Note: Once assembled, the components CANNOT be taken apart again

**Step 1**
The Cylinder arrives with a plastic cap that protects the gas release button during shipment. Remove this plastic cap from the end of the Cylinder, and dispose of it.

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

**Step 2**
Slip the thicker end of the Cylinder into the hole on the Base.

Next, take the Pivot cap and place it on top of the Cylinder.

This will allow your stool to pivot and rotate.

**Step 3**
Place the Seat onto the Pivot cap and press down firmly to attach it to the Base.

The stool is now ready to use. It rotates 360 degrees from the central point on the base. The Base remains stationary.

*A note about fabric care*

If you plan to use this stool in an industrial environment or have a light-colored seat, we advise first treating the fabric with a stain protector or waterproofing spray. If you ever need to clean the seat, use a mild detergent or a gentle spot cleaner and a damp rag.

**CAUTIONS & WARNINGS**

⚠️ **CAUTION:** Read all instructions before assembly. Failure to assemble properly may result in damage or personal injury.

⚠️ **WARNING:** This product’s maximum weight capacity is 220 lbs (100kg). DO NOT exceed this maximum weight capacity.

⚠️ **CAUTION:** If any component is not in proper working order or appears worn, contact UPLIFT Desk immediately for repair or appropriate replacement parts.

⚠️ **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.

⚠️ **WARNING:** Always ensure stool is securely positioned during use. For proper balance and stability, always sit on the middle of the seat.