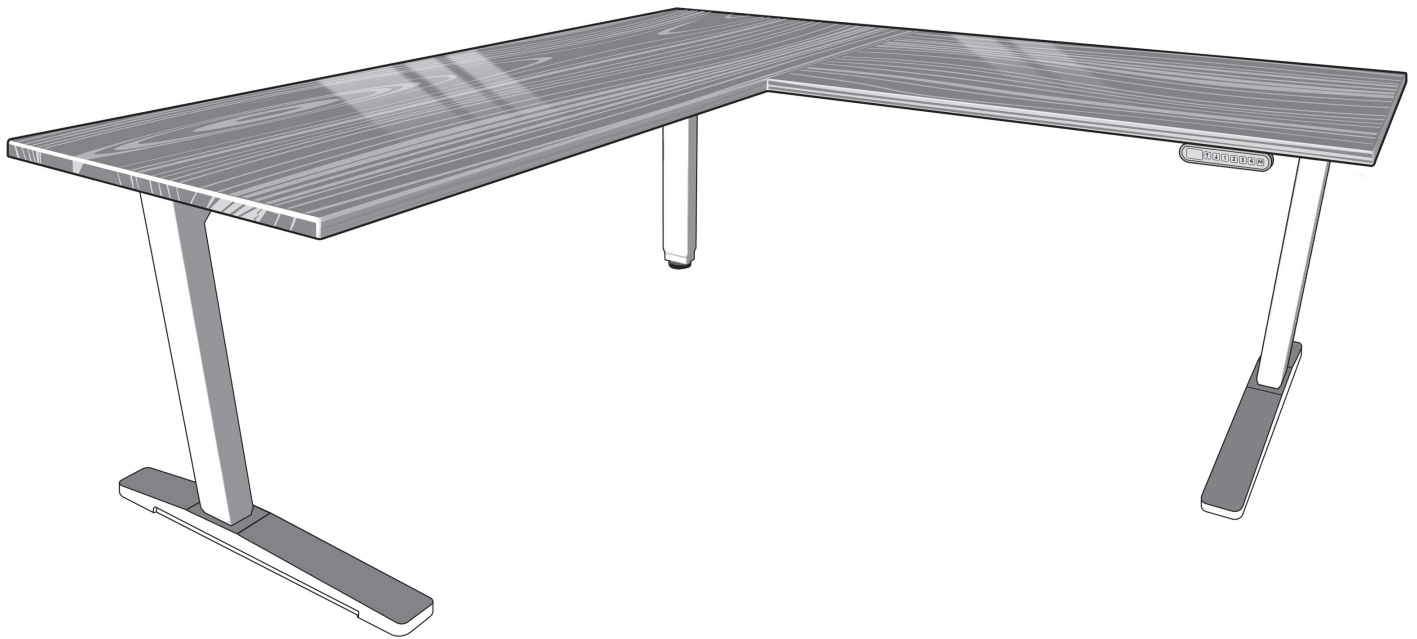# UPLIFT DESK®

UPLIFT 3-Leg Desk Instructions for
Solid Wood Desktops
(Version v4 Control Box)

pictured: Solid-wood top with right hand return

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 ASSEMBLY, SAFETY, AND OPERATION 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 moving, cleaning, or before adding or removing parts and accessories.

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

- 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 cords 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 of appropriate length for desk travel. Monitors, computers, speakers, anything with a cord that is not long enough for the desk's range of motion could be pulled down and cause other items to fall, and cause damage to property.
- Please provide this manual to any users, installers, or support personnel operating the product.
- Make sure no obstacles are in the desk's path.
- 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.
- Maximum weight capacity of this product is 530 lb. Do not overload your desk.
- Desk contains pinch points. Keep hands and fingers clear of moving parts.

---

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. PARTS LIST

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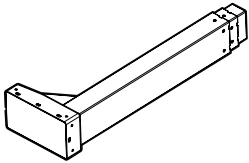
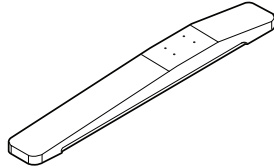As you unpack your boxes, these are the parts you will need.

2-leg frame

3rd leg kit
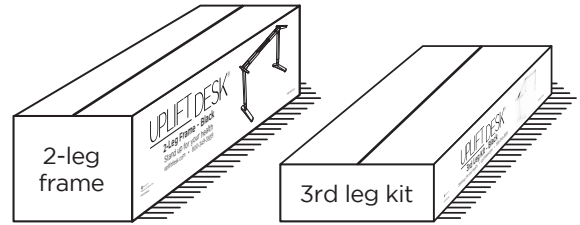
WHAT NEEDS TO BE PULLED FROM THE FRAME BOXES:
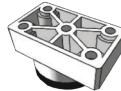(**Note:** Boxes may include extra hardware)
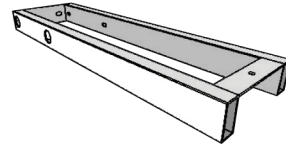
1 Leg
(qty 3)

