

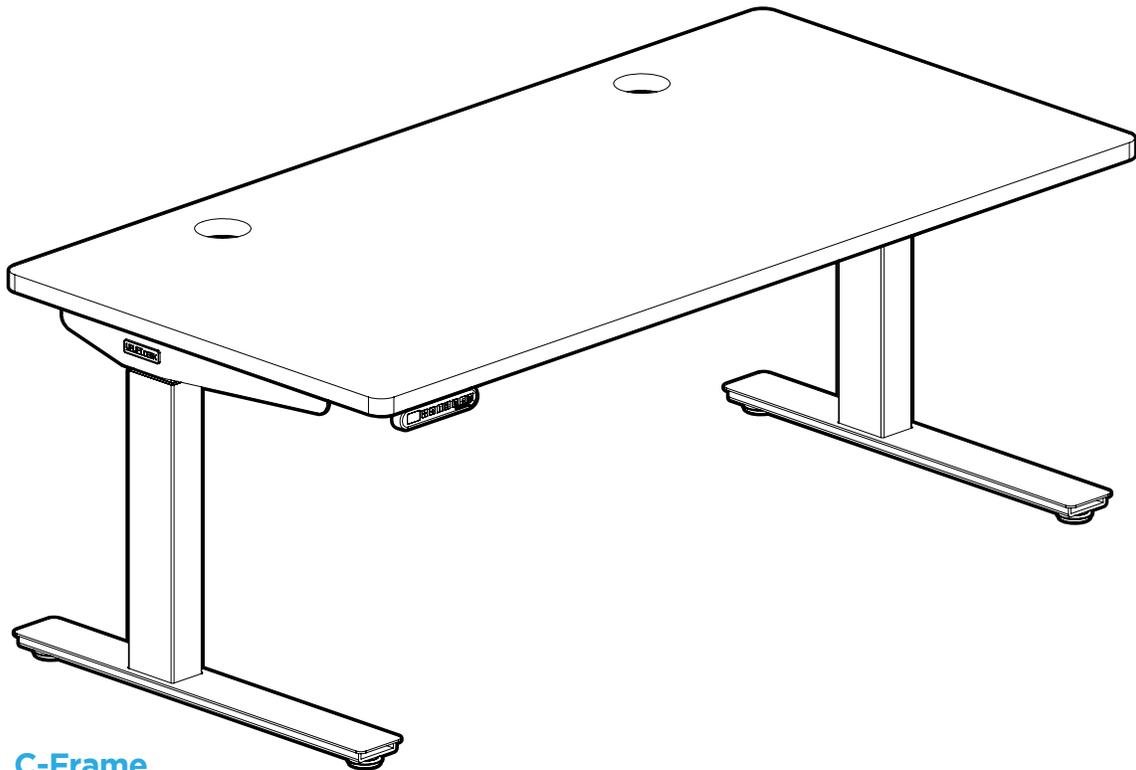


two person  
assembly

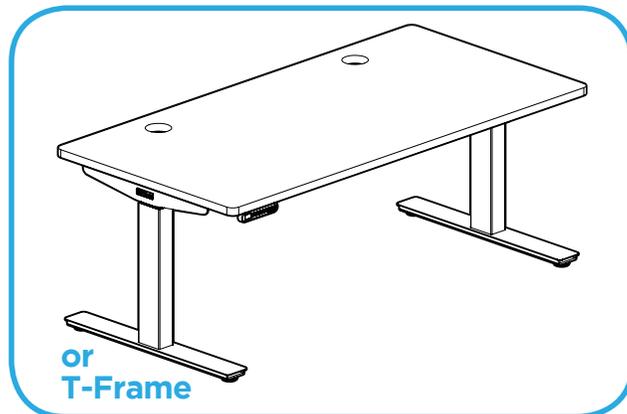
# UPLIFT DESK<sup>®</sup>

**COMMERCIAL-GRADE**

**2-Leg Height Adjustable Standing Desk**



C-Frame



or  
T-Frame



4933053182316 - THS058  
90.014.01.0666v.A

## SAVE THESE INSTRUCTIONS:

Study this manual carefully. If this desk is sold, please provide the manual to the buyer, installers, or support personnel operating the product.

AI-FRMA-2-COM-0.6

## 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. Children should only use the desk under adult supervision. Keep children away from electric height adjustable desks, control units, and keypads. There is a risk of injury and electric shock.
- Use this desk only for its intended use as described in these instructions. Do not use attachments not recommended by the manufacturer.
- Keep the desk close to the power outlet to be easily accessible.
- Never operate this desk if it has a damaged cord or plug, if it is not working properly, has been dropped or damaged.
- 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, and anything with a cord that is not long enough for the desk's range of motion could be pulled off the desk, cause other items to fall, and could damage personal property or cause injury.
- 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, employ two people to lift the desk so that it can be moved without dragging. Dragging the desk may cause the frame and screws to come loose from the desktop.
- Maximum weight capacity of this product is 355 lb. Do not overload your desk.
- Desk contains pinch points. Keep hands and fingers clear of moving parts.

## 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.

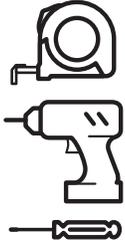
Children should never use the desk unless they are supervised by adults.

**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.

# PACKAGE CONTENTS

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.

