

knocks, scratches or rips, use of force) and any modifications made by third parties that are not authorized by ONGO®.

ONGO®
Active Sitting

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Operating and assembly instructions

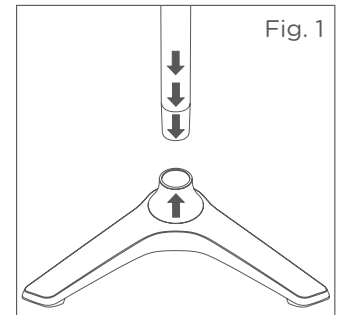
Thank you for choosing the innovative ONGO®Stand. The ONGO®Stand is for people who have realized that it is healthier and more productive to work while standing. And also for people who are required to stand due to their work but want to rest without giving up their mobility. Particularly noteworthy on the ONGO®Stand are the seat and the elastic support of the standpipe in the 3-armed foot. The shape of the seat was chosen in accordance with ergonomic requirements so that the user will feel comfortable both sitting on it as well as using it as a pure standing aid to lean on. The seat adjusts to each person's working conditions optimally through the elastic mounting of the standpipe. This allows a range of positions and inclinations of the seat letting the user become more flexible and healthier.

Assembly

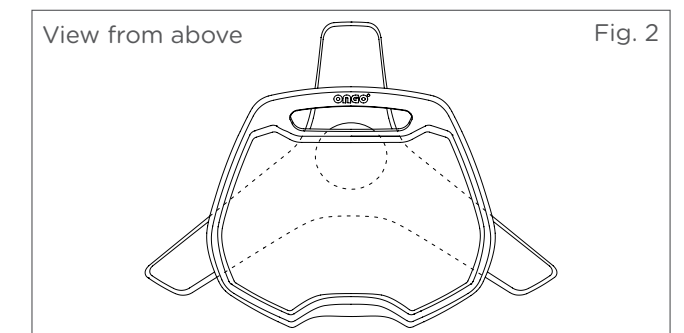
Out of respect for the environment the ONGO®Stand will be sent in a size-optimized box. For this the Stand has been separated into its three main components (seat, gas spring and foot). You will only need to place the gas spring into the cones on the seat and foot. Please follow our assembly guide:

1. Position the foot onto the floor in front of you and patch the gas spring and the provided cone, see Fig. 1.

2. Then connect the seat with the gas spring and hold it symmetrically to the foot in front of you, see Fig. 2.



It is important that the seat is positioned in an accurate line with the foot. This is important because the gas spring will automatically be reset in one direction. Therefore, an alignment correction can only be made through releasing one of the cones. If this becomes necessary we recommend tapping the underside of the seat with a hammer while pulling on the cone holder until it is possible to loosen and re-align the seat. Under no circumstance however use force on the gas spring!



Height adjustment

The seat adjusts precisely to your needs. To adjust the height, sit or lean on the ONGO®Stand. Press the bar located below the seat on one of its sides; to lower push your weight down, to raise lighten the load on the seat.

Elasticity of stand pipe

In the center of the underside of the aluminium base is an opening, through which the central holding screw can be reached. If you turn the screw with a 6 Allen wrench to the right, you will reduce the elasticity and this reduce the ease to deflect the standing pipe. If you turn the screw to the left, you will increase the elasticity and at the same time the ease to deflect the standing pipe. Make sure that you do not loosen the screws too far. This would loosen the elastic joint in the socket.

Seat cushion

The seat cushion for the saddle seat of the ONGO®Stand is optional and can be easily attached and subsequently removed from the seat for replacement. Fit the cushion to the seat so that the lugs fit into the holes provided, apply pressure to clip on. To remove loosen the locking lugs on the bottom with slight pressure and lift the pad. This makes the ONGO®Stand ideal for a large variation of workplaces for example the production, office or reception.