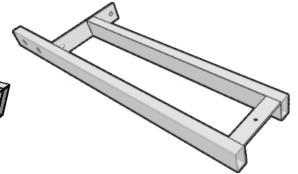**2** Foot
(includes leveling pads qty 2)

3 Small foot
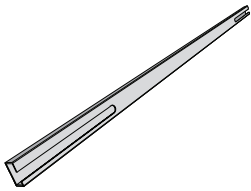(includes leveling pad qty 1)

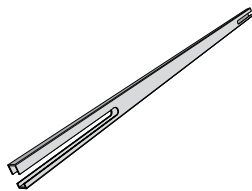**4** Crossbar end
(qty 3)

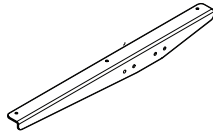**5** Corner crossbar end
(qty 1)

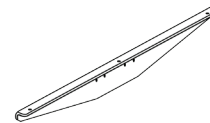**6** Crossbar rail
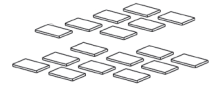(inside crossbar ends qty 3)

7 Open-end rail
(qty 1)
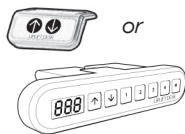
8 Side bracket
(qty 2)

9 Corner bracket
(qty 1)

10 Adhesive pad
(qty 17)

11 Control box
(qty 1)
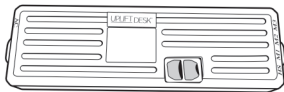
12 Keypad
one of two types
(qty 1)

or

13 Cables

qty one power cable

qty two short leg cables

qty one long leg cables
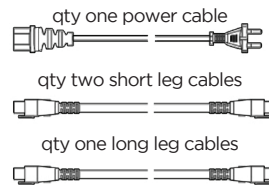
14 M6x35 screw
(qty 4)

15 M6x14 screw
(qty 32)

16 M6x10 screw
(qty 16)

17 #10x5/8" Wood screw
(qty 17)

18 Dog-bone bolt
(qty 4)

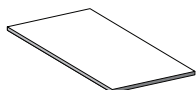**19** Cable clip
(qty 15)

Unbox your desktops

20 Main desktop
(qty 1)

21 Return desktop
(qty 1)

You'll need these tools

Allen wrench
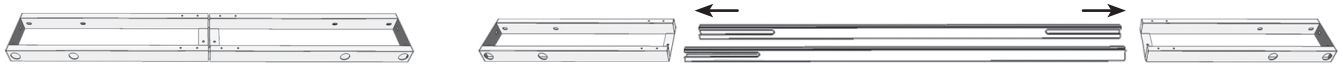(included)

Philips Head Screwdriver and/or Power Drill

Tape Measure

4. ASSEMBLY INSTRUCTIONS

A. Fully separate the Crossbar ends from the 2-leg box, you will find the Crossbar rails inside.


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

fig. 1
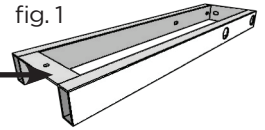
Now, place the Legs (part 1) into the Crossbar ends (part 4) from the bottom (fig. 2).

Position the Corner crossbar end (part 5) as shown (fig. 3). Line up the holes on each Leg with the holes on each Crossbar end. Using the supplied Allen wrench, insert ten (10) M6x14 Machine screws (part 15) into the regular Crossbar ends, and two (2) M6x35 Machine screws (part 14) to connect the Corner crossbar end to the regular Crossbar end, and **rotate each screw only a few turns**. Do not tighten fully until Step D.

fig. 2

fig. 3
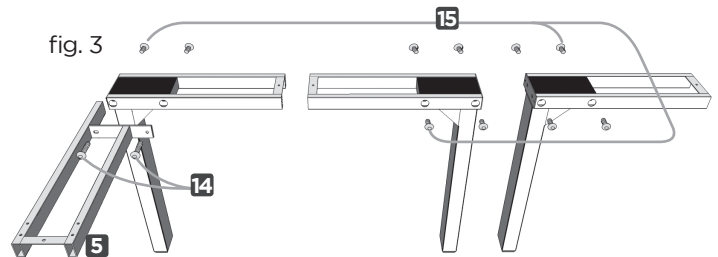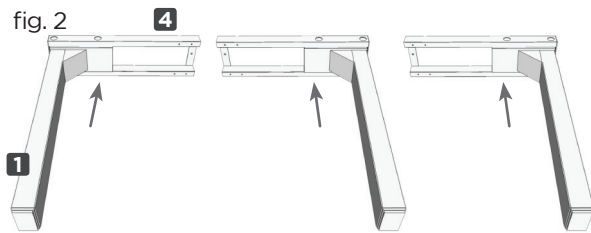
C. Take the two Side brackets (part 8) and attach them to the regular leg assemblies, using four (4) M6x14 Machine screws (part 15) each. Use the Allen wrench, and **rotate each screw only a few turns.**

