DESKLINE®
IMPROVING ERGONOMICS

Desk Panels DPG and Desk Control™ App

User manual

LINAK®
WE IMPROVE YOUR LIFE

LINAK.COM/DESKLINE

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Preface

Dear User,

We are delighted that you have chosen a product from LINAK®.
LINAK systems are high-tech products based on many years of experience in the manufacture and development of actuators, electric control boxes, controls and chargers.

This User Manual does not address the end-user. It is intended as a source of information for the manufacturer of the equipment or system only, and it will tell you how to install, use and maintain your LINAK electronics. It is the responsibility of the manufacturer of the end-use product to provide a User Manual where relevant safety information from this manual is passed on to the end-user.

We are sure that your LINAK product will give you many years of problem-free operation.
Before our products leave the factory they undergo full function and quality testing. Should you nevertheless experience problems with your systems, you are always welcome to contact your local dealer.
LINAK subsidiaries and some distributors situated all over the world have authorised service centres, which are always ready to help you.

LINAK provides a warranty on all its products. This warranty, however, is subject to correct use in accordance with the specifications, maintenance being done correctly and any repairs being carried out at a service centre, which is authorised to repair LINAK products.
Changes in installation and use of LINAK systems can affect their operation and durability. The products are not to be opened by unauthorised personnel.

The User Manual has been written based on of our present technical knowledge. We are constantly working on updating the information and we therefore reserve the right to carry out technical modifications.

LINAK A/S

Important information

Important information on LINAK® products can be found under the following headings:

Warning!
Failure to comply with these instructions may result in accidents involving serious personal injury.

Failing to follow these instructions can result in the product being damaged or being destroyed.

Safety instruction

General

Safe use of the system is possible only when the operating instructions are read completely and the instructions contained are strictly observed.

Failure to comply with instructions marked with the "NOTE" symbol may result in serious damage to the system or one of its components.

It is important for everyone who is to connect, install, or use the systems to have the necessary information and access to this User Manual. Follow the instructions for mounting – risk of injury if these instructions are not followed.

The appliance is not intended for use by young children or infirm persons without supervision.

If there is visible damage on the product it must not be installed.

Note that during construction of applications, in which the actuator is to be fitted, there must be no possibility of personal injury, for example the squeezing of fingers or arms.

Assure free space for movement of application in both directions to avoid blockade.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference, and

(2) This device must accept any interference received, including interference that may cause undesired operation

- **Statement – for all intentional and unintentional radiators:**
  Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.
- **Statement for digital devices for Class B:**
  NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, it may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/ TV technician for help.

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

(1) This device may not cause interference.
(2) This device must accept any interference, including interference that may cause undesired operation of the device.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

(1) L' appareil ne doit pas produire de brouillage;
(2) L' appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d' en compromettre le fonctionnement.

Labeling Requirements:

This Class B digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada.

Only for EU markets

This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have given supervision or instruction concerning the use of the appliance in a safe way and understand the hazards involved.

Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.

Only for Non EU markets

Persons who do not have the necessary experience or knowledge of the product/ products must not use the product/products. Besides, persons with reduced physical, sensory or mental abilities must not use the product/products, unless they are under surveillance or they have been thoroughly instructed in the use of the apparatus by a person who is responsible for the safety of these persons.

Moreover, children must be under surveillance to ensure that they do not play with the product.

Misuse

Do not overload the actuators – this can cause danger of personal injury and damage to the system.

Do not use the actuator system for lifting persons. Do not sit or stand on a table while operating – risk of personal injury.

Do not use the system in environments other than the intended indoor use.

Informations importantes

Les informations importantes sur les produits LINAK® peuvent être trouvées dans les rubriques suivantes:

Attention!
Le non respect de ces instructions peut entraîner des accidents impliquant des blessures graves.

Ne pas suivre ces instructions peut entraîner l´endommagement ou destruction du produit.

Consignes de sécurité

Géneral

Le non respect de ces instructions peut entraîner des accidents impliquant des blessures graves.

