

# UPLIFT DESK

## UPLIFT 3-Leg Desk Instructions for Eco Corner Desktops



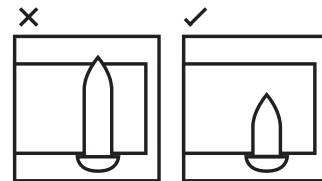
pictured: 3-leg frame; and Eco Corner desktop, left extension

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**Note:** Your UPLIFT Eco Corner is thinner than most desktops. Before attaching accessories, check the screw length against the thickness of the desktop to ensure that the screw is not too long and don't break through to the top of your desktop.



### SAVE THESE INSTRUCTIONS:

Any user or installer of desk base must study this manual carefully. If this desk is sold, please provide the manual to the buyer, installers, or support personnel operating the product.

## 1. SAFETY AND WARNINGS

When using an electrical furnishing, basic precautions should always be followed, including the following: Read all instructions before using the desk.

**FAILURE TO COMPLY WITH OR OBSERVE ALL INSTRUCTIONS AND WARNINGS REGARDING THE USE OF THIS PRODUCT MAY RESULT IN SERIOUS PROPERTY DAMAGE OR BODILY INJURY.**

**DANGER** - To reduce the risk of electric shock, always unplug this furnishing from the electrical outlet before cleaning, or before putting on or taking off parts.

**WARNING** - To reduce the risk of burns, fire, electric shock, or injury to persons:

- Close supervision is necessary when this furnishing is used by, or near children, invalids, or disabled persons. Keep children away from electric height-adjustable desks, control units, and keypads. There is a risk of injury and electric shock.
- Use this table only for its intended use as described in these instructions. Do not use attachments not recommended by the manufacturer.
- Keep the table close to the power socket/outlet to be easily accessible.
- Never operate this table if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water.
- Keep the cord away from heated surfaces.
- Do not open any of the components: legs, control box, or keypad. There is a danger of electric shock. Do not insert anything into any seam or opening.
- Keep all electrical components away from liquids.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Do not use outdoors.
- Inappropriate use of this product may cause property or bodily injury.
- Check surroundings on all sides before using the desk. Body parts and property can be crushed if trapped between an immobile obstacle and the desk's range of motion.
- Ensure the length of power cords are accounted for when operating the desk. Monitors, computers, speakers, anything with a cord that is not long enough for the desk's range of motion could be pulled down or have its wires broken. Items pulled off the desk may cause other items to fall.
- Please provide this manual to any users, installers, or support personnel operating the product.



MAKE SURE NO OBSTACLES ARE IN THE DESK'S PATH AND ALL CORDS ARE OF APPROPRIATE LENGTH FOR DESK TRAVEL. FAILURE TO COMPLY WITH OR OBSERVE ALL ASSEMBLY, SAFETY, AND OPERATION INSTRUCTIONS AND WARNINGS REGARDING THE USE OF THIS PRODUCT MAY RESULT IN SERIOUS PROPERTY DAMAGE OR BODILY INJURY.

## 2. USAGE

This height adjustable desk has an electric motor and is designed for use in dry work areas only. The desk height is adjustable so that it can be positioned at the most ergonomically suitable height. These desks are designed only for the purposes included in this manual. They should not be used in environments with high humidity or dampness. Any other use is at user's risk.

Do not move around, crawl, or lie under the desk frame. Do not sit or stand on the desk frame.

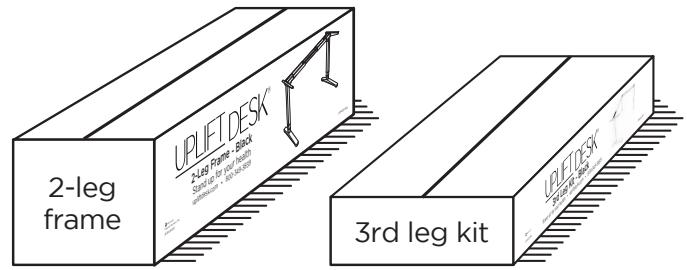
Children should never use the desk unless they are supervised by adults.