Take the Corner bracket (part 9) and attach it to the Corner leg assembly using insert two (2) M6x35 Machine screws (part 14). Use the Allen wrench and **rotate each screw only a few turns**. Do not tighten fully until Step D.
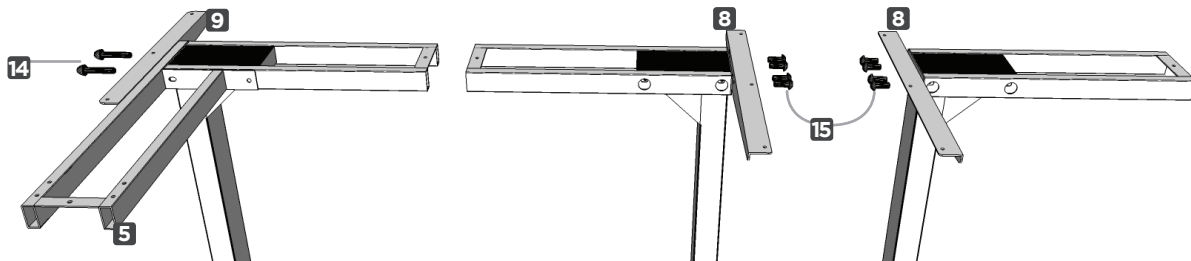
D. Once all of the parts are connected, you can now tighten the twelve (12) Screws from Step B and the ten (10) Screws from Step C (22 screws in total).

E. Remove backing from the Adhesive pads (part 10) and position along the brackets and frames as shown. Be sure to not cover any holes for the screws!

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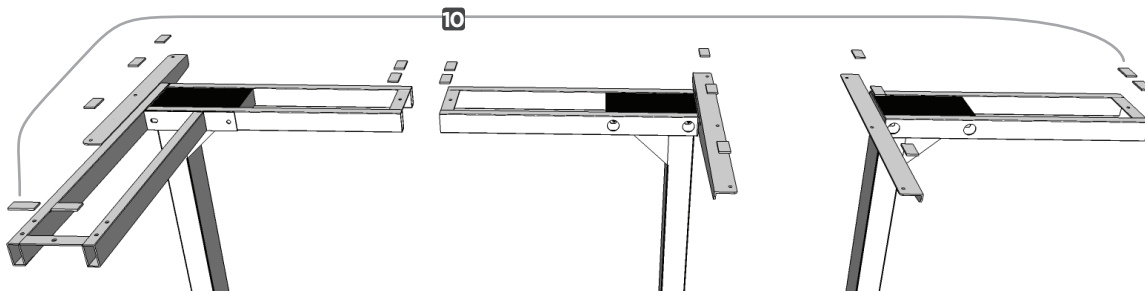
F.   In this step, you'll be attaching the feet to the legs. Before you begin this step, consider where you plan to sit at your desk. Consider your work style, desktop equipment, and where you want your leg space.

If you'll be sitting inside the corner, attach the Small foot (part 3) to the center leg, in the corner.

If you'll be sitting on an outer end and need leg room there, attach the Small foot (part 3) to one of the outer legs.

Once you've decided where you want the feet to be, attach each Foot (part 2) and the Small foot (part 3) to the legs you have chosen with four (4) M6x14 Machine screws (part 15) and tighten in a cross pattern. Be sure to point long end of foot in the same direction as the long end of the side bracket
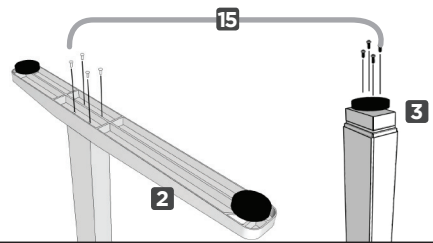
G.   Slide one Crossbar rail (part 6) and the Open-end rail (part 7) into the Corner leg assembly and the Right leg assembly.
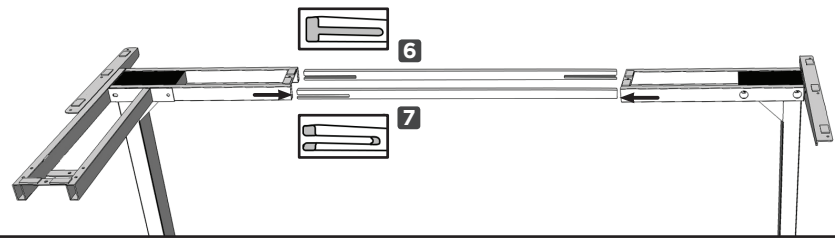
H.   Lay down a blanket. Place your desktop on it (to protect it from scratches) with the pre-drilled holes facing UP.
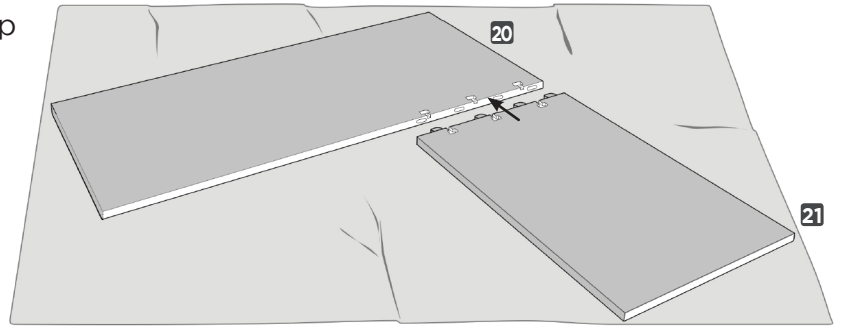
I.   Slide the edge with the wood biscuits into the edge with the slots, thus fitting the Main desktop (part 20) with the Return desktop (part 21).

