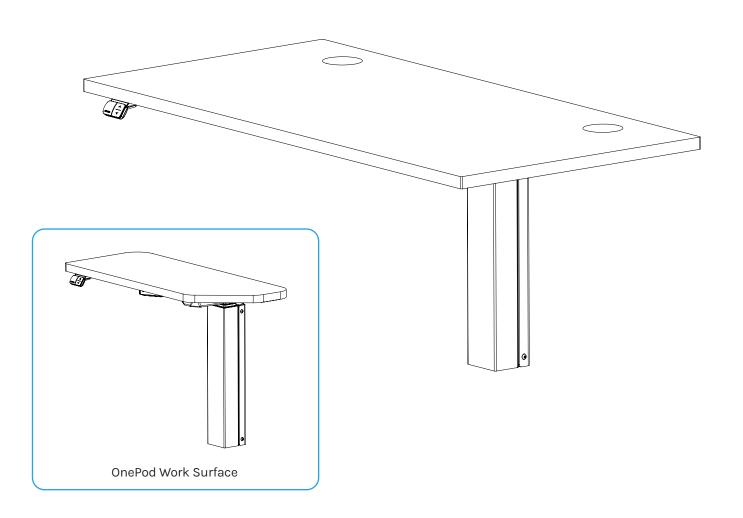
UPLIFT Wall Mounted Standing Desk

UPLIFT DESK

FRM075



For assembly assistance, visit upliftdesk.com/contact, or call 800-349-3839, or email info@upliftdesk.com
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The UPLIFT Wall Mounted Standing Desk is both a standalone desk and a component of the OnePod Office Phone Booth, referred to in these instructions as the OnePod Work Surface.

two person assembly



Safety and Warnings



CAUTION: Read all instructions before assembly. This desk is height adjustable to fit the user's height. Failure to assemble or operate properly may result in damage or personal injury. Retain manual for future reference.



WARNING: Keep fingers and body parts clear of the moving desk. Check the desk's surroundings on all sides before raising or lowering the desk to ensure there are no obstacles that can be damaged or can damage the desk.



WARNING: Ensure all cords and cables have enough slack so they don't pull as the desk moves up and down.



WARNING: Keep children away from the desk unless supervised. Misuse of the desk can cause personal injury. If children cannot be supervised at all times, use the desk's safety lock feature or remove the power cord to prevent its operation.



WARNING: The desk is designed for use in dry environments, use indoors only. Use of desk outdoors or in damp locations can cause risk of electric shock, fire, or personal injury.



WARNING: Only plug the desk into a properly grounded, 120V power outlet. Using a voltage converter is considered improper use and can cause damage to the desk.



WARNING: Do not open or insert any object into a desk frame component such as the motor housing or control box. Doing so may cause damage and presents a risk of electric shock.



WARNING: In case of spilled liquid on any desk component, disconnect the desk from the power outlet immediately. Clean up the spill with a dry cloth and plug the desk back into the power outlet. There is a risk of desk failure or electric shock if desk components become wet.



WARNING: Never use the desk if the power cord or plug is damaged as this can cause a risk of fire and electric shock. Contact UPLIFT Desk for a replacement power cord if it is damaged in any way.



WARNING: Risk of serious injury or death. Adjusting the height of the desk can pinch or crush body parts trapped between the desk and stationary objects. Do not place feet or other body parts on any items located under the desk other than on approved items such as foot rests and desk mats.



WARNING: Be sure there is a gap of at least 1 inch between the moving parts of the standing desk and objects located next to it to avoid pinch and crush hazards. Move the desk through its full range of motion to ensure the 1 inch gap is maintained above, below, and all around the desk.



WARNING: Persons with limited mental or physical capabilities who are unable to comprehend the safe operation of the height adjustability feature must not operate the desk.



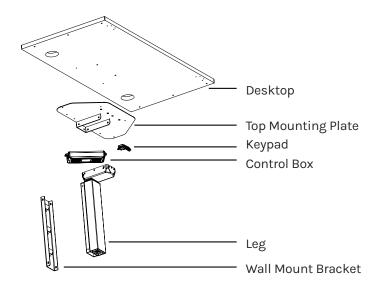
WARNING: Inspect the desk regularly and stop using immediately if you notice any damaged or loose parts. Only replace damaged desk parts with authorized UPLIFT Desk parts and instructions.