## You'll also need:



tape measure, drill, and phillips-head screwdriver

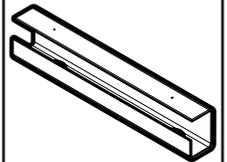
## COMPONENTS

<b>C1</b> Leg (qty 2) 	<b>C2</b> Foot (includes leveling pads, qty 2) 	<b>C3</b> Frame end (qty 2) 	<b>C4</b> Center rail (qty 2) 	<b>C5</b> Side bracket (qty 2) 
<b>C6</b> Control box 	<b>C7</b> Keypad (one of two types, qty 1) 	<b>C8</b> Cables (power cable qty 1) 	<b>C9a</b> End bracket (optional, qty 2)  (See Step 6.1 on page 6)	<b>C10</b> Anchor plate (optional, qty 2)  (See "Accessories" on page 8)

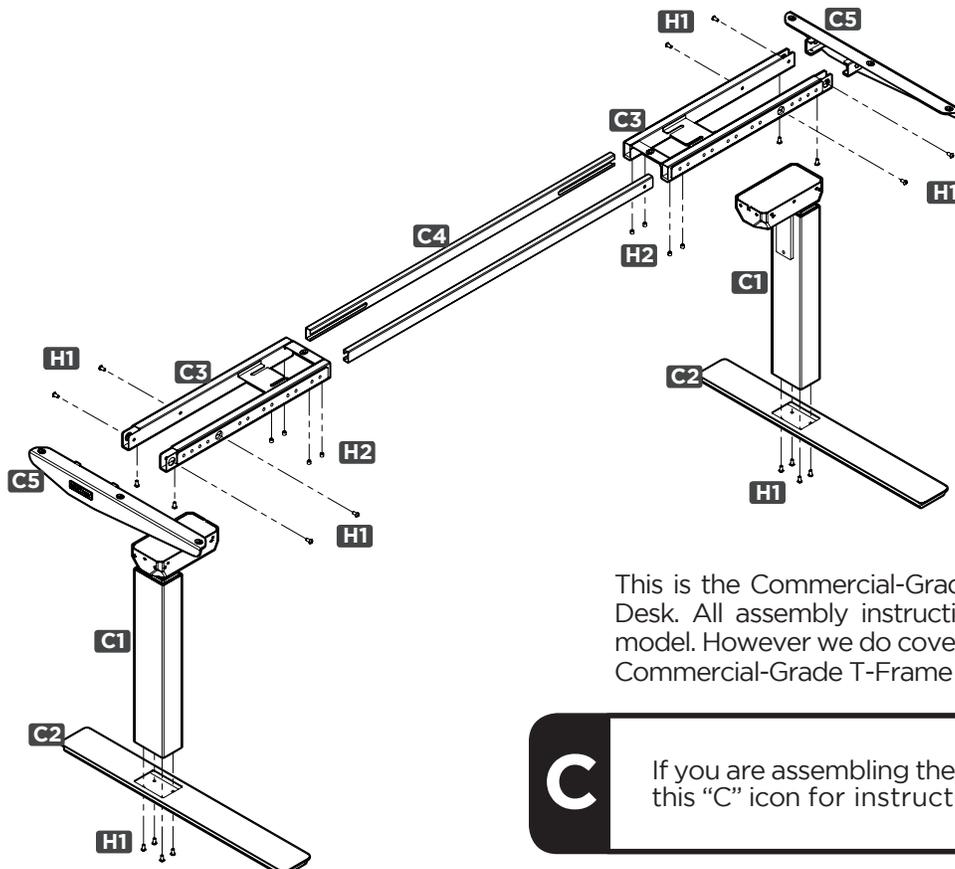
## HARDWARE

<b>H1</b> M6x14 Machine screw (qty 20) 	<b>H2</b> M8x8 Set screw (qty 8) 	<b>H3</b> M8x10 Machine screw (optional, qty 4) 
<b>H4a</b> #10x3/4" Wood screw (qty 12) 	<b>H4b</b> #10-24x3/4" Machine screw (qty 8) 	<b>H5</b> Washer (qty 8) 
<b>H6</b> 4mm Allen wrench 	<b>H7</b> 5mm Allen wrench  (See "Accessories" on page 8)	<b>H8</b> Cable mount (qty 10) 

## Freebie!



Wire management tray! Keep your wires under control.



part	component	qty
C1	Leg	2
C2	Foot	2
C3	Frame end	2
C4	Center rail	2
C5	Side bracket	2

Components not shown in exploded view:

**C6 C7 C8 C9a C10**

part	hardware	qty
H1	M6x14 M. screw	20
H2	M8x8 Set screw	8

Hardware not shown in exploded view:

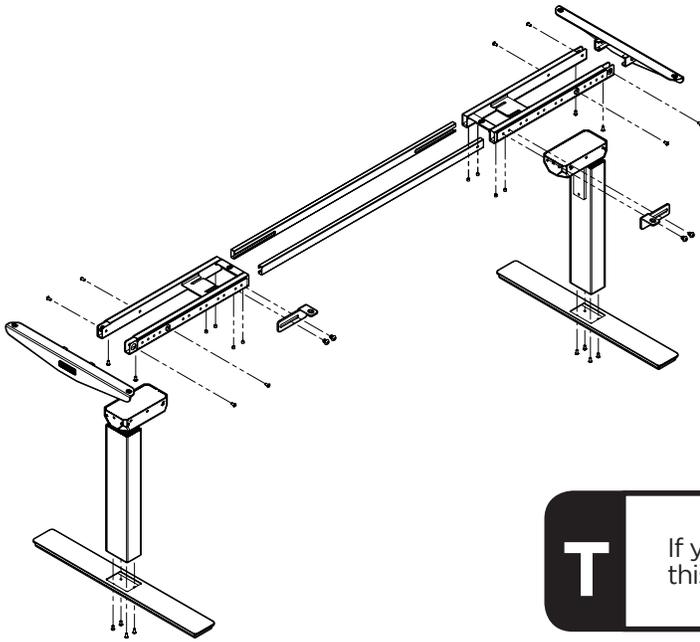
**H3 H4a H4b H5 H6 H7 H8**

This is the Commercial-Grade C-Frame version of the UPLIFT Desk. All assembly instructions in this booklet will show this model. However we do cover another model in these pages, the Commercial-Grade T-Frame (more on that later).

# C

If you are assembling the C-Frame model, keep an eye out for this "C" icon for instructions specific to this model.