**Liability:** Under no circumstances does the manufacturer accept warranty claims or liability claims for damages caused from improper use or handling of the desk frame other than that which is described in this operation manual.

### 3. BOX CONTENTS, PARTS LIST

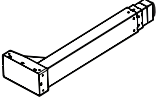
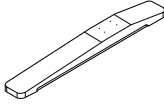

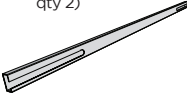
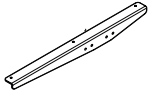

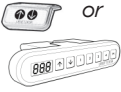






All of the parts that you need for your 3-leg frame come shipped in these two boxes, shown here.

As you unpack your boxes, this is what you will need from each of them:



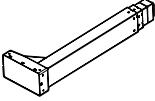

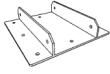



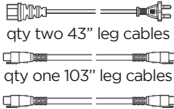



#### From the 2-leg frame box:

These parts are used for every combination of UPLIFT Desk:

- 1 Leg**  
(qty 2)  

- 2 Foot**  
(qty 2)  

- 4 Crossbar end**  
(qty 2)  

- 5 Crossbar rail**  
(inside crossbar ends  
qty 2)  

- 6 Side bracket**  
(qty 2)  

- 8 Adhesive pad**  
(qty 10)  

- 10 Keypad**  
one of two types  
(qty 1)  

- 11 Leveling stud**  
pre-installed  
(qty 4)  

- 13 M6x14 screw**  
(qty 24)  

- 14 M6x10 screw**  
(qty 8)  

- 15 #10x1/2" screw**  
(qty 8)  

- 16 #10x5/8" Wood screw**  
(qty 4)  

- 17 Cable clip**  
(qty 10)  


#### From the 3rd-leg kit box:

For assembling your 3-leg Frame, pull these parts from the 3rd-leg kit:

- 1 Leg**  
(qty 1)  

- 3 Small foot**  
(qty 1)  

- 7 Zero crossbar bracket**  
(optional, qty 1)  

- 8 Adhesive pad**  
(qty 5)  

- 9 Control box**  
(qty 1)  

- 11 Leveling stud**  
pre-installed  
(qty 1)  

- 12 Cables**  
qty one power cable  
qty two 43" leg cables  
qty one 103" leg cables  

- 13 M6x14 screw**  
(qty 8)  

- 15 #10x1/2" screw**  
(qty 6)  

- 17 Cable clip**  
(qty 5)  


#### Unbox your desktops

- 18 Eco Corner desktop**  
(qty 1)  


#### You'll need these tools

Allen wrench  
(included)



Philips Head  
Screwdriver  
and/or Power Drill



Tape Measure

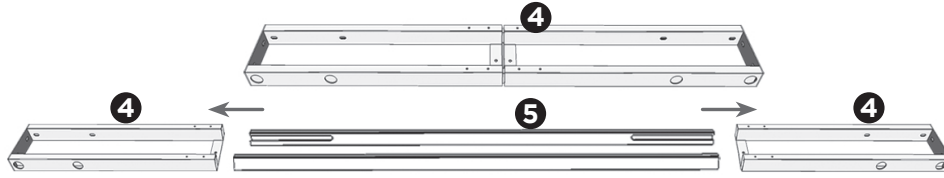


Any extra parts not shown here are not required for this assembly, and may be left in the boxes, or discarded.

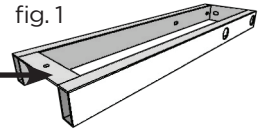
**Now you're ready to build your new desk.  
Get ready, get set - Let's get this desk off the ground!**