J. a) Turn the 2-leg assembly upside down and place onto the Main desktop (part 20), line up the holes on the frame with the pre-drilled holes on the top. Use eight (8) #10x5/8" Wood screws (part 17).

b) For now, do not put a screw into the hole on the Corner crossbar end.

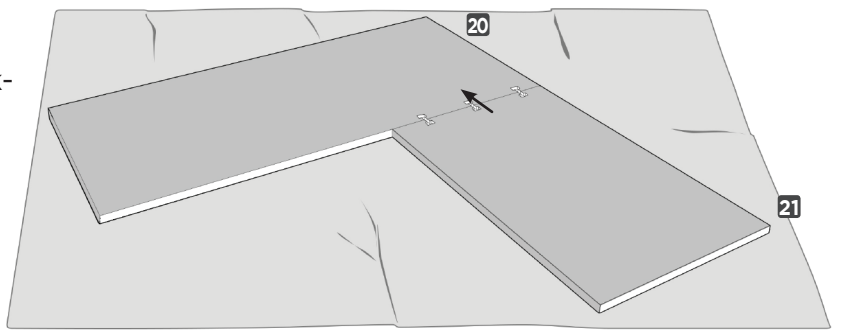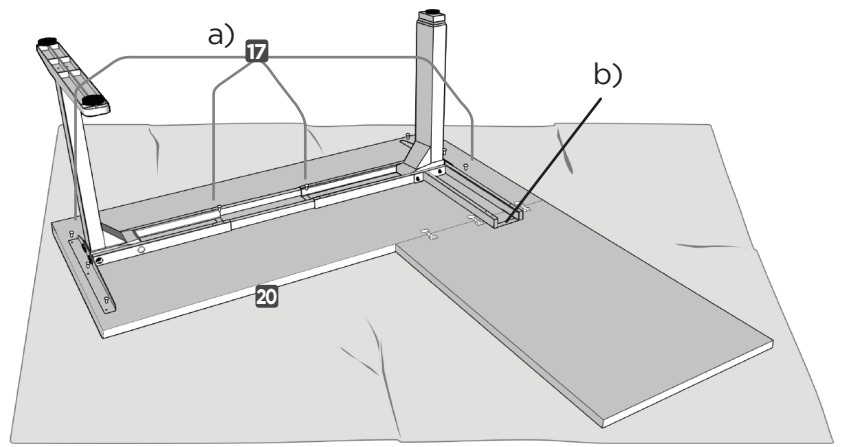**K.** Using eight (8) M6x10 Machine screws (part 16), secure the Crossbar rails (part 6) and Open-end rail (part 7) of the Frame assembly.
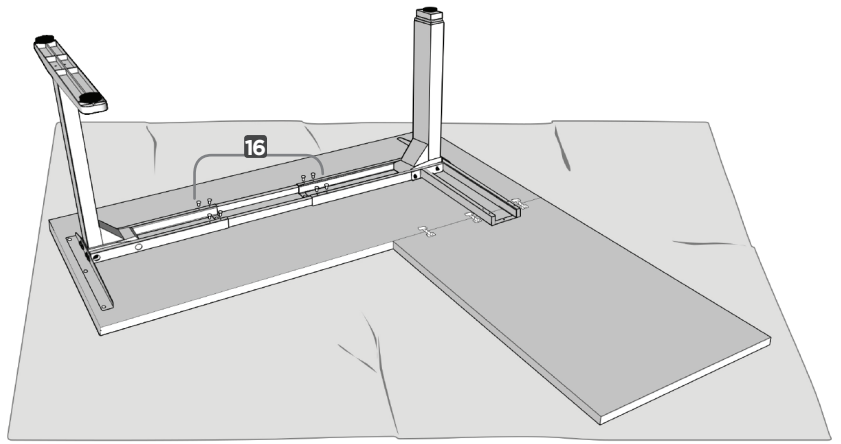
L. Slide the two (2) remaining Crossbar rails (part 6) into the Crossbar end on the left leg, creating the 1-leg assembly.

Place the 1-leg assembly onto the Return desktop (part 21), making sure the Crossbar rails are inserted into the Corner crossbar end on the 2-leg assembly.

