

Sit-stand Workstations

This workstation has full electronic raise and lower capability for ergonomic purposes and for sit-stand applications. This guide is designed to assist you in familiarising yourself with the operation and ergonomic considerations of your sit-stand workstation.

Ergonomic Considerations



Thighs
Running parallel to the ground.
Hips/knees at 90°-100°

Feet
Firmly placed on the floor

Bottom
Positioned to the very rear of the chair to utilise the back support.
Back of thighs clear of the chair

Lower back
Supported by the backrest.
Backrest angled between 90°-110°

Forearms and Shoulders
Forearms supported at or just above the desk height. Shoulders should be relaxed not hunched

Elbows
Relaxed at the side of your body when typing and using the mouse (allow for 90°-110° angle when typing)

Wrists
Straight and in line with your forearms.
Keyboard angle flat with G and H keys in line with the nose

Head and Eyes
Head upright with ears in line with shoulders.
Eyes in line with the top third of the screen

General Principles & Guide to setting the height of your workstation

To maximise the benefits of a sit-stand workstation alternate between sitting and standing throughout the day. Frequently adjust your posture throughout the working day and take frequent breaks away from your computer.

- To set your workstation's height for standing, determine the standing desk height by relaxing your shoulders and bending your elbows to 90 degrees
- Adjust the desk height to just below the forearms

Workstation Functions

- Λ** = Parallel Up
- V** = Parallel Down
- S** = Store Memory
- = Memory 1
- = Memory 2
- = Memory 3

Up and Down **Λ****V**

Activate either the up or down button for parallel drive and the system will drive until the button is released again, or the system reaches end position.

Store Memory

1. Press the **S** button, the display will flash for two seconds
2. Within these two seconds, press one of the memory buttons (small buttons with dots) and the position will be stored with this button.
3. The panel will acknowledge by showing **1**, **2**, or **3** in the display, depending on the chosen position

Memory Drive

Press one of the memory buttons, and the system will start driving to the pre-programmed memory position. Keep the button pressed until the position is reached.



The recommendations above are general guidelines only. If in doubt, please contact a certified ergonomist.

Sit-stand Workstations - Troubleshooting

Error Codes

Below are some possible error codes that may be displayed on your system. The error codes will only be displayed when a button is pressed. The display will blink while showing the error code. The E16 error will overrule any other errors as the detection is registered only in the display and no message is sent to the control box.

Error	Description
E01	The desk has an unknown position and needs to be initialised
E02	Overload in upwards direction has occurred
E03	Overload in downwards direction has occurred
E16	Illegal buttons are pressed

Troubleshooting for the Desk User

Symptom	Possible Reason(s)	What to Do
The desk will not run	The mains power has been disconnected from the control box?	Try to connect a lamp or similar to the main supply to check that the supply voltage is ok.
	Is there any visible damage to cables, controls, or the control box or legs?	If so, damaged parts need to be replaced - contact your facility manager.
The desk stops and can only run in the opposite direction	The desk is at its full extended position?	When the desk has reached its maximum upper position it can only run downwards.
	The load on the desk has increased compared to when the desk functioned normally?	Please try to remove some of the load and try again.
The desk will only run downwards even though the desk is not overloaded	The desk required initialisation.	Perform initialisation procedure. Contact your facility manager.

Initialisation

It may be necessary to adjust the displayed height due to a different thickness of desktops etc. The DPF1C will, as standard, either show 68cm or 24.5 inch as the default desk height.

Procedure

Press **▲** and **▼** buttons at the same time, and keep them pressed for 5 seconds. This allows the initial height to be adjusted. Until the initial height can be adjusted, the display will show three dashes (---) hereafter the display will revert to showing the height. The height can then be adjusted by either **▲** or **▼** until desired height has been reached. The system will return to normal operation (and give a short blink) after five seconds of inactivity on the buttons.

The feature can be disabled via a configuration, in which case pressing the **▲** and **▼** at the same time will be considered an illegal buttonpress.