## 4. ASSEMBLY INSTRUCTIONS

A. Fully separate the Crossbar ends (parts 4), you will find the Crossbar rails (parts 5) inside.

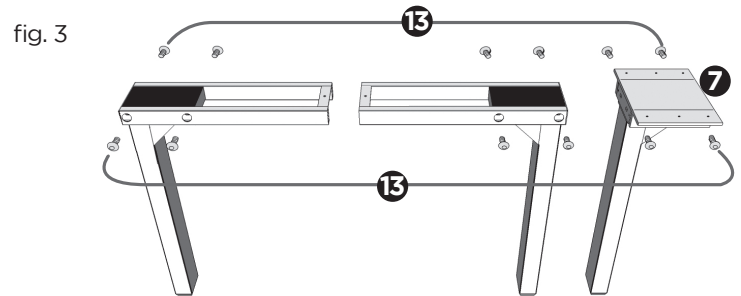
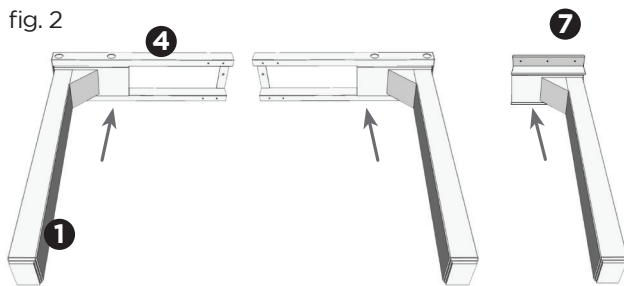


B. Position the Crossbar ends (part 4) on their sides. You will be inserting the Legs (part 1) into the Crossbar ends (parts 4) from below. When positioned correctly, the mount tabs will be facing up (fig. 1).



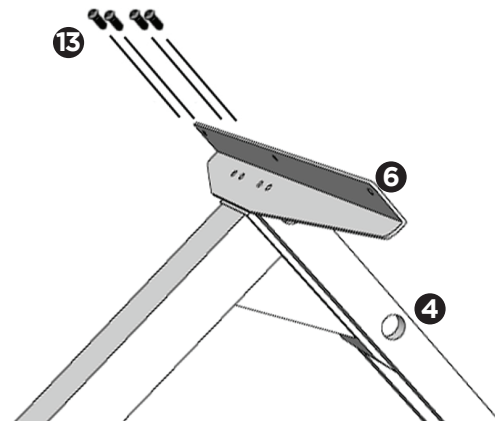
Now, place the Legs (part 1) into the Crossbar ends (part 4) and Zero crossbar bracket (part 7) from the bottom (fig. 2).

Line up the holes on each leg with the holes on each Crossbar end and the Zero crossbar bracket. Using the supplied Allen wrench, insert twelve (12) M6x14 Machine screws (part 13) to connect them all, and **rotate each screw only a few turns**. Do not tighten fully until step D.



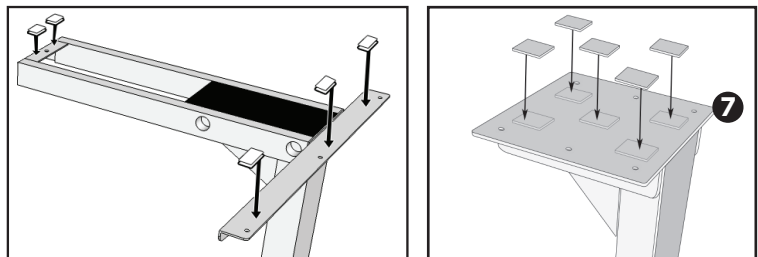
C. Line up the 4 holes on the Side brackets (part 6) with the two of the Crossbar end and leg assemblies from the previous step.

Insert qty four (4) M6x14 Machine screws (part 13) through the 4 holes of the each Side bracket (part 6) going into the Crossbar end/Leg assembly. Using the Allen wrench, rotate each screw **ONLY 3 times**.

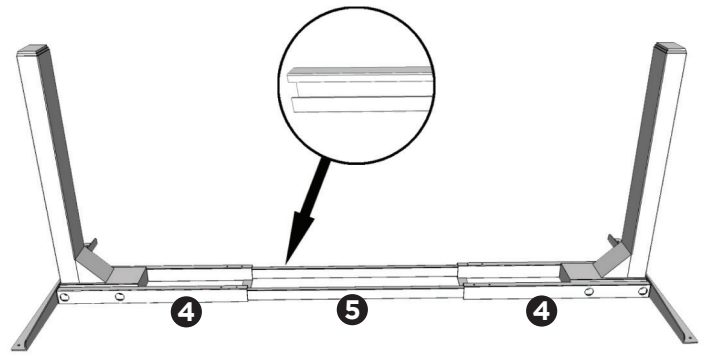


D. Once all of the parts are connected, you can now tighten the twelve (12) Screws from Step B and the eight (8) Machine screws from Step C (20 screws in total).