Ne pas suivre ces instructions peut entraîner l´endommagement ou destruction du produit.

L´utilisation en toute sécurité du système n´est possible que si l´intégralité des instructions ont été lues et ont été strictement suivies.

Le non respect de se conformer aux instructions marquées du symbole "note" peut entraîner de graves dommages au système ou à un de ses composants.

Il est important pour tout individu qui connecte, installe, ou utilise le système d´avoir les informations nécessaires et l´accès à ce mannuel d´utilisation.

Suivez les instructions pour le montage – risque de blessure si ces instructions ne sont pas suivies.

L´appareil n´est pas destiné à être utilisé par des enfants ou des personnes handicapées sans surveillance.

S´il y a des dommages visibles sur le produit, l´installation ne doit pas être effectuée.

Prendre en compte lors de la construction du matériel, dans lequel l´actionneur est incorporé, qu´il ne doit y avoir aucune possibilité de blessures corporelles, telles que la compression des doigts ou des bras.

Assurez un espace libre autours du materiel pour éviter tout blocage.

Seulement pour les marchés au sein de l´UE:

Cet appareil peut-être utilisé par des enfants âgés de 8 ans et plus, ainsi que les personnes dont les capacités physiques, sensorielles ou mentales sont réduites ou ayant un manque d´expérience et de connaissance si elles ont bénéficié d´une surveillance ou d´instructions concernant l´utilisation de l´appareil en toute sécurité et compris les risques encourus.

Les enfants ne doivent pas jouer avec l´appareil. Le nettoyage et l´entretien ne doivent pas être rèalisés par des enfants sans surveillance.

Seulement pour les marchés hors UE:

Les personnes qui n´ont pas l´expérience ou les connaissances nécessaires sur le ou les produit(s) ne doivent pas le ou les utiliser. Par ailleurs, les personnes ayant des capacités physiques, sensorielles ou mentales réduites ne doivent pas utiliser le ou les produit(s), sauf si elles sont sous surveillance ou ont suivi une formation approfondie de l´utilisation de l´appareil par l´individu responsable de la securité de ces personnes.

De plus, les enfants doivent-être sous surveillance afin de s´assurer qu´ils ne jouent pas avec le produit.

Utilisation abusive:

Ne surchargez pas les actionneurs – cela peut engendrer un risque de blessures corporelles et endommager le système.

Ne pas utiliser les actionneurs pour soulever des personnes. Ne pas s´asseoir ou se tenir debout sur une table en fonctionnement – risque de blessures.

Ne pas utiliser le système dans des environnements autres que l´utilisation intérieure prévue.

Repairs

In order to avoid the risk of malfunction, all DESKLINE® repairs must only be carried out by authorised LINAK® workshops or repairers, as special tools must be used and special gaskets must be fitted. Lifting units under warranty must also be returned to authorised LINAK workshops.

Warning!
If any of the DESKLINE® products are opened, there will be a risk of subsequent malfunction.

Warning!
The DESKLINE® systems are not resistant to cutting oil.

Manufacturer's declaration

DECLARATION OF INCORPORATION OF PARTLY COMPLETED MACHINERY

LINAK A/S
Smedevænget 8
DK - 6430 Nordborg

Herewith declares that LINAK DESKLINE® products as characterized by the following models and types:

Control Boxes	CBD6S
Linear Actuators	DB5, DB6, DB14, LA23, LA31
Lifting Columns	DL1A, DL2, DL4S, DL5, DL5IC, DL6, DL6IC, DL7, DL8, DL8IC, DL9, DL9IC, DL10, DL10IC, DL11, DL11IC, DL12, DL14, DL15, DL16, DL16IC, DL17, DL19, DL19IC, BASE1
Desk Panels	DPA, DPB, DPH, DPF, DPG, DPT, DP, DP1CS
RF Controls	HB10RF, HB20RF, RFRL
Accessories	BA001, BLE2LIN, DS1, DF2, Kick & Click, SLS, SMPS001, SMPS002, SMPS006

comply with the following parts of the Machinery Directive 2006/42/EC, ANNEX I, *Essential health and safety requirements relating to the design and construction of machinery*:

1.5.1 Electricity supply

The relevant technical documentation is compiled in accordance with part B of Annex VII and that this documentation or part hereof will be transmitted by post or electronically to a reasoned request by the national authorities.

