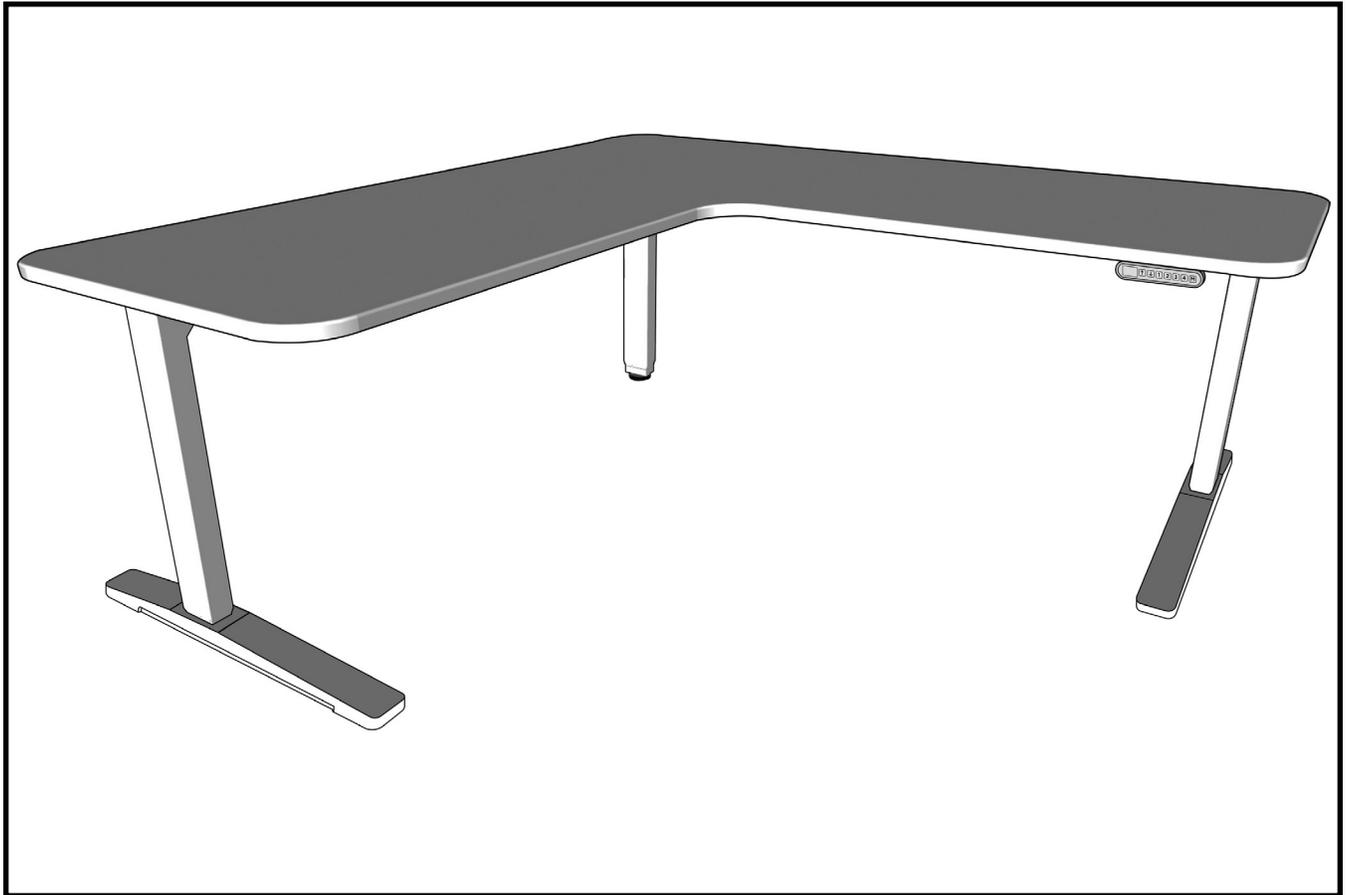


UPLIFT[®] DESK

UPLIFT Height Adjustable Standing Desk 3-Leg (C-Frame)



DIRECTIONS FOR ASSEMBLY AND USE



CAUTION

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.

IMPORTANT:

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

TABLE OF CONTENTS	PAGE
1. SAFETY AND WARNINGS	2
2. USAGE	2
3. SETUP AND INSTALLATION	2
4. PARTS LIST	3
5. ASSEMBLY INSTRUCTIONS	4
6. TECHNICAL SPECIFICATIONS	9
7. TROUBLESHOOTING GUIDE	9

1. SAFETY AND WARNINGS

- 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 operation to any users, installers, or support personnel operating the product.