Line up the holes on the the 1-leg assembly with the pre-drilled holes on the Return desktop. Use four (4) of the #10x5/8" Wood screws (part 17).
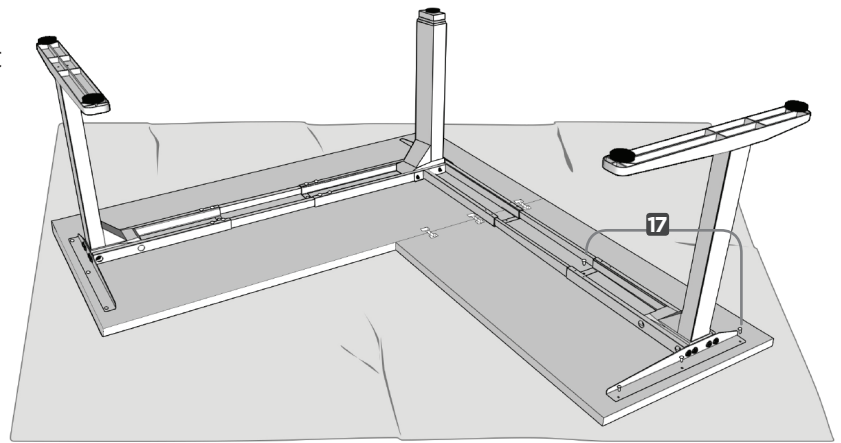
M. Place the Control box (part 11) inside the Corner crossbar end part of the 2-leg assembly at the pre-drilled location, and attach using two (2) #10x5/8" Wood screws (part 17).

Place the Keypad (part 12) on the Return desktop assembly and attach using two (2) of the #10x5/8" Wood screws (part 17).
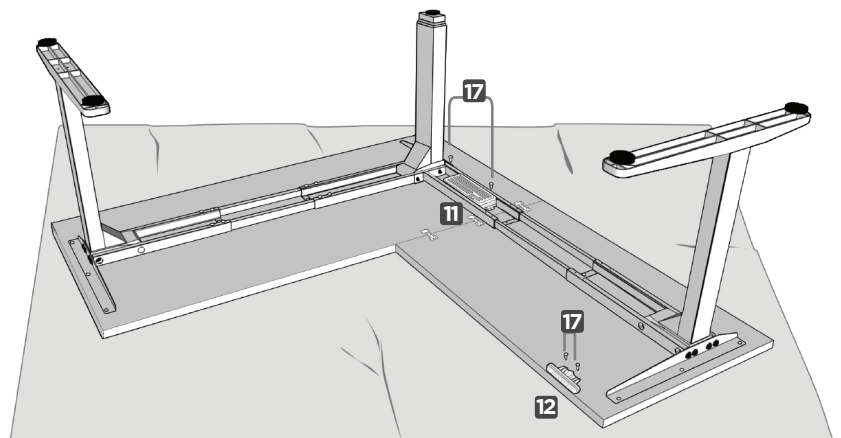
N. In preparation to flip over your desk, slide OUT the two Crossbar rails from the 2-leg assembly, and shimmy the Return assembly back and forth, to loosen from the biscuits and separate the Return assembly from the Main assembly.
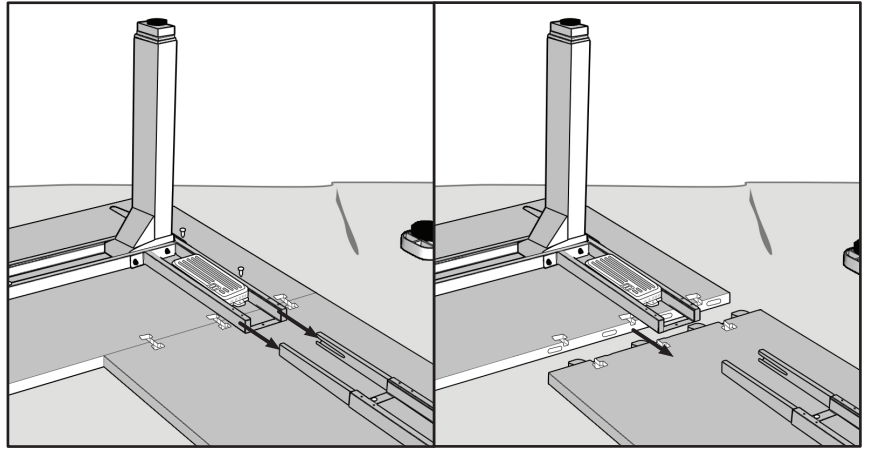
O. For this step, it's advised that you use two people to flip over the frame. Grasp the Main desk assembly by the frame and desktop (support both, so that you don't stress the screws) and flip it right-side up.
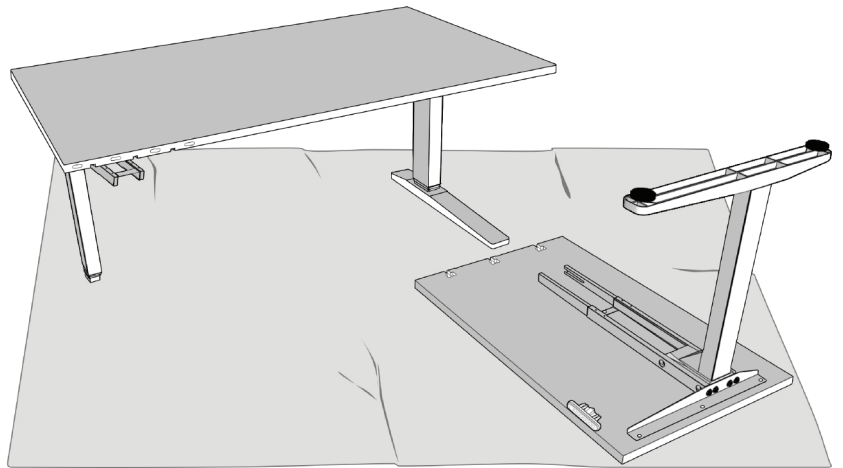
P. Flip the Return assembly right-side up, and re-insert the Biscuits into the slots on the Main desktop.