Under no circumstances does the manufacturer accept warranty or liability claims for damages caused from improper use of this desk. Please provide these instructions to any new user or owner of the desk.

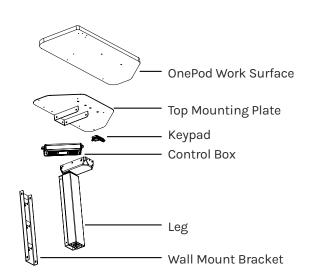
		Package Contents		
PI Leg	Wall Mount Bracket	P3 Top Mounting Plate	P4 Control Box	P5 Keypad
				Note: Keypad shown may not match the keypad ordered
P6 Power Cord	M6 x 10mm Machine Screw qty 10	H2 a 10mm x 65mm Lag Screw (for wall mount) qty 3	H2 bM10 x 50mm Hex Head Machine Screw (for OnePod mount) qty 3	H3 10mm Plain Washer qty 3
#10-24 x ³ / ₄ " Machine Screw qty 2	#10 x 3/4" Wood Screw qty 10	H6 #10 Plain Washer qty 6	Cable Mount qty 3	HB 4mm Allen Wrench

You'll also need								
Phillips Head Screwdriver	Stud Finder (for Wall Mount installation)	Level	Pencil (for Wall Mount installation)	Tape Measure (for Wall Mount installation)	Drill (for Wall Mount installation)			
1/8" Drill Bit (for Wall Mount installation)	15/64" Drill Bit (for Wall Mount installation)	Socket Wrench	17mm Socket (for Wall Mount installation)	5/8" Socket (for OnePod installation)				

Wall Mounted Standing Desk



OnePod Work Surface



Notes on Wall Construction

Wood Stud Installation

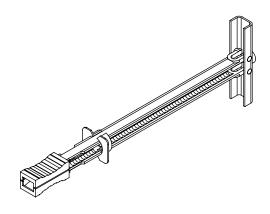
The lag screws provided are intended to be mounted directly into a wood wall stud. Studs must be a minimum size of 2" x 4".

Steel Stud Installation

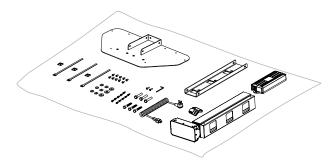
Fasteners for steel studs are not included. For steel stud installation we recommend using Toggler brand (Model 21015) or equivalent anchors. Steel studs must be at least 25-gauge thickness. For securing the anchors, follow the installation instructions as outlined by the fastener manufacturer.

Cinder Block Wall Installation

Fasteners for cinder block walls are not included. For cinder block installation we recommend using Toggler brand (Model 21015) or equivalent anchors. Ensure the anchors are mounted to the hollow section of the block and are not installed in the mortar. For securing the anchors, follow the installation instructions as outlined by the fastener manufacturer.



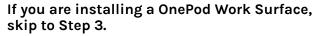
Assembly Instructions

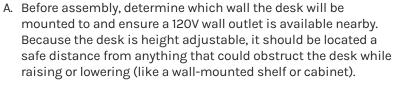


Step 1 - Preparation

- A. For ease and safety, we recommend using two people for assembly.
- B. To avoid any damage to your floor or desktop, we recommend assembling your desk on a debris-free carpet or blanket.
- C. Ensure you have received all components and hardware before disposing of any packing material. Lay out the components from all boxes and make sure the items and quantities match what is shown in the Package Contents section in these instructions.

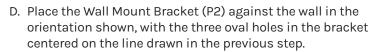






Note: With an Advanced Keypad, you can set upper and lower height limits to avoid potential collisions above or below the work surface.