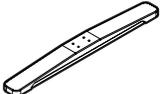
## PACKAGE CONTENTS (continued) the Commercial-Grade T-Frame



The Commercial-Grade Desk is also available as a T-Frame. The details in this section only apply to the T-Frame.

This configuration assembles in the same way as the C-Frame, just with slightly different parts, which are pictured in the table below.

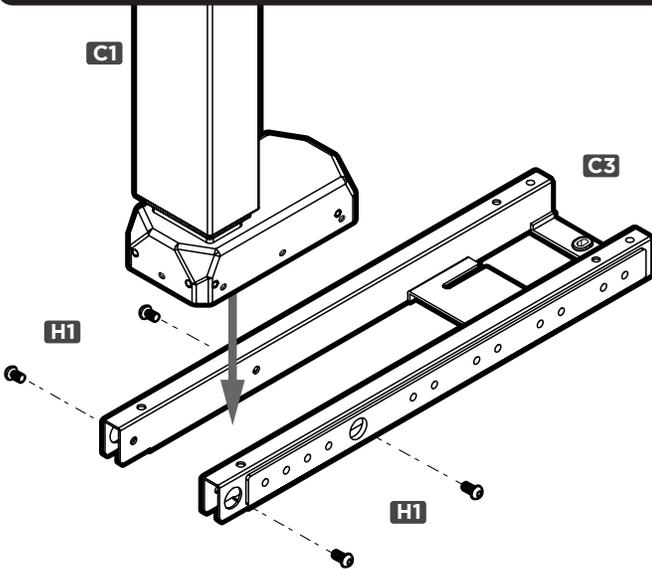
### Standard T-Frame Components

<b>C2</b>	<b>Foot</b> (includes leveling pads, qty 2)	<b>C5</b>	<b>Side bracket</b> (qty 2)	<b>C9b</b>	<b>L-bracket</b> (qty 2)
					

**T**

If you are assembling the T-Frame model, keep an eye out for this “T” icon for instructions specific to this model.

## ASSEMBLY INSTRUCTIONS

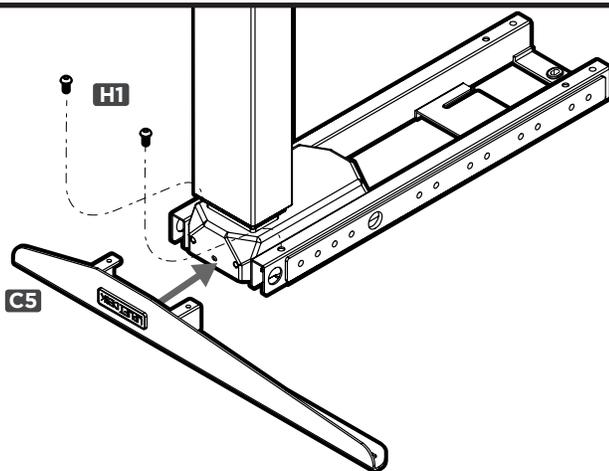


### Step 1

Place Frame ends (C3) upside down, as shown. Insert the Leg (C1) so the back of the Leg and the back edge of the Frame end are flush. Attach using four (4) M6x14 screws (H1).

**Rotate each screw by hand for only a few turns to avoid cross-threading.** Do not tighten fully until step 3.

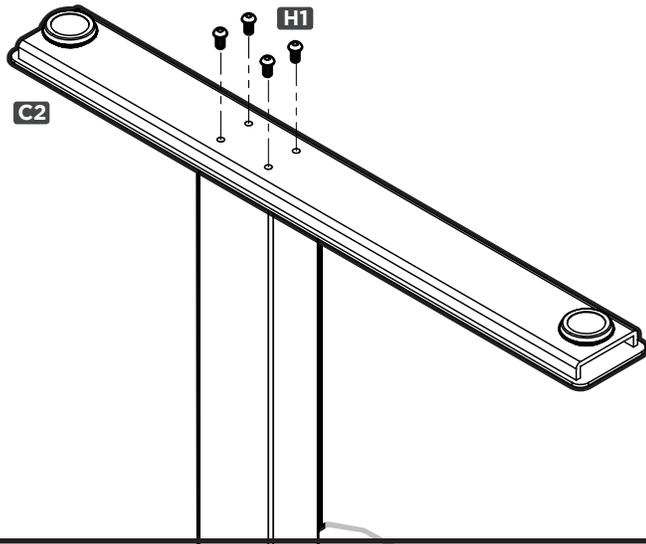
Repeat this step for the second leg.



### Step 2

With the Leg assembly upside down, slide a Side bracket (C5) into place, as shown. Then insert the tabs on the Side bracket inside the Frame end, and attach using two (2) M6x14 screws (H1).

**Rotate each screw by hand for only a few turns to avoid cross-threading.** Do not tighten fully until step 3.



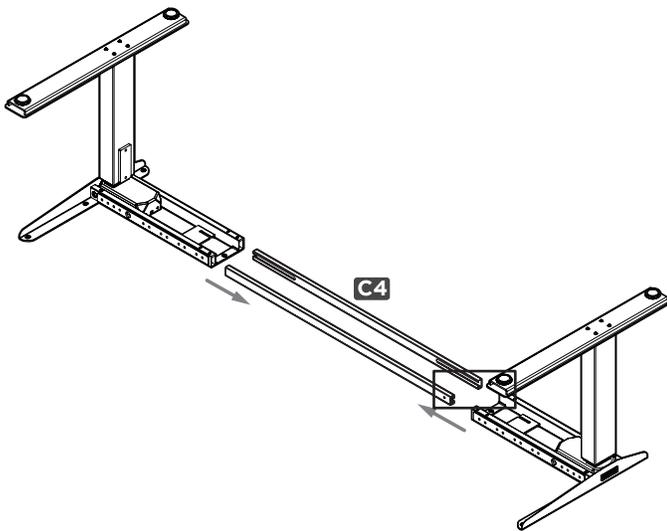
### Step 3

With each Leg assembly (C1) facing UP, screw on the feet (C2) using four (4) M6x14 (H1) screws each. Rotate each screw by hand for a few turns (to avoid cross-threading) until all four screws are in place.