This partly completed machinery must not be put into service until the final machinery into which it is to be incorporated has been declared in conformity with the provisions of the Machinery Directive 2006/42/EC where appropriate.

Nordborg, 2019-05-27

LINAK A/S
John Kling, B.Sc.E.E.
Certification and Regulatory Affairs
Authorized to compile the relevant technical documentation

DECLARATION OF CONFORMITY

LINAK A/S
Smedevænget 8
DK - 6430 Nordborg

hereby declares that LINAK Actuator System composed of:

Control Box(s)	CBD6SP00020A-009
	CBD6S*000*0A-709

(The '*' in the product description can either be a character or a number, thereby defining the variation of the product)

And

Linear Actuator(s)	DB4, DB5, DB6, DB7, DB9, DB12, DB14, DB16, LA23, LA31 series and / or
Lifting Column(s)	DL1A, DL2, DL4, DL5, DL6, DL7, DL8, DL9, DL10, DL11, DL12, DL12W, DL14, DL15, DL16, DL17, DL19, BASE1 series

And

Desk Panel(s)	DP*(C,K,L,U,V), WDPL1

(The '*' in the product description can either be 1, 2, 3, A, B, H, T; thereby defining the variation of the product)

complies with EMC Directive: 2014/30/EU according to following standards:
EN 61000-6-1:2007, EN 61000-6-3:2007+A1:2011+AC:2012

complies with Low Voltage Directive 2014/35/EU according to the standard:
EN 60335-1:2012+A11:2014

complies with RoHS2 Directive 2011/65/EU according to the standard:
EN 50581:2012

Additional information:
The system does also comply with the standard: EN 13849-1:2015 SRP/CS Cat. B, PL = b and SRESW PL = b
Note 1: Exempted CBD6S with SW03003007 printed on the label.

Nordborg, 2019-06-07

LINAK A/S
John Kling, B.Sc.E.E.
Certification and Regulatory Affairs
Authorized to compile the relevant technical documentation

Original Declaration

Misc. on the DESKLINE® system

Warranty

There is a 60 months' warranty on the DESKLINE products when used in DESKLINE applications against manufacturing faults from the production date of the individual products. LINAK A/S' warranty is only valid in so far as the equipment has been used and maintained correctly and has not been tampered with. Furthermore, the system must not be exposed to violent treatment. In the event of this, the warranty will be ineffective/invalid. For further details, please see LINAK A/S' ordinary conditions of sale.

Maintenance

Clean dust and dirt on the outside of the system at appropriate intervals and inspect for damage and breaks. Inspect the connections, cables, and plugs and check for correct functioning as well as fixing points.

The cleaners and disinfectants must not be highly alkaline or acidic (pH value 6-8).

ETL-marking

Due to space limitations, the complete ETL-marking demands are not represented on the marking plates.

The full ETL Recognized Component markings are shown here.

C/N 120690
Conforms to ANSI/AAMI Std. ES60601-1
Cert. to CSA Std. C22.2 No. 60601-1
ETL Recognized Component mark for Canada and United States

C/N 4008003
Conforms to ANSI/AAMI Std. ES60601-1
Cert. to CSA Std. C22.2 No. 60601-1
ETL Recognized Component mark for Canada and United States

C/N 4008004
Conforms to ANSI/AAMI Std. ES60601-1
Cert. to CSA Std. C22.2 No. 60601-1
ETL Recognized Component mark for Canada and United States

C/N 9901916
Conforms to ANSI/AAMI Std. ES60601-1
Cert. to CSA Std. C22.2 No. 60601-1
ETL Recognized Component mark for Canada and United States

