Working environment: Healthy working TALO.S, LAMIGA and TENSA.NEXT

# HEALTHY LIVING



Balance for body, mind and spirit -Our contribution towards healthy working

The World Health Organisation defines health as a state of physical, mental and social well-being. If all three are in harmony, then we are performing at optimum levels physically and psychologically.

As an employer you have a tangible benefit from promoting the health of your team: it's the only way to profit from the full potential of your workforce. As our rapidly changing world undergoes a sociocultural and demographic change, qualified employees are increasingly valued. It's worthwhile designing their working environment in such a way that it isn't just attractive, but also supports employee health. In this brochure, we will show you some innovative ideas and creative design approaches that will also complement your work culture.









## **MY HOME** IS MY OFFICE

Working from home is not only more sustainable, kinder to the climate and more comfortable – it also reduces costs for the company. If the idea of home working is already integrated into the space concept plans, less space will be needed. At the same time employees have the advantage of being able to balance their job with their private life more efficiently: they can plan their time more flexibly or set their own priorities – and our solutions still give them the luxury of a workstation that adapts to their physical needs.

Living or working? Both. TALO.S and TENSA.NEXT form the work island in the middle of the living space, while the meeting table, our MOVE.MIX chairs and the NET.WORK.PLACE bar stools furnish a meeting room as elegantly as your dining room at home!

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Products: TALO.S, TENSA.NEXT, NET.WORK.PLACE, MOVE.MIX, ACTA.PLUS



# WORKPLACE

Nowadays the fact that physical movement also activates the mind is well known. People are equally aware of the positive effect on your psyche and productivity if your body feels good. That's why companies are increasingly offering fresh meals, sports programmes, relaxation sessions and more – for healthy and happy employees.

- Our top three for a healthy workplace:
- 1. Ergonomic furnishing ideas
- 2. Separate areas for focused working, meetings and relaxation
- 3. Measures to promote health and sports activities at the office





K+N SMART.OFFICE WELLNESS encourages movement at your desk: our digital teal reminds you to stand up and provides an

tool reminds you to stand up and provides an analysis of your sit/stand activity, as well as the option of defining ergonomic goals. Personal settings are "portable" – they can be taken to a different desk. It can also be used anonymously.



### **KEEP** MOVING!

Agile working and stand-up meetings – a dynamic approach is something you need in business. We also take inspiration from the fitness sector when we design and create our furniture and office outfitting. For instance our highly flexible swivel chair LAMIGA can be adjusted with almost the same precision as fitness equipment using the ERGO-DISC. TALO.S, shown here in the Urban Style look with clear lacquer finish, can easily be converted into a stand-up workstation to encourage movement. And when you use K+N SMART.OFFICE, it helps to keep you moving almost like a personal coach.

### MODERN OR CLASSIC? WE'RE THINKING SPORTY!

Today's working environments are generally much more mobile: people change jobs, locations and career goals more frequently. The office needs to be set up for that (as well as individual mobility). Here are some temporary workstations that adapt to their users in an instant. The project office with its open organisation system features a fitness zone in the hallway area, as well as a QUIET.BOX Duo for consultations, to take noise out of the open space – which is also a key aspect of health. **The TIMELESS style collection offers visual stability and a sense of calm as a counterpoint to the agile approach**.



### **GREEN LIGHT** FOR PRODUCTIVE MEETINGS

There's proof that Nature has a restorative effect on health. Plants, air and light, as well as natural materials and colours, have a positive effect on body, mind and spirit. And it's relatively easy to put this concept into practice to achieve benefit. In a **conference situation**, in the **office** or in a **hotel lobby** – attractive finishes and natural materials improve wellbeing and health. We're convinced that our versatile **TALO.S series**, the **K+N BALANCE.CHAIR** that promotes dynamic sitting, and the organic forms of the **NET.WORK.PLACE Organic upholstered elements** boost productivity – wherever they are used!

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### LIVING AND WORKING WITH THE FLOW

Something that seemed almost like utopia a few years back is already reality in many places: sofas for relaxing at the office. Opportunities to move around next to your desk. And a desk almost as beautiful as the one you have at home! Let's take a look at your work culture together and develop some solutions that are just right for your company. With spaces that ensure a **healthy balance between work, productivity and wellbeing**. With ideas for creating greenery, light and colour concepts – and furniture that reflects your corporate style and identity.



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ADDED TO THE PORT

Products: TALO.S, LAMIGA, ACTA.PLUS, NET.WORK.PLACE Organic Does your work culture include a healthy approach to working? We help you to encourage it!