Make sure the long end of the C-Frame foot is facing the same direction as the long end of the Side bracket (C5).

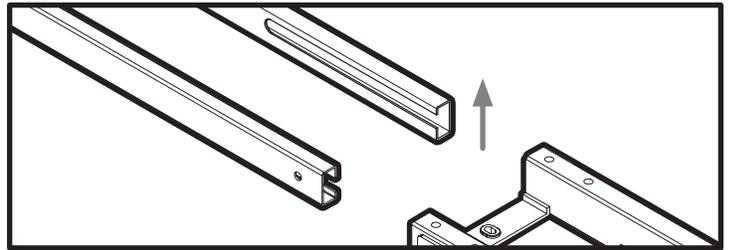
Once all M6x14 screws (H1) are inserted and holding the Leg assemblies together, tighten down all of the screws fully from steps 1, 2, and 3 using the 4mm Allen wrench (H6).



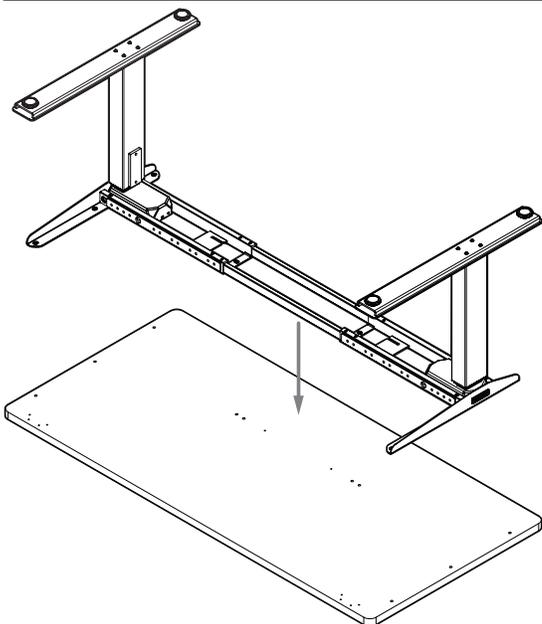
### Step 4

When the Leg assemblies are complete, lay down both Center rails (C4) and slide the Leg assemblies onto them.

**Note:** Center rails should be aligned as shown. If the leg assemblies do not slide in all the way, flip the Center rails over and reinsert them the correct way.



The slots on the Center rails are offset, and should be further from the floor.



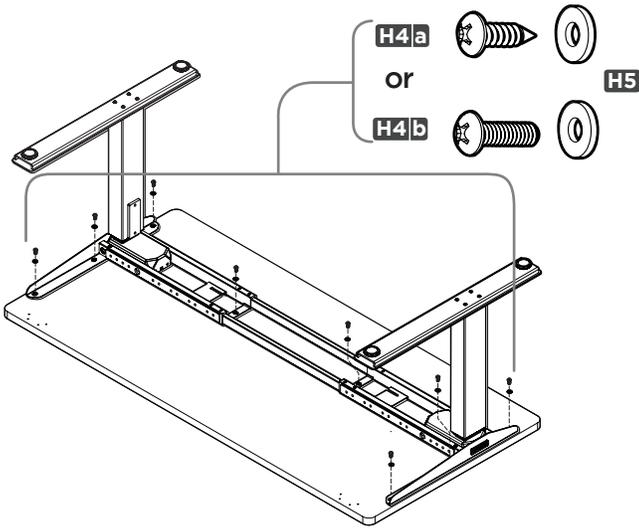
### Step 5

To protect your desktop, lay down a blanket or towel, and put the desktop on top. Make sure the desktop is upside down, with the pre-drilled holes facing UP.

Line up your Frame assembly with the pre-drilled holes on the desktop. **Note:** if holes on the Frame ends do not perfectly align, see Step 6.1 and 6.2.

If you're using your own desktop, move the desk around until you find the placement you want, and make a pencil mark at each hole's location. Using a drill with a 1/8" diameter drill bit, drill pilot holes where you've made your marks. Drill no deeper than 1/2" deep.

**Note:** Lift the frame, DO NOT SLIDE IT, when lining up the frame for placement. Rubber grommets are inserted inside each slot, and sliding the frame may dislodge them. If a rubber grommet does come out, they can be easily inserted back in the slot.



### Step 6

#### Choose which screw should attach frame to desktop.

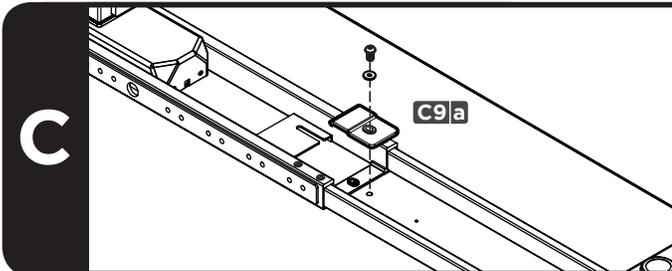
If your pre-drilled desktop does not have metal threaded inserts, use the #10x3/4" Wood screws (H4a).

If your pre-drilled desktop **does** have metal threaded inserts, use the #10-24x3/4" Machine screws (H4b).

After ensuring that the desk frame is properly positioned, attach the frame to the desktop using eight (8) of the chosen screws (H4a or H4b) and eight (8) Washers (H5).

Make sure all screws are started before fully tightening them.

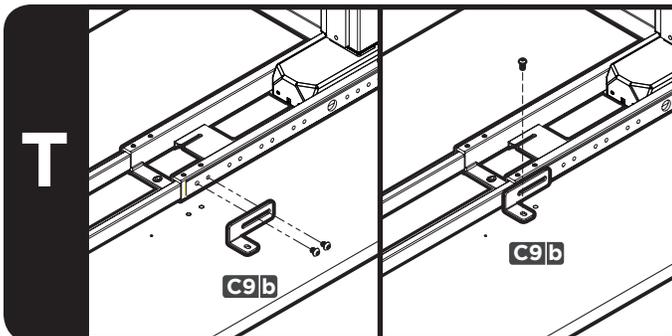
**NOTE:** See below for important information on this step regarding C-Frame and T-Frame assembly.



