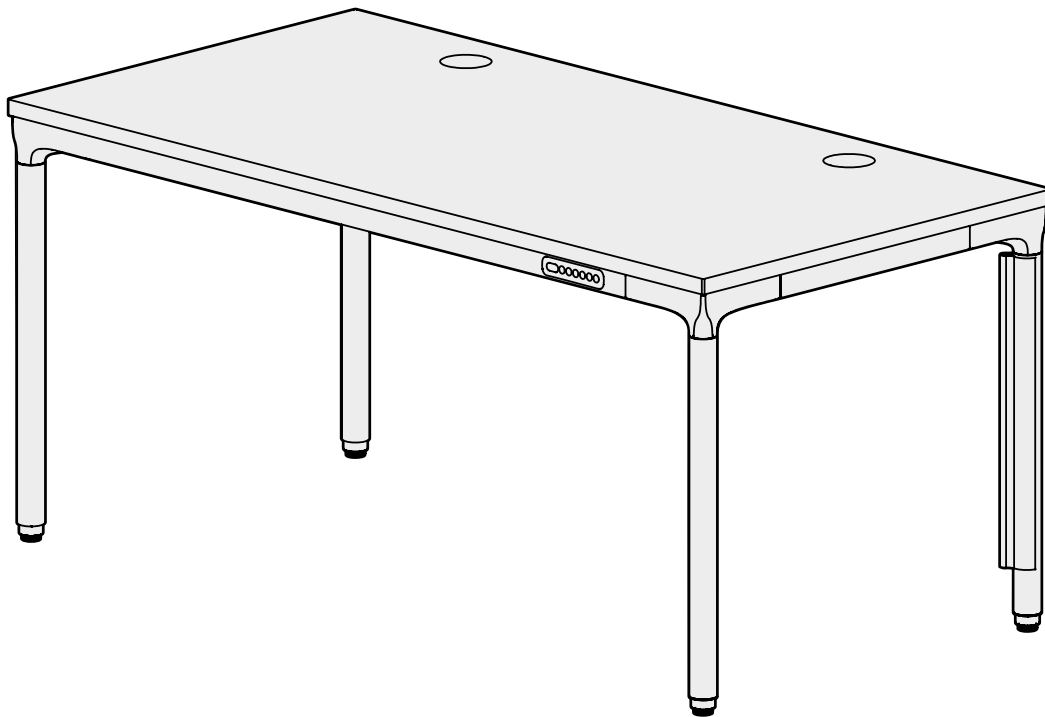


Parsons Standing Desk

FRM480

UPLIFT DESK

Work better. Live healthier.



Two
person
assembly



Scan for
product
webpage



For assembly assistance, contact us at (800) 349-3839 or hello@upliftdesk.com

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Safety and Warnings

Read all instructions carefully before assembly. Failure to assemble or operate the desk properly may result in damage or personal injury.

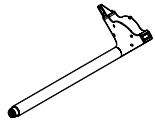
Retain this manual for future reference or new owners.

-
- Keep fingers and body parts clear of the moving desk edges. Check the desk's surroundings on all sides before raising or lowering the desk to ensure there are no obstacles that can cause damage or personal injury.
 - Ensure all desk and accessory cords have enough slack so they don't pull as the desk moves up and down.
 - 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 operation.
 - The desk is designed for indoor use only. Use of desk outdoors or in damp locations can damage the desk and can cause risk of electric shock and/or fire.
 - Only plug the desk into a properly grounded 100-240V power outlet. Using a voltage converter is considered improper use and can cause damage to the desk.
 - Do not open or insert any object into the desk legs or control box. Doing so may cause damage and can cause risk of electric shock.
 - There is a risk of desk failure or electric shock if desk components become wet. If liquid is spilled on any electrical desk component, disconnect the desk from power immediately. Clean up the spill with a dry cloth and plug the desk back into the power outlet.
-

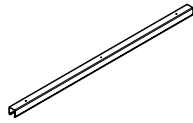
This desk is height adjustable to fit the user's height. Inappropriate use of this desk can cause property damage and/or bodily injury. Under no circumstances does the manufacturer accept warranty or liability claims for damages caused from improper use of this product.

Product Components

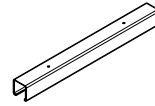
The parts to build your desk are located in multiple boxes and may arrive in separate deliveries. If you suspect a part is missing, please thoroughly examine all packaging and boxes. If there is a damaged or missing part, please contact us at (800) 349-3839 or hello@upliftdesk.com.



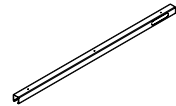
Leg (4)



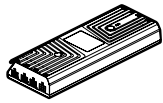
Rear Frame Rail (1)



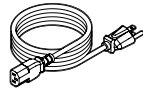
Side Frame Rail (2)



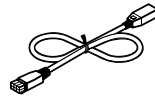
Front Frame Rail (1)
(includes Keypad opening)



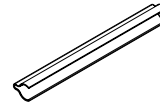
Control Box (1)



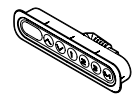
Power Cord (1)



Leg Extension
Cable (4)



Cable
Channel (1)



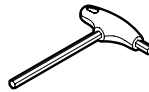
Keypad (1)



M6 x 14mm
Machine Screw (16)



#10 x 3/4"
Wood Screw (32)



4mm Allen
Wrench (1)

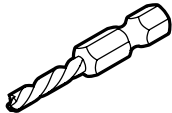


Cable
Mount (10)



Hook & Loop
Strip (10)

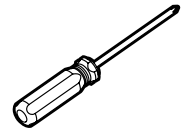
Accessory Drill Bit



9/64" Drill Bit

We have included this drill bit as a courtesy in case you need to pre-drill any holes in the bottom of the desktop for attaching optional accessories. The short drill bit ensures you won't drill through your desktop.