# TALO.S TENSA.NEXT LAMIGA

### **REAL TEAMPLAYERS**

### TALO.S

- + Sitting/standing workstation
- + Available as a single workstation, bench or conference system
- + T-frame desking range in 70 x 70 mm square tube
- + 3 types of height adjustment: adjustment at 10 mm intervals via hand wheel, gas-lift (no power required), electric adjustment
- + Smooth-running sliding top
- + Fixed or clip-down cable tray
- + Detachable table top by means of clips
- Practical wire management horizontal through cable tray, vertical via cable trim and cable chain
- + Variety of extensions and accessories
- + Suitable for K+N SMART.OFFICE



### TALO.S, LAMIGA AND TENSA.NEXT



### TENSA.NEXT

- The DTS synchro mechanism (Dynamic Torsion System) to optimise the motion sequence and ensure dynamic sitting
- + **Ergonomic:** opening angle of 24° and optimum synchro ratio of 1:2
- + The lowering of the front edge of the seat prevents pressure points on the thighs
- + The proactive forward-tilt adjustment tilts the seat forward by 4° and the backrest by 8°
- + Adjustable lumbar support available in two variants
- + Slender strip at the top of the backrest, facilitates moving the chair around
- + Individual weight setting, from 45 to 120 kg



### LAMIGA

- + The **flexible backrest** supports the body during lateral rotation
- + Backrest can be adjusted via the integral ERGO-DISC
- + Seat tilt adjustment: max. 4° forward tilt, seat depth through 50 mm with 6 locking positions
- + Flexible front edge lowers when you sit down, improving the circulation in the legs
- To take the strain off the lower back the optional lumbar support can be adjusted in height and depth
- + Quick-set weight adjustment
- + Tested for user weights up to 150 kg



### TALO.S WITH EXTRAS



**DIMPLED DESK SCREEN, FELT** With flexible organiser elements

For desks with integral adaptors Screen thickness 25 mm and 50 mm absorber class A (on one side)

FABRIC-COVERED DESK SCREEN

**ORGANISER RAIL** For sturdy mounting of flat screen monitor brackets or shelves

**MODESTY PANEL, METAL** Privacy screen with perforated pattern, retrofittable

**"PUSH-TO-OPEN" CABLE COVER** For direct access to data and power

> **CPU BRACKET, METAL** Can be fitted inside or outside the frame

> > CABLE DUCT WITH CABLE CHAIN For vertical wire management of motorised desks

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SMOOTH-RUNNING SLIDING TOP Free access to cables from above

CABLE CHAIN No messy cables under the desk

**CABLE TRIMS** For vertical wire management of lift and motorised desks

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#### FABRIC-COVERED DESK SCREEN WITH ORGANISER RAIL For sturdy mounting of flat screen monitor brackets or shelves Screen thickness 25 mm



ADAPTER WITH INTEGRAL CABLE MANAGEMENT For retrofitting a third level

**DESKTOP ELECTRICS** With adhesive fastening or clip-on

#### SPACIOUS CABLE TRAY IN TWO HEIGHTS

For max. cable volumes incl. direct link for cable chain



### **TALO.S AS A** TEAM WORKSTATION

FABRIC-COVERED CENTRAL PANEL

FABRIC-COVERED DESK SCREEN WITH INTEGRAL TOOL RAIL For bench systems with integral adaptors

**ORGANISER RAIL** For sturdy mounting of flat screen monitor brackets or shelves

CABLE CHAIN

SIDE TRIM Perforated

SIDE TRIM Non-perforated

> CABLE TRAY Beneath desk top

SMOOTH-RUNNING SLIDING TOP Free access to cables from above

CENTRAL CABLE TRAY Beneath desk top

#### **ELECTRICS CUT-OUT** With brush seal and tool-rail to hold flat screen monitors

CLAMP-ON SIDE PANEL For visual screening

### DISCOVER

more screen variants for visual and acoustic protection in our product portfolio

### **EVERYTHING'S ADJUSTABLE** INCLUDING THE DESK HEIGHT







Adjustable gas lift Fast height-adjustment, no power source required, from 680 to 1180 mm for:

- + 20 kg (+/- 10 kg) or + 40 kg (+/- 10 kg) useful load
- + with a useful load pre-set of max. 50 kg

Motorised

Convenient, infinitely-variable adjustment from 650 - 1250 mm or 680 – 1180 mm with integral collision prevention

## **K+N SMART.OFFICE**

### Take your place in the agile work culture with a smart, stress-free approach

How can we organise rooms and processes efficiently even though people are working everywhere? How can we empower agile project teams so that they can work within a structure whilst remaining healthy? **K+N SMART.OFFICE** networks the room, furniture and people together, turning challenges into opportunities.