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. SETUP AND INSTALLATION

Once the desk has been assembled, adjust the feet so that the desk is level and does not shift its position. After this, connect the desk to the 110v outlet and the desk is ready for use.

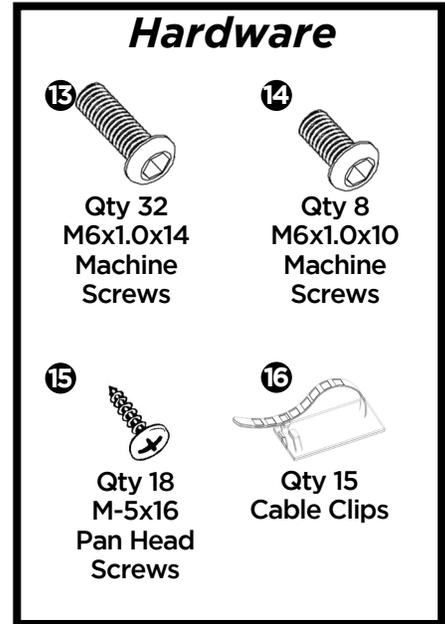
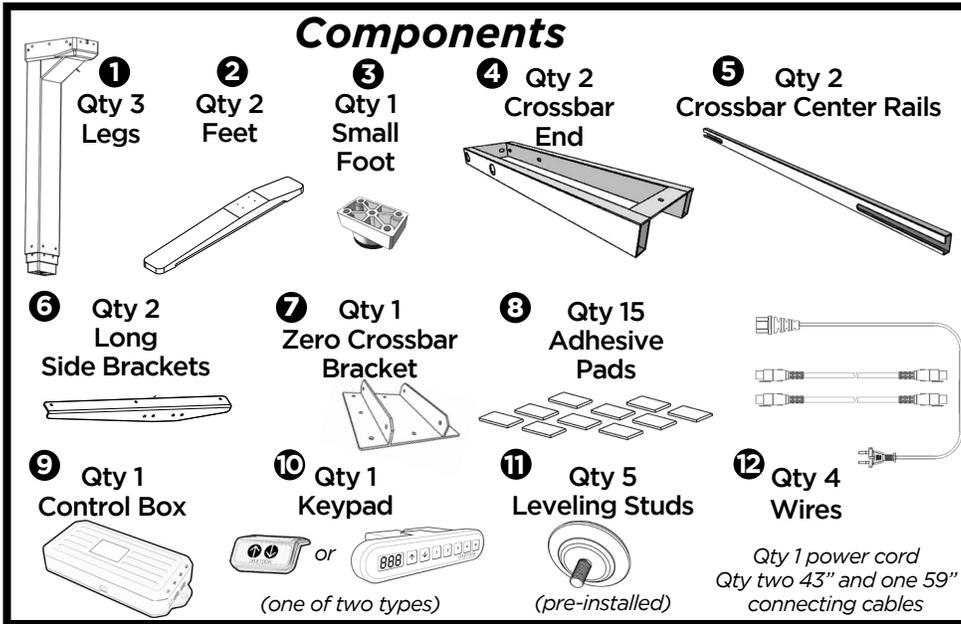
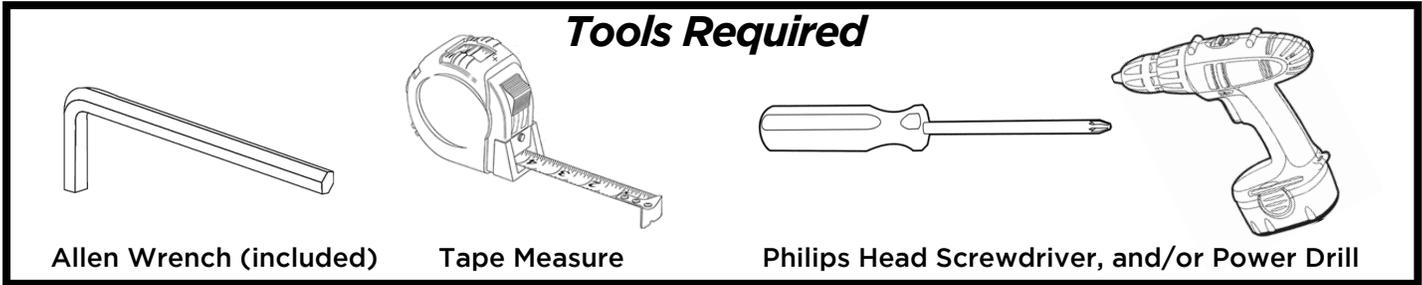
Check that no cables can get jammed.

