

$$\begin{array}{ccc}
 \{\bullet\} & \xrightarrow{u} & \text{Cone}(F, R) \\
 & \searrow v & \downarrow \text{Cone}(F, h) \\
 & & \text{Cone}(F, C)
 \end{array}
 \qquad
 \begin{array}{c}
 R \\
 \downarrow h \\
 C
 \end{array}$$