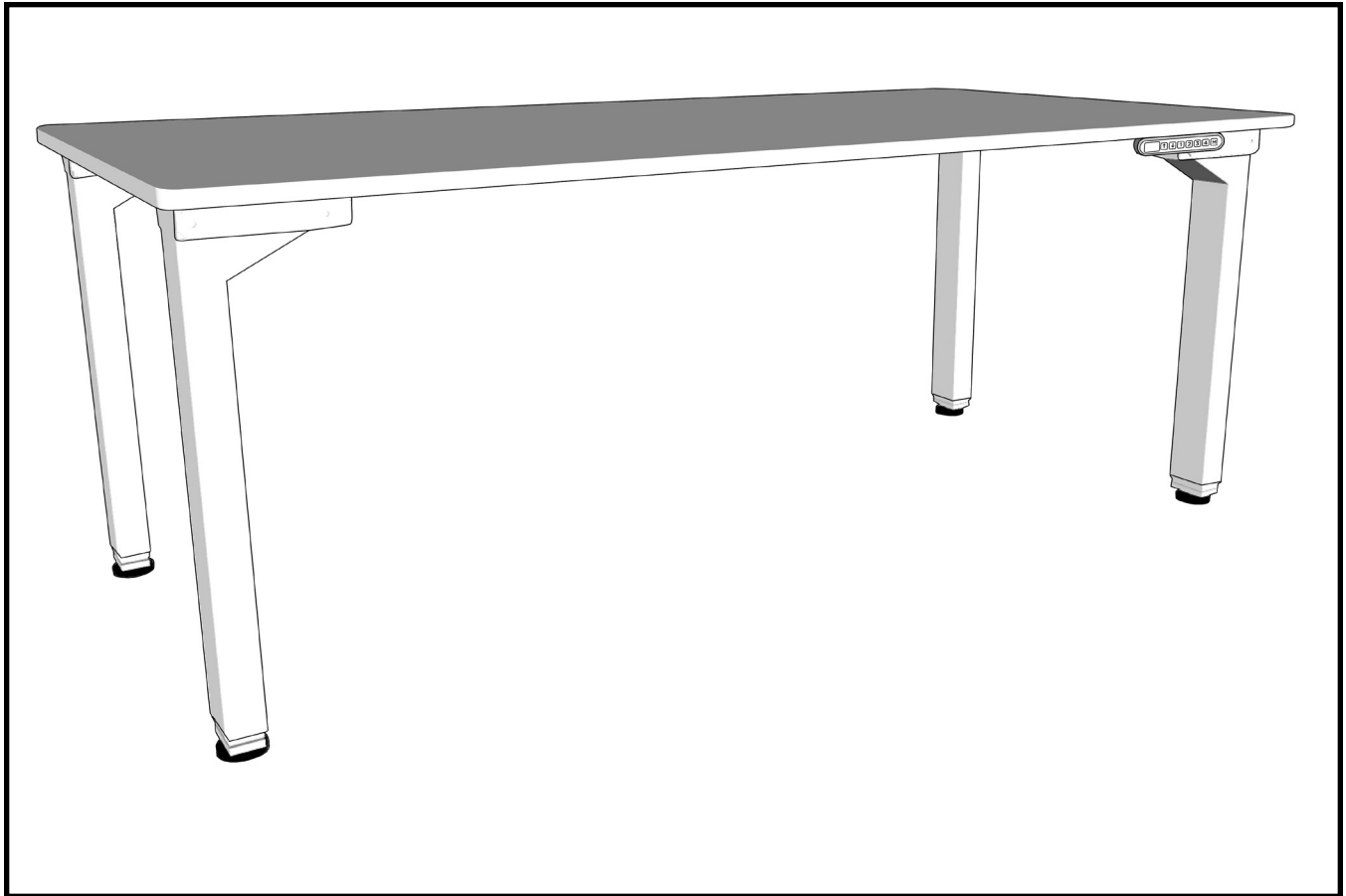


UPLIFT[®] DESK

UPLIFT Height Adjustable Standing Desk 4-Leg



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	7
7. TROUBLESHOOTING GUIDE	7

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.

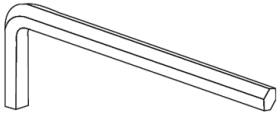
Choose a placement for the desk that's a safe distance from window frames, radiators, furniture etc. so that people do not get stuck or trapped by the desk.