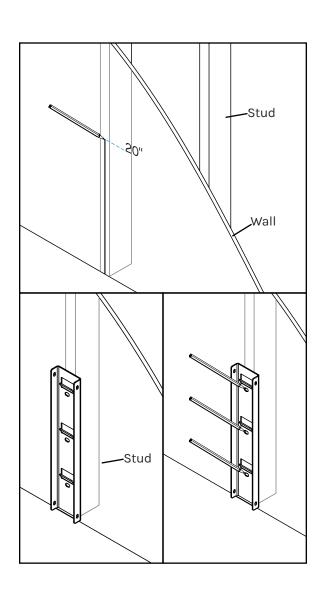
- B. With a stud finder, determine the location of the center of a stud and mark it.
- C. Using a level as a guide, draw a vertical line on the wall centered on a stud from the floor to about 20" above the floor.

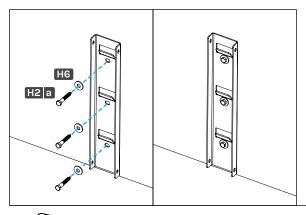


E. With the bottom end of the bracket about ½" above the floor or baseboard, mark the line at the center of each of the three mounting holes.

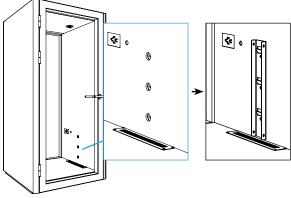
Note: If you are mounting the bracket above a baseboard, the lowest height setting of the desk will be raised by the height of the baseboard trim.

F. Set the Wall Mount Bracket aside. For wooden studs, drill 2" deep holes at the marked locations using a 15/64" drill bit. For other wall or stud types, see "Notes on Wall Construction" on page 5 and follow the directions included with the recommended anchors.





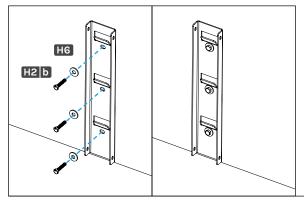
- G. Align the Wall Mount Bracket (P2) with the three holes in the wall ensuring that the three bent tabs on the bracket are facing up as shown.
- H. For wooden studs, fasten the Wall Mount Bracket to the wall using a 17mm socket wrench, three 10mm x 65mm Lag Screws (H2a), and three 10mm Plain Washers (H3). For other wall or stud types, follow the instructions provided by the anchor manufacturer.
- I. Use a level to ensure the bracket is vertical before completely tightening the screws.



Step 3 - Wall Mount Bracket Installation for OnePod Work Surface

If you are installing a Wall Mounted Desk, skip to step 4.

A. Align the Wall Mount Bracket (P2) with the three holes in the right side wall of the OnePod ensuring that the three bent tabs on the bracket are facing up as shown.



- B. Fasten the Wall Mount Bracket to the preinstalled threaded mount points in the OnePod using a 5/8" socket wrench, three M10 x 50mm Hex Head Machine Screws (H2b), and three 10mm Plain Washers (H3).
- C. Use a level to ensure the bracket is vertical before completely tightening the screws.

Step 4 - Top Mounting Plate Installation

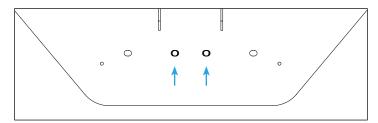
If you are installing a OnePod Work Surface, skip to Step 5.

- A. If you are attaching your own desktop, be sure it is no larger than 48" wide and 24" deep and weighs no more than 45 lb.
- B. Align the slotted holes in the Top Mounting Plate (P3) with the threaded metal inserts near the center of the desktop. If you are attaching a 42" wide desktop, use the inner two slots as shown.

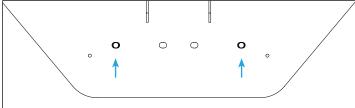
If you are attaching a 48" wide desktop, use the outer two slots as shown.

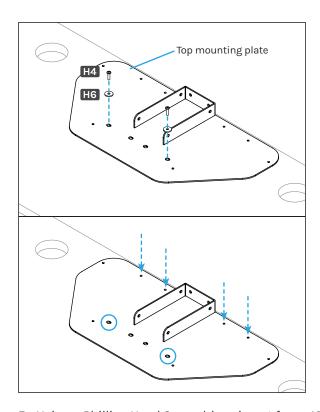
Note: If you are attaching your own desktop, center the Top Mounting Plate between the left and right edges of the desktop and align the back edge of the mounting plate with the back edge of the desktop, then skip to step 4C.