C/N 4008671
Conforms to UL962
Cert. to CSA Std. C22.2 No. 68-09
ETL Recognized Component mark for Canada and United States

Products

DPG1K

- Up/down drive

DPG1M

- Up/down drive
- 2 memory positions
- LED diode reminder
- Bluetooth®

DPG1B

- Up/down drive
- 2 memory positions
- Light strip reminder
- Bluetooth®

DPG1C

- Up/down drive
- Four favourite positions
- Light strip reminder
- Bluetooth®
- Display

- Up and down drive
  (if supported by the connected product)
- Displays actual height
- Displays error codes and links to LINAK website support
- Up to four favourite positions
- Reminder notifications when to stand up
- Possibility to enable automatic drive on memory positions (if supported by the connected product)
- Works via Bluetooth® Low Energy Technology
- Available in English, German, French, Spanish, Italian, Korean, Chinese and Japanese

Installation

Placing the DPG

The drawings below are side view examples on how to position the DPG proportionally to the edge of the tabletop.

1. Place DPG so it is easy to operate and LED is in a visible position (DPG1K does not have an LED).

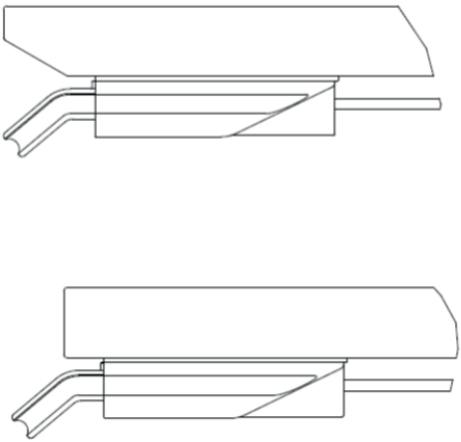


Figure 1: Alignment in proportion to tabletop edge

Front label

The DPG (SW 1.29 and later from factory) is delivered with the removable product label attached to the display.

1. Peel the label off and place it on a visible spot, so the information is easily available.

Figure 2: Removable product label

Mounting the DPG

The DPG series consists of four different desk panels in two different sizes. The DPG1K and the DPG1M are the same size and the DPG1B and the DPG1C are the same size.

We recommend predrilling the holes for the DPG to ensure the same aligned position for all desks.

The two sizes share one hole in the hole pattern, which means three predrilled holes in the tabletop will make it possible to mount both sizes of the DPG and all 4 versions.