Tools Required

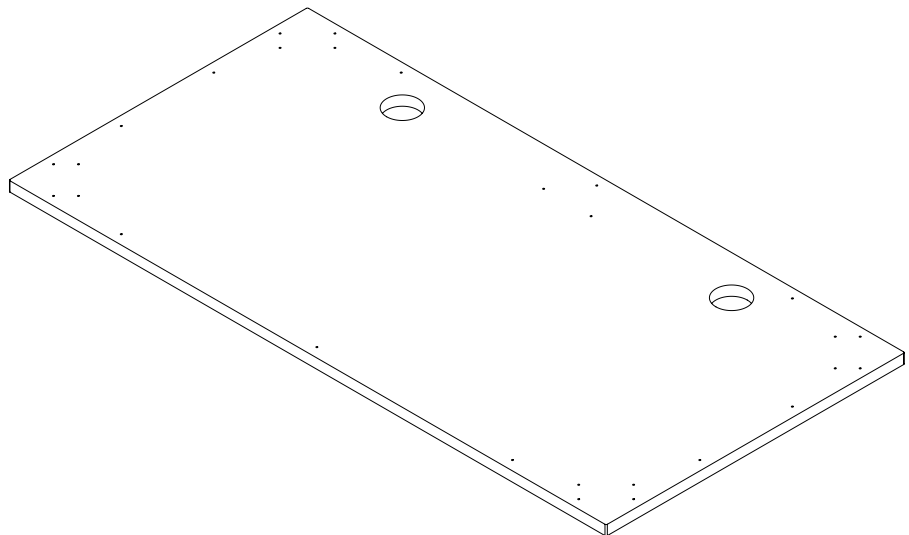


Phillips Screwdriver

Assembly Instructions

Step 1

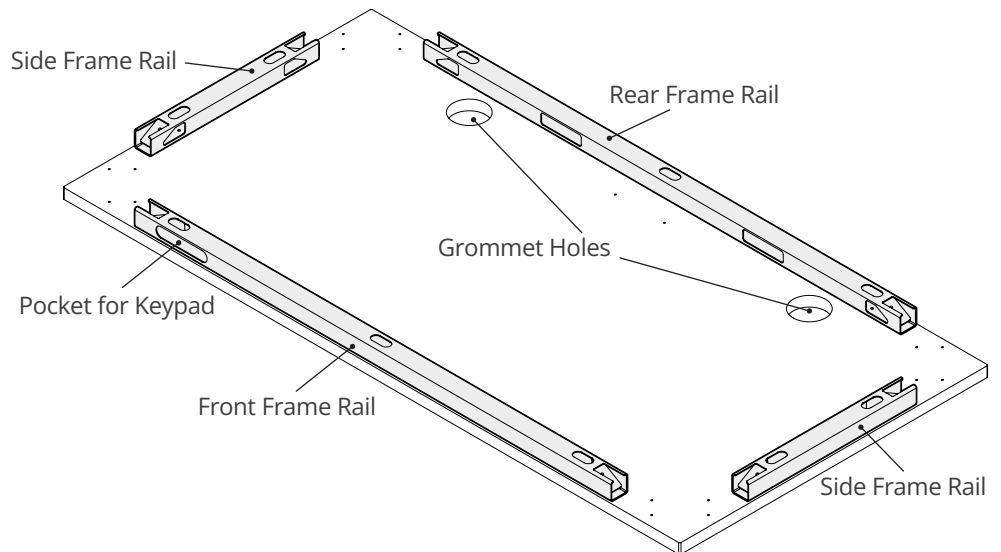
Place the desktop on a clean blanket or carpet with the pre-drilled holes facing up.



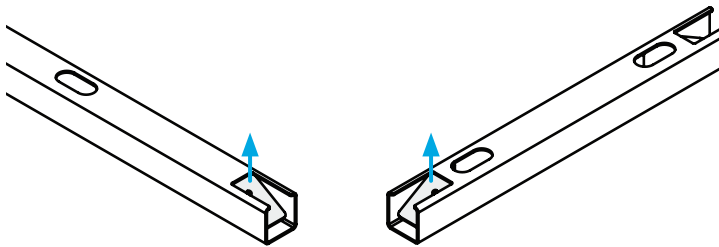
Step 2

Arrange the Frame Rails on the desktop as shown.

