

# Nightingale Highlights

OCTOBER 2021



IC2 7300

# October is National Ergonomics Month

As an award-winning ergonomic seating manufacturer, nothing scares us more than the thought of people sitting in chairs that are not ergonomic or comfortable. Celebrate National Ergonomics Month by embracing the power of ergonomic design.

**What is it?** – Ergonomics refers to human engineering and how objects can be designed to best encourage safe human interaction. An ergonomic chair is one that is designed to best support the human body. These designs consider posture, comfort, support and overall user health.



EXO 5880D

**Why is it Important?** – An ergonomic chair will be highly adjustable to ensure the user is properly held and receives the best sitting experience possible. Adjustable lumbar support, seat height, width and depth, swivel tilt, 4D adjustable arms and a waterfall seat are some of the many ergonomic qualities that Nightingale's seating products boast.

**Why you should celebrate?** – Once you sit in a properly designed chair you will realize the importance of ergonomics. A highly adjustable ergonomic chair will allow you to comfortably get through your day without having to constantly adjust mechanisms or be distracted by any muscle pain or body aches.

This October when you trick-or-treat, choose to treat yourself to a proper ergonomic seating solution. Visit [www.nightingalechairs.com](http://www.nightingalechairs.com) to view our large selection of high-quality ergonomic chairs.

# Nightingale's Customizable Capabilities

Did you know Nightingale can modify standard product offerings to meet the specialized needs of clients and has done so for many years? The customization can be as simple as product or material specification. Whether selecting a different set of arms or modifying a chair base, we innovate our designs to make sure products best fit customers' needs and work environments.

Customer requests for slight product adjustments create company-wide discussions that lead to unique products, satisfied clients and in some instances successful line extensions that become available to all Nightingale customers.

For example, 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 similarly configured task chairs could also be modified to include a sit/stand line. Now three of Nightingale's task chairs the Malibu, Bless and Frio all have standard stool model options for customers to choose from.



MALIBU 2200DS



FRIO 2300DS



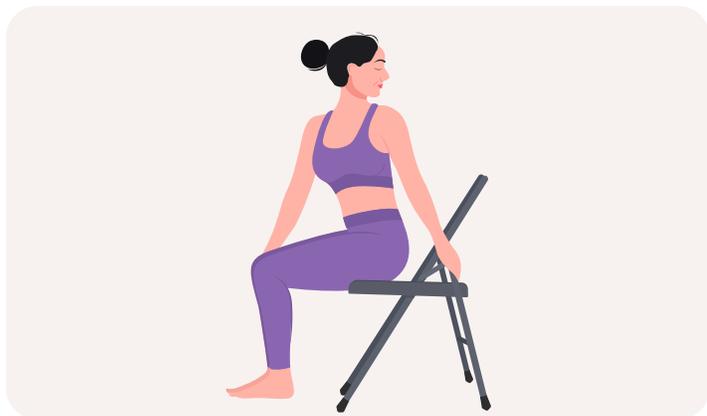
BLESS 2100DS

Please contact Nightingale if you have any questions regarding product modification or are interested in requesting a specialized product order.

# Have you Heard of Chair Yoga?

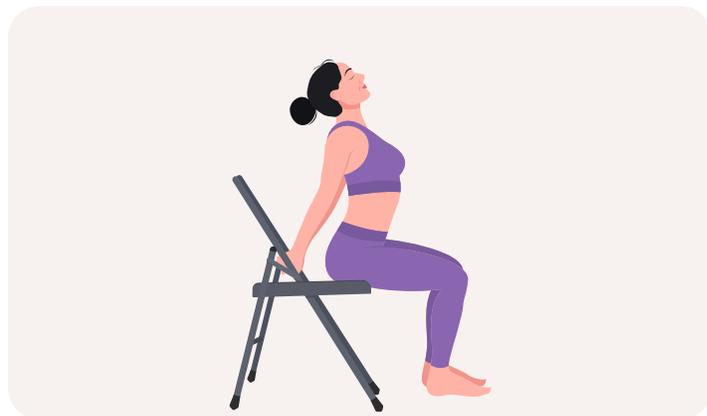
It's exactly what it sounds like, yoga you can practice in your chair. Whether working from home or in the office, it is the perfect activity to fit into your busy work schedule. This gentle form of yoga can improve your flexibility, concentration and

productivity. It also helps to boost your mood, reduce stress and ease tense muscles. Below are a few chair yoga poses you can perform throughout the workday when you need a positive break.



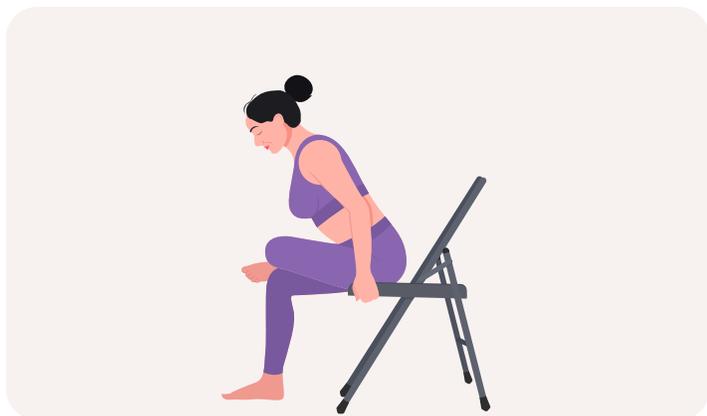
## Seated Spinal Twist

Place your left hand on your right knee and right arm over the back of the chair. Turn to look over your right shoulder and hold for four breaths. Your spine should lengthen on each inhale and on each exhale try to twist a bit further. Repeat on the other side.



