideas, to how spaces fit people of different ages in the workplace. In all these instances, the discussion is about the look of the space rather than the feel and function which can be detrimental over the course of time. The average worker spends about 8 hours in the office per day but only roughly 3 hours of that time is considered productive due to several factors, so maybe we should investigate the next aspect of the office, comfort.

At this point a new question arises, why can't both exist at the same time? Look and comfort can coexist and at many times it happens which is what most designers strive to create in their spaces. However, comfort can get lost in the shuffle in the creation of the office, which leads to many selecting seating based on look as opposed to comfort. When this happens, studies have shown that the initial office look is influential especially to possible new hires but for existing employees wanes as time progresses. Therefore, comfort is ultimately more important due to the efficiency and lessening of physical issues that result.



Knowing these factors through research and development, Nightingale has created a line of seating products that not only fit every look or feel that the designer would like to achieve but provides an unparalleled level of comfort through the sitting experience. Waterfall seat design which creates proper sitting posture, lumbar curvature, proper head and neck support, and put together with visually appealing designs make the Nightingale line able to fit any project. The XO line can fit traditional spaces, the NLC fits newer open designs with a retro but contemporary flair, the Stratford and Emily with a timeless look would fit in any era office or a new reception area or the EC3 which looks at home in any boardroom but provides a level of comfort that conference room seating misses in many designs.

We invite you to 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. Also, ask your local Rep for the Sitting Experience CEU to learn more about the comfort aspects discussed above.



LXO 6000-CH

## Meet the LXO

Nightingale's introduction of the LXO brought a lightweight, well-rounded, and easy to use seating option that has been well received in the market. This mid-back ergonomic chair is a sound solution for all task and conference seating needs, and will appeal to budget-minded customers seeking top of the line comfort.

The standout feature of comfort on the LXO is the generous amount of Nightingale's very own Enersorb™ memory foam used for the seat. This specialty foam was designed to disperse weight more evenly and more effectively than other foams while also being more durable. These benefits are realized in improved circulation and maximum relief from pressure points one may encounter over the course of a long workday.

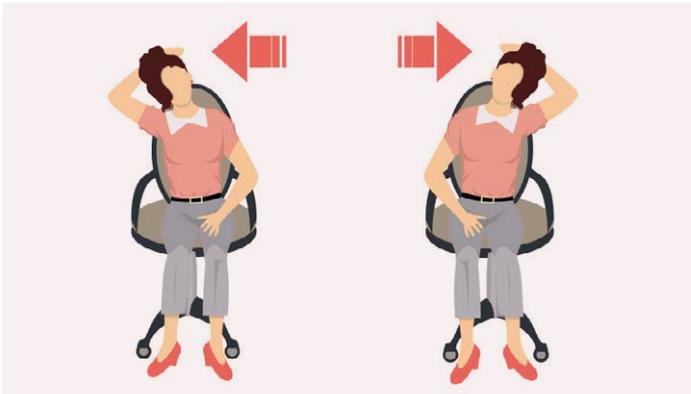
The LXO showcases Nightingale's very own ABLEX™ translucent mesh back which provides the user with lumbar support and a feeling of cool breathability. The chair's multi-position functions will provide the comfort and customization the user will find ideal for seat height/depth, tension control, and armrest height/width. The height of the LXO's armrests are easily adjusted using the fingertip triggers under the arms while the armrest width can be adjusted manually.

The LXO is an all-around solid chair satisfying multiple office applications in its features, benefits and value. It is offered in three different styles making it an extremely versatile option as well. It is offered in mid back task, mid back sled, and as a sit-to-stand drafting stool. Some popular add-on options for this chair include 4-way adjustable arms, self-locking casters, and a silver mesh package.

## Exercises while sitting

The ever-shrinking personal space in the modern-day office can make the workplace a pretty crowded spot. Longer periods of time sitting in front of our computer monitors may not only be uncomfortable for some people but also potentially life threatening; when you're stationary for long period of time, you can develop Deep Vein Thrombosis(DVT).