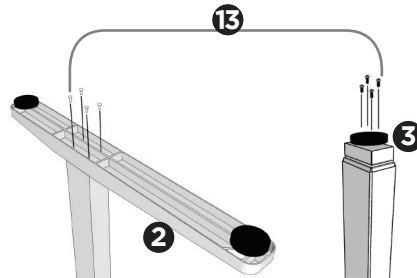
E. Remove backing from the Adhesive pads (part 8) and position along the brackets and frames as shown.



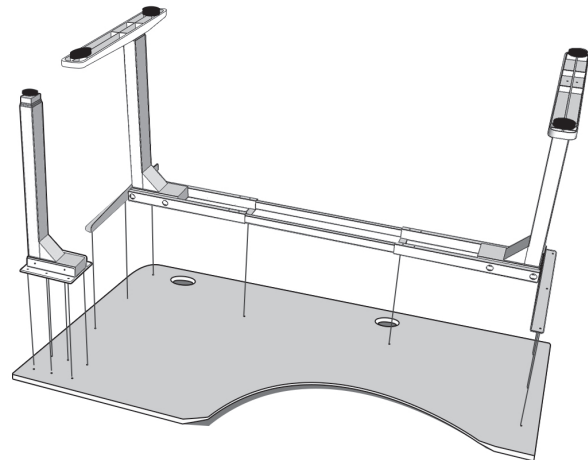
**F.** Slide Crossbar rails (part 5) back into Crossbar ends (part 4). Ensure the slots of the Crossbar rails are facing inward. The slot on the Crossbar rail is offset; it will need to be aligned in a specific way to allow for the already installed Machine screws. Make sure that the Crossbar rail can slide all the way to the end of the Crossbar end. If it doesn't fit, take the Crossbar rail out and flip it over, with the slots facing inward and near the top of the edge, further from the floor.



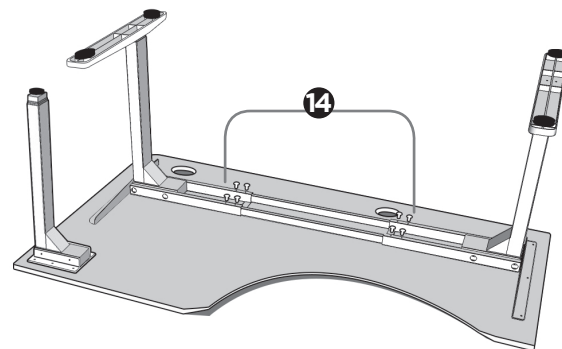
**H.** Attach each Foot (part 2) to the 2-leg assembly and the Small foot (part 3) to the one-leg assembly with the Zero Crossbar Bracket with qty 4 Machine Screws (part 13) each, and tighten bolts in a cross pattern.



**I.** Your UPLIFT Eco Corner desktop is pre-drilled with threaded inserts. Place the desktop on a clean surface on the floor, with the pre-drilled holes facing up, and carefully line up the holes in the frame with the holes on the desktop. Adjust the width of the two-leg assembly if needed.



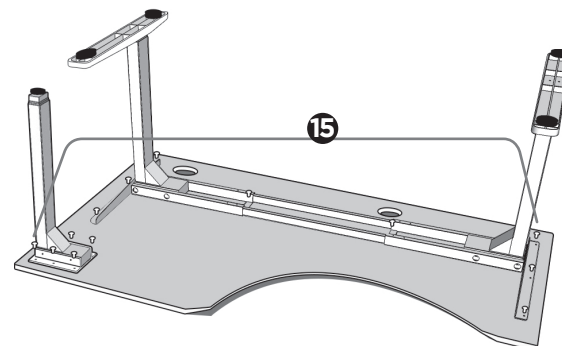
**J.** Insert and tighten eight (8) M6x10 Machine screws (part 14) into the Crossbar ends (part 4), to secure the rails in place.