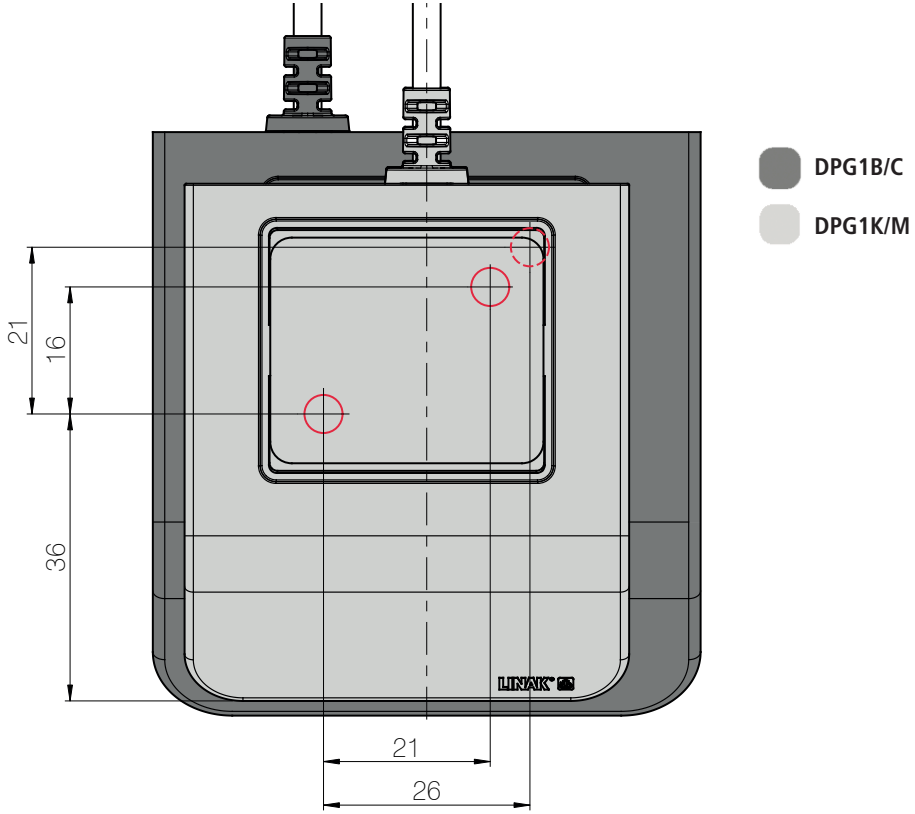


Figure 3: Hole pattern of the DPG sizes. The dashed line is the second hole of the DPG1B/C

All four DPG variants share the front hole indicated by the green line.
The DPG1K and the DPG1M are the same size and share the hole indicated by the red line.
The DPG1B and the DPG1C are the same size and share the hole indicated by the black line.

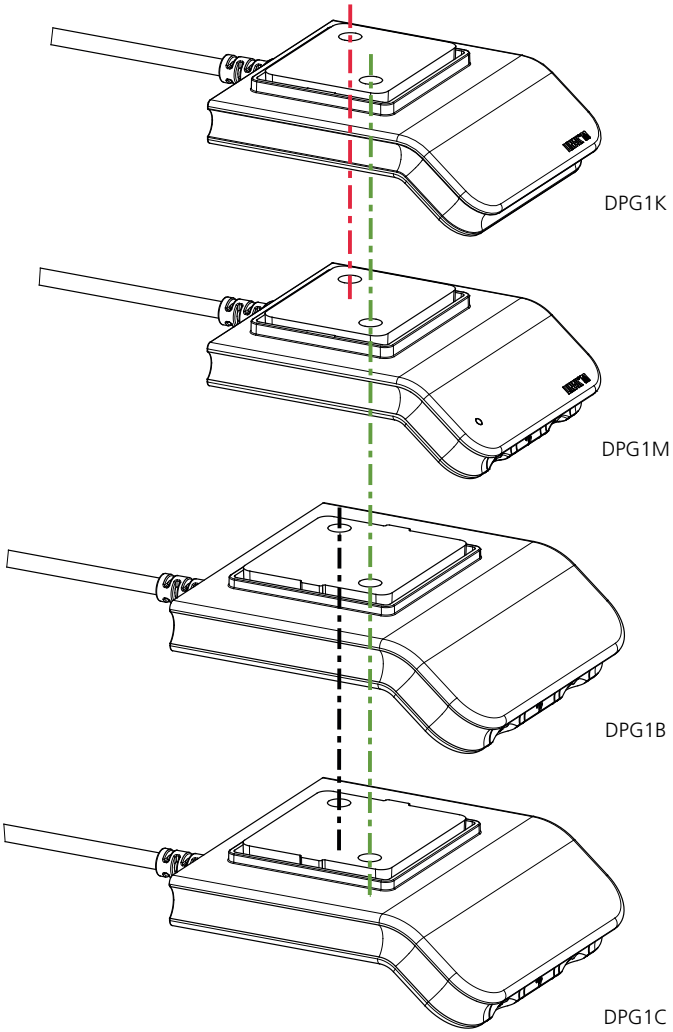
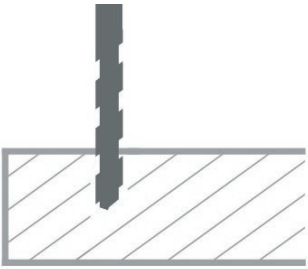
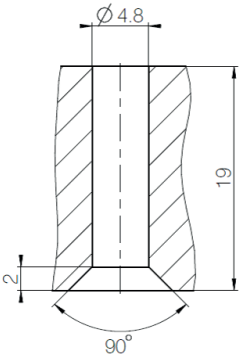


Figure 4: Holes shared by the various DPGs

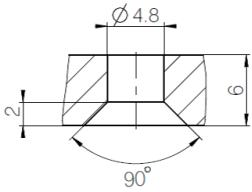
1. Predrill holes.