When this happens, blood clots in your legs and other deep veins may break free and create serious health complications – even death. Fortunately, there are simple exercises that you can do to stay healthy and happy while seating on your office chair. Try these 10 movements on your next mental break to keep your body in tip-top shape.



ONE

### Neck Rolls

While sitting in your seat, slowly drop your chin to your chest. Rotate your head five times in a counterclockwise motion. Then repeat in the opposite direction. For an additional neck stretch, place your left hand on the top of your head and gently pull to the left. Repeat on the right side.



TWO

### Shoulder Rolls

Sit in a relaxed position with your arms at your side. Slowly roll your shoulders forward five times. Reverse the motion and repeat five additional times.



THREE

### Forward Bends

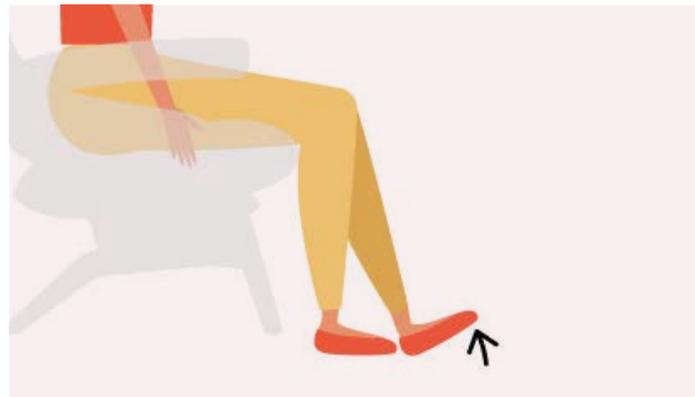
For this exercise, while sitting, suck your stomach in as far as it will go. Lean forward slowly and extend your arms all the way to the floor. Slowly roll back up to a sitting position. Repeat five times.



FOUR

## Calf Raises

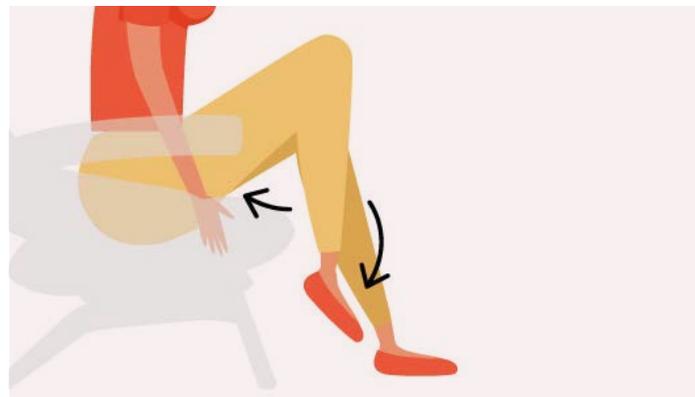
Place your legs at a 90-degree angle while sitting in your seat. Raise your heels off the floor until you are on the tips of your toes. For added resistance, do this same exercise while standing and holding to your desk. Repeat 10 times.



FIVE

## Toe Raises

This is the opposite of calf raises. Keep your heels on the floor and raise your toes as high as possible. For added range of motion, remove your shoes.



SIX

## Ankle Roles

While sitting, lift your feet off the ground. Rotate your feet at the ankles in a counterclockwise motion. Repeat 10 times then reverse the direction.



SEVEN

## Quad Stretches

While standing and holding on to your chair or desk with your right hand, bend your left knee, grab your ankle and pull it up behind your back. Do this gently so you don't overstretch your quadriceps muscle. Reverse the position and repeat with your right leg.

# How to Use the "4D" Arm

## Four Directional and Fully Adjustable



### Height Adjustment

The armrest of your chair should be adjusted to a height that allows your arms to rest in a natural and comfortable position in relation to your work surface. To check, place your elbows on the armrest and your hands on your keyboard in a typing position. If your hands are above the bend of your elbow the armrest is too high, lower it slightly.

### Width Adjustment

The width of your arms/armrest should be adjusted so that your arms are supported when at a natural rest position. You do not want your arms to be too far out or too close in relation to your torso.