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.

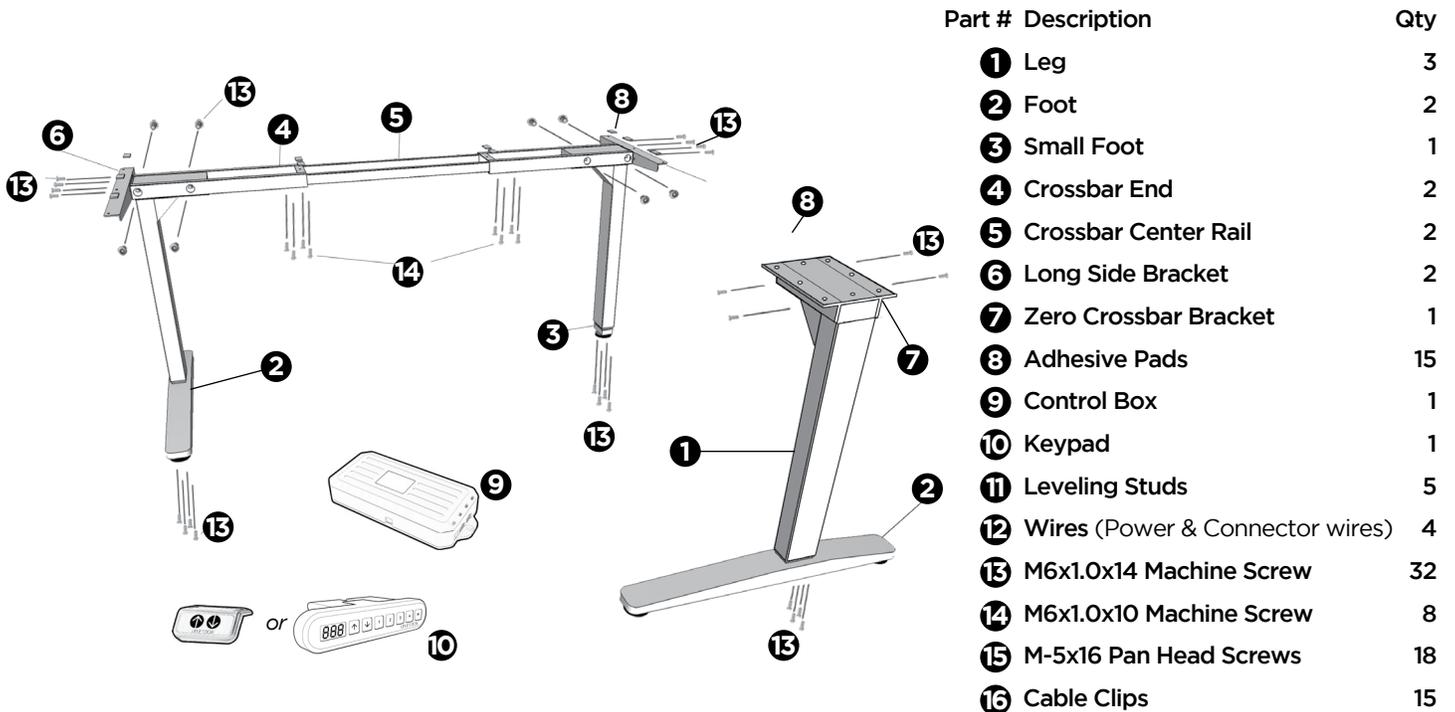
Do not place any objects that are taller than 20" underneath the desk.

After it has been assembled, when moving the desk, DO NOT lift the desk by the desktop. Lifting this way can stress the fasteners connecting the desk base to the desktop. Lower the desk completely and lift the desk by grabbing the top of the desk base or by removing the desktop first.

4. PARTS LIST

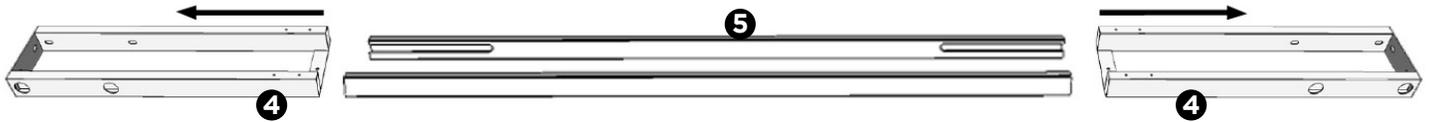


Please count all pieces before disposing of any carton or packing material. Use a padded or carpeted area for assembly to avoid damage. For ease and safety, we recommend two people for assembly.