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

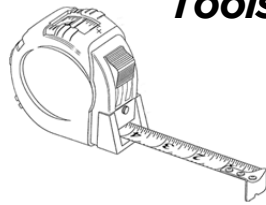
After it has been assembled, when moving the desk, DO NOT lift the desk by the desktop. Lifting this way can stress the fasteners connecting the desk base to the desktop. Lower the desk completely and lift the desk by grabbing the top of the desk base or by removing the desktop first.

4. PARTS LIST

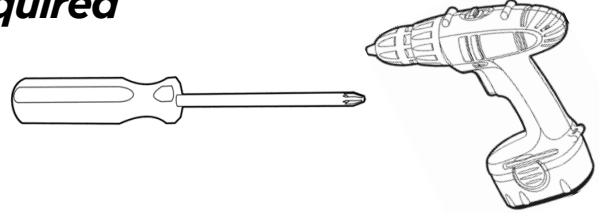
Tools Required



Allen Wrench (included)

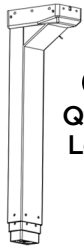


Tape Measure



Philips Head Screwdriver, and/or Power Drill

Components

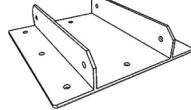


1 Qty 4
Legs

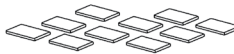
2 Qty 4
Small Feet



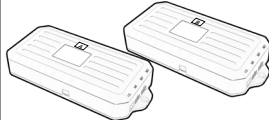
3 Qty 4
Zero Crossbar
Brackets



4 Qty 16
Adhesive Pads



5 Qty 2
Control Box
(labeled A and B)



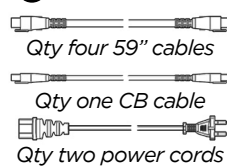
6 Qty 1
Keypad
(choice of 2)



7 Qty 4
Leveling Studs
(pre-installed)



8 Wires



Hardware

9 Qty 32
M6x1.0x14
Machine Screws



10 Qty 24
M-5x20
Pan Head
Screws



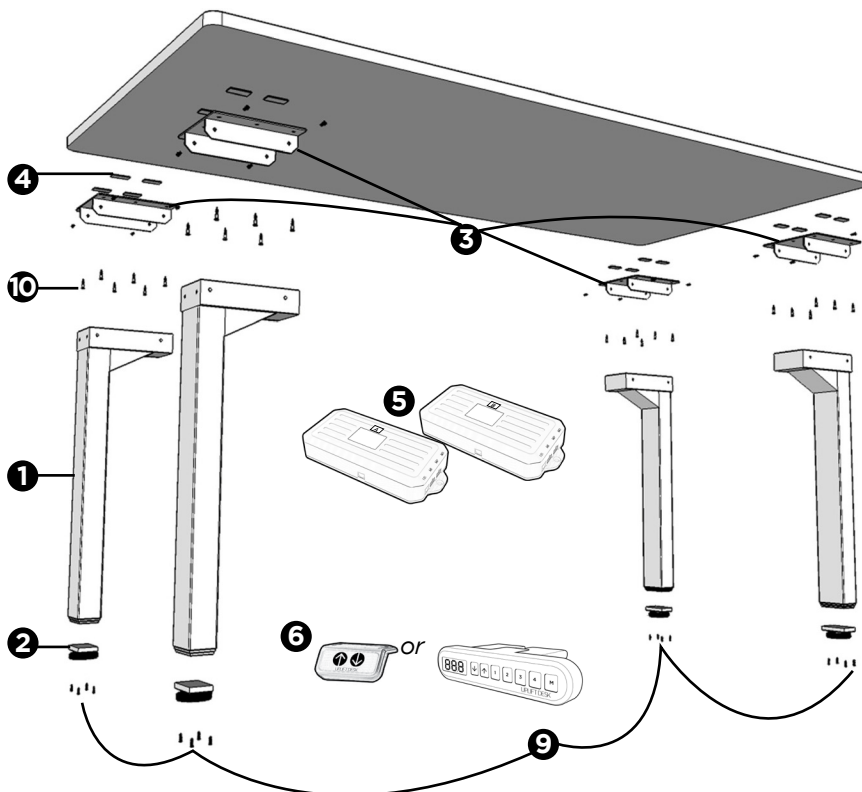
11 Qty 6
M-5x16
Pan Head
Screws



12 Qty 15
Cable
Clips



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.