Holes for 42" wide desktop

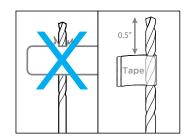


Holes for 48" wide and any user supplied desktops





- C. Attach the Top Mounting Plate to the desktop threaded inserts using a Phillips Head Screwdriver, two #10-24 x ³/₄" Machine Screws (H4), and two #10 Plain Washers (H6).
- D. IMPORTANT: Be careful not to drill through your desktop top surface! DRILL NO DEEPER THAN 1/2". We recommend wrapping a piece of tape around the drill bit 1/2" from the tip as shown. Stop drilling just before the tape touches the mounting plate.



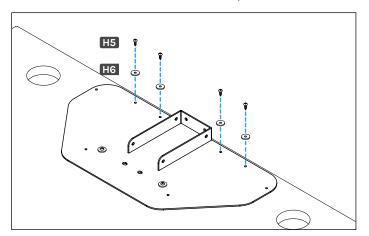
E. Drill pilot holes at each of the four locations along the back edge of the mounting plate as shown by arrows, using a drill and a $\frac{1}{8}$ " drill bit.

Note: If you are using your own desktop, you will need to drill two additional holes where circled.

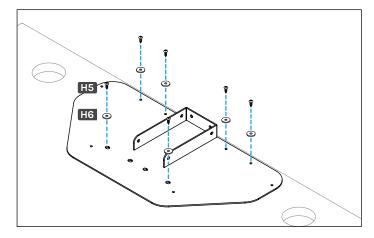
F. Using a Phillips Head Screwdriver, insert four #10 x 3/4" Wood Screws (H5) and four #10 Plain Washers (H6) into the four holes drilled in the previous step. Be careful not to overtighten the screws to avoid stripping.

Note: If you are using your own desktop, insert two additional #10 \times 3/4" Wood Screws and two #10 Plain Washers into the two additional holes drilled in the previous step.

UPLIFT Desk desktop



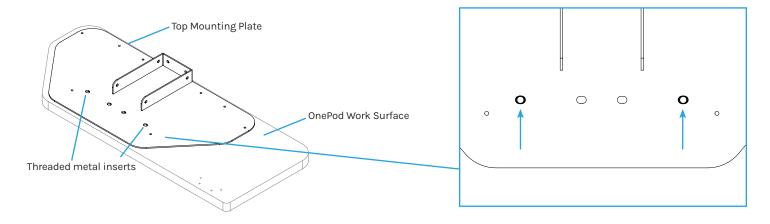
Customer provided desktop

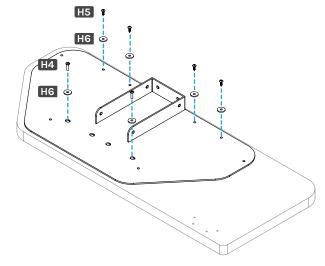


Step 5 - Top Mounting Plate Installation for OnePod Work Surface

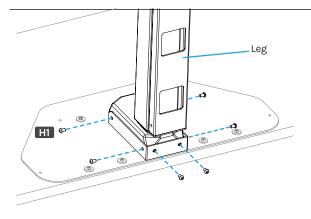
If you are installing a Wall Mounted Desk, skip to Step 6.

A. Align the Top Mounting Plate (P3) on the OnePod Work Surface as shown so that the outer two slotted holes in the plate align with the threaded metal inserts near the center of the OnePod Work Surface.





- B. Loosely insert two #10-24 x 3/4" Machine Screws (H4) and two #10 Plain Washers (H6) through the front holes in the Top Mounting Plate and into the threaded inserts, but DO NOT tighten them yet.
- C. Using a Phillips Head Screwdriver, insert four #10 x 3/4" Wood Screws (H5) and four #10 Plain Washers (H6) into the four holes at the back edge of the Top Mounting Plate as shown.
- D. Once all six screws have been started, tighten them using a Phillips Head Screwdriver. Be careful not to overtighten to avoid stripping.

