

Operating and Assembly Instructions

Say good-bye to sitting still!

Congratulations on your purchase of the ONGO®Kit. With the curved surface of its base, it supports the natural urge for movement especially in children and so continuously activates important muscle groups in all regions of the body. Positive effects of active sitting in comparison to sitting on static furniture are:

- Improved concentration and better ability to learn due to improved blood circulation and up-take of oxygen.
- Enhancement of coordination and balance, which play an important role in the development of the brain and nervous system.

The innovation consists of the curved base and the integrated balltrack. Every movement on the ONGO®Kit brings the ball into motion and motivates you to active sitting.

Technical specifications

- Seat area ø 28.5 cm/11 in.
- Minimum seat height 30 cm/12 in. adjustable with extension elements in 8 cm/3 in. increments
- Foot ø 36 cm/14 in.
- Weight 3 kg/6 lbs.

Best sitting height

Adjust the height of the ONGO®Kit with the separate height extension kit according to the need of its user. To do so, you may orient yourself on the DIN EN 1729-1:2006-09. Please note, however, that active sitting with its tilted position generally calls for taller sitting heights, which correspondingly call for higher table tops.

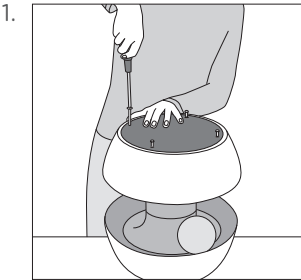
Recommendation of seat heights corresponding to body height according to DIN EN 1729-1:2006-09:

Body height	Seat height	Distribution of levels									Color coding
		1	2	3	4	5	6	7	8	9-13	
108 - 121 cm 42,5 - 47,6 in.	- 31 cm - 12,2 in.	●									purple
119 - 142 cm 46,9 - 55,9 in.	- 35 cm - 13,8 in.	●	●	●	●						yellow
133 - 159 cm 52,4 - 62,6 in.	- 38 cm - 15 in.		●	●	●	●	●	●			red
146 - 176,5 cm 57,5 - 69,5 in.	- 43 cm - 16,9 in.					●	●	●	●	●	green
159 - 188 cm 62,6 - 74,0 in.	- 46 cm - 18,1 in.							●	●	●	blue
174 - 207 cm 68,5 - 81,5 in.	- 51 cm - 20,1 in.									●	brown

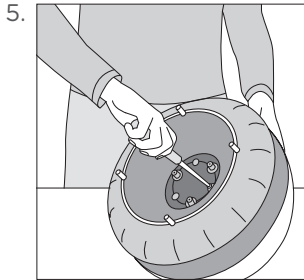
Different heights of ONGO®Kit:

Seat height	Number of extensions	0	1	2	3	4
						4
62 cm/24,4 in.					3	
54 cm/21,3 in.				2		
46 cm/18,1 in.			1			
38 cm/15,0 in.						
30 cm/11,8 in.	0					

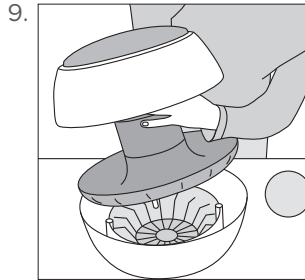
Instructions for height adjustment



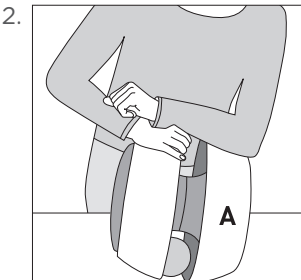
To insert or remove an extension element, remove the four screws on the bottom of the ONGO®Kit with a Phillips head screwdriver.



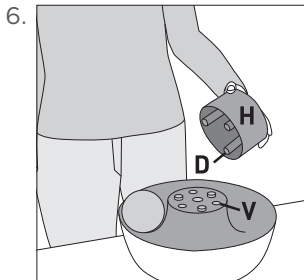
Remove the three screws on the bottom of the inner body.



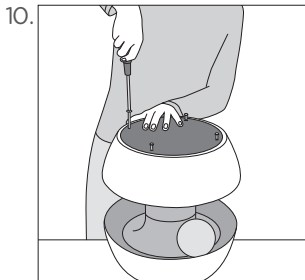
Put the inner body in the recesses of the outer body.



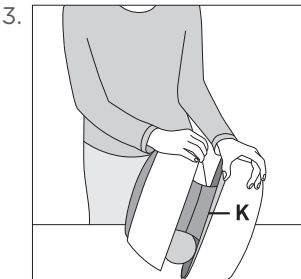
Loosen the outside body (A) by pushing on the rim.



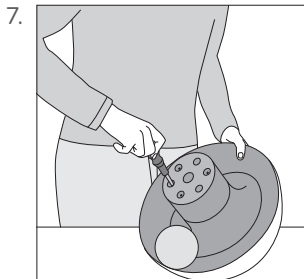
Now insert the extension element (H) so that the three cylinders fit into the three indentations (V).



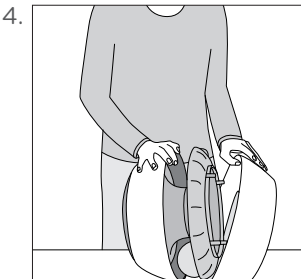
Finally screw both parts together again.



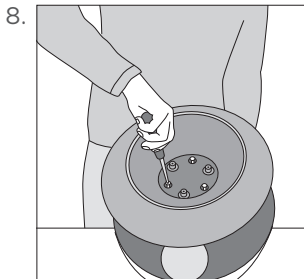
Move the rim over the inner body (K).



Turn the three screws firmly, but without destroying the thread. To reach the desired height, repeat this step or reverse it.



And take it off.



Then screw onto the inner body the extension element.

Warnings

Tipping hazard. Despite the non-slip coating of the base, inappropriate movements may cause the stool to slide outward and tip over. Do not stand or balance on top of the stool. Do not use the ONGO®Kit as a ladder. Do not use for children who cannot yet reach the floor with their feet when sitting on the stool.

Danger, small parts. Screws are used to connect the individual extension elements. Please make sure that they do not get into the hands of small children to avoid the danger of being swallowed.

Proper use of the ONGO®Kit. The ONGO®Kit has been designed for dynamic, healthy sitting. It has not been designed and manufactured for any other purposes. Use the ONGO®Kit only for the intended purpose.

Use by one person only. The ONGO®Kit was designed and manufactured only for use by one person at any time. If used by several persons simultaneously it might collapse and cause serious injuries.
Its maximum load is 120 kg or 264 lbs.

Use of force. Any misuse and/or application of force on the ONGO®Kit may result in serious physical injuries.

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.

Packaging material. Dispose of any packaging material properly. Keep packaging material out of the reach of children to avoid the risk of suffocation.

Materials

Seat cover: Knit microfiber made of 100% polyester
Seat foam: CFC-free polyurethane foam
Body: Propylene
Surface of the base: TPE
Ball: PVC
All materials fulfil regulatory requirements for nontoxic substances and durability.

Care

- The microfiber cover may be cleaned with water and/or commercially available cleaning products.
- The body of the ONGO®Kit 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®Kit are manufactured by a capable, ISO-certified company, according to the customer's specifications, and shipped directly.

Made in Germany

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

Warranty

The ONGO®Kit is a high-quality product for which we provide a warranty of functionality 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 are 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 knocks, scratches, rips, or use of force) or any modifications made by third parties that are not authorized by ONGO® and not TÜV-certified.

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