**K.** Ensure that the base is lined up with the threaded inserts in underside of the desktop. Proceed with securing the desk base to the desktop using fourteen (14) of the 10-1/2" Machine Screws (part 15).

Install as follows:

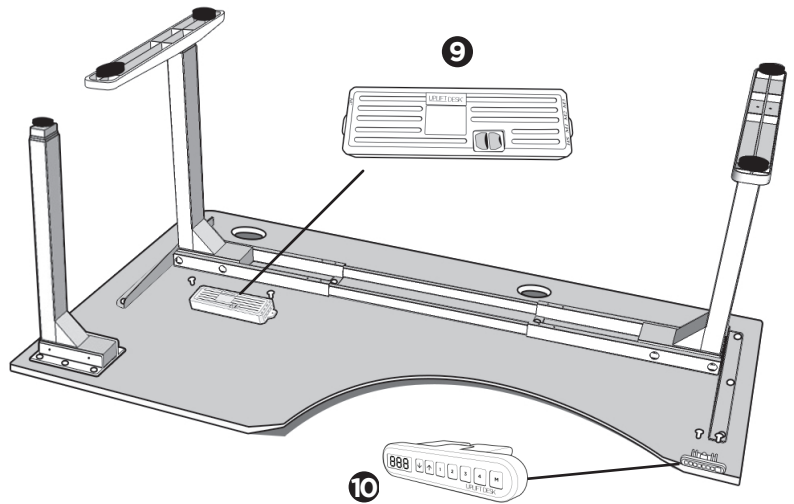
3 per Side bracket	6 total
1 per Crossbar end	2 total
6 for the Zero Crossbar Bracket	



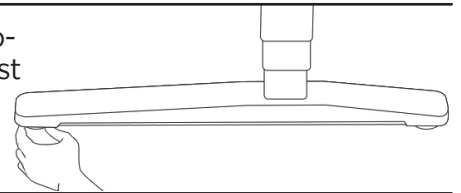
**L.** Use two (2) of the #10x5/8" Wood screws (part 16) to attach the Control box (part 9). Ensure enough clearance at the wire ports for cable connections. For ease of installation use the pre-drilled hole locations.

Place the Keypad (part 10) at the pre-drilled hole locations, and attach using two (2) of the #10x5/8" Wood Screws (part 16).

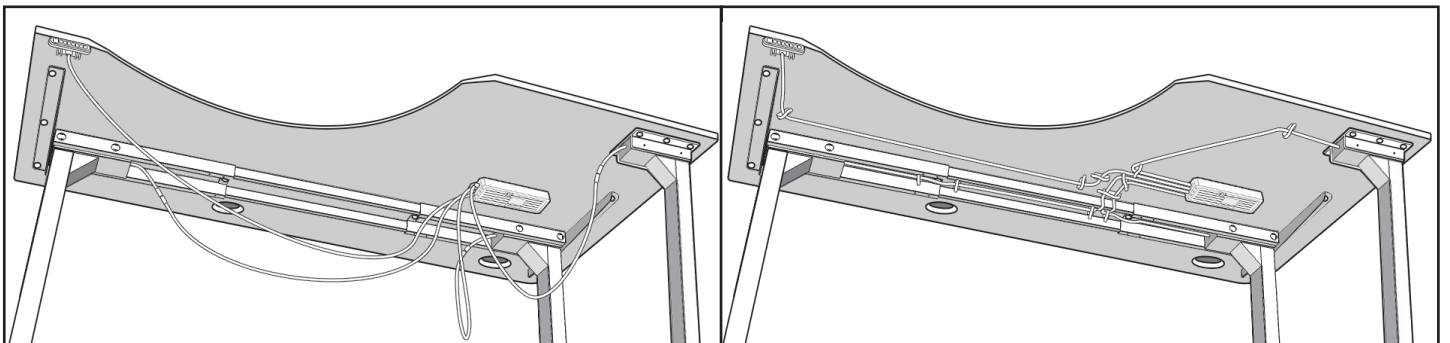
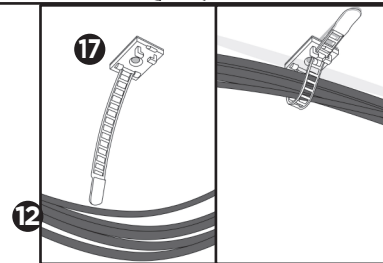
**Note:** Do not over-tighten the screws, it may break the plastic