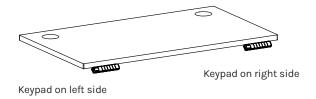


Step 6 - Leg Attachment

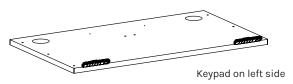
(for both Wall Mounted Standing Desk and the OnePod Work Surface)

- A. Place the Leg (P1) into the Top Mounting Plate (P3) bracket as shown and loosely insert six M6 x 10mm Machine Screws (H1) into the holes shown, two on each side and two at the back.
- B. Once all six screws have been started, tighten them using the 4mm Allen Wrench (H8).

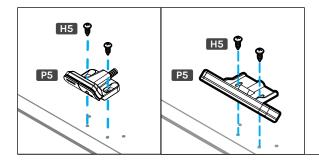
Top of desktop



Bottom of desktop



Keypad on right side

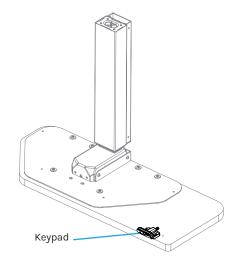


Step 7 - Keypad Attachment for Wall Mounted Desk

If you are installing a OnePod Work Surface, skip to Step 8.

- A. There are two pairs of Keypad mounting holes pre-drilled into each side of UPLIFT 42" and 48" wide desktops to accommodate several different Keypad designs.
- B. Choose the side of the desktop you'd like your Keypad on. Remember that you are assembling your desk upside down, so the Keypad will be on the opposite side once the desk is upright.
- C. Align the Keypad (P5) with the pre-drilled desktop holes that best align with the Keypad's mounting holes.
- D. Attach the Keypad to the desktop with a Phillips Head Screwdriver and two #10 x 3/4" Wood Screws (H5). Be careful not to overtighten to avoid stripping.

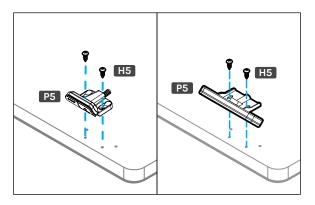
Note: Keypads shown may not be what was ordered. These are shown for reference only.



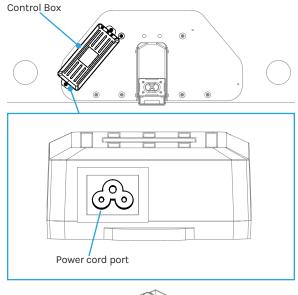
Step 8 - Keypad Attachment for OnePod Work Surface

If you are installing a Wall Mounted Desk, skip to Step 9.

- A. There are Keypad mounting holes pre-drilled into the OnePod Work Surface near the front, left corner to accommodate different Keypad designs.
- B. Align the Keypad (P5) with the pre-drilled holes on the OnePod Work Surface that best align with the Keypad's mounting holes as shown.

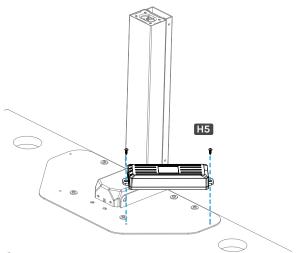


- C. Attach the Keypad to the work surface with a Phillips Head Screwdriver and two #10 x 3/4" Wood Screws (H5). Be careful not to overtighten to avoid stripping.
 - Note: Keypads shown may not be what was ordered. These are shown for reference only.



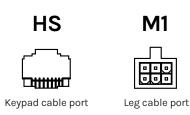
Step 9 - Control Box Attachment (for both Wall Mounted Standing Desk and the OnePod Work Surface)

A. Position the Control Box on the Top Mounting Plate (P3) where shown and align the Control Box mounting holes with the two holes in the plate. Make sure the power cord port end of the Control Box is facing toward the back of the desktop.



B. Using a Phillips Head Screwdriver, attach the Control Box with two #10 x 3/4" Wood Screws (H5). Be careful not to overtighten to avoid stripping.

Note: If you are assembling a Wall Mounted Standing Desk, you can drill pilot holes following the drilling instructions from Step 4.