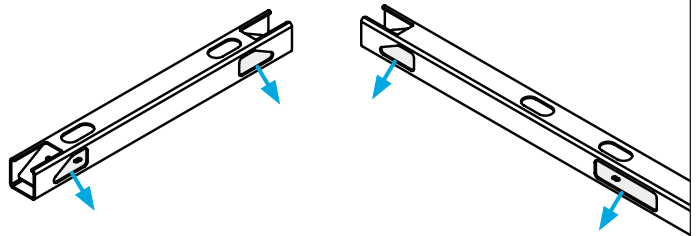
If included, grommet holes should be located opposite the Front Frame Rail with the Keypad pocket.



Ensure notches in ends are facing up.



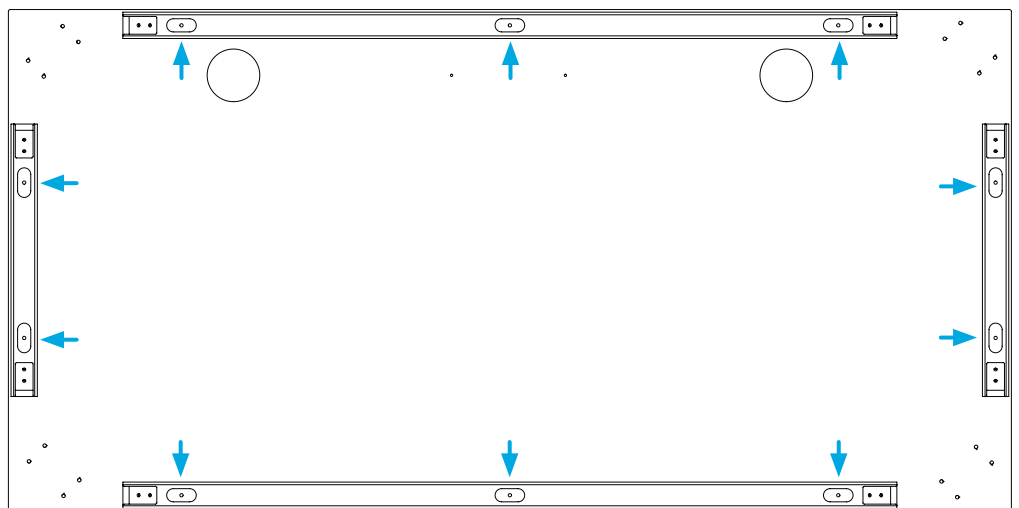
Ensure large openings are facing in.



Step 3

Use a **Phillips Screwdriver** to insert **#10 x 3/4" Wood Screws** into the holes indicated by the arrows.

Do NOT completely tighten these Screws yet.

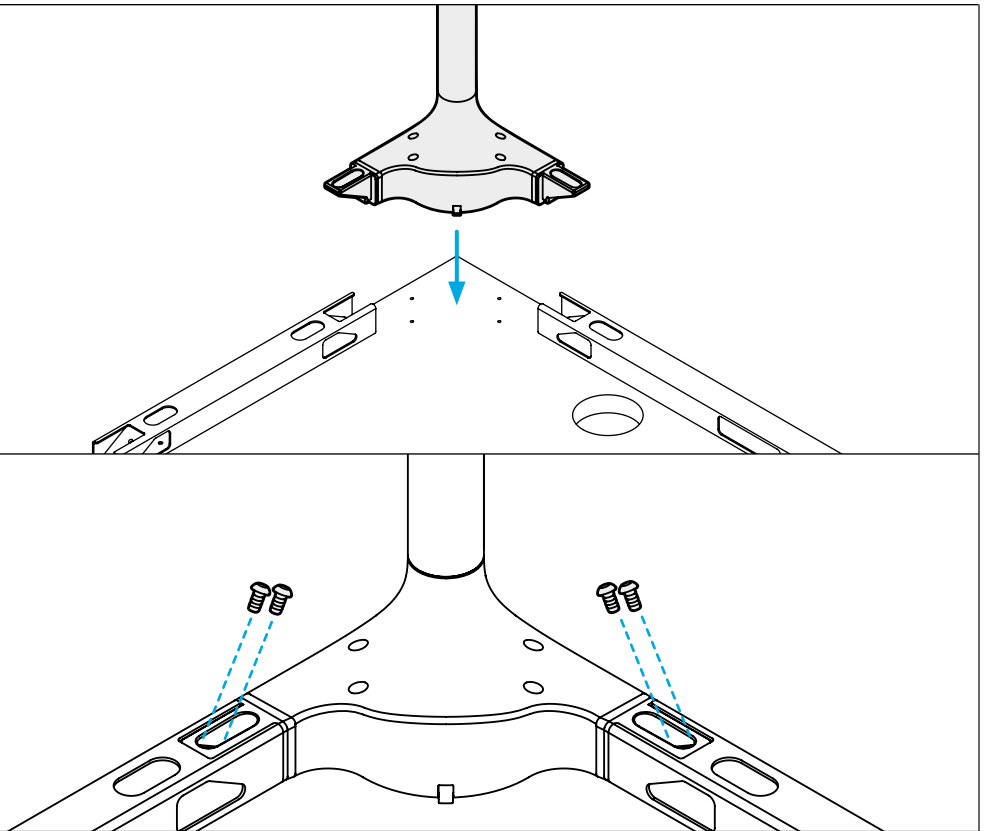


Step 4

Position a Leg at each of the corners with the ends of the Leg over the ends of the Frame Rails.