K+N SMART.OFFICE is a digital service that provides a simple way of organising space so that it's used efficiently. To achieve this, sensors are installed in rooms and on furniture. **K+N SMART.OFFICE** can be used via a phone app or from the desktop.

The system comprises three modules that you can integrate into your infrastructure individually or in combination.

### With **K+N SMART.OFFICE** STUDY

you can make space and furniture use transparent and highlight potential for optimisation - to plan space use more efficiently.

- + Identify the full potential of space and resource utilisation
- + View data in real time
- + Use comprehensive analysis for new, efficient room and space planning

### Discover now at smart-office.de

With

### FOR NEW PERSPECTIVES IN THE OFFICE

There are lots of variables that can turn a workstation into a healthy one. One key factor is posture: if the furniture provides optimum support for the muscular system, asymmetrical stress can be avoided. You can also strengthen muscles and boost mental agility with dynamic sitting, as well as switching between sitting and standing.

### Advantages of a sitting/standing workstation

- + Strengthens the stomach and leg muscles
- + Relieves the strain on the spine and discs
- + Improves circulation in the legs
- + Relaxes the muscles
- + Higher level of activity
- + Improved body awareness
- + Better health



#### With

### **K+N SMART.OFFICE** WELLNESS

employees can set up their workstation to suit their individual needs. This enhances your employer attractiveness.

- + Personal settings are "portable" they can be taken to a different desk
- + Employees are reminded to stand up
- + Motivation to move is increased thanks to the definition of goals and analyses

### **K+N SMART.OFFICE** COMPANION

it's easy for employees to book rooms and workstations which makes organising dynamic work cultures efficient.

+ Find and book vacant desks and meeting rooms

+ Filter by number of people and equipment

+ Touch screen in the meeting rooms, instant booking option

+ Find colleagues

### DETAILS



8 | ELECTRICS CUT-OUT With brush seal and tool rail to hold flat screen monitors. Also suitable for bench systems.

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2 | CABLE DUCT WITH CABLE CHAIN Houses vertical electrics for motorised and lift desks.



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6 | CPU HOLDER

Can be fitted to the inside or outside of leg frame.

7 | OPERATING CONSOLE In two variants for motorised height adjustment.

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### 3 | SPACIOUS CABLE TRAY

The electrics unit is accessible for easy cabling.

### 4 | CABLE TRAY IS HINGED AT BOTH SIDES

On standard desks without sliding top.

5 | "PUSH-TO-OPEN" CABLE COVER Rapid access to socket bar with various configuration options.









### DETAILS BENCH







10 | SMOOTH-RUNNING SLIDING TOP Allows convenient access to cables from above, fast and efficient.

11 | DESK DEPTHS 800 mm deep on asymmetrical frames, 900/1000 mm deep on symmetrical frames.



13 | CLEAR LACQUER LEG FRAME FINISH With visible weld points.

14 | ADJUSTABLE GAS LIFT DESK Height-adjustment, no power source required, from 680 to 1180 mm for +/- 20 kg or +/- 40 kg or with customised weight setting up to 50 kg for desk depths of 800 mm or 900/1000 mm.



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The effective screen provides privacy as well as offering acoustic advantages.

16 | FUNCTIONAL SIDE TRIM Optionally either perforated steel or closed to accommodate cables.

17 | FLEXIBLE CABLE MANAGEMENT Electrics pass through umbilicals to the central cable tray and down to the floor.



### **FINISHES**

	DESK TOP SURFACES		FRAME COLOURS		
MFC SOLID COLOUR	MFC WOOD EFFECT	VENEER	FENIX	POWDER- COATED METAL	TEXTURED FINISH
<b>GK</b> Grey	AA Acacia	<b>AH</b> Canadian maple unstained	7V Fenix black	AL Aluminium coloured	KSS Black
<b>GW</b> Off-white	AO Maple	<b>BH</b> Beech unstained	7M Fenix white	<b>AM</b> Anthracite metallic	
<b>KH</b> Light grey	<b>ET</b> Oak natural	<b>CK</b> American cherry	<b>7J</b> Fenix dark grey	GC Chrome	
<b>KT</b> Aluminium coloured	MB Beech	<b>EN</b> Oak natural	<b>7I</b> Fenix dark beige	<b>GK</b> Grey	
	278.20m				
UM Melange	NM Walnut	<b>SN</b> American walnut natural		<b>GW</b> Off-white	
WI Pure white	<b>UL</b> Elm	-		KH Light grey	
				<b>KS</b> Black RAL 9011	