Step 10 - Cable Connections (for both Wall Mounted Standing Desk and the OnePod Work Surface)

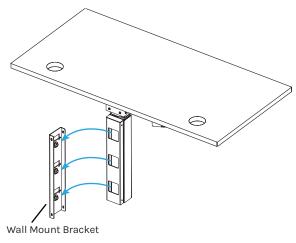
- Connect the Keypad cable into the port marked "HS" on the Control Box.
- B. Connect Leg cable into the white port of the Control Box marked "M1".
- C. Connect the Power Cord (P6) into the port marked "AC" on the Control Box.

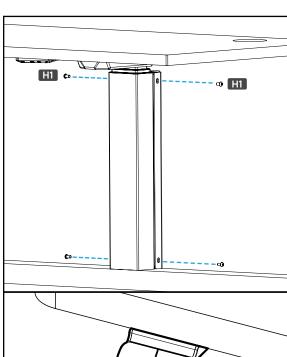
Step 11 - Cable Mounts

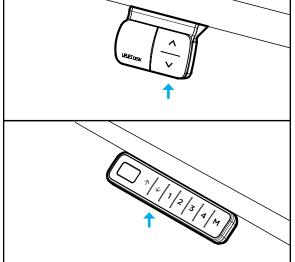
(for both Wall Mounted Standing Desk and the OnePod Work Surface)

Loose cables can snag on stationary objects while the desk or work surface is moving. Use the included Cable Mounts (H7) to bundle and organize your cables so they are out of sight and out of the way. Cable Mounts consist of adhesive-backed plastic anchors and reusable hook and loop strips.

IMPORTANT: The adhesive backing on the Cable Mounts is very strong, please carefully decide locations before adhering them. Do not attach them to the top surface of your desktop or work surface.







Step 12 - Place Assembly On Wall Mount Bracket (for both Wall Mounted Standing Desk and the OnePod Work Surface)

- A. When preparing to flip the assembly over, be aware of any loose cables to avoid tripping and cable damage.
- B. With one person located at each side of the desk or work surface assembly, support the Leg (P1) and the desktop equally and begin to slowly rotate the assembly rightside up.
- C. While continuing to support both the Leg and desktop or work surface, raise the assembly up and allow the three bent tabs on the Wall Mount Bracket (P2) to enter the three rectangular openings in the back of the Leg.

CAUTION: Keep your hands away from the back of the Leg to avoid pinching while installing the assembly onto the Wall Mount Bracket.

- D. Slowly lower the desk assembly down until it is fully supported by the Wall Mount Bracket.
- E. Loosely insert four M6 x 10mm Machine Screws (H1) through the four holes in the Wall Mount Bracket and into the Leg.
- F. Once all four screws are started, tighten them using the Allen Wrench (H8).
- G. Check your desk's surroundings to make sure there are no obstacles within the desk's path while it is being raised or lowered.

Do not place objects underneath the desk that are taller than 21".

H. Plug your desk into a grounded, 120V power outlet.
Note: The OnePod provides an outlet located below and to the left of the installed OnePod Work Surface.

Desk Reset Procedure (for both Wall Mounted Standing Desk and the OnePod Work Surface)

IMPORTANT: Before using your desk, perform the Desk Reset Procedure below.

- A. Press the down button once.
- B. Hold the down button until the desk stops at its lowest position.
- C. Hold the down button again for 30 seconds or until the display changes. Keypads with a display will show "ASr" when ready to reset. Paddle Keypads will display "RESET."
- D. Hold the down button again until the desk lowers slightly, rises, and stops. If the desk didn't move, try this step again.
- E. Your desk is now ready for use!
- F. If you are using an Advanced Keypad, see Advanced Keypad Settings for further information on how to use your Keypad.

Advanced Keypad Settings

These instructions apply to the following keypad types:



Advanced Comfort Flush Keypad



Advanced Comfort Angled Keypad

Set & Use Memorized Heights

Save heights on your keypad:

- 1. Hold the up or down button to move the desk to the desired height.
- 2. Tap the "M" button followed by a number button (1, 2, 3, or 4) to assign the current height to that number.
- 3. Once the memory buttons are programmed, tap a numbered button and the desk will automatically move to the preset height.