Once these are secure, the desk can stand on its own. But keep the second person around to hold the two halves in place and to avoid mishap while you lay underneath the desk to finish assembly.
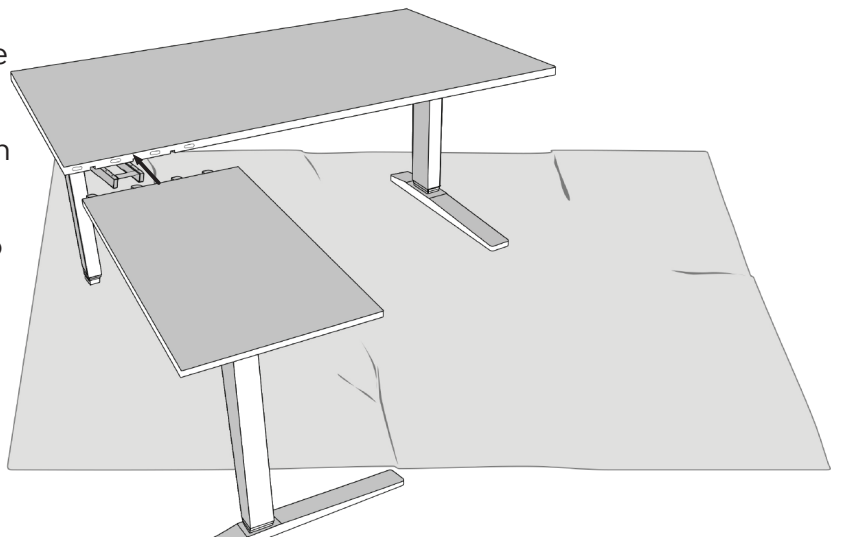
Q. Slide the Crossbar rails back into the Corner crossbar end (part 5).

Screw in one Wood screw (part 17) into the hole of the Corner crossbar end.
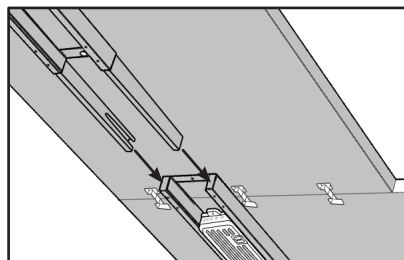
R.   Insert the Dog-bone bolts (part 18) into the cutouts, and tighten.

Depending on the desktop size and type of wood, you may have three (3) or four (4) slots for Dog-bone bolts.