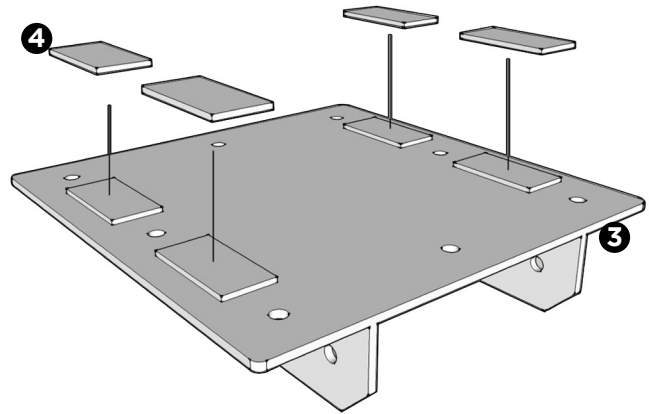


Part #	Description	Qty
1	Leg	4
2	Small Foot	4
3	Zero Crossbar Bracket	4
4	Adhesive Pads	16
5	Control Box (A & B)	2
6	Keypad	1
7	Leveling Studs	4
8	Wires (Power & Connector wires)	7
9	M6x1.0x14 Machine Screw	32
10	M-5x20 Pan Head Screws	24
11	M-5x16 Pan Head Screws	6
12	Cable Clips	15

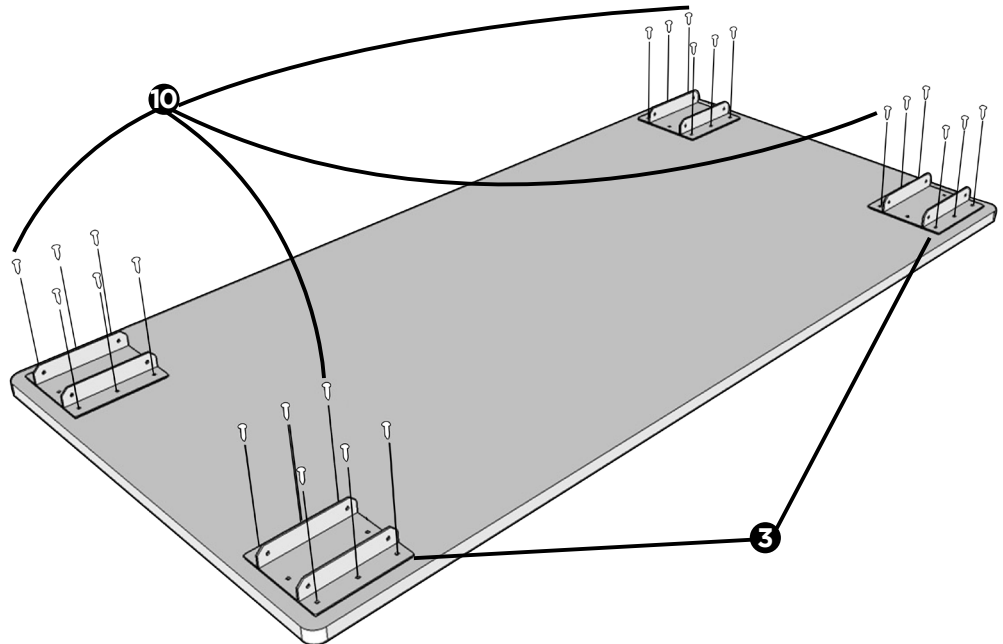
5. ASSEMBLY INSTRUCTIONS

A. Lay out all components and hardware to ensure that you have all the components and hardware listed on the parts page.

Place four (4) self-adhesive Adhesive Pads (Part #4) on each of the four (4) Zero Crossbar Brackets (Part #3) as shown.



B. Place each Zero Crossbar Bracket (Part #3) on the underside of the desktop. Carefully measure from all sides and attach the Zero Crossbar Brackets (Part #3) to the underside of the desktop with twenty-four (24) Pan Head Screws (Part #10), six (6) per bracket.