5. ASSEMBLY INSTRUCTIONS

A. First, Lay out all components and hardware to ensure that you have all the parts listed on the components list. Then Slide Crossbar Center Rails (Part #5) out of Crossbar Ends (Part #4).



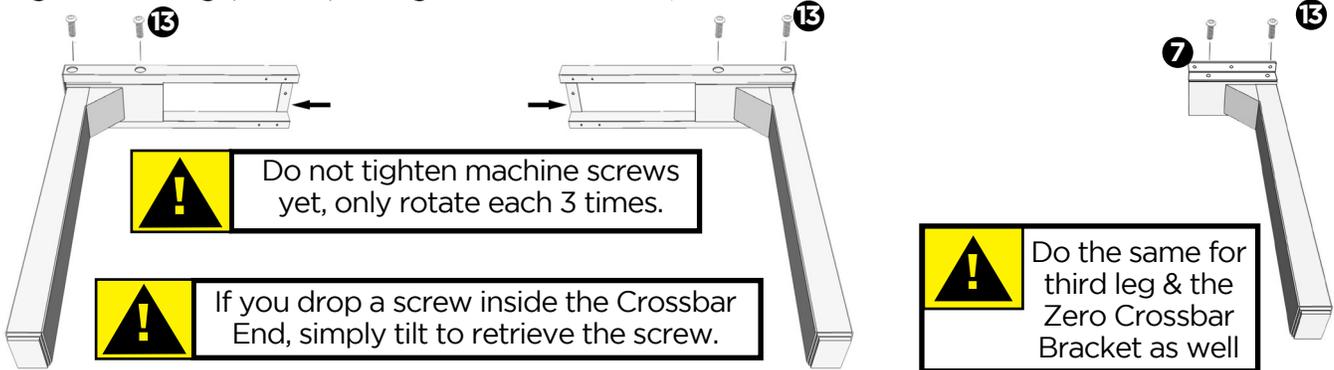
Turn Legs (Part #1) and Crossbar Ends (Part #4) on their sides. Make sure Crossbar Ends (Part #4) have the labeled “Top Arrow” pointing towards where the desktop will be. Since you have the parts on their side at this point, the arrow should be pointing away.

This will end up being the top side of the desk.

Line up the holes on each Leg (Part #1) with the holes on each Crossbar End (Part #4).

B. IMPORTANT! DO NOT TIGHTEN SCREWS IN THIS STEP, ONLY INSERT THEM AND ROTATE 3 TIMES. YOU WILL TIGHTEN IN STEP D.

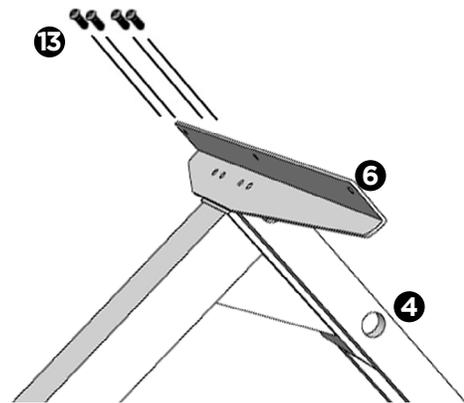
Insert qty 4 Machine Screws (Part #13) through the 4 holes of each Crossbar End (Part #4) going into the Leg (Part #1). Using the Allen Wrench, rotate each screw ONLY 3 times.



C. IMPORTANT! DO NOT TIGHTEN SCREWS IN THIS STEP, ONLY INSERT THEM AND ROTATE 3 TIMES. YOU WILL TIGHTEN IN STEP D.

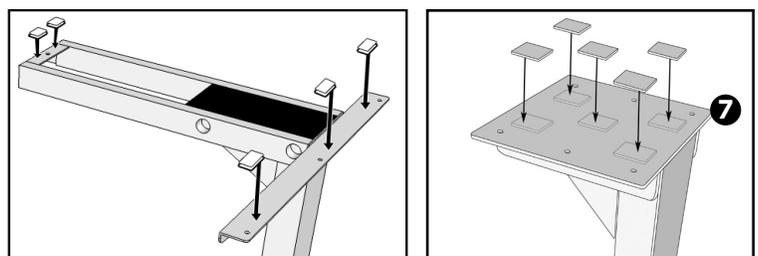
Line up the 4 holes on the Side Brackets (Part #6) with the two of the Crossbar End and Leg assemblies from the previous step.

Insert qty 4 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.