If no holes are predrilled, a bulge of wood might occur between the tabletop and the DPG – which causes the DPG not to be tightened sufficiently to the tabletop. This might lead to incorrect functionality of the DPG.

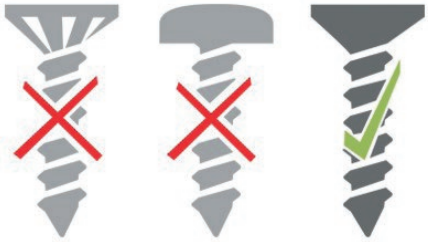


DPG with cover
Max. screw length:
19 mm + thickness of the tabletop



DPG without cover
Max. screw length:
6 mm + thickness of the tabletop

2. Use correct screws

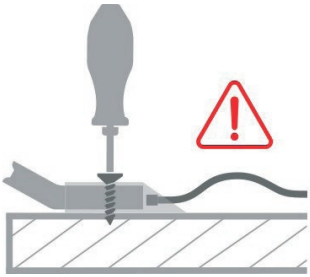


Mount the DPG to the tabletop using screws with the following specifications:
- Ø4.5 mm
- 90° countersink screw

Do not use screws with a milling head as they will cut into the housing of the DPG.

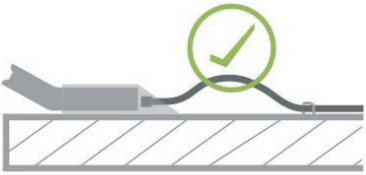
The screws must be fastened sufficiently without being overtightened. It is not possible to mention a specific torque as this depends on the type of screw, the material of tabletop and whether there are predrilled holes or not.

3. Do not overtighten screws.



The screws must be fastened sufficiently, but without damaging the plastic.

4. Mount DPG and make sure that cable is not tightened too much.



When mounting the DPG, it is important to ensure that the cable is not tightened but but has free mobility in the first centimetres from the housing. We recommend attaching the cable to the tabletop with a clip as shown on the drawing above.

Find more information about how to use the DPG in this short film: (link)

The above-mentioned link is directly accessible via the label on the cover of the DPG. Use either the QR code or type in the web address.

Operation

DPG1K

Operate the desk panel by tilting it.

1. Tilt and hold up DPG1K to drive desk up, press and hold down DPG1K to drive desk down.
2. Release DPG1K when you have reached your requested position.

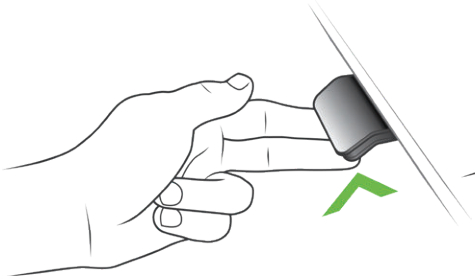


Figure 5: Tilt and hold the DPG1K to drive the desk up

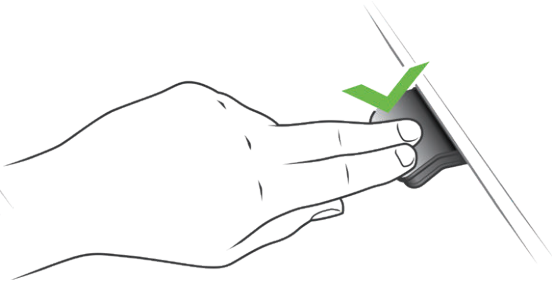


Figure 6: Press and hold the DPG1K to drive the desk down

DPG1M

The DPG1M has three operation buttons.

