

Operating and assembly instructions

Thank you for choosing the innovative ONGO®Roll. In fact the ONGO®Roll should really be called “Rock ‘n’ Roll” because the ergonomic design stool not only rolls, but also rocks. The innovation lies in the flexible seat bearing, with which the seat can be tilted. Thus, the ONGO®Roll meets all the requirements for active and thus healthy sitting while providing a maximum range of motion.

Assembly

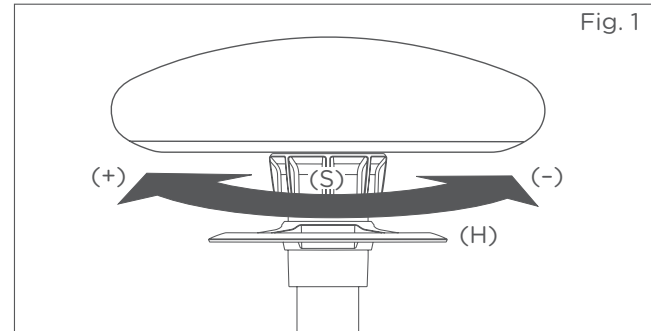
Out of respect for the environment the ONGO®Roll is shipped in a size-optimized box. For this purpose, the ONGO®Roll has been separated in its two main components (seat with gas spring and 5-arm base with casters). To assemble remove the protective packaging from both parts, set the base on the ground and place the gas spring in the intended opening. See Fig. 1. After assembling the ONGO®Roll, 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®Roll. Press the ring under the seat down or pull it up on one side to tilt it as you would a lever (H).

Adjustment of the flexible seat mounting of the ONGO®Roll Flex

The seat is mounted flexibly on all sides. The strength of the connection can be adjusted through turning the orange adjustment ring (S) directly below the



seat. With a counterclockwise rotation the tilt is reduced (-) and with a clockwise rotation increases the tilt (+), see Fig. 1. The ONGO®Roll operates without a flexible seat.

Seat choices

The ONGO®Roll is available with a saddle seat or a round seat.

Change of cushion

The cushion for the saddle seat of the ONGO®Roll 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. It is easiest to remove the knit microfiber cover from the round seat. Loosen the four screws of the retaining ring and remove the cover. This can then be machine-washed or replaced. To put the cover back on, pull it tightly and evenly over the

seat cushion, push the edge of the cover under the seat and secure the retaining ring by tightening the four screws. Seat covers made out of other materials cannot be changed.

Caring for your ONGO®Roll

Cleaning the microfibre fleece on the saddle seat cushion can be done with commercially available cleaning agents. To clean the microfibre knit cover on the round seat, 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. The skai® leather should be washed regularly using slightly soapy water and a fine cloth. Oil, fat and ink stains should be removed immediately. For real leather use a leather cleaning agent, or warm water and a soft cloth. Please do not use any solvents, chloride, polishing agent or chemical washing agents.

To clean the wool fabrics by kvadrat, please vacuum regularly. Grease or oil stains should be carefully dabbed off with a clean cloth and lukewarm water. Do not use any solvents, chlorides or chemical cleaning detergents. 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 stool can be separated

relatively easily for recycling. The components either have material labels or can be identified 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®Roll 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.** The ONGO®Roll has 5 castors of which 2 can be fixed manually. This is to make sure that the stool does not move unexpectedly sideways when the user does not put his or her weight on the seat evenly. Please keep in mind that the specific mobility of the ONGO®Roll requires special care when using it. Do not use the ONGO®Roll as a ladder. Be particularly careful with children who cannot yet reach the floor with their feet when sitting on the stool. The ONGO®Roll has been designed for dynamic, healthy sitting. It has not been designed and manufactured for any other purposes. Use the ONGO®Roll only for the intended purpose.

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

- flexible seat mounting (only ONGO®Roll Flex), round seat Ø 39 cm (15.4 in.), saddle seat 37 x 30 cm (14.6 x 11.8 in.)
- height adjustable by gas spring 54-65 cm (21.3-25.6 in.) (regular), 61-97 cm (24-31 in.) (tall)
- 5-arm base Ø 54 cm (21.3 in.)
- braked double castors, 2 with manual holding mechanism with soft rolling surface, suitable also for hard floors
- weight 6.0 (13.2 lbs) and 6.3 kg (13.9 lbs) (regular/tall)

Materials

- **Seat cover for saddle seat:**
microfibre fleece: 88% polyester and 12% polyurethane, 70% recycled polyester, lightfast > 5, > 50,000 cycles using the Martindale method

• Seat cover for round seat:

- a) knit microfiber – 97% polyester and 3% spandex, knit to form, Öko-Tex standard 100, colorfastness according to automotive standard, abrasion: 40,000 cycles using the Martindale method
 - b) skai® leatherette – PVC on knit cotton fabric, abrasion: cycles > 50,000 using the Martindale method, light, fast, resistant to disinfectants
 - c) skai® nature base – approx. 80% natural and renewable raw materials, Öko-Tex standard 100, meets German medical product requirements, durable, lightfast, abrasion-resistant
 - d) kvadrat – remix 2: 90% wool, 10% nylon, light-resistant, abrasion-resistant.
 - e) kvadrat – Divina Melange 2: 100% pure new wool, fading-resistant, abrasion-resistant
 - f) leather: fading-resistant, abrasion-resistant, tear-resistant
- seat foam: CFC-free polyurethane foam
 - seat carrier: glass fiber reinforced polyamide
 - height adjustment lever/ring and seat holding: PA6 GF30
 - flexible seat bearing: NBR
 - cone holder: Aluminum
 - sleeve: Polystyrene
 - gas spring: Steel/Plastic
 - 5-arm base: Aluminum
 - double rollers, braked or with manual holding mechanism: PA, PP

Warranty

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

ONGO®
Active Sitting

ONGO® GmbH
Klopstockstrasse 51
70193 Stuttgart
Germany
T + 49 (0) 711 469 078-70
F + 49 (0) 711 469 078-99
info@ongo.eu
www.ongo.eu