! If you are having trouble getting all the screws started, it is because other screws are too tight. You'll need to back out some screws in order to loosen the tolerance of the screw holes.

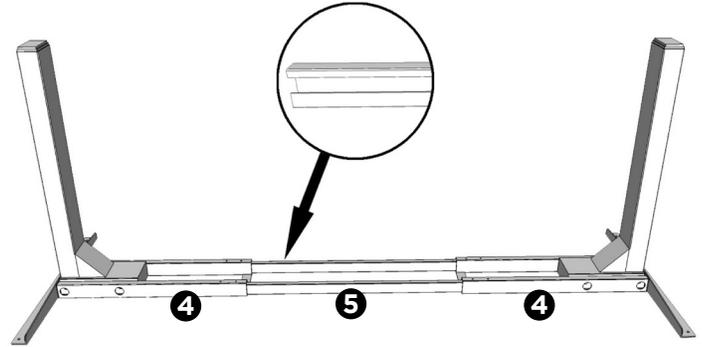
Remove backing from adhesive pads and position as shown: five adhesive pads each for the brackets, crossbar ends, and zero crossbar bracket.



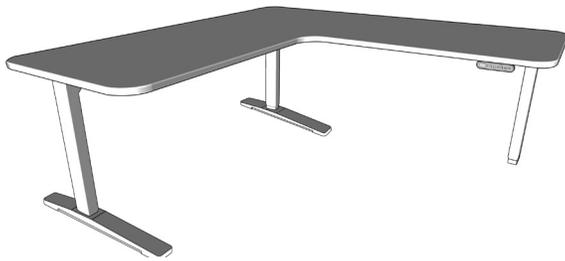
D. Once all of these screws have been started, you can now tighten the qty 8 Machine Screws (Part #13) from Step C and the qty 12 Machine Screws (Part #13) described in Step B (20 screws in total).

E. Using the Crossbar Ends and Leg assemblies with the Long Side Brackets, slide Crossbar Center Rails (Part #5) back into Crossbar Ends (Part #4). Ensure the slots of the Crossbar Center Rails are facing inward.

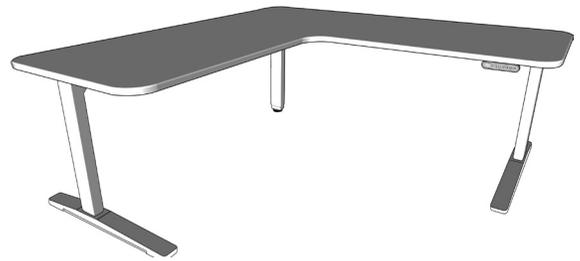
The slot on the Crossbar Center Rail is offset; it will need to be oriented in a specific way to allow for the machine screws already installed. Make sure that the Crossbar Center Rail (Part #5) can slide all the way to the end of the Crossbar End (Part #4). If it does not, take the Crossbar Center Rail (Part #5) out and flip it over, with the slots facing inward.



F. In this step, you will be attaching the regular and small feet to the legs. There are a few different ways of doing this which will determine the finished configuration of your desk.

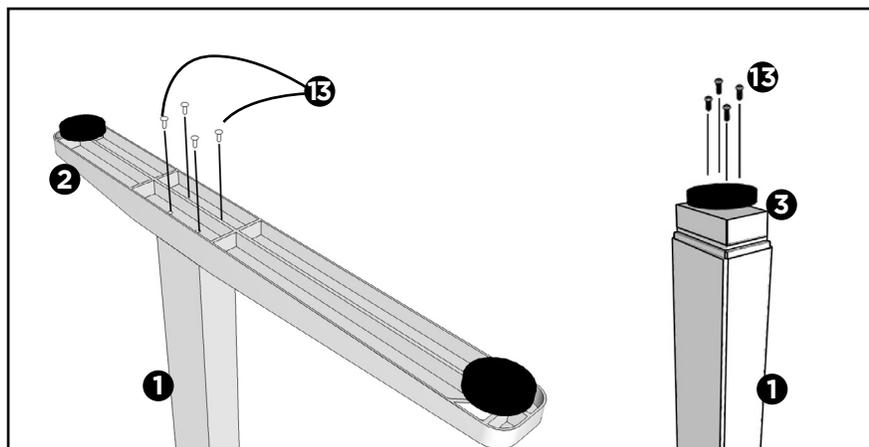


If you're sitting on the return-end and need leg room there, attach the Small Foot (Part #3) to the Leg Assembly with the Zero Crossbar Bracket.



