

Dear Customer

The Ergo sit comes inflated for use. If you feel you need to adjust the air use the following instructions. A properly inflated Ergo Sit will be slightly concave.

To adjust the air in your Ergo Sit:

Inflate:

Screw needle into end of pump
Moisten the tip of needle
Twist needle into Ergo Sit valve
Inflate to desired fullness
Twist needle out

Deflate:

Use only the needle
Moisten the tip of needle
Twist into valve
Gently push on centre of Ergo Sit to remove air
Twist needle out.

Store needle in the handle of the pump for your next use.