Note: If you would rather the button be pressed and held instead of tapped to make height adjustments, see One-Touch or Constant-Touch below.

Keypad Lock

Lock your keypad to prevent accidental adjustments:

- 1. Hold the "M" button until the display shows "LOC."
- 2. To unlock your keypad, press and hold the "M" button until your display shows the current numeric height setting.

Note: In the event of a power outage, the keypad will return to the unlocked setting.

One-Touch or Constant-Touch

One-touch is the default setting of the control box and requires only a single touch of a keypad button to move the desktop to a saved height. Constant-touch requires the continuous hold of a button or paddle to move the desktop to a saved height.

Toggle between one-touch and constant-touch modes:

- 1. Hold the down button until the desk reaches its lowest position.
- 2. Hold the down button again until the display flashes "ASr."
- 3. Hold the "1" button until the display shows "10.1" (one-touch) or "10.2" (constant-touch) and then goes back to "ASr." While the display is flashing "ASr," tap the "1" button to toggle between the two settings.
- 4. Hold the down button until the desktop lowers and rises slightly and the display changes back to the numeric height setting.

Units of Measurement

Switch between inches and centimeters on your display:

- 1. Hold the down button until the desk reaches its lowest position.
- 2. Hold the down button again until the display flashes "ASr."
- 3. Hold the "2" button until the display shows "10.3" (centimeters) or "10.4" (inches) and then goes back to "ASr." While the display is flashing "ASr," tap the "2" button to toggle between the two settings.
- 4. Hold the down button until the desktop lowers and rises slightly and the display changes back to the numeric height setting.

Advanced Keypad Settings (continued)

Calibrate Desk Height

Compare the desk height to the displayed height:

- 1. Press and hold the "down" button until the desk reaches its lowest position.
- 2. Use a tape measure to check the height from the floor to the top surface of the desktop. If the measurement matches the displayed height, the desk is already calibrated and ready for use.

If the displayed height doesn't match the desk's actual height, follow these steps:

- 1. Hold the down button until the display flashes "ASr."
- 2. Hold the "M" button until the numeric display begins flashing.
- 3. Tap the up or down button to adjust the displayed height to match your desk's measured height.
- 4. Wait for the display to change back to "ASr."
- 5. Hold the "down" button until the desktop lowers and rises slightly and the display changes back to the numeric height setting.

Max/Min Height Limits

Set your desk's maximum or minimum height limits:

- 1. Hold the up or down button to move the desk to the desired height.
- 2. Tap the "M" button once and "S-" will appear on the display.
- 3. Tap the up button and the display will flash "S-."
 - Maximum height limit: hold the "M" button until the display shows "999" and changes to the numeric height of the now set upper limit.
 - Minimum height limit: hold the "M" button until the display shows "000" and changes to the numeric value of the now set lower limit.

Remove the maximum and minimum height limits:

- 1. Tap the "M" button once and the display will show "S-."
- 2. Hold the "M" button until the display shows "555" and changes to the current numeric height setting.

Anti-Collision System Sensitivity Adjustment

Adjust the sensitivity on your desk's advanced anti-collision system:

- 1. Hold the down button until the desk reaches the lowest position.
- 2. Hold the down button again until the display flashes "ASr."
- 3. Hold the UP button until the display shows "10.5," "10.6," or "10.7". This is your current anti-collision sensitivity setting:
 - 10.5 = most sensitive setting (possible false positives)
 - 10.6 = moderate sensitivity setting
 - 10.7 = least sensitive setting
- 4. While "ASr" is flashing, press the up button to toggle between the three settings.
- 5. Once the desired setting is selected, wait about five seconds for the display to return to "ASr".
- 6. Hold the down button until the desktop lowers and rises slightly and the display changes back to showing the desk's current height.

Troubleshooting

Resetting the height adjustable desk calibrates and syncs the legs. Avoid the unnecessary delay of waiting for a replacement control box or other parts.