If you'll be sitting in the corner, our typical configuration uses the short foot in the corner. Attach the Small Foot (Part #3) to the Leg Assembly with the Crossbar End/Long Bracket.

Attach each Foot (Part #2) and the Small Foot (Part #3) to the legs you have chosen with qty 4 Machine Screws (Part #13) and tighten bolts in a cross pattern.



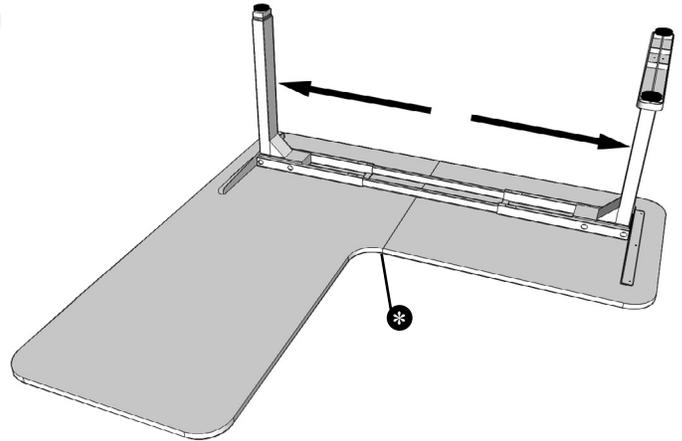
G. Your desktop may or may not be pre-drilled. Please check both sides of the desktop before placing the desk base on it for pre-drilling! Carefully place the upside down desk base on the underside of the desktop.

Note: minimum top size: 43" wide x 24" deep

Adjust the width of the base to fit the desktop by sliding the two halves outward (42.25" to 70" max).

Place the base where you want it. The leg assembly with short side bracket should go in the corner of the L-shape. Some will want the frame to be all the way to the edge of the desk. We recommend leaving at least 1/2" of desktop width (on each side) protruding beyond the frame width.

* If your desktop has an extension piece, orient the desk base so that the two legs connected by the cross-bar are attached to both pieces of the desktop.

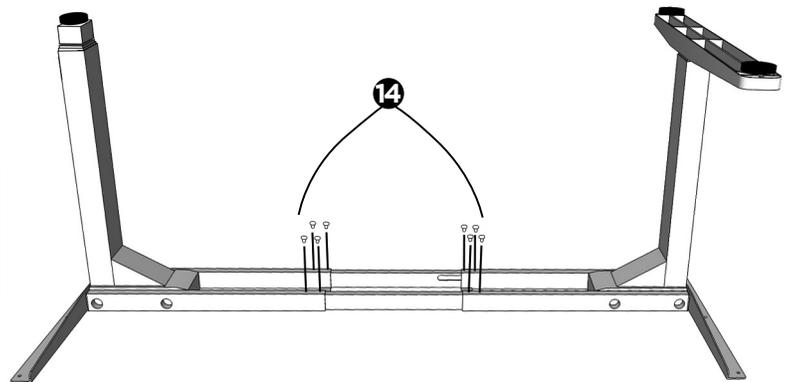


 Center the frame by using the desktop edge as a reference. Measure to the metal brace. Do not use the screw holes as a point of reference.

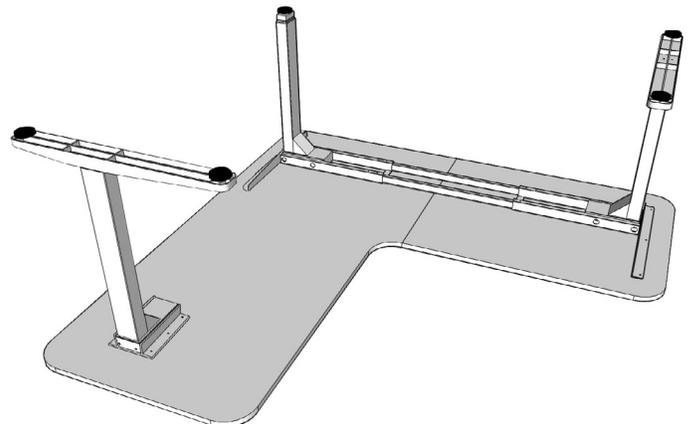
The desk feet are deeper than the side brackets. If your top is 25.5"-27.5" deep and you want the rear edge of the top in line with the rear edges of the feet, offset your desktop toward the back.

H. Secure the Center Rails at both ends using qty 8 Machine Screws (Part #14), qty 4 per side. Maximum width is 70".

 Ensure that the machine screw hits the metal center rail by sliding the center rail as needed.