Use the **4mm Allen Wrench** to loosely insert **M6 x 14mm Machine Screws** through the Leg ends and into the threaded holes in the Frame Rails.

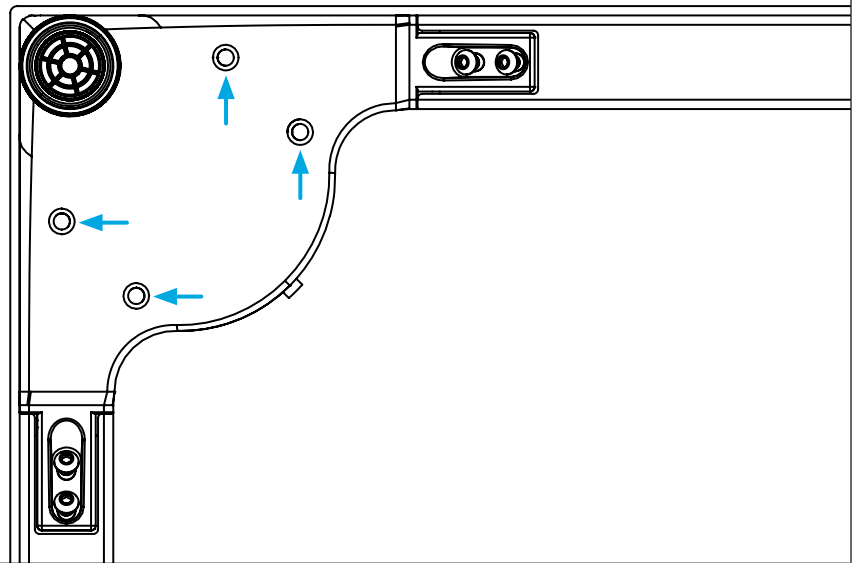
Do NOT completely tighten these Screws yet.



Step 5

Use a **Phillips Screwdriver** to insert a **#10 x 3/4" Wood Screw** into each of the four holes of each leg.

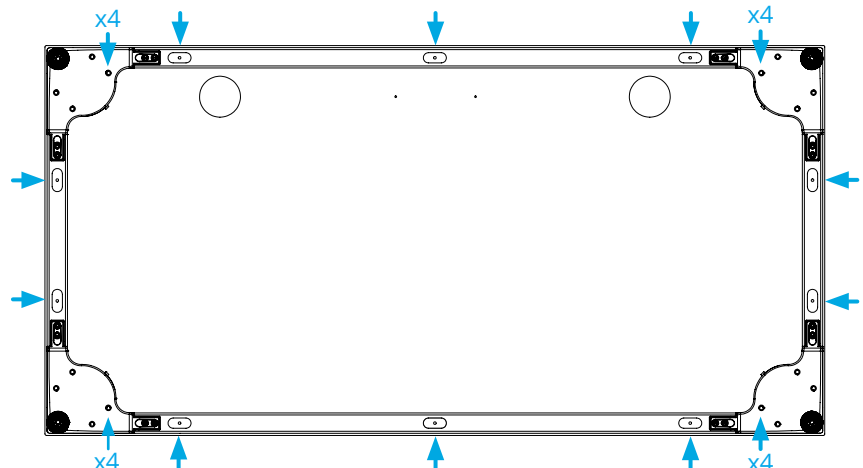
Tighten the screws until snug, but avoid over-tightening to prevent stripping.



Step 6

Return to the screws from Steps 3 and 4 and fully tighten them.

Avoid over-tightening the Frame Rail Screws to prevent stripping.