Caring for your ONGO®Stand

Cleaning the microfiber fleece on the seat cushion can be done with commercially available cleaning agents. Please note that the staining by jeans or other textiles is excluded from any manufacturer warranty.

The saddle seat can be kept clean with mild household or plastic detergent and a soft cloth. Do not use strong solvents or abrasives .

Recycling

Sustainability and durability are top priorities in all of our design, production and distribution activities. Short transportation distances reduce environmental impact. The materials of the ONGO®Stand can be separated relatively easily for recycling. The components either have material labels or can be identified easily using the material list. Dispose of individual materials and components properly according to local recycling and disposal requirements. To avoid unnecessary transportation, the main components of the ONGO®Stand are manufactured by a capable, ISO-certified company in Germany, configured with other components (pneumatic height adjuster, cover etc.) according to the customer's specifications, and shipped directly. ONGO® GmbH accepts discarded stools for recycling.

Made in Germany

The design, origin of the materials used and assembly of our products stand for lasting quality and durability.

Warnings

- **Seek medical advice** before using. In case of acute back pain you have to ask your doctor or physical therapist how to use in your specific case.
- **Tippling hazard.** Despite the non-slip NBR glides of the foot base, inappropriate movements can cause the base to slide outward, causing the stool to tip over. Do not use the ONGO®Stand as a ladder. Be particularly careful with children who cannot yet

reach the floor with their feet when sitting on the stool. The ONGO®Stand was designed for persons who have to stand because of their work requirements, but want to have relief without restricting their flexibility. It has not been designed and manufactured for any other purposes. Use the ONGO®Stand only for the intended purpose.

- **Use by one person only.** The ONGO®Stand was designed and manufactured only for the use by one person at any time. If it is being used by several persons simultaneously it might collapse and cause serious injuries.
Its maximum load is 110 kg or 243 lbs.
- **Do not perform mechanical work on the pneumatic height adjuster.** Working on or replacing the pneumatic height adjuster must be performed by trained personnel only.
- **Use of force.** Any misuse and/or application of force on the ONGO®Stand might result in serious physical injuries.
- **Packaging material.** Dispose of any packaging material properly. Keep packaging material out of the reach of children. A risk of suffocation might occur.

Technical specifications

- height 61-90 cm (24-35.4 in)
- seat 37 x 30 cm (14.6-11.8 in), available in black and white
- height adjustable by gas spring with automatic reset
- elastic support of the standpipe
- 3-arm foot 53 x 33 cm (20.9 x 13 in)
- non-slip gliders in NBR
- weight 5.5 kg (11 lbs)
- optionally available in ESD-compatible design

Materials

- seat cover:
 - a) microfiber fleece: 88% polyester and 12% polyurethane, 70% recycled polyester, light fastness > 5, cycles > 50,000 (Martindale test – ISO 12947-1-2-3-4)
 - b) skai® nature base: approx. 80% natural and renewable raw materials, Öko-Tex standard 100, meets German medical product requirements, durable, lightfast, abrasion-resistant
- seat foam: CFC-free polyurethane foam
- seat (saddle seat): PA6 GF30
- height adjustment lever: PA6 GF30
- cone holder at the seat: aluminum
- gas spring: steel/aluminum/plastic
- elastic bearing: NBR/steel
- collar: silicone
- cone holder at the bottom: aluminum/steel
- base: aluminum
- gliders: NBR

Warranty

The ONGO®Stand is a high-quality product. Its individual components meet the highest quality requirements. Therefore, we are able to provide a warranty of functionality for the ONGO®Stand for three years. This warranty is valid for all original parts and starts when the seat is delivered. Please keep your receipt/delivery slip for warranty claims. During the warranty period, ONGO® will provide repair or replacement free of charge after a claim has been submitted and approved by ONGO®. All you need to pay is the costs of transportation. The warranty does not apply to normal wear and tear of parts subject to wear, such as the cover material, defects resulting from improper handling (particularly improper care or damage from