I. Place the 1-leg base assembly (this should be the remaining Crossbar End and Leg assembly with Long Side Bracket). Location will vary depending on the size and shape of your desktop. Choose the location that provides the most balance to the desk. Match the alignment you selected for the 2-leg base assembly.



J. Double-check that the base is centered on the underside of the desktop and is located where you want it. Also, double-check that the included wood screws are not too long for your desktop and won't puncture the surface when screwed all the way in.



*We recommend you pre-drill any holes needed for fasteners connecting the base to the top. **NOTE: PLEASE ENSURE THAT YOUR DESKTOP DOES NOT ALREADY HAVE HOLES BY CHECKING BOTH SIDES.** This will make it easier to attach the screws and will greatly lessen the stress caused by driving a screw into the desktop material.*

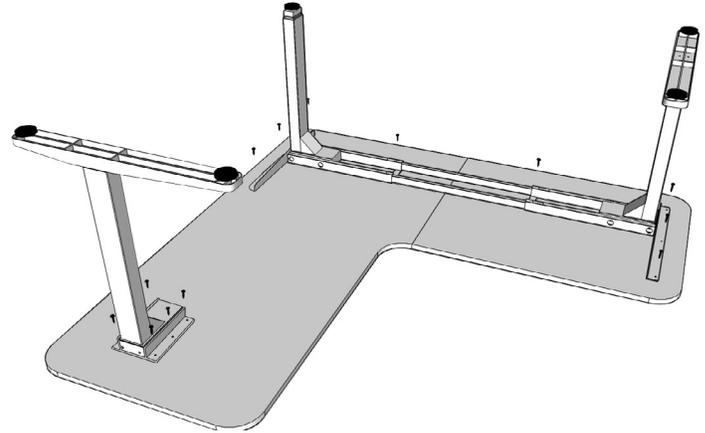


Never use countersunk screws to fasten into the desktop. This will cause much greater stress on the desktop. Ensure any screw used will not puncture through the desktop surface or otherwise damage the material.

Proceed with securing the desk base to the desktop using qty 14 of the Pan Head Screws (Part #15).

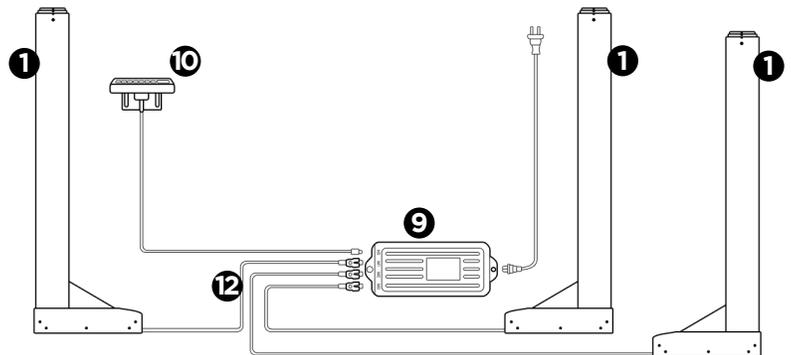
Install as follows:

- 3 per Side Bracket (left)
- 3 per Side Bracket (right)
- 1 per Crossbar End (left)
- 1 per Crossbar End (right)
- 6 per Zero Crossbar Bracket (1-leg assembly)



K. Using the wires, connect the Legs (part 1) to the Control box (part #9) and the Keypad (part #10) Wires as per the diagram below.

Do this so you can place the Keypad and Control Box in such a way so that the cables can reach them.



L. **IN THIS FOLLOWING STEP, DO NOT OVERTIGHTEN SCREWS. OVER TIGHTENING COULD CAUSE THE PLASTIC ON THE COMPONENTS TO BREAK.**



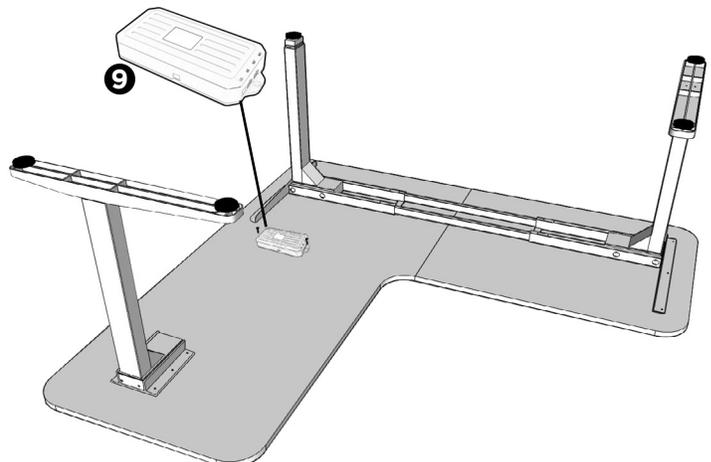
We recommend you pre-drill any holes needed for fasteners connecting the Control Box to the top. This will make it easier to attach the screws and will greatly lessen the stress caused by driving a screw into the desktop material.