**M.** With two people, grab the desk by the base and the desktop, to support them both equally, and turn the desk right-side up. If necessary, adjust the Levelling studs (part 11) underneath each foot to level out your desk.



**T.** Connect the Legs and Keypad to the Control box with the Cables (part 12). You will find that they all hang loose. Once everything is connected, use the Cable clips (part 17) to keep them snug up against the desktop, to prevent them from getting caught on things under your desk.

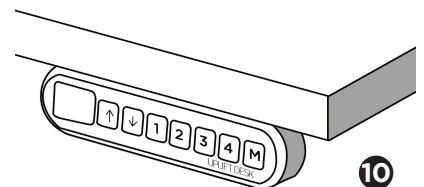


**N.** Plug the Power Cord into a 110v outlet.

**IMPORTANT!**

**You must RESET the desk prior to use!**

Press and hold the DOWN button on the Keypad until the desk reaches its lowest height. Release the DOWN button. Press and hold the DOWN button again until the LED display reads "RST" or about 10 seconds on non-LED handset models. Release the DOWN button. Press and hold the DOWN button again until the desk lowers a little bit more, slightly rises and stops. Release the DOWN button. Your desk is now ready to use.



To program up to four presets:

Use the up/down buttons to find a desired height, then press "M" followed by a number 1 - 4.



## 5. DESK PLACEMENT

Following desk assembly, adjust the pre-installed Leveling studs (part 13) or casters (sold separately) on the feet so that the desk is level and does not shift its position.

When moving the desk, if casters are not installed, use two people to lift the desk so that it can be moved without dragging. Dragging the desk may cause the frame and screws to pull loose from the desktop.

When moving the desk, DO NOT lift the desk by the desktop alone, or the frame alone. Support both the frame and the desktop equally. Favoring one over the other can stress the fasteners connecting the desk frame to the desktop. Lower the desk completely and lift the desk by grasping the frame.

Choose a placement for the desk that's a safe distance from window frames, radiators, furniture, etc., so that people do not get stuck or trapped by the desk.


Check cord clearance, so that they don't get jammed. Then connect the desk to the 120v outlet and the desk is ready for use.

Do not place any objects underneath the desk that are taller than 20".

## 6. PROGRAMMING:







### SETTING THE LED RETRACTED HEIGHT

If you've purchased an UPLIFT Desk and the Advanced 1-touch digital keypad, press the DOWN button on the Keypad until the frame reaches its lowest position. Measure the height of the frame from the floor to the underside of the desktop and if the number on the LED display does NOT match your measurement, follow these steps:

Press and hold the DOWN button again until the LED display reads "RST" 

Press and hold the "M" button (about 5 seconds) until the LED displays the flashing starting height. (If the display returns to "RST" before the next step is taken, repeat this step.)

**To change the value of the starting height:**

By 0.1s: Increase: press the UP button  Decrease: press the DOWN button 	By 1.0s: Increase: press the "1" button  Decrease: press the "2" button 	By 10.0s: Increase: press the "3" button  Decrease: press the "4" button 
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Once the new value is displayed, wait about 5 seconds and the display will return to "RST". Finish the reset process by pressing and holding the DOWN button again until the desk lowers a little bit more, slightly rises and stops. Release the DOWN button. The new starting height value is saved and your desk is now ready to use.

Note: the LED display has a  $\pm 0.1$  tolerance.

## 6. PROGRAMMING (continued):

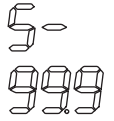
### SETTING THE UPPER & LOWER LIMITS (Advanced 1-touch digital keypad only)

This frame is designed to go to its minimum and maximum heights, allowing for the widest possible range. If you prefer to change the settings to a more narrow range, follow these steps:

Make sure the power is ON and a number reads in the LED display (if no number appears, please follow the Reset procedure described in the TROUBLESHOOTING section below).