### Step 6.1

#### Regarding our C-Frames

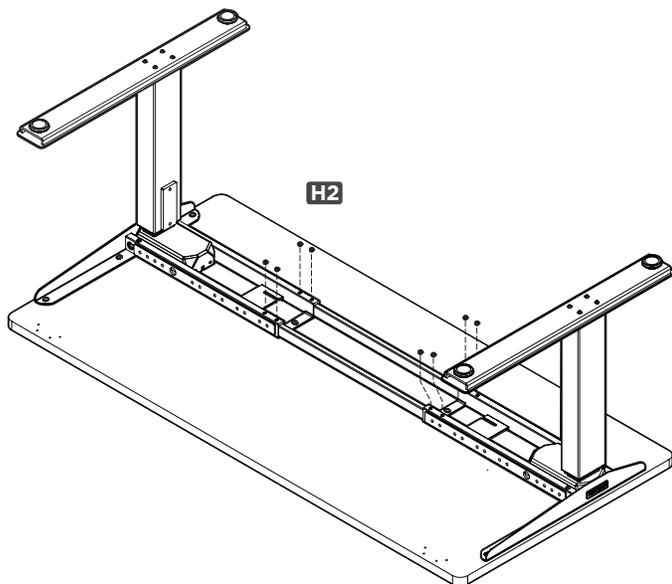
If the pre-drilled holes tional End bracket (C9a), and attach using one (1) of the screws chosen above, and one (1) washer.



### Step 6.2

#### Regarding our T-Frames

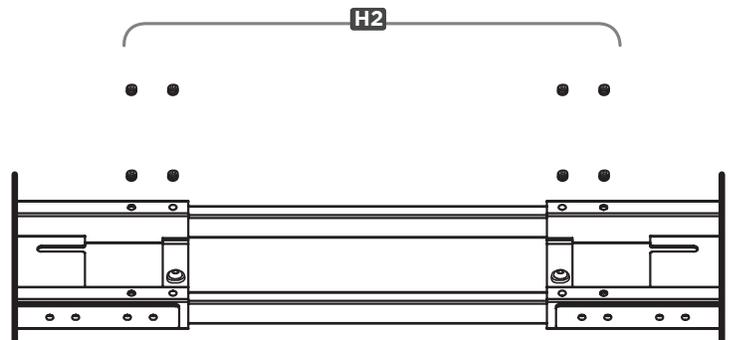
UPLIFT Desktops are pre-drilled for our C-Frames. Use the L-brackets (C9b). Line them up to one of the pre-drilled holes. Attach to the frame using two M8x10 screws and then use one (1) of the screws chosen above, along with one (1) washer to connect it to the desktop.

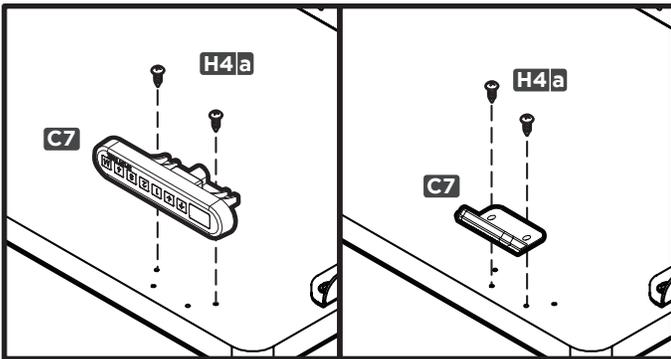


### Step 7

Secure the Center rails at both ends using eight (8) M8x8 Cup point set screws (H2), four (4) per side. Tighten using the 4mm Allen wrench (H6).

The Center rails do not need to be perfectly centered, but make sure that all eight Set screws make contact with the rails.

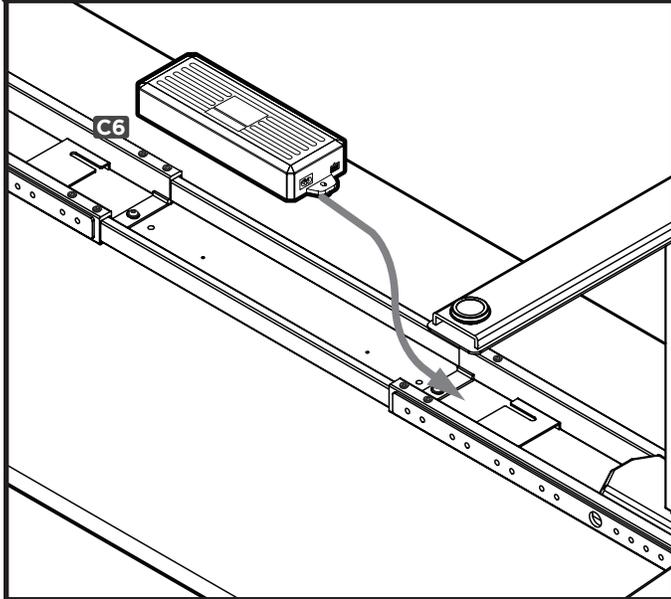




### Step 8

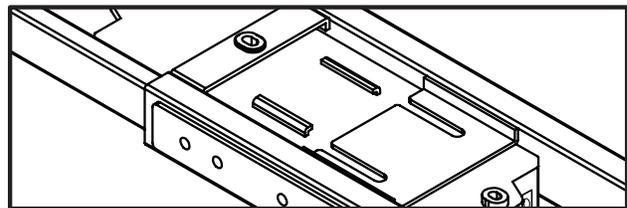
Line up your Keypad (C7) up with the pre-drilled holes, and attach it to desktop with two (2) #10x3/4" Wood screws (H4a).