Never use countersunk screws to fasten into the desktop. This will cause much greater stress on the desktop. Ensure any screw used will not puncture through the desktop surface or otherwise damage the material.

Using qty 2 of the Pan Head Screws (Part #15) attach the Control Box (Part #9).

Ensure enough clearance at the wire ports for cable connections.



M. IN THIS FOLLOWING STEP, DO NOT OVERTIGHTEN SCREWS. OVER TIGHTENING COULD CAUSE THE PLASTIC ON THE COMPONENTS TO BREAK.



We recommend you pre-drill any holes needed for fasteners connecting the Control Box to the top. This will make it easier to attach the screws and will greatly lessen the stress caused by driving a screw into the desktop material.

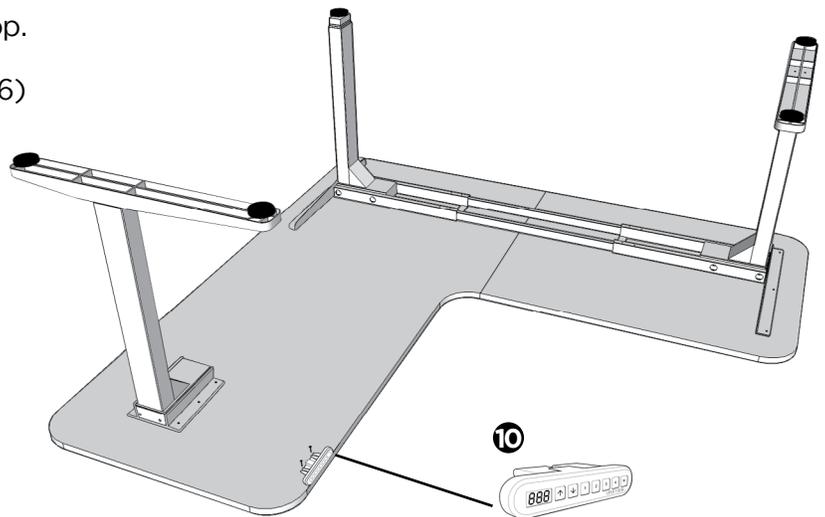


Never use countersunk screws to fasten into the desktop. This will cause much greater stress on the desktop. Ensure any screw used will not puncture through the desktop surface or otherwise damage the material.

Place the Keypad (Part #10) so the front of the Keypad runs flush with the desktop edge (or recessed up to 1/8"). The Keypad can be placed anywhere along the front edge of the desk, but we recommend placing it near the side so it doesn't interfere with your chair or legs when seated.

Use qty 2 of the Pan Head Screws (Part #15) to attach the Keypad (Part #10) to the desktop.

Use the adhesive-backed Cable Clips (Part #16) to secure all wires so they don't sag.



N. Turn the assembled desk right-side-up. With two people, grab the desk by the base (not the desktop) and turn the desk right-side up. Adjust the Leveling Studs on the Feet (Part #2) as needed.



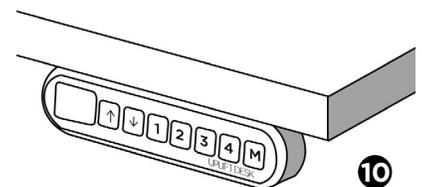
MAKE SURE NO OBSTACLES ARE IN THE DESK'S PATH. MAKE SURE ALL CORDS ARE OF A LENGTH THAT WILL ACCOMMODATE THE CHANGE IN HEIGHT.

O. 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.

6. TECHNICAL SPECIFICATIONS

Height Range	23.5" - 49.5" (without desktop)
Base Width	42.25" min - 70" max
Travel Speed	1.5" per second (varies, slowest w/ maximum load)
Weight Capacity	530 lbs.*
Duty Cycle	10%, Max. 2 mins on, 18 mins off
	Soft Start/Stop Adjustable leveling studs 4 Memory presets (some models)

*Desk weight limit assume that weight is distributed evenly between the desk legs.

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 key for 20 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 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.
- 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 handset displays error messages "Er1" thru "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 inches stop the reset procedure and contact The Human Solution (800.531.3746 | info@thehumansolution.com).

If the handset 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.

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

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

 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