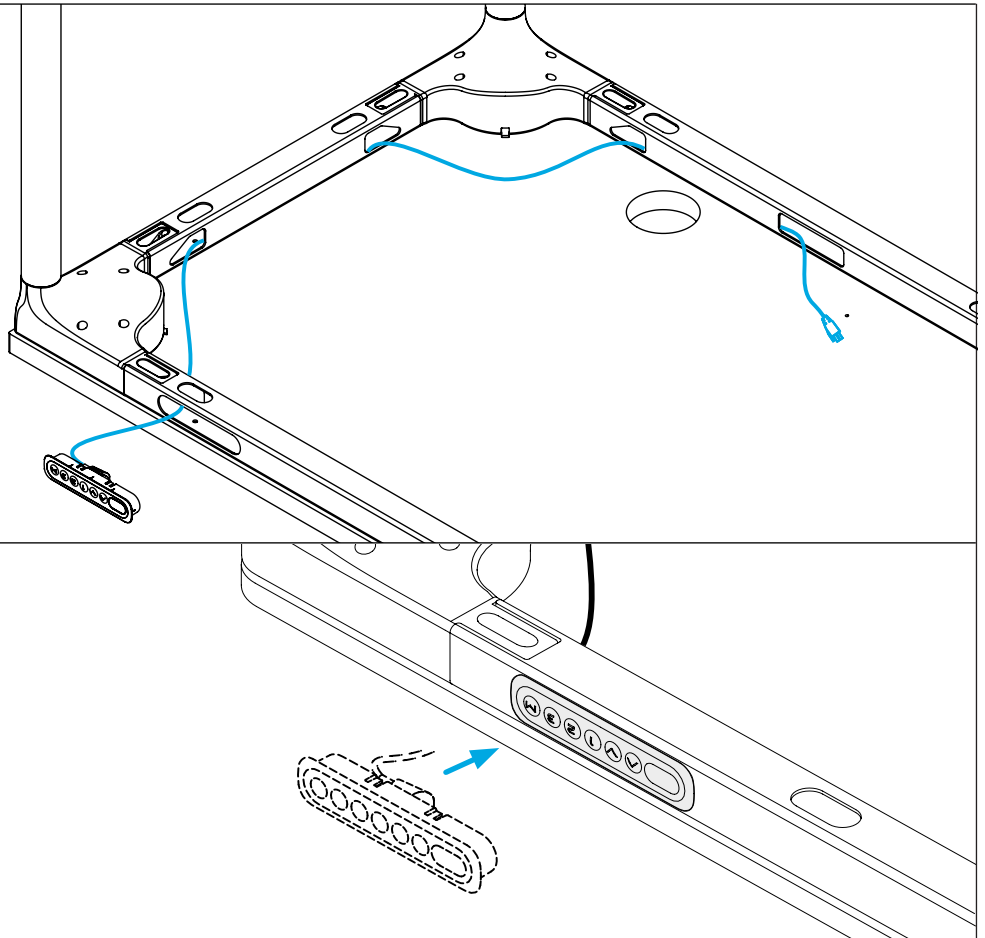


Step 7

Insert the cable from the Keypad through the pocket in the Front Frame Rail and route it through the cable pass-through openings in the Side and Rear Frame Rails as shown.

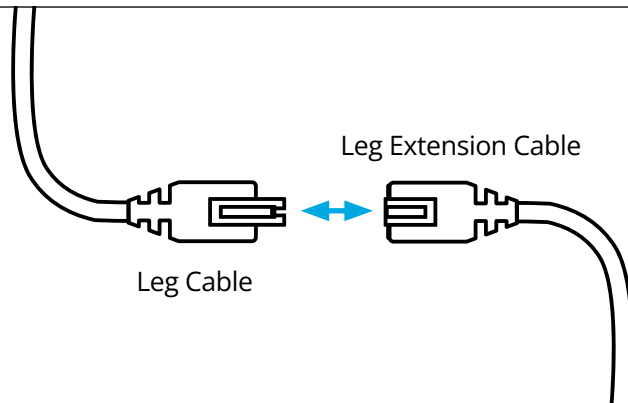
Position the Keypad into the pocket with the text on the Keypad upside down so it will be right-side up when the desk is flipped over.

Press the Keypad firmly into the pocket until it sits flush with the face of the rail.



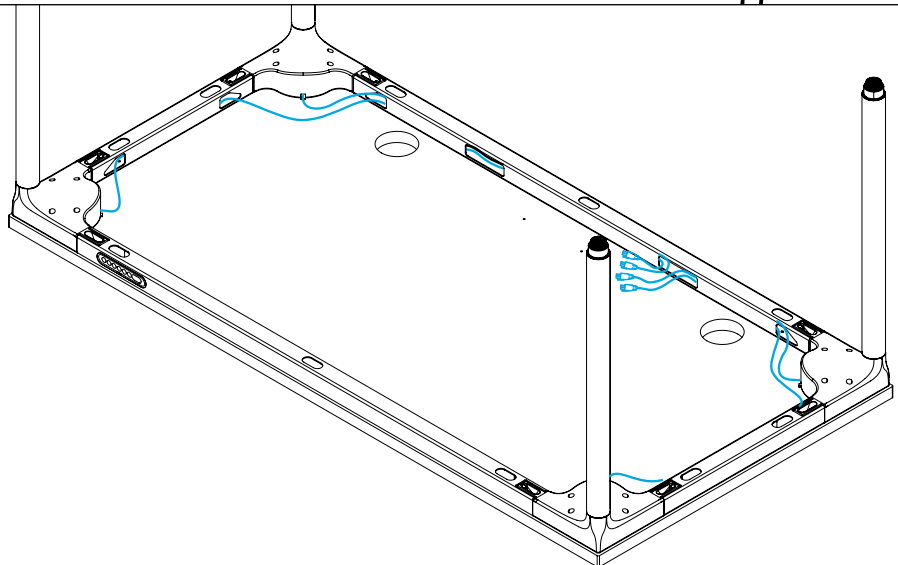
Step 8

Connect a Leg Extension Cable to each of the four Leg cables.



Step 9 (Optional)

For a cleaner bottom desk surface, route the Leg Extension Cables through the cable pass-through openings in the Side and Rear Frame Rails so that they all come out of the same opening in the Rear Frame Rail as shown.