You can start tightening by hand, and then use an adjustable wrench to finish the job.
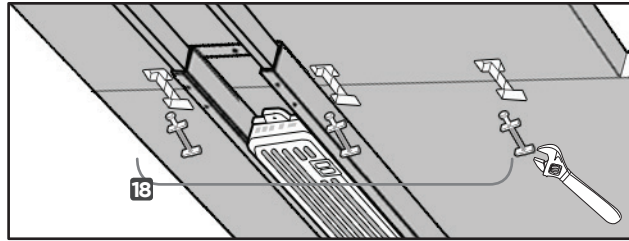
S.   Insert and tighten the remaining M6x10 Machine screws (part 16) into the remaining Crossbar ends, to secure the rails in place.
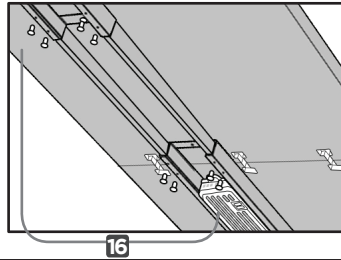
T.   Connect the legs and keypad to the Control box with the Cables (part 13). You will find that they all hang loose. Once everything is connected, use the Cable clips (part 19) to keep them snug up against the desktop, to prevent them from getting caught on things under your desk.
Note: Depending on your desktop type and its texture, the Cable clips may adhere better to the frame.
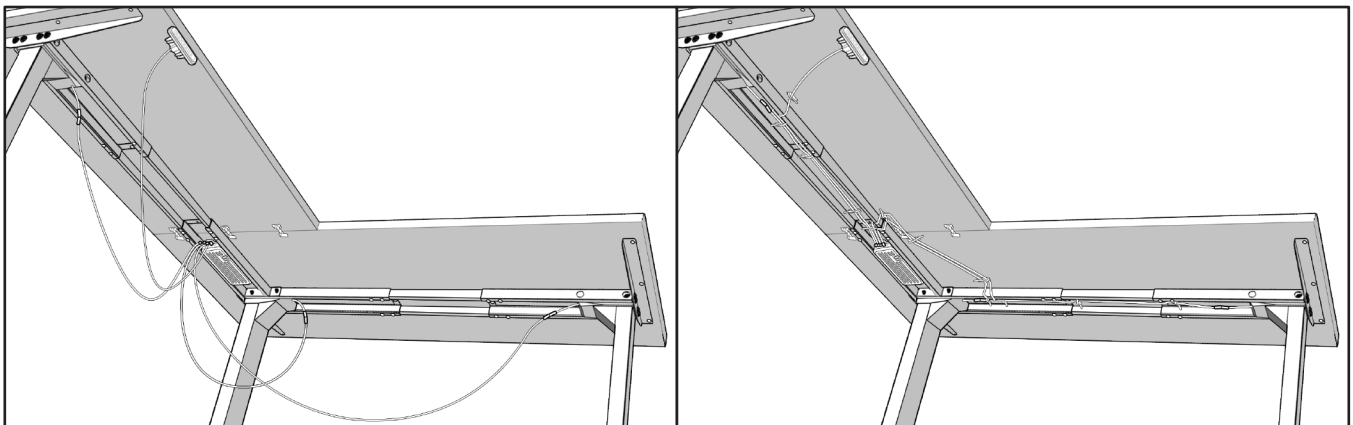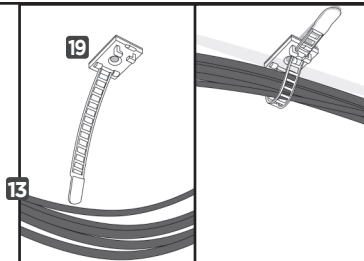
V.   Plug the Power Cable into a 120v outlet.
IMPORTANT! You must RESET the desk prior to use!
Press and hold the DOWN button on the Keypad until the desk reaches its lowest height, then release the button. Press and hold the DOWN button again until the desk lowers a little bit more, slightly rises, then stops. Release the button. Your desk has been reset, and is now ready to use.

If you have the Advanced 1-touch digtal keypad, the digital display will flash "RST" when you press the DOWN button a second time. For more programming options with the Advanced 1-touch digital keypad, refer to the "Programming" section on page 14.
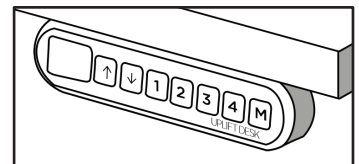
5. DESK PLACEMENT

Following desk assembly, adjust the Leveling studs 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 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.

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.

When placing objects underneath the desk that are taller than 20" be sure the desk and frame will not collide with them when lowered.

6. PROGRAMMING (Advanced 1-touch digital keypad only)

These UPLIFT Desk programming instructions are compatible only with the Advanced 1-Touch Digital Memory Keypad and control boxes with the following numbers located on the silver sticker:

Three-leg frame: 99.046.14.0070

HEIGHT CALIBRATION

Make sure the numeric display matches the actual height of the desktop in its lowest position.

1. Press the DOWN button until the desk reaches the lowest position.
2. Measure the height from the floor to the underside of the desktop. If the displayed height does not match your measurement, follow the next steps.
3. Press the DOWN button until display flashes "RST".
4. Press the "M" button until the numeric display begins flashing.
5. Press the UP or DOWN button to set desk to the measured height.
6. Once display changes back to "RST", press the DOWN button until the desktop lowers slightly, then rises slightly and the display changes back to the numeric height setting.

*Note: "RST" will look like "ASr" on the display
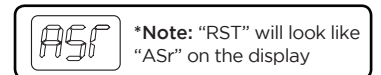
KEYPAD LOCK

The keypad can be locked to prevent accidental activation or movement of the desk.

To lock: Press and hold "M" button until display changes to "LOC"

To unlock: Press and hold "M" button until display changes to numeric height setting.

NOTE: If a power outage occurs, the program will automatically return to the unlocked setting.

MEMORY SETTINGS

Save up to four commonly used desk heights and recall them quickly.

1. Press the UP or DOWN button to move the desk to the desired height.
2. Press the "M" button.
3. Press the "1, 2, 3, or 4" button to assign the current height to a number on the keypad.
4. To recall any of those heights, press the numbered button to bring desk to assigned height.