Reset your desk if:

- · Issues with the desk's operation are encountered
- · The desk has been unplugged or power has been lost

Quick Desk Reset Procedure

- 1. Remove all items under the desk. The desk will travel to its lowest height.
- 2. Press the down button once.
- 3. Hold the down button until the desk stops at its lowest position.

Note: If your desk doesn't start to move after pressing the down button, try again by pressing the down button for 15 seconds then pressing it again until the desk reaches its lowest height.

- 4. Hold the down button again for **30 seconds** or until the display changes. Keypads with a display will show "ASr" when ready to reset. Paddle Keypads will display "RESET."
- 5. Hold the down button again until the desk lowers slightly, rises, and stops. If the desk didn't move, try this step again.
- 6. Try operating the desk. If the desk is working properly, you're done!
- 7. If the problem persists, proceed with the following steps.
- 8. Unplug the power cord from the electrical outlet.
- 9. Hold the down button for 10 seconds to discharge any stored power in the control box.
- 10. Plug the desk back in and perform the Quick Desk Reset steps a second time.
- 11. Try operating the desk again. If the desk is working properly, you're done! The sit/stand desk reset is complete.

Thorough Desk Reset Instructions

E01, E02, E03, E04, E05, E06 Desk Error Codes - Firmware or Connectivity Issue

- 1. Check that all cables are securely connected to the control box and that the desk has power.

 Plug something else into the same outlet that the desk is using to confirm it has power. If the outlet doesn't have power, you may need to reset a tripped circuit breaker at the electrical panel.
- Check for obstructions that are interfering with the desk's motion.
 Confirm there is nothing obstructing the desk's motion. Move anything too close above, below, or beside it.
- 3. Does the desk move slightly and then reverse direction?

Reverse motion is an important feature of the anti-collision safety system, which is sensitive by design. Complete the following steps to troubleshoot this system:

- Ensure the control box is attached firmly to either the desk frame or desktop. If it is not secured or is dangling by a cord, the anti-collision system can be falsely triggered and the desk won't move properly.
- · Move any objects that are contacting the desk during its up/down movement.
- Check for tight cords pulling on the desk. Raise the desk while watching all cords. If a cord tightens, it's likely triggering the anti-collision system.
- Adjust the anti-collision sensitivity.
- 4. Check that all cables are installed properly and inserted firmly.

Ensure all cables are properly attached to the correct control box port and press connections firmly.

E08 Desk Error Code

- 1. Follow the Thorough Desk Reset instructions above to help isolate the component that needs to be addressed.
- 2. Use the support form located at the bottom of the page at https://www.upliftdesk.com/uplift-desk-reset-troubleshooting-steps/, and we'll troubleshoot with you further. Be sure to explain what error code you started with, what error code it changed to, or if it didn't change after the Thorough Desk Reset instructions, and include at least one photo that shows the control box and all the connected cables.
 - If the error changed from an E08 to an E07, after troubleshooting with you further, we will likely be sending you a replacement leg cable or a replacement leg.
 - If the error did not change and remains an EO8, after troubleshooting with you further, we will likely be sending you a new control box and possibly one or more legs.

E07, E09, E010, E011, E012 Desk Error Codes - Standing Desk Legs Are Uneven

Perform the Thorough Desk Reset procedure above.

H01 Desk Error Code - Control Box Overheated

If this error code is encountered, simply allow the desk to cool before raising or lowering. The desk motor has a 10% duty cycle to protect it from overheating. For example, in a 20 minute period, if the desk motor is activated for two minutes, it's designed to rest and cool for the remaining 18 minutes. Otherwise, a H01 code may appear on the keypad display.

Starting & Stopping

If the desk is continuously starting and stopping as you try to raise or lower it, check to make sure the Control Box is attached securely. The Control Box MUST be attached to the desk frame in order for it to function properly.

Standing Desk Stability

We pride ourselves on designing the sturdiest and longest lasting height adjustable desks on the market, but they will not perform to our standing desk stability standards if not properly assembled.

- · If your standing desk feels unstable, please tighten screws used to fasten the desktop to the desk frame.
- If any of the screws attaching the desktop to the desk frame are loose, it can cause an imbalance and exacerbate any desktop instability.



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SAVE THE INSTRUCTIONS

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