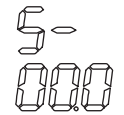
#### To Set the Upper-Limit Position:

Use the UP/DOWN buttons to move the frame to the desired maximum height position. Make sure the UP button was the last button you pushed. Press and hold the “M” button until the LED display flashes “S -” once and let go of the button. Then press and release the button 2 more times in quick succession. The LED display will change to “999” on the third push, and then automatically return to the selected height. The new upper limit is now set.



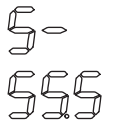
#### To Set the Lower-Limit Position:

Use the UP/DOWN buttons to move the frame to the desired minimum height position. Make sure the DOWN button was the last button you pushed. Press and hold the “M” button until the LED display flashes “S -” once and let go of the button. Then press and release the button 2 more times in quick succession. The LED display will change to “000” on the third push, and then automatically return to the selected height. The new lower limit is now set.



#### To Remove the Upper/Lower Limit Positions:

Use the UP or DOWN button to move the desk to any new position. Press and hold the “M” button until the LED display flashes “S -” once and let go of the button. Then press and release the button in succession until the display changes to “555” (ignore any interim readings). After a few seconds, the display will automatically change back to the numbered height position. The upper and lower limits are now removed.



A RESET procedure requires the desk frame to fully retract (beyond any lower limit set). Please ensure that you have the proper clearance below the desk frame.



After the upper and lower limits are set, the previous memory positions (1, 2, 3, 4) may be outside the new range of movement. If so, simply reset the memory positions.

If you attempt to revise a previously set upper or lower limit and it is outside of the existing range, you will need to remove the previously set upper/lower limits first.

## 7. TROUBLESHOOTING

### --Reset Instructions--

If experiencing error messages showing on the Keypad or no response when trying to raise or lower:

- Unplug the power cord and hold the DOWN button for 30 seconds.
- Plug the power cord back in.
- Press and hold the DOWN button on the Keypad until the desk reaches its lowest height. Release the DOWN button. Press and hold the DOWN button again until the LED display reads “RST” or about 10 seconds on non-LED keypad models. Release the DOWN button. Press and hold the DOWN button again until the desk lowers a little bit more, slightly rises and stops. Release the DOWN button. Your desk is now ready to use.
- The Keypad will then display the current height, and you should be able to operate it now.
- You may need to do this if the desktop is ever unplugged or loses power.

If the Keypad displays error messages “Er1” through “Er13”, confirm that all wired connections are secure (legs to cables, cables to control box). Then perform the reset procedure above. If the error message persists after the reset procedure or if the height between the legs exceeds 1.5” stop the reset procedure and contact The Human Solution (800.531.3746 or info@thehumansolution.com).

If the Keypad displays “Hot”, let the base cool down for 20 minutes.

If the desk seems to be uneven, try the reset instructions above. If that does not work you may need to adjust the levelers at the bottom of the foot.



## 8. TECHNICAL SPECIFICATIONS

<b>Height Range</b>	23.5" - 49.5" (without desktop)
<b>Travel Speed</b>	1.5" per second (varies, slowest w/ maximum load)
<b>Weight Capacity</b>	530 lbs
<b>Duty Cycle</b>	10%, Max. 2 min on, 18 min off
	Soft Start/Stop Adjustable leveling studs 4 Memory presets (some models)

**i** In the event of a power outage or if the power cord is unplugged, a manual reset may be necessary. (see Reset Instructions above)

**i** This product is designed with a duty cycle of 10%. (2 min on, 18 min off)



**!** If casters are not installed, use a two-person lift and lift the desk so that it can be moved without dragging. Dragging the desk may cause the frame and screws to pull loose from the desktop.

**!** Keep children away from electric height-adjustable desks, control units and handsets. There is a risk of injury and electric shock.

**!** Do not open any of the components: lifting columns, control box, or handset. There is a danger of electric shock.

**!** Keep all electrical components away from liquids.

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