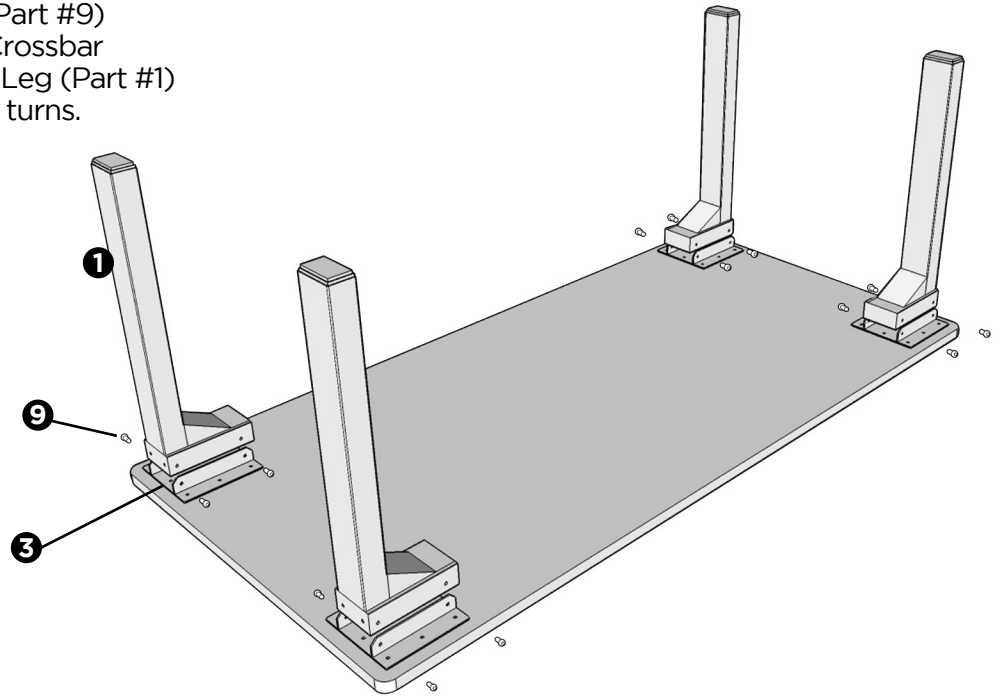
Double-check that the wood screws are not too long for the desktop and won't puncture the surface when screwed all the way in.



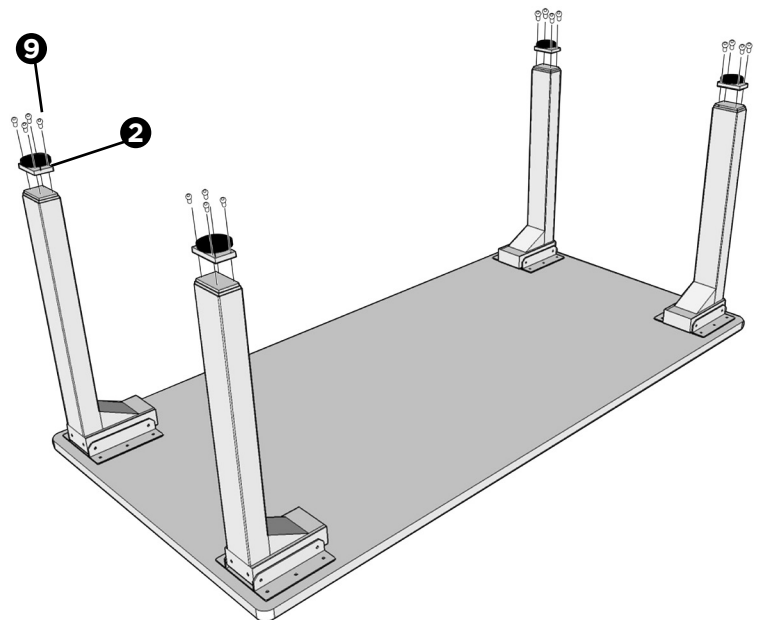
We recommend that you pre-drill any holes needed for fasteners connecting the Brackets (Part #3) to the underside of the desktop (if your desktop is not pre-drilled). Never use countersunk screws

C. Using the supplied allen wrench, insert four (4) Machine Screws (Part #9) through the holes in each Zero Crossbar Bracket (Part #3) going into the Leg (Part #1) and rotate each screw just a few turns.

When all machine screws are threaded, go back and tighten all four (4).



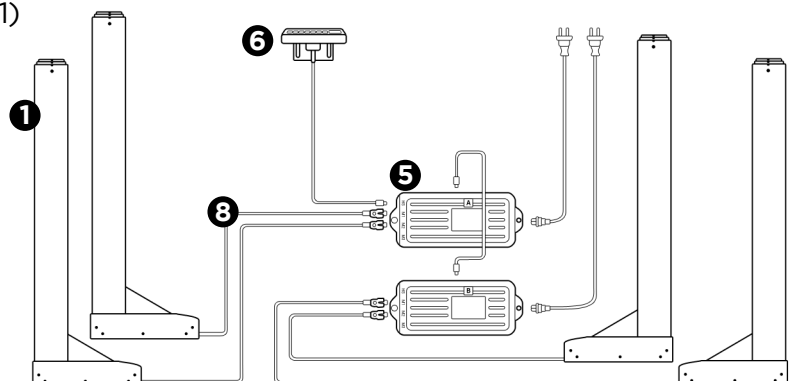
D. Attach the four (4) Small Feet (Part #2) to the four (4) Legs (Part #1), each with four (4) Machine Screws (Part #9).