If you're using your own desktop and have no pre-drilled holes, the Keypad can be placed anywhere along the front edge of the desk. We recommend placing it near the side so it doesn't interfere with your chair or legs when seated.

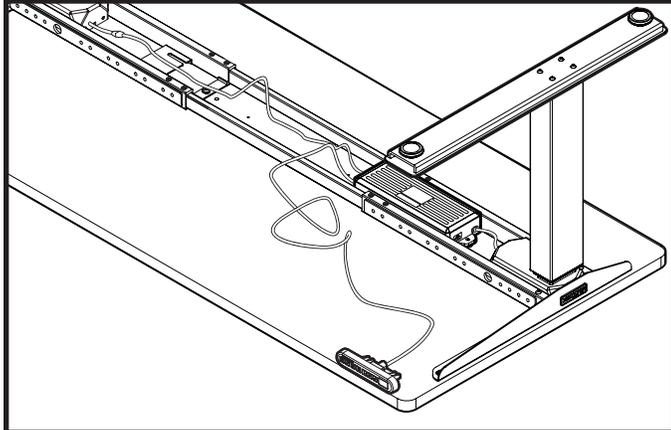


### Step 9

Slide the tabs of the Control box (C6) into the slots on the Frame end. Refer to the diagram for how the Control box interlocks with the frame end. It can be placed on either frame end. We advise positioning the power cord end pointing toward the Leg, and on the side where the keypad is mounted.



Control box tab & Frame end slot - Top View (Desktop not shown)



### Step 10

Plug the cord of the closer Leg into the Control box. This cord has enough slack to reach the white port on the box.

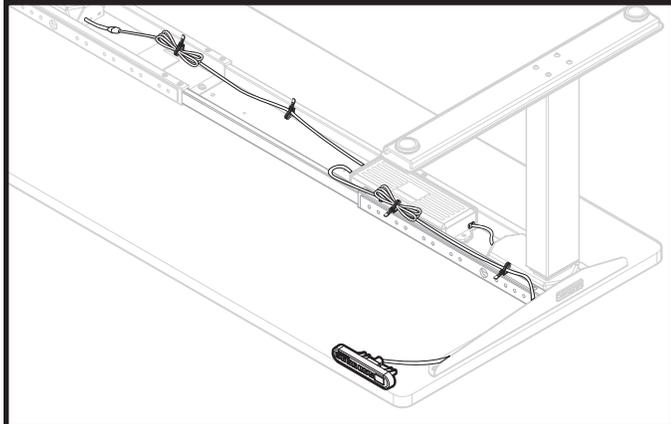
For the other Leg, you'll need the leg cable (C8) to be able to plug the remaining leg assembly into the Control box. Again, look for the white port.

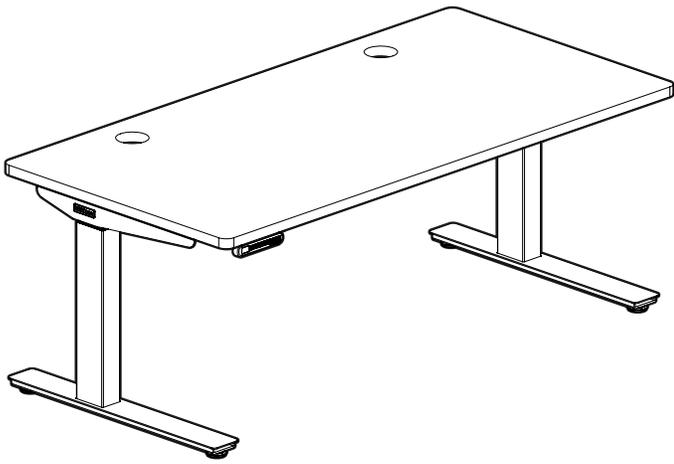
Now, plug the Keypad into the port marked "HS".

Use the Cable mounts (H8) to organize, bundle, and secure your cords to the underside of your desktop so they don't get tangled or snagged on objects when adjusting.

You can stick the mounts to the desktop or frame. The adhesive often sticks better to the metal of the frame.

If you have purchased casters, or other accessories like Keyboard Trays or CPU holders or the included Wire management tray, now is a good time to add them. Refer to the instructions that came with your accessories, and refer to page 8 of this guide for the Wire management tray.





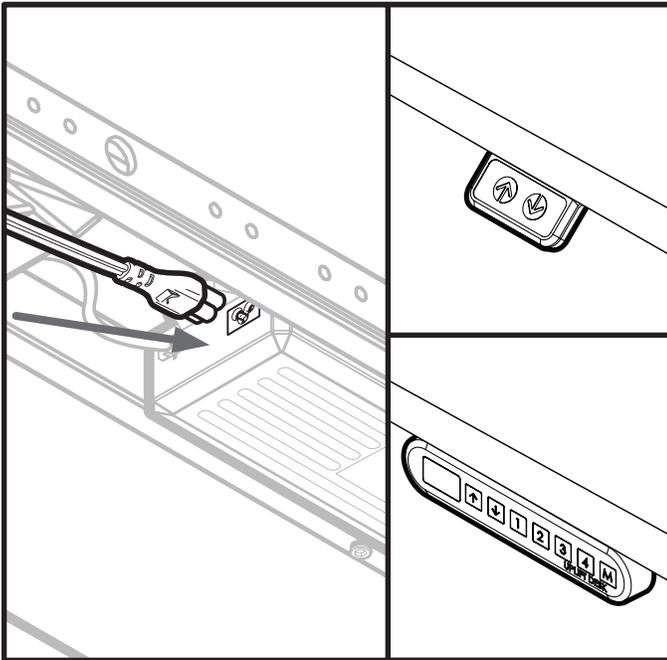
### Step 11

Grab a friend to turn the assembled desk right-side up. Be sure to support the desktop and the frame equally to limit stress on the screws.