Figure 7: DPG1M operation buttons

Each button has a specific function:

Symbol	Description	Function
🔔	Reminder	Setting reminders
ᛒ	Bluetooth®	Connecting the Desk Control™ App via Bluetooth® wireless technology
★	Favourite	Saving favourite positions

Operate the desk panel by tilting it.
1. Tilt and hold up DPG1M to drive desk up, press and hold down DPG1M to drive desk down.
2. Release DPG1M when you have reached your requested position.

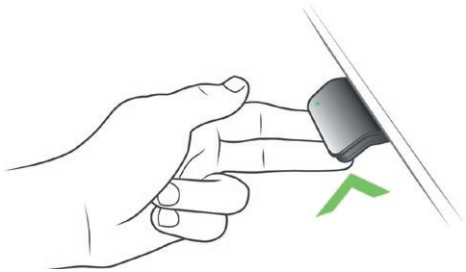


Figure 8: Tilt and hold the DPG1M to drive the desk up

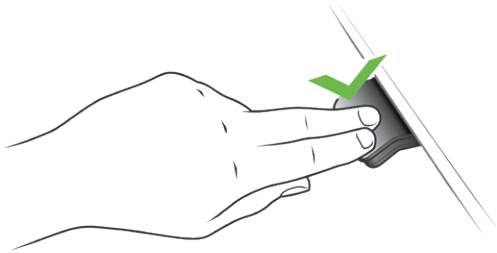


Figure 9: Press and hold the DPG1M to drive the desk down

Desk height limits

In case the desk cannot be operated in its entire span (e.g. a shelf is blocking the upwards movement or a filing cabinet is placed under the desk and blocking the downwards movement), it is possible to set an upper limit and a lower limit for the desk height.

Setting upper limit
1. Adjust desk to maximum allowable height.
2. Press ᛒ and tilt DPG1M up at the same time until light flashes.
3. Release ᛒ and DPG1M.

Setting lower limit
1. Adjust desk to minimum allowable height.
2. Press ᛒ and press DPG1M down at the same time until light flashes.
3. Release ᛒ and DPG1M.

Favourite positions

Saving favourite positions

1. Adjust desk to a preferred position.
2. Press ★ button for two seconds.

Figure 10: Saving favourite positions

The LED flashes white two times to indicate that saving the position is in progress. Not until the LED becomes static white, has the position been saved.

If the user adjusts the desk to another position and saves this position, it will overwrite the favourite position closest to the current position.

Driving to favourite positions
After saving the favourite positions, the user can reach the positions simply by tilting/pressing the DPG1M.
1. Tilt/press and hold - when a saved position has been reached, the desk stops.
2. Release DPG1M within one second.

This way the user can easily change between sitting and standing height without looking at the DPG1M in the meantime.

When the desk stops at a favourite position, the user can
• continue to tilt/press the DPG1M for one second

or

• release the DPG1M and immediately tilt/press it again.

The desk will move past the favourite position and continue its movement.

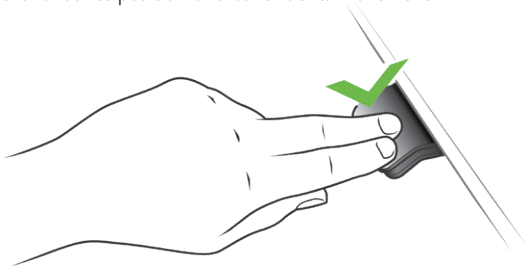


Figure 11: Tilt/press to drive desk

Automatic driving to favourite positions
(only possible for "Full version" with "Automatic drive" enabled in the app)

1. Double-tap DPG1M to let desk adjust automatically to first position in direction of double-tap.
2. Simply tap DPG1M once to stop driving of desk between two favourite positions.

