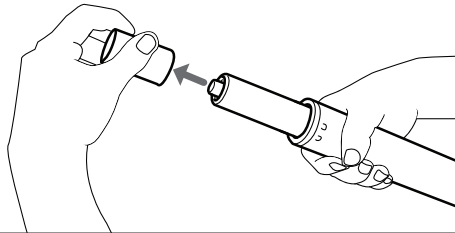
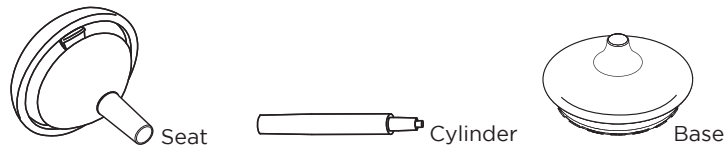


# UPLIFT DESK®

UPLIFT Motion Stool  
CHR454

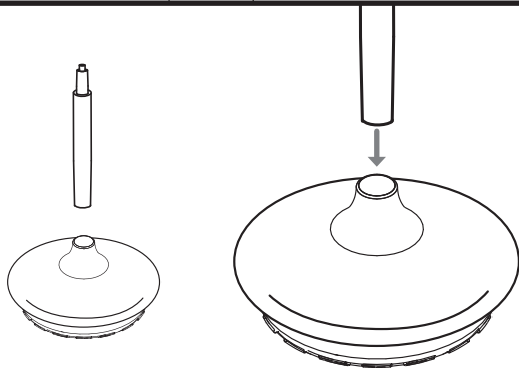
## Package Contents



### Step 1

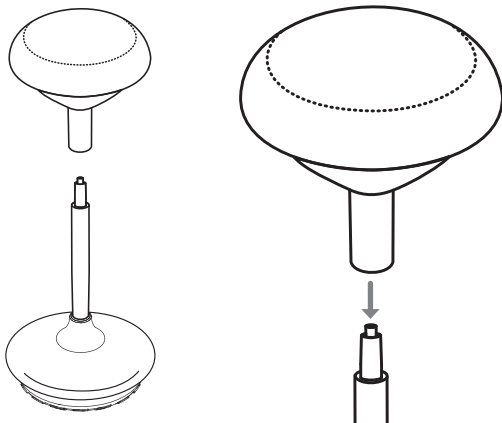
The Cylinder arrives with a plastic cap that protects the gas release button during shipment. Remove and dispose of it.

**Warning:** This cap **MUST** be removed. Leaving it on may damage the stool during assembly.



### Step 2

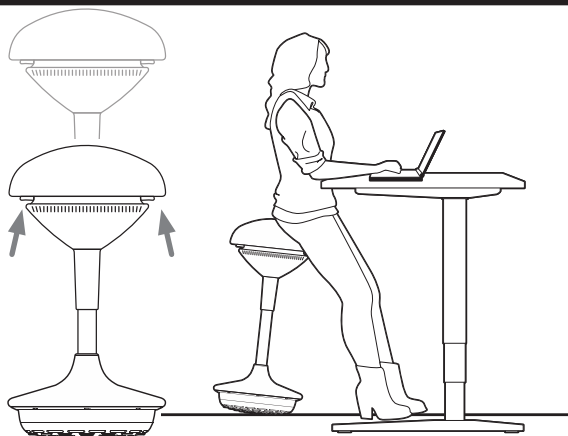
Slip the larger end of the Cylinder into the hole on the Base.



### Step 3

**REMINDER:** Ensure that the plastic cap from Step 1 has been removed from the Cylinder. Leaving this on may damage stool during assembly.

Slip the smaller end of the Cylinder into the Seat's neck.



### Step 4

The stool is now ready to use. Seat height is adjusted by pressing one of the levers found under the base of the seat.

The stool's weighted base enables you to move freely while sitting or perching, and keeps the stool upright when not in use. The base's treaded rubber covering maximizes friction with the floor.

You can perch sit with the stool tilted forward or rock back and forth. The stool allows motion in every direction.

The fabric seat provides maximum breathability. The soft foam padded seat cushion with waterfall edge reduces pressure points and allows maximum flexibility.

## \*A note about fabric care

**Normal-** Vacuum your fabric seat as needed. Vacuuming picks up dust and reduces the need for professional cleaning.

**Ink Stains-** Apply a small amount of isopropyl alcohol to a clean and damp absorbent cloth. Start at the outside of the ink stain and work toward the center. Apply pressure, but do not rub too vigorously. As you work and your cloth soaks up the ink from the fabric stain, it's important to use a clean section of the cloth or the stain will spread. Apply more isopropyl alcohol to the cloth as needed. If the ink stain persists, try using acetone. Note: This procedure is not intended for day-to-day cleaning.

**Spot Cleaning-** Immediately soak up the stain with a soft, absorbent cloth. Do not dry the stain completely, as this may set it in the fabric permanently. The longer a stain is allowed to remain on the fabric, the more difficult it is to remove.

**Oil-based Stains-** Use a dry cleaning solution applied with a damp clean cloth or sponge. Test the cleaning solution on a small, concealed spot on the fabric first before attempting on a larger area. If there is no spotting, ringing, or damage to the fabric or its dyes, apply the cleaning solution to the soiled area with light, quick strokes. Begin at the outside of the stain and work toward the middle, making sure you use a clean part of the cloth as you work.

**Water-based Stains-** Use a water-based fabric cleaner (specifically made for cleaning fabric) or a solution of mild, alkaline, warm soapy water. Make sure that the soap and water mixture is not overly soapy. Test on a small, concealed section of the fabric first before applying to the main area. Work the cleaner or soap/water mixture into the stain on the fabric, starting from the outside of the fabric and working your way to the middle.

## CAUTIONS & WARNINGS

- ⚠ **CAUTION:** Read all instructions before assembly. Failure to assemble properly may result in damage or personal injury.
- ⚠ **CAUTION:** If you do not understand any part of these warnings, cautions, or instructions, contact UPLIFT Desk for direction in the use of this product.
- ⚠ **CAUTION:** If components are damaged or missing, contact UPLIFT Desk immediately. DO NOT use substitute parts. Use only UPLIFT Desk replacement parts. The use of non-UPLIFT Desk parts could cause personal injury, property damage, and void the warranty.
- ⚠ **CAUTION:** UPLIFT Desk assumes no responsibility for any damage or injury caused by improper assembly or use of this product.
- ⚠ **CAUTION:** If any component is not in proper working order or appears worn, contact UPLIFT Desk immediately for repair or appropriate replacement parts.
- ⚠ **CAUTION:** Do not use solvents, abrasive cleaners, or scouring pads on any part of the UPLIFT Desk Motion Stool.
- ⚠ **WARNING:** This product's maximum weight capacity is 300 lbs EVENLY DISTRIBUTED. DO NOT exceed the maximum weight capacity.
- ⚠ **WARNING:** To avoid falling or tipping, have someone help you until you know the balance points of your Motion Stool and how to avoid tipping. Do not put downward weight on one side of the Motion Stool. If you must reach or lean, shift your weight to do so. Ask for help or use a device to extend your reach. Never try to reach an object if you must move forward in your seat and your buttocks do not stay in full contact with the seat. Never lean backward to reach an object.
- ⚠ **WARNING:** Always ensure stool is securely positioned during use. For proper balance and stability, always sit on the middle of the seat.
- ⚠ **WARNING:** Do not use this stool on wet or slippery floors as the base can slide out if the stool is tilted and there isn't sufficient friction with the floor.
- ⚠ **WARNING:** To avoid falling or tipping, keep both feet flat on the ground for balance.