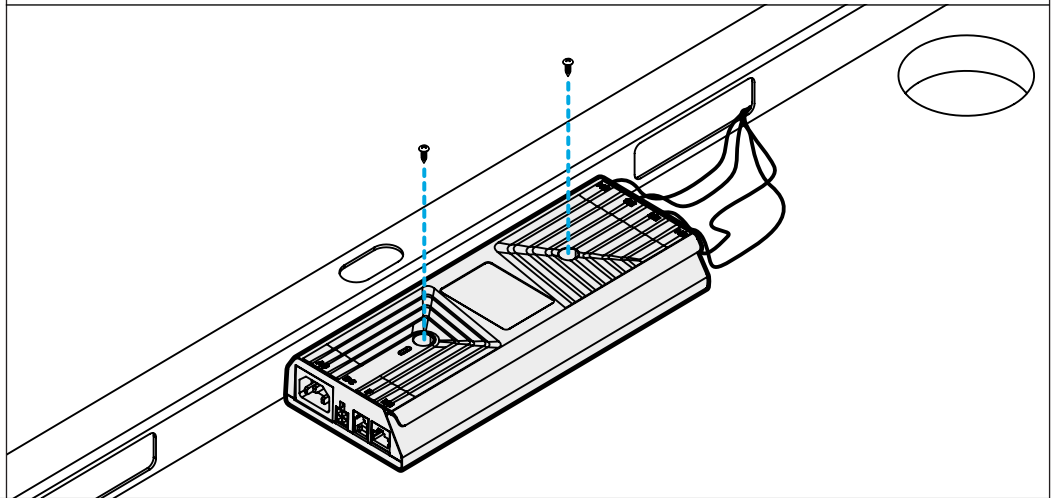
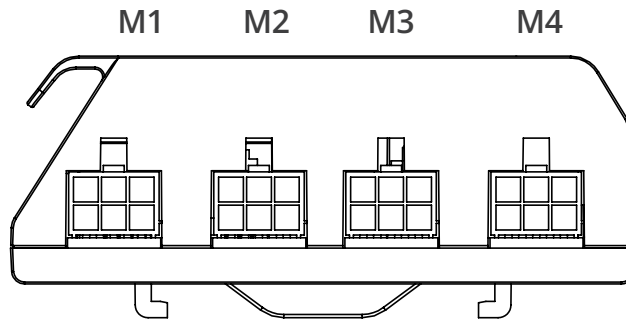
Step 10

Connect the Leg Extension Cables to the Control Box ports marked **M1**, **M2**, **M3**, and **M4**. It does not matter which cable is connected to each port.

Align the Control Box holes with the holes in the desktop.

Use a **Phillips Screwdriver** to insert **#10 x 3/4" Wood Screws** into the holes.

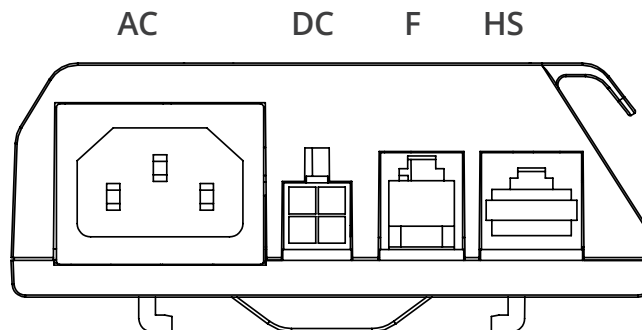
Tighten the screws until snug, but avoid over-tightening to prevent stripping.



Step 11

Connect the Power Cord to the Control Box port marked **AC** on the Control Box.

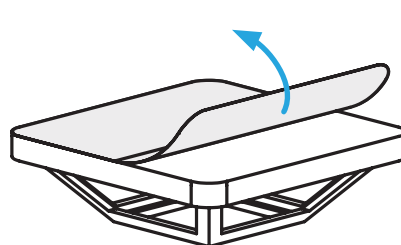
Connect the end of the Keypad cable to the port marked **HS**.



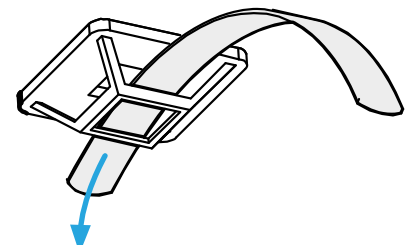
Step 12

Tuck cable slack into the Frame Rails or bundle and secure it to the bottom of the desktop with the included Cable Mounts and Hook & Loop Strips.

Peel backing off Cable Mounts and press them to the underside of the desktop. Slide a Hook & Loop Strip through the Cable Mount and wrap it around the cables.



Cable Mount



Cable Mount with Hook & Loop Strip

Step 13

Be aware of cables as you flip the desk over.

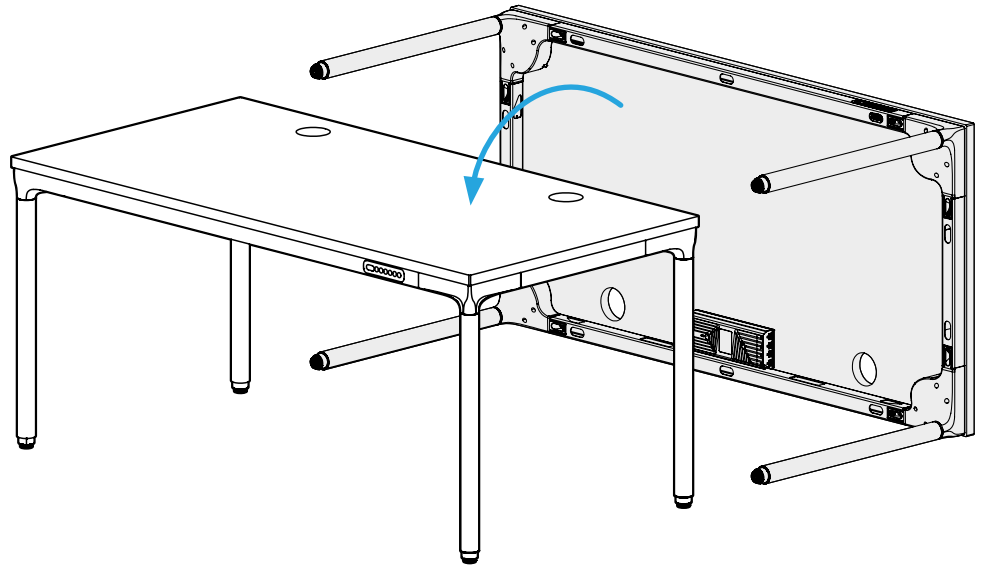
With one person located at each end of the desk, tilt it slowly so the Keypad is facing up.