F. Using the wires, connect the Legs (part #1) to the Control boxes (part #5) and the Keypad (part #6) as per the diagram below.

Make sure that the Keypad (Part #6) is plugged into the Control Box labeled "A."

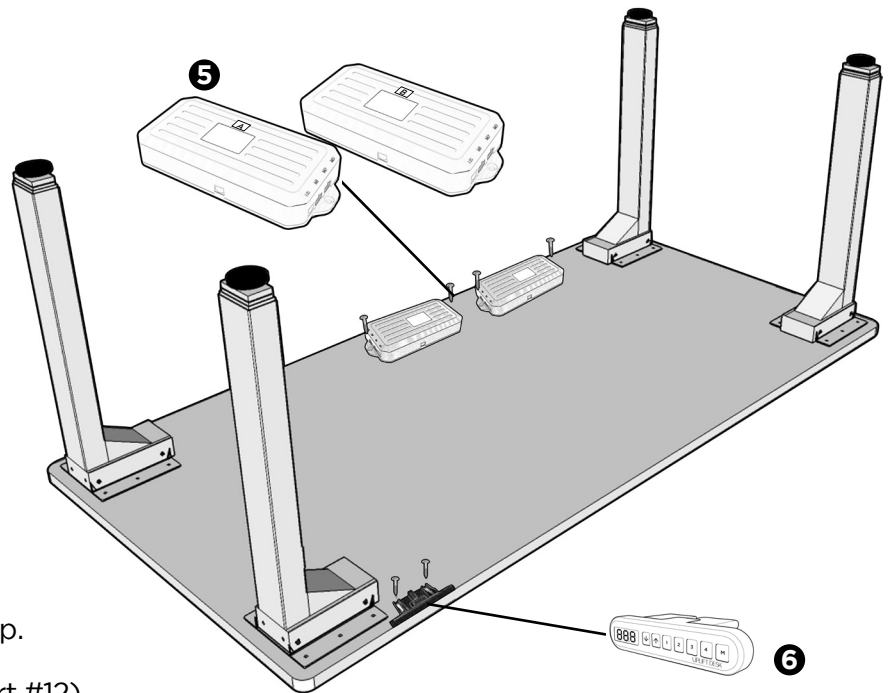
Do this so you can place the Keypad and Control Box in such a way so that the cables can reach them.



E. Attach the Control Boxes (Part #5) to the underside of the desktop using two (2) M5x16 Screws (part #11) per Control Box. Ensure enough clearance at the wire ports for cable connections. Ensure the parts are close enough to that the CB Cable (Part #8) can reach the parts located on the long side of each control box.

Place the Keypad (Part #6) so that the front of the Keypad is flush with the front desktop edge (or recessed up to 1/8"). The Keypad may be placed anywhere along the front edge of the desktop but we recommend placing it toward an end so it does not interfere with the chairs when seated. Use two (2) M5x16 Screws (part #11) to the desktop.

Use the adhesive-backed Cable Clips (Part #12) to secure the Connecting Wires, so they don't sag.



We recommend that you pre-drill any holes needed for fasteners connecting the Control Boxes (Part #5) or Keypad (Part #6) to the desktop (if your desktop is not pre-drilled). Never use countersunk screws.



Double-check that the wood screws are not too long for the desktop and won't puncture the surface when screwed all the way in.



Do not overtighten screws in this step. Overtightening could cause damage to the components.

G. 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.



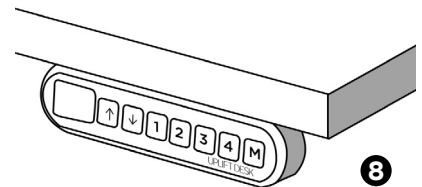
**MAKE SURE NO OBSTACLES ARE IN THE DESK'S PATH.
MAKE SURE ALL CORDS ARE OF A LENGTH THAT WILL
ACCOMMODATE THE CHANGE IN HEIGHT.**

H. 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)
Travel Speed	1.5" per second (varies, slowest w/ maximum load)
Weight Capacity	710 lbs.
Duty Cycle	10%, Max. 2 mins on, 18 mins off
	Soft Start/Stop Adjustable leveling studs 4 Memory presets (some models)

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