6. PROGRAMMING (continued):

CONSTANT-TOUCH & ONE-TOUCH

These steps allow the desktop to be set to either One-Touch or Constant-Touch. One-Touch requires only a single touch of the "1, 2, 3, or 4" button to move the desktop to a preset memory location. Constant-Touch requires a continuous touch of the "1, 2, 3, or 4" button to move the desktop to a preset memory location. Constant-Touch is the default setting.

Change between One-Touch and Constant-Touch:

1. Press the DOWN button until the desk reaches the lowest position.
2. Press the DOWN button again until display flashes "RST".
3. Press the "1" button until display shows "10.1" (One-Touch) or "10.2" (Constant-Touch) and goes back to "RST".

   Note: While "RST" is still flashing, you can press the "1" button as many times as you'd like to toggle between the two settings.

4. Press the DOWN button until the desktop lowers slightly, then rises slightly and the display changes back to the numeric height setting.

MINIMUM & MAXIMUM HEIGHT SETTINGS

The desk frame ships defaulted to its minimum and maximum height limits. These steps allow the upper and lower limits to be adjusted to your preference.

To Set a new maximum desk height:

1. Press the UP or DOWN button to move the desk to the desired maximum height.
2. Press the "M" button once, and then the UP button once. The Display will flash "S-"
3. Press and hold the "M" button until the Display shows "999", and then changes to numeric value of new upper limit.

To Set a new minimum desk height:

1. Press the UP or DOWN button to move the desk to the desired minimum height.
2. Press the "M" button once, and then the DOWN button once. The Display will flash "S-"
3. Press and hold the "M" button until the Display shows "000" and then changes to numeric value of new lower limit.

Removing adjusted maximum and minimum heights:

1. Press the "M" button (the display will show "S-").
2. Press the "M" button again until the display shows "555" and changes to the current numeric height setting.

Note: If memory settings were previously set outside of the new minimum and maximum height settings, they will default to the new minimum and maximum settings. To set new minimum and maximum height settings outside of the current settings, you will need to first remove the current minimum and maximum settings.

DISPLAY UNITS

Change the numeric display to show heights in either inches or centimeters.

1. Press the DOWN button until the desk reaches the lowest position. Release button.
2. Press the DOWN button until display flashes "RST".
3. Press the "2" button until display shows "10.3" (centimeters) or "10.4" (inches) and goes back to "RST".

   Note: While "RST" is still flashing, you can press the "2" button as many times as you'd like to toggle between the two settings.

4. Press the DOWN button until the desktop lowers slightly, then rises slightly and the display changes back to the numeric height setting.

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6. PROGRAMMING (continued):
ANTI-COLLISION SENSITIVITY

The desk has an Anti-Collision Sensitivity that will stop the desk's movement if it hits something on the way down or up. You can change this Sensitivity level by doing the following:

1. Press the DOWN button until the desk reaches the lowest position. Release button.
2. Press the DOWN button until display flashes "RST".
3. Press the UP button until display shows "10.5", "10.6", or "10.7" and goes back to "RST".

   "10.5" is code for the 10 kg (22 lbs) setting (most sensitive setting, false positives are sometimes possible).
   "10.6" is code for the 15 kg (33 lbs) setting
   "10.7" is code for the 20 kg (44 lbs) setting (least sensitive setting).

   Note: While "RST" is still flashing, you can press the UP button as many times as you'd like to toggle between the three settings.

4. Press the DOWN button until the desktop lowers slightly, then rises slightly and the display changes back to the numeric height setting.

7. TROUBLESHOOTING

If your desk does not respond when trying to raise or lower it, or if the Keypad displays error messages ("Er1" through "Er13") check to make sure all the cables are secure (legs to cables, cables to control box). If the problem persists, perform the reset procedure below.
 - Reset Instructions -

1- Unplug the power cord and hold the DOWN button for 30 seconds.
2- Plug the power cord back in.
3- 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.

   ASr ***Note:** "RST" will look like "ASr" on the display

4- The Keypad will then display the current height, and you should be able to operate it now.
5- You may need to do this if the desktop is ever unplugged or loses power.
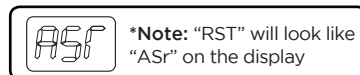
If the error messages persist after the reset procedure, or if there is a height difference between the legs which exceeds 1.5", stop the reset procedure and contact The Human Solution (800.531.3746 or info@thehumansolution.com).

If the Keypad displays "HO1", then it is 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 leveling studs at the bottom of the foot.

8. TECHNICAL SPECIFICATIONS

Height Range	24.5" - 50.25" (without desktop)
Travel Speed	1.5" per second (varies, slowest w/ maximum load)
Weight Capacity	530 lbs
Duty Cycle	10%, Max. 2 min on, 18 min off
Input	120Vac/60Hz, 270W Max.
Output	24Vdc

UPLIFT DESK®

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