Readjust your grip and continue to rotate the desk until it is right-side up.

With one person at each end, lift to position the desk in its final location. **Do NOT drag the desk!**

Adjust the leveling glides as needed to level the desk.

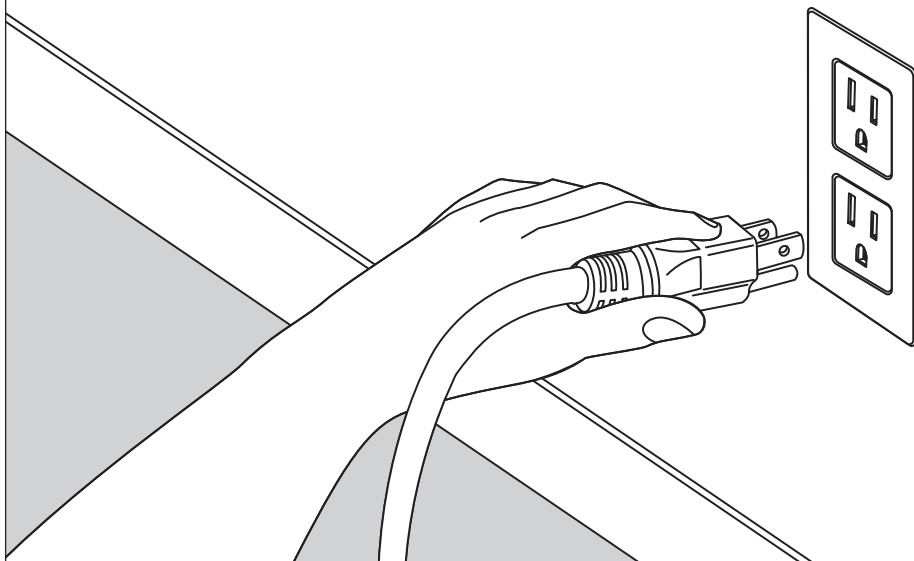
Check the desk's surroundings to ensure there will be no obstacles within the desk's path while it is being raised and lowered.



Step 14

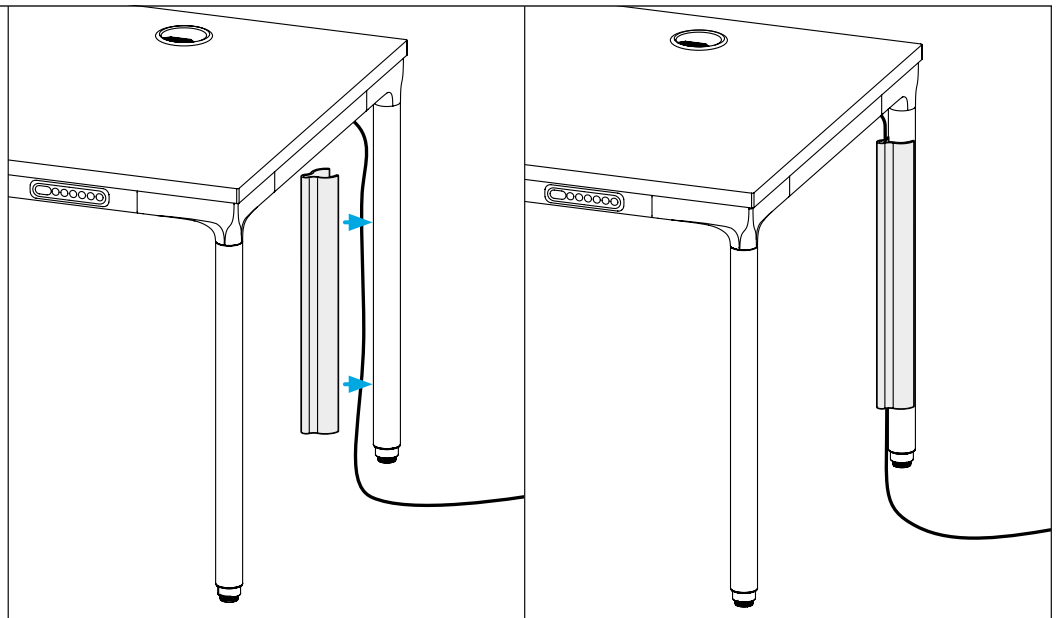
Ensure the desk's Power Cord and all accessory cables have enough slack to reach the maximum desk height.