PK Metal clear varnish

WI Pure white

## **PRODUCT OVERVIEW**

		II	1201
Legs/Frame		Single desk	Bench
	T-frame, square tube		
Dimensions individual w	orkstation		
Widths	800, 1000, 1200, 1400, 1600, 1800, 2000 mm		-
Depths	600, 800, 900, 1000 mm	•	-
Bench dimensions			
Widths	1600, 1800, 2000 mm	-	
Depths	1680, 1880 mm	-	
Height adjustments			
Height-adjustable	650 – 850 mm		
Gas lift	680 – 1180 mm with adjustable useful load from 0 – max. 50 kg (depending on desk size) 680 – 1180 mm for 20/40 kg useful load (+/– 10 kg)		-
Electric motor	650 – 1250 mm double telescope optional 680 – 1180 mm, double telescope		
Worktops			
Chipboard	25 mm thick MFC sliding top, removable without tools		
Veneer		•	
Mania and a			
Variants			·
	Single desks, linking (for height-adjustable desks only)	<b>—</b>	
	Team tables for bench systems	-	-
Wire management			
Electrics cut-out	With brush seal and tool rail		
Horizontal	Optionally available with matching cable tray or cable management clips		
Vertical	Additional vertical cable trim or cable chain		
Cut-outs/adapters	For selected desk top shapes		-
Sliding top	For selected desk top shapes		
Clip-down cable tray, opens both sides	Optionally available for desks without sliding top		-
"Push-to-open" cable cover	Optional "push-to-open" cable cover 400 x 166 mm; incl. plate with pre-fitted 4-gang socket {3x type F, 1x RJ 45}; left or right for 1600 – 2000 mm, central for 1200 – 1400 mm		-
Accessories			
3rd level	As option via adapter		
At the side	Extension tops, CPU holder, printer tray, side trim perforated steel or closed		
Below the top	Modesty panel		-
Linked configuration	Possible as option using a variety of different linking modules for 800 mm deep desks	-	
Railing	Railing with tool rail to hold storage accessories or flat screen arms; fabric panel, with organiser slots on both sides		-
Desk screens	Covered with fabric with acoustic properties	-	
Fly-by screens	For installation behind the desk		_

Standard 🗆 Optional



Subject to technical and programme alterations, printing and other errors. Printed colours may vary from actual colours.











7 | STARBASE STYLES Types available: black plastic, powdercoated aluminium, polished, chrome finish. Castors are available for both carpets and hard floors.

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#### 2 | TWO TYPES OF LUMBAR SUPPORT TO CHOOSE FROM

The lumbar support with fixed curvature (pictured on the left) is height-adjustable. The inflatable version (pictured on the right) can be adjusted in height and curvature.







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# **PRODUCT OVERVIEW**





LARGE CHOICE OF BACKREST STYLES The mesh back and 3D mesh back are available in various different colours.



Technology		
Mechanism	DTS synchro mechanism (Dynamic Torsion System)	•
Opening angle	24° (maximal 32°)	
Synchro ratio	1:2	
Individual weight adjustment	45 to 120 kg	
Seat height adjustment	420 to 515 mm	
Seat depth adjustment	50 mm, 6 positions	E
Seat tilt adjustment	Proactive: seat 4°, backrest 8° forward tilt	8
Backrest lock	3 positions	•
Seat	Upholstered	
Integral shock absorption	Yes	E

### Backrest

	Mesh fabric	
	3D-mesh fabric	
	Upholstered pad	
	Ribbed fabric	•
Two types of lumbar support	Inflatable, adjustable in height and depth Fixed curvature, height-adjustable	
Headrest	Adjustable in height and width, optionally available in leather even on a fabric chair	

#### Armrests

Ai illi ests		
4D multifunctional armrests	Adjustable in height, width and depth, armrest pads swivel	
	Optional with leather armrest top	

### Dimensions

Seat height	420 to 515 mm
Seat width	480 mm
Seat depth	390 to 440 mm
Back width	500 mm
Back height	670 mm
Total width incl. armrests	678 mm
Total depth	645 mm

#### Colours

Plastic parts	Black
Starbases	Black plastic
	Aluminium (2 types of spokes)
	Powder-coated, polished aluminium or chrome
Castors (for carpeted or hard floors)	Black

### Standard Optional













SELECTION OF FABRICS Materials are available in many colours and textures, to match corporate identity.