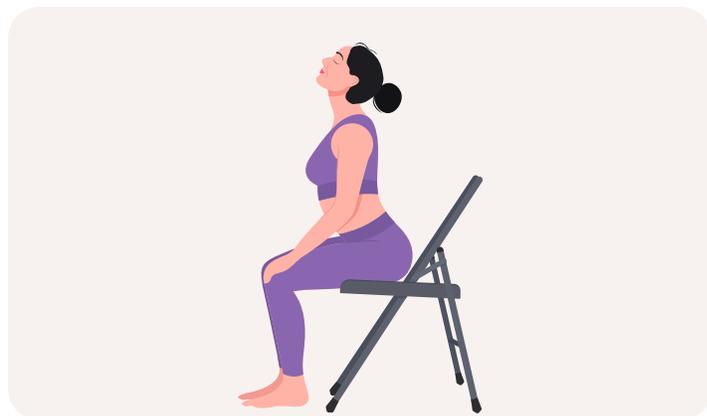
## Seated Chest Opener

Sit at the edge of your seat and interlace your fingers behind your back. As you breathe sit up tall and stretch your arms away from your back. Exhale while lowering your hands. Repeat this motion for at least two more breathes.



## Seated Pigeon Pose

Sit with both feet flat on the ground. Cross your right leg over the left and rest your right ankle on top of your left thigh, keeping the right foot flexed. This pose helps to release tension in the hips and stretches the outer thigh. Hold this pose for a few breaths, then repeat with the other leg.



## Final Relaxation

Sit up tall, relax your shoulders, sit with your eyes closed and hands in your lap. Take a few minutes to let your body absorb the good effects of the poses you have just completed and peacefully transition into the rest of your workday.

# Meet the Sherman HD

Nightingale's reliable and durable Sherman series was designed for high-activity, 24-hour work environments. It is built with premium quality reinforced steel to withstand whatever the day throws at you. This mid-back chair is rated for 24-hour use, 3 shifts a day and can support users up to 450lbs; stool model can support users up to 350lbs.

The Sherman HD is an incredibly strong chair that is ideal for law enforcement, security or other 24-hour multi-shift workspaces.



SHERMAN HD9000

The Sherman HD is highly supportive due to the following features:



**MECHANISM ADJUSTMENT**

Easily adjust to your desired height, tilt, seat depth and tension so you can work with correct posture. The 2" seat-depth adjustment creates more seating space for those requiring greater leg support.



**REINFORCED STEEL**

The chair's seat and back are made from reinforced steel for extreme support and topped with molded foam for comfort and durability. The oversized molded-foam seat pan with waterfall edge provides further comfort and promotes proper circulation.



**LUMBAR SUPPORT**

The chair's back was designed with built-in lumbar support.



**BASE**

Sherman's sturdy 29" 5 prong, structurally engineered sturdy aluminum base comes available with 3" carpet or soft tile casters.



**ADJUSTABLE ARMS**

This chair comes equipped with heavy duty steel fold away arms that are height and width adjustable and come with high durometer polyurethane arm pads. Armless model options are available.



**HEAVY DUTY FOOT RING**

In applications where the stool model is required, an adjustable foot ring allows for custom leg support, reducing pressure on thighs.

# Experience ENERSORB™

Nightingale's unique Enersorb™ technology provides users with unmatched comfort and support. This specialty formulated foam contains silicone surfactants and was specifically designed to allow for more uniform weight distribution to prevent bottoming out.

The silicone surfactants build strength in the cell wall, making the foam more elastic and able to redistribute the applied pressure over a wider area. This subtle elastic response at the cell level allows the foam to undergo tremendous elongation without damage to the struts, while still allowing full support to a static load.

Nightingale's Enersorb™ foam has a high resistance to bottoming out and long lifespan, keeping you in maximum comfort. Enersorb™ is extremely breathable, capable of 4-way movement, keeps cool and dry, has double wall bubbles for enhanced support and comfort and is 100% oil free.

Our revolutionary Enersorb™ foam can be found in the following application categories: Conference, Ergonomic Task, Healthcare, Guest, Executive, Drafting and Stackable. This technology is incorporated across a variety of Nightingale product series and models (either by being standard or optional) to ensure users are provided with the highest levels of comfort and quality in the office seating industry.



EXTREME BREATHABILITY



4-WAY MOVEMENT



DOUBLE WALL BUBBLES



100% OIL FREE



KEEPS COOL & DRY



EC5 535D

Enersorb™ Foam is Standard in the following Nightingale Chairs:



EC1



EC2



EC3



EC5



24/7hd



Surgeon Console



Ergo-Learn 3280



Khroma



Tuxedo



WXO



MXO



LXO



SXO 6100



CXO



CXO Leather



CXO Heavy Duty



CXO Task Intensive



GXO



NXO 6401



Verona



IC2



Manno



Sherman Heavy Duty

## 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

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