Plug the Power Cord into a grounded, 120V power outlet.



Step 15

Route the Power Cord through the Cable Channel and press the Cable Channel onto the upper portion of the rear Leg closest to the power outlet.



Step 16

Perform the following Desk Reset Procedure to sync the Legs with the Control Box before first-time use and anytime an error code appears on the keypad. *This step is very important, do not skip!*

1. Remove anything under the desk that would prevent it from moving to its lowest position.
2. Press and hold the "down" button on the Keypad to lower the desk to its lowest position.
3. Press and hold the "down" button again for about 10 seconds. Keypads with a display will show "ASr". Paddle Keypads will show "RESET."
4. Press and hold the "down" button again until the desk lowers slightly, rises, and stops.

If the desk is still not working properly, please contact us at (800)349-3839 or hello@upliftdesk.com.

Advanced Keypad Programming

Follow the instructions below for the Advanced Keypad.



Save Desk Heights

Save your sitting and standing heights.

1. Use the Keypad to raise or lower the desk to your desired height.
2. Tap the "M" button followed by one of the numbered buttons.
3. Tapping a numbered button will then move the desk to that saved height.

Keypad Lock

Prevents unintended movement. If power is lost, the Keypad will unlock.

1. Hold the "M" button until the display shows "LOC".
2. To unlock the Keypad, hold the "M" button until the display shows the desk height.

Memory Mode

Different ways to operate the Keypad.

One-Touch

Default setting. Requires a single touch of a button to move the desk.

Constant-Touch

Requires a continuous hold of a button or paddle to move the desk.

Double-Touch

Requires two consecutive taps of a button to move the desk.

1. Move the desk to its lowest position.
2. Press and hold the "down" button until the display shows "ASr".
3. Press and hold the number "1" button until the display shows:
 - 10.1 for One-Touch
 - 10.2 for Constant-Touch
 - 10.8 for Double-Touch
4. Release the button when the preferred selection is displayed.
5. When the display changes back to "ASr", press and hold the "down" button until the desk lowers and rises slightly and the display changes back to the desk height setting.

Units of Measurement

Switch between centimeters and inches.

1. Move the desk to its lowest position.
2. Press and hold the "down" button until the display shows "ASr".
3. Press and hold the number "2" button until the display shows:
 - 10.3 for centimeters
 - 10.4 for inches
4. Release the button when the preferred selection is displayed.
5. When the display changes back to "ASr", press and hold the "down" button until the desk lowers and rises slightly and the display changes to the desk height.

Min & Max Height Limits

Prevents the desk from colliding with anything above or below it.

Set minimum desk height limit:

1. Move the desk to where you want the minimum height limit to be set.
2. Tap the "M" button once and "S-" will appear on the display.
3. Tap the "down" button and the display will flash "S-."
4. Press and hold the "M" button until the display shows "000" and changes to the desk height.

Set maximum desk height limit:

1. Move the desk to where you want the maximum height limit to be set.
2. Tap the "M" button once and "S-" will appear on the display.
3. Tap the "up" button and the display will flash "S-."
4. Press and hold the "M" button until the display shows "999" and changes to the desk height.

Remove desk height limits:

1. Tap the "M" button once and the display will show "S-."
2. Press and hold the "M" button until the display shows "555" and changes to the desk height.

Anti-Collision Sensitivity

Change anti-collision settings to increase or decrease sensitivity to obstacles.

1. Move the desk to its lowest position.
2. Press and hold the "down" button until the display shows "ASr".
3. Press and hold the "up" button until the display shows:
 - 10.5 for Most Sensitive
 - 10.6 for Moderately Sensitive
 - 10.7 for Least Sensitive
4. Release the button when the preferred selection is displayed.
5. When the display changes back to "ASr", press and hold the "down" button until the desk lowers and rises slightly and the display changes back to the desk height setting.

Troubleshooting

Error Code	Description	Solution
H01	<i>Overheated</i>	The desk motor has a 10% duty cycle to protect from over-heating. This means that in a 20 minute period, if your desk is activated continuously for 2 minutes, you will need to let it rest for at least 18 minutes.
E01-E06	<i>Overcurrent Issue</i>	1. Ensure the desk does not exceed the 220 lb weight limit 2. Ensure there is no mechanical interference or obstruction 3. Perform the Desk Reset Procedure
E07-E12	<i>Uneven or Disconnected Legs</i>	1. Ensure all cables are firmly connected 2. Ensure there is no mechanical interference or obstruction 3. Perform the Desk Reset Procedure

Error Codes

If your Keypad display shows any of the error codes listed above, perform the Desk Reset Procedure. If the error message persists after performing the Desk Reset Procedure or if there is a height difference between the Legs of more than 1.5", contact us at (800) 349-3839 or hello@upliftdesk.com.

Starting & Stopping

If your desk starts and stops as you try to raise or lower it, make sure the Control Box is securely attached to the frame. The Control Box **MUST** be attached to your frame in order for your desk to function properly. If the Control Box is secure and the problem persists, perform the Desk Reset Procedure.

Loss of Power

Perform the Desk Reset Procedure any time the desk is unplugged or power has been interrupted.



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