### Depth Adjustment

Having an armrest/arm that adjusts for depth is a great tool for those who need to get closer to their work surface. When typing, mousing or writing, the best way to avoid injuries from repetitive stress is to ensure your arms are supported and allowed to be in a natural position. Sliding your armrests/arms towards the back of your chair allows the user to move closer to their work surface without reaching. The depth adjustment should have a minimum 2" travel, 3" for arms with larger armrests.

### Rotational or Pivot Adjustment

Arm angle or armrest pivot adds another level of adjustment that ensures the user will be in the best possible ergonomic position while seated. This adjustment should have a minimum range of 30° and be accomplished easily while in a seated position. This adjustment is great for anyone that dedicates a lot of their day to the keyboard, from data entry to hardcore gamers. It allows you to get into a comfortable, natural, ergonomic position.

You can find 4D arms standard on many Nightingale models. Most notably on our CXO and IC2. It is also one of the 3 arm options found on our newest award winner, the NLC.

For any questions, tips or advice please feel free to contact one of our outstanding customer care specialists, [customer care@nightingalechairs.com](mailto:customer care@nightingalechairs.com)

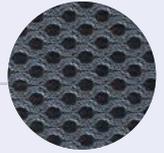
## NIGHTINGALE HIGHLIGHTS /



Mystic Gold



Mystic Burgundy



Mystic Gray



Shown is **CXO 6200D-CH**

## Cleaning Instructions

### Polyester Seating Fabric (Mystic)

Mystic fabric is colorfast to both water-based and solvent-based cleaning solutions and may be cleaned with all conventional upholstery cleaning systems.

Note that the following are general recommendations for **Polyester fabric only**. Some fabric cleaning methods may cause damage to underlying materials in seating systems. Contact the manufacturer for recommendations and precautions prior to attempting any of the following procedures:

- Vacuum the fabric periodically to remove accumulated dirt and dust. The frequency of this and any other routine maintenance is determined by end use conditions.
- Blot fresh spills immediately.
- Ensure that the fabric is adequately rinsed after cleaning, as residual cleaning agents may accelerate soiling.

- Have the fabric professionally steam cleaned whenever large stains or an overall soiled condition occurs.

For most water-based stains, a clean, absorbent cloth dampened with a detergent solution (e.g. 1 teaspoon laundry detergent / 1 pint warm water) should be applied to the stain. Blot the fabric with the treated cloth, working from the outer edge of the stained area moving inward. In order to effectively draw out the stain, renew the cleaning cloth frequently. Rinse well with clear water, and dry the fabric as quickly as practical.

Oil-based stains may be treated in a similar manner, substituting a volatile solvent-based cleaner for the detergent solution. Always follow the manufacturer's recommendations for using such products, and always pretest an inconspicuous area of the fabric for colorfastness to the cleaning agent.



EC6 635D



EC5 535D



EC2 235D



EC3 335D

## Nightingale Chairs. Enjoy the Ride

Within Nightingale Corp.'s award-winning line up, there are many aspects you will see present in all models. Quality, functionality, aesthetic appeal and all our seating options are designed to meet the highest of standards in all of these (and many more) categories. When it comes to our office seating, there is one aspect that truly sets Nightingale's chairs apart, the ride.

The ride of a chair refers to how the user interacts with the chair when they sit in the chair. How the chair supports the user as they move within the chair. The slight rock, the side to side movements, bending forward or leaning way back. For a chair to have a good ride, the chair should seem like an extension of the user. In a sense a vehicle to cradle the user during their seated movements. It should be smooth,

quiet, and easy. The user should feel like the chair has accepted them and is there for them - you will find this ride in every Nightingale chair.

Possibly the best ride in the industry can be found within Nightingale's EC Collection of seating. This family of seating has been designed to offer an executive aesthetic perfectly married with comfort and ergonomics. The mechanisms are sleek, quiet, and finely-tuned to be reactive to the user. From the EC1 to EC6 you will find Executive Task, Conference, Management and Guest options.

Please visit [www.nightingalechairs.com](http://www.nightingalechairs.com) to view all of Nightingale's tremendous offering and select the ride that looks best suited to you.

## 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

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