After turning the desk over, adjust the Leveling studs or casters as needed to make the desk level.



**NOTE: Make sure no obstacles are in the desk's path. Make sure cords are a length that will accommodate the change in height.**



### Step 12

Plug the power cable (C8) into the Control box (C6), and then into a 120v wall outlet.

**IMPORTANT! You must RESET the desk prior to use (or if you change out the control box)! Hold the DOWN button on the Keypad until the desk reaches its lowest height, then release. Hold the DOWN button again for about 10 seconds\*. Then hold the DOWN button a third time until the desk lowers a little bit more, slightly rises, then stops, then release. Your desk has been reset, and is now ready to use.**

\*If you have the Advanced Digital Memory Keypad, the digital display will flash "RST" when you press the DOWN button a second time. For more programming options with the Advanced Digital Memory Keypad, refer to the "Programming" section on pages 9 thru 11.

## DESK PLACEMENT

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. 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 before moving it.

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, and nothing obstructs the desk from rising or lowering.

Ensure adequate cord clearance before using the desk. Connect desk's power cord to the 120v outlet to make the desk ready for use.

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

## UPLIFT STEEL CROSSBAR (OPTIONAL)

The Steel Crossbar is available for maximum stability for your Commercial-Grade UPLIFT Desk and adds additional side-to-side stability for your workstation.

This Steel Crossbar accessory is not required to complete assembly of your desk, but can be acquired and installed to your desk later to add even more strength if you desire it.

### CROSSBAR COMPONENTS

**C1s** 2 pc. Steel Crossbar  
(qty 1)



### CROSSBAR HARDWARE

**H1s** M8x12 Screws  
(qty 4)



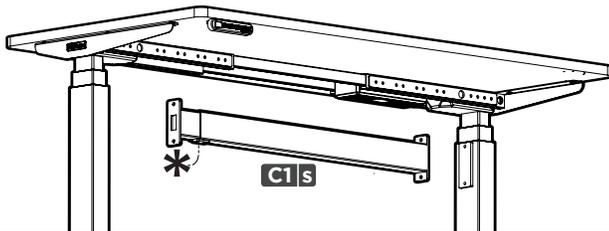
**H2s** M6x12 Screws  
(qty 2)



**H3s** 5mm  
Allen wrench

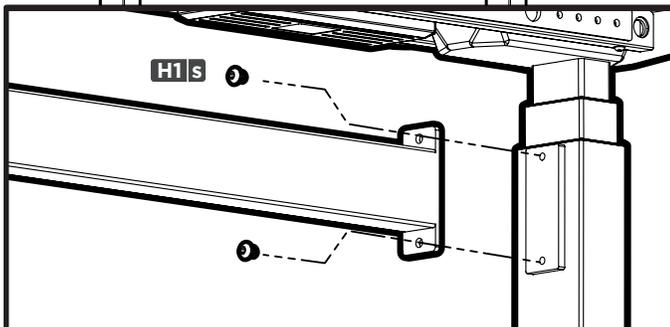


**H4s** 4mm  
Allen wrench



#### Step 1

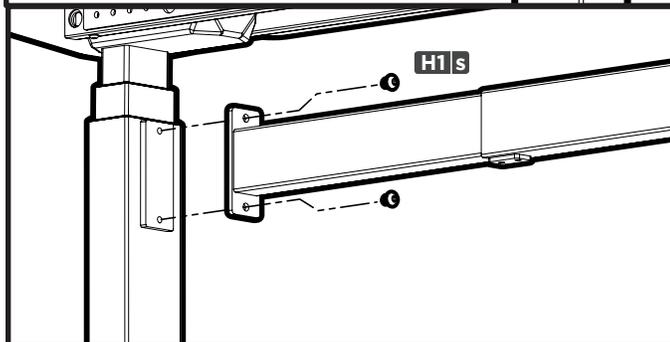
Raise your desk up for easy access to the Leg's mounting plates. Position the Crossbar between the desk legs and orient it so the side with the holes (marked with "\*") is facing down toward the floor.



#### Step 2

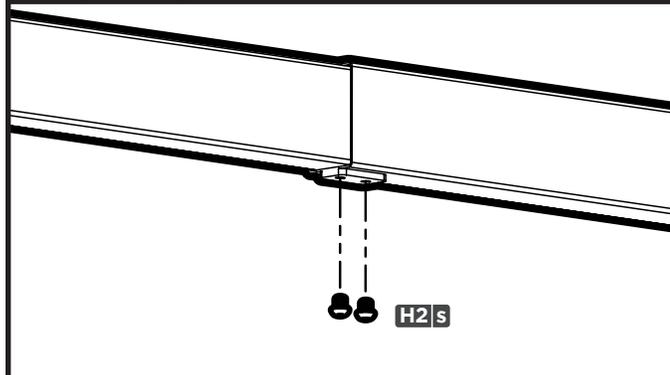
Starting on one side, line up the holes on the end of the Crossbar with the holes on one of the Leg's mounting plates. Have a friend hold it in place while you attach using two (2) M8x12 screws (H1s).

**Rotate each screw only a few turns to avoid cross-threading.** Do not tighten fully until step 2.



#### Step 3

With your friend still holding the Crossbar in place, extend the other end to the opposite Leg's mounting plate and attach using the two remaining (2) M8x12 screws (H1s). After both ends of the Crossbar are attached to the desk, you can fully tighten down all of the M8x12 screws using the 5mm Allen wrench (H3s).

