

Material

- Seat: polypropylene, glass fiber reinforced
- Shaft ONGO®School fix: steel
- Shaft ONGO®School flex: twist protected gas spring made out of steel
- Foot: compressed wood, lacquered
- Cone holders ONGO®School flex: aluminum
- Release lever ONGO®School flex: steel
- Button at the release lever: bakelite
- Surface of foot bottom: CFC-free integral foam

Cleaning instructions

All parts can be cleaned with soft and diluted household cleaners and a soft cloth. Please do not use solvents or abrasives.

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

Warranty

The ONGO®School is a high-quality product. It's over several individual components meet the highest quality requirements. Therefore, we are able to provide a warranty of functionality for the ONGO®School 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 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®.

Operating and assembly instructions

Thank you for choosing the innovative ONGO®School. People have been made by Mother Nature to move. The same can be said when it comes to the brain. Movement supports the flow of blood in the body, and coordinated movements improve the nerve system's functionality. Which leads us to the essentials of the ONGO®School:

It fosters movement while sitting. This is achieved through the use of a rounded foot, a fixed seat, and the elimination of a backrest.

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 uptake of oxygen.
- Enhancement of coordination and balance, which play an important role in the development of the brain and nervous system.

The positive effects mentioned above are partly accompanied by additional effort when sitting. Therefore stools like the ONGO®School are not designated as a main seating for education institutes.

Best sitting height ONGO®School fix

Choose the height from the four heights which are available according to the need of its user. To do so, you may orient yourself on the DIN EN 1729-1. Please note, however, that active sitting with its tilted position generally calls for taller sitting heights, which

correspondingly call for higher table tops. In each case put the feet on the floor. Recommendation of seat heights corresponding to body height according to DIN EN 1729-1:

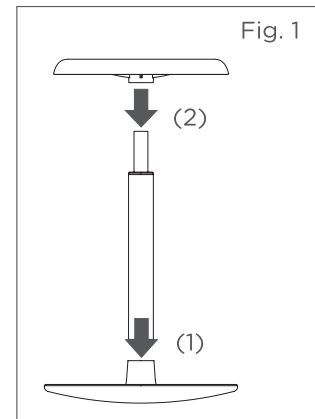
Size category	height of (bar) work table	Respective overall height of seat
0	530 mm	380 mm
1	590 mm	440 mm
2	670 mm	510 mm
3	760 mm	590 mm
4	880 mm	690 mm

The **ONGO®School flex** has a seat height range from 43 to 62 cm (17-24.5 in).

Assembly ONGO®School flex

Out of respect for the environment the ONGO®School flex will be sent in a size-optimized box. For this the ONGO®School flex has been separated into its three main components (seat, gas spring and foot).

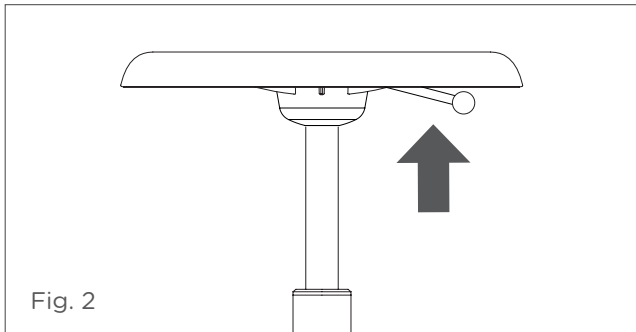
To assemble remove the protective packaging from the three parts, set the foot on the ground and insert the gas spring into the cones. See Fig. 1.



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 ONGO®School flex

The seat adjusts precisely to your needs. To adjust the height, sit on the ONGO®School flex and push the lever under the seat.



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®School are manufactured by a capable, ISO-certified company, configured with other components 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®School 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®School.** The ONGO®School has been designed for dynamic, healthy sitting. It has not been designed and manufactured for any other purposes. Use the ONGO®School only for the intended purpose.
- **Use by one person only.** The ONGO®School 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.
- **Use of force.** Any misuse and/or application of force on the ONGO®School might result in serious physical injuries.
- **Pneumatic height adjuster:** Do not perform mechanical work on it. Working on or replacing the pneumatic height adjuster must be performed by trained personnel only.

- **Packaging material.** Dispose of any packaging material properly. Keep packaging material out of the reach of children. A risk of suffocation might occur.

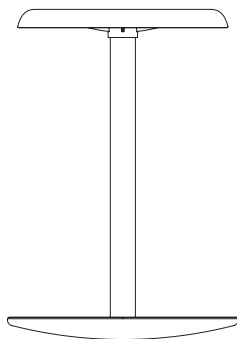
Product specifications

ONGO®School fix

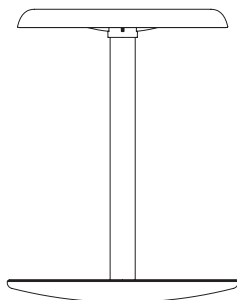
- Round seat: Ø 36 cm (14 in.)
- Shaft: black
- Foot: Ø 39 cm (15 in.)
- Height: 38 cm (15 in.), 43 cm (17 in.), 46 cm (18 in.), 51 cm (20 in.)
- Seat available in four colors (red 38 cm (15 in.), green 43 cm (17 in.), blue 46 cm (18 in.), black 51 cm (20 in.)

ONGO®School flex

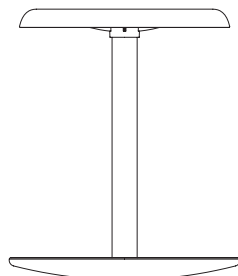
- Round seat: Ø 36 cm (14 in.)
- Shaft: black
- Foot: Ø 39 cm (15 in.)
- Height: adjustable with gas spring (43–62 cm/17–24.5 in.)
- Seat available in four colors (red, green, blue, black)



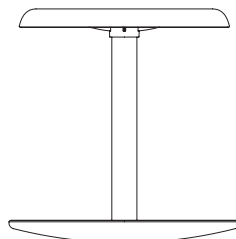
51 cm/20 in. Height



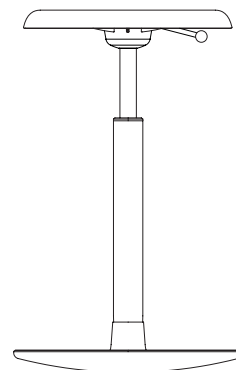
46 cm/18 in. Height



43 cm/17 in. Height



38 cm/15 in. Height



43–62 cm/17–24.5 in. Height