### DETAILS



3 | VERSATILE ARMRESTS The 4D multifunctional armrest has various adjustment features and the option of locking the armrest pad in position to avoid unintentional adjustment.

> 4 | VARIABLE OPENING ANGLE The opening angle of 24° can be set at 0°, 8° and 16°.



ERGO-DISC For automatic adjustment of backrest counter-pressure.

**CLOTHES HANGER** Optional.

LUMBAR SUPPORT To stabilise the back, can be adjusted in various ways.

WEIGHT ADJUSTMENT The quick-set weight adjustment goes from light (45 kg) to heavy (150 kg) in just 3 rotations.



LAMIGA

Can be adjusted in height, depth upright position regardless of sitting posture.

ARMRESTS

Can be individually adjusted in height, width and depth, relieving strain on the shoulders and neck muscles. The armrest pad can be swivelled and locked in place.

**OPENING ANGLE** Maximum seated comfort thanks to four adjustable positions.

SYNCHRO MECHANISM Synchronous movement of seat and backrest.













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### 1 | TWO VERSIONS

Backrest with black plastic shell, neck support optional.

#### 2 | BACKREST CAN BE ADJUSTED VIA ERGO-DISC

The ERGO-DISC controls the counterpressure of the flexible backrest.



#### 5 | ADJUSTABLE LUMBAR SUPPORT

It is adjustable in height and curvature and offers additional support in the lower back area.

### 6 | FRONT EDGE OF SEAT CAN BE LOWERED

The flexible front edge of the seat dips when the user changes position, improving the circulation in the legs.



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7 | STARBASE STYLES The starbases are available in steel or aluminium with various finishes.

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# **PRODUCT OVERVIEW**

#### Technology

Mechanism	Synchro mechanism	•
Opening angle	24°	
Synchro ratio	1:2,3	•
Individual weight adjustment	45 to 150 kg	
Seat height adjustment	420 to 520 mm	
Seat depth adjustment	Through 50 mm, 6 positions	
Seat tilt adjustment	4° forward tilt	
Limit to opening angle	In 4 locking positions: 0°, 8°, 16°, 24°	
Seat upholstery	Foam	
Integral shock absorption	Yes	

#### Backrest

	Upholstered plastic seat/back shell	
ERGO-DISC	Flexibility of backrest rotation infinitely variable	
Lumbar support	Schukra®, adjustable in height and curvature	
Neck support	Adjustable in height, tilt and depth	

#### Armrests

4D multifunctional armrests	Adjustable in height, width and depth, armrest pads can be swivelled and locked in place (without tools)	
	Optional with leather armrest top	

#### Dimensions

Seat height	420 to 520 mm	
Seat width	475 mm	
Seat depth	400 to 450 mm	
Back width	455 mm	
Back height	605 mm	

#### Colours

Back and seat shell	Black	•
Back support	Black	
ERGO-DISC	Same colour as back support, decorative ring in chrome	
Mechanism rocker	Black/aluminium/anthracite metallic	
	Polished aluminium/chrome	
Armrests	Black	
	Armrest support black	
	Polished aluminium/chrome	
Starbases	Steel with black plastic cover	•
	Aluminium, flat spokes in black/aluminium-coloured/anthracite metallic	
	Polished aluminium/chrome	
Castors (for carpeted or hard floors)	Black or black/grey, 60 mm diameter	

5-year guarantee

#### Standard 🗆 Optional











Side-access storage Attractive design and well-organised inside. Now also available with coat hook.

reddot award 2018 winner





K+N BALANCE.CHAIR The patented office chair can be converted quickly into a leaning support in just a few movements.



NET.WORK.PLACE Organic Modular upholstery elements for reception and communication areas.

### As a leading brand for office furniture and room systems, König + Neurath develops solutions for individual work cultures

Together with specialist retailers, König + Neurath supports its customers throughout the entire process of outfitting offices. With differentiated style collections, design-conscious furniture and digital solutions, the family-owned company, established in 1925, helps its customers to adapt successfully to the changing nature of the workplace.

**QUICK.II** Healthy support – wherever you stand.



**Podiums** Flexible modules for creative interaction.





### NET.WORK.PLACE

Modular and practical upholstery elements for areas in which to retreat, relax and receive visitors.

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