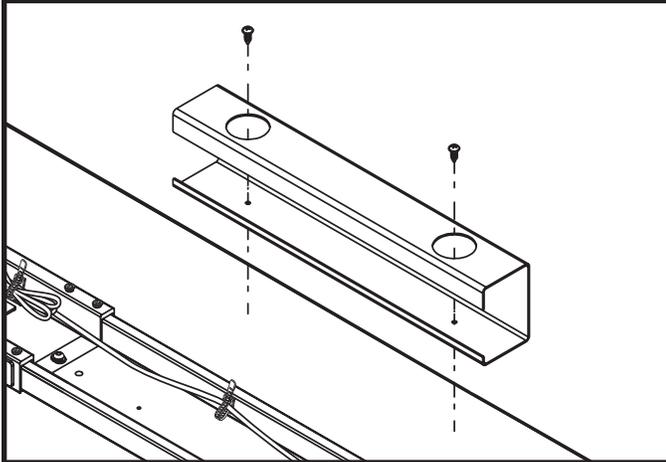


#### Step 4

To further stabilize your desk's Crossbar, install the two (2) M6x12 Screws (H2s) in the holes on the underside of the Crossbar. This will ensure the two halves of the Crossbar are secure and will not move, or slide out of place.

Tighten down using the 4mm Allen wrench (H4s). As you tighten down both Screws, make sure both are in contact with the inner Crossbar tube.

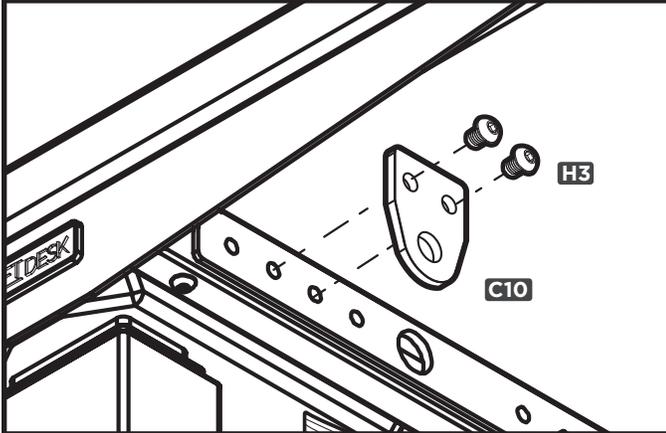
## UPLIFT ACCESSORIES



### Installing Wire Management Tray:

If you reckon you'll have a lot of wires to wrangle, install the Wire Management Tray while assembling your desk. Assess where your wires may be concentrated. Move it until you find the placement you want, and make a pencil mark at each hole's location.

Using a drill with a 1/8" diameter drill bit, drill pilot holes where you've made your marks. Drill no deeper than 1/2" into your desktop. Attach tray to your desk using two (2) #10x3/4" Wood screws (H4a).



### Installing future desk accessories:

UPLIFT Desk has many desk accessories that will mount easily and directly to your frame by using the two (2) included Anchor plates (C10).

Read your accessory's instructions to see if you'll need the Anchor plates for installation. Attach them to the frame using four (4) M8x10 screws (H3), and tighten using the 5mm Allen wrench (H7) at the locations mentioned in the accessory's instructions.

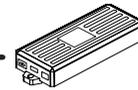
## PROGRAMMING (Advanced 1-touch digital keypad only)

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:



FRMA-2-COM:

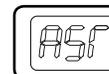
99.074.14.0089v4.2



### HEIGHT CALIBRATION

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

1. Hold the DOWN button on the Keypad until the desk reaches its lowest height, then release.
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. Hold the DOWN button again until the LED display reads "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", Hold the DOWN button until the desktop lowers slightly, then rises slightly and the display changes back to the numeric height setting, then release.



\*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. Use 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.

## 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. Hold the DOWN button on the Keypad until the desk reaches the lowest height, then release.
2. Hold 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. Hold the DOWN button until the desktop lowers slightly, then rises slightly and the display changes back to the numeric height setting, then release.

## DISPLAY UNITS

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

1. Hold the DOWN button on the Keypad until the desk reaches the lowest height, then release.
2. Hold the DOWN button again 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. Hold the DOWN button until the desktop lowers slightly, then rises slightly and the display changes back to the numeric height setting, then release.

## 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. Use the UP or DOWN buttons to bring desk to the desired **maximum** height.
2. Press the “M” button once, and “S-” will appear on the display. Immediately follow by pressing the UP button once, so the “S-” flashes once. S-
3. Hold the “M” button until the Display shows “999” then changes to numeric value of new upper limit. 999

### To Set a new minimum desk height:

1. Use the UP or DOWN buttons to bring the desk to the desired **minimum** height.
2. Press the “M” button once, and “S-” will appear on the display. Immediately follow by pressing the DOWN button once, so the “S-” flashes once. S-
3. Hold the “M” button until the Display shows “000” then changes to numeric value of new lower limit. 000

### Removing adjusted maximum and minimum heights:

1. Press the “M” button once and the display will show “S-”. S-
2. Hold the “M” button again until the display shows “555” then changes to the current numeric height setting. 555

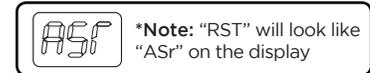
**Note:** If memory settings were previously set outside of the new minimum and maximum height settings, they will default to the new minimum and maximum settings. To set new minimum and maximum height settings outside of the current settings, you will need to first remove the current minimum and maximum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

## 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. Hold the DOWN button on the Keypad until the desk reaches its lowest height, then release. Hold the DOWN button again until the LED display reads “RST” (or for about 10 seconds on non-LED keypads), then release. Hold the DOWN button again until the desk lowers bit more, then slightly rises and stops, then release. Your desk is now ready to use.
4. The Keypad will then display the current height, and you should be able to operate the desk.
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 (phone: 800.531.3746 or email: 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.

## TECHNICAL SPECIFICATIONS

<b>Height Range</b>	21.6” to 47.7” (without desktop or casters)
<b>Base Width</b>	41.3” min - 72.2” max (outside of feet)
<b>Travel Speed</b>	1.5” per second (varies, slowest w/ maximum load)
<b>Max Weight Capacity</b>	355 lbs
<b>Duty Cycle</b>	10%, Max. 2 mins on, 18 mins off
<b>Input</b>	120Vac/60Hz, 400W
<b>Output</b>	24Vdc

# UPLIFT DESK®

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