

improper care or damage from 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

Congratulations on your purchase of the innovative ONGO®Free.

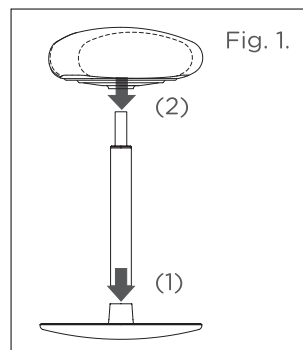
ONGO®Free has been especially developed for people who work at height-adjustable desks. Its curved foot makes sure you get lots of healthy movement while sitting – and thus maximum freedom. This is also reflected in the design, which is clear and minimalist while providing pleasurable haptics and a dynamic appearance.

The triangular seat is extremely comfortable at your normal seating height; at your standing height, it offers a good hold without being confining.

Assembly

Out of respect for the environment the ONGO®Free will be sent in a size-optimized box. For this the ONGO®Free has been separated into its three main components (seat, gas spring and foot). To assemble remove the protective packaging from the three parts, set the foot on the ground and insert the gas spring into the cones. See Fig. 1.

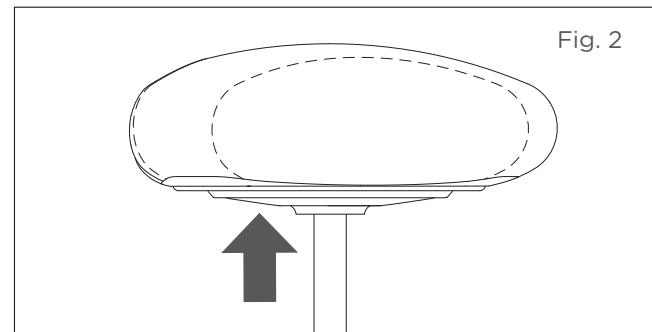
After this, place the seat on the gas spring and sit down on the seat firmly so that the cones get a good grip.



Height adjustment

The seat adjusts precisely to your needs. To adjust the height, sit on the ONGO®Free. Press the inner disk under the seat on one side only to tilt the disk as you would a lever.

While sitting on your ONGO®Free in front of a height-adjustable desk, your height should be equal to the height of a stand-up seat. The ONGO®Free is made for the purpose of exoneration. See Fig. 2.



ONGO® Move

The training program especially developed for our ONGO®Classic can be easily realized with ONGO®Free. You can playfully integrate back exercises into your daily routine at home or at work with the specially developed ONGO® Move training program. For the exercises, please visit www.ongo-move.eu.

Changing the cover

It is easiest to remove the knit microfiber cover with the seat taken off. To do this, secure the base of the foot with both of your feet (preferably without shoes, to avoid scratching the base) and pull on the seat while turning it. Then loosen the four screws of the retaining ring and remove the cover. To put the cover back on, pull it tightly and evenly over the seat cushion, use the retaining ring to push the thick ring along the edge of the cover to the seat, and secure the ring again by tightening the four screws. Then put the seat back on the pneumatic height adjuster and secure it on the cone by sitting on it several times. Seat covers made out of skai® leather or genuine leather cannot be changed, but the whole seat may be replaced.

Care

- To clean the microfiber cover, it can either be left in place and cleaned with standard commercially available cleaning products, or it can be removed and washed with mild detergent (either by hand or in the machine) or dry cleaned.
Clean skai® leather regularly with a mild foaming soap and a microfiber cloth or a soft hand brush. Stains caused by oils, grease, or ink must be removed immediately. For genuine leather, use a mild leather care product regularly. If necessary, clean with lukewarm water and a soft cloth. Please do not use solvents, chloride, abrasive, or chemical cleaning agents. Please note that discoloration caused by jeans or other textiles is excluded from any manufacturer's warranty.
- The plastic parts can be kept clean with mild, diluted household cleaners and a soft cloth. Do not use solvents or abrasive materials.

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 stool 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®Free are manufactured by a capable, ISO-certified company, 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.** Although physicians were involved in the development and testing of the stool, you should consult your doctor or physical therapist regarding proper use in your specific case, especially in case of acute back pain.
- **Tipping hazard.** Despite the non-slip coating of the foot base, inappropriate movements can cause the base to slide outward, causing the stool to tip over. Do not stand or balance on top of the stool. Do not use the ONGO®Free as a ladder. Be particularly careful with children who cannot yet reach the floor with their feet when sitting on the stool.
- **Proper use of the ONGO®Free.** The ONGO®Free

has been designed for dynamic, healthy sitting. It has not been designed and manufactured for any other purposes. Use the ONGO®Free only for the intended purpose.

- **Use by one person only.** The ONGO®Free 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®Free 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

- Triangular seat: 39 x 39 cm (15 x 15 in.)
- Height: 58–82 cm (23–32 in.)
- Foot: Ø 39 cm (15 in.)
- Weight: 5,8 kg (12,79 lbs)

Materials

- Seat cover:
 - a) Knitted microfiber: 97% polyester and 3% elastane knitted to shape, Oeko-Tex 100 standard, color fastness in accordance with automotive standard, 40,000 abrasion-resistance test cycles
 - b) skai® textile leather: PVC on knitted cotton, >50,000 abrasion-resistance test cycles, light

fast, resistant to disinfectants

- c) skai® nature base: approx. 80% renewable and natural raw materials, Oeko-Tex 100 standard, adheres to German Medical Devices Act, flame-retardant, long-lasting, lightfast, abrasion-resistant
 - d) kvadrat – Remix 2: 90% new wool, 10% nylon, lightfast, abrasion-resistant
 - e) kvadrat – Divina Melange 2: 100% new wool, light fast, abrasion-resistant
 - f) Genuine leather: lightfast, abrasion-resistant, tearproof
- Seat foam: CFC-free polyurethane foam
 - Seat carrier: glass-fiber-reinforced polyamide
 - Height adjustment ring: glass-fiber-reinforced polyamide
 - Cone holder at the seat and the bottom: aluminum
 - Gas spring: steel/plastic
 - Foot: wooden core, HPL or alu coating
 - Surface of foot bottom: CFC-free integral foam

Warranty

The ONGO®Free is a high-quality product. Its over 15 individual components meet the highest quality requirements. Therefore, we are able to provide a warranty of functionality for the ONGO®Free for three full 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