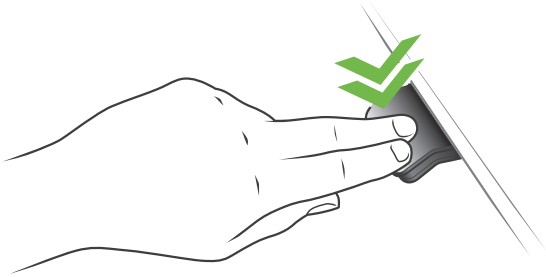


Figure 12: Double-tap to automatically adjust the desk to a favourite position

Erasing favourite

1. Press the ★ button for eight seconds to erase all saved favourite positions.

The LED flashes red when all the favourite positions are erased.

Figure 13: Erase favourite positions

Bluetooth®

Connecting Bluetooth®

1. Download Desk Control™ App suited for your device in App store or Google Play.
   Search for Desk Control and look for the app icon:

2. Press ᛒ button in the middle for two seconds to enable pairing mode.

The LED flashes blue while the desk panel is in pairing mode.

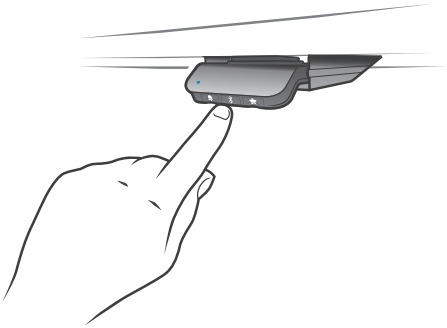


Figure 14: Connect Bluetooth®

Reminder

The reminder LED is placed in the lower left corner of the DPG1M. The LED is intended to indicate the position of the desk (sitting or standing height). The indication depends on the reminder interval chosen.

While the user is sitting for an appropriate amount of time according to the set interval, the LED calmly pulsates green. When the sitting interval runs out, the calm pulsating green turns into fast pulsating orange for one minute hereafter into static orange to indicate that the user should adjust the desk to standing height. In standing height, the LED pulsates green until a potential timeout. When the desk is adjusted back to sitting height, the LED pulsates green until the reminder goes off again.

Reminder restart

The reminder automatically restarts when the desk is lowered to sitting height.

Reminder timeout

After four hours without any action, the LED will time out. When the DPG1M is tilted, the green light turns back on.

When the LED is enabled for reminders, the DPG1M is no longer in ZERO™ mode as long as the light is on/active.

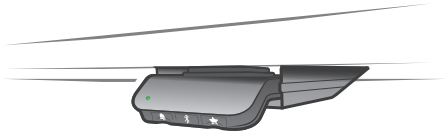


Figure 15: Pulsating green LED indicates no need to drive desk up

Figure 16: Pulsating orange LED indicates that the user needs to drive his/her desk up

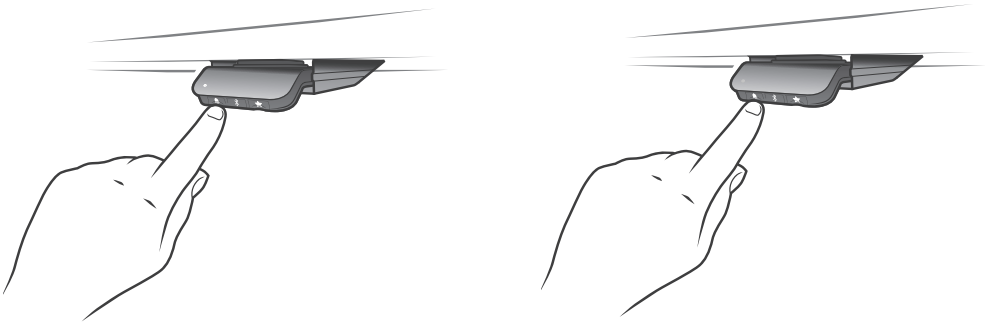
Reminder intervals
The LED lights up in three different intensities each representing an interval. The three standard intervals are:
- Interval 1: Reminder after 55 minutes sitting
- Interval 2: Reminder after 50 minutes sitting
- Interval 3: Reminder after 45 minutes sitting

The default interval is reminding after 55 minutes, which means the LED lights up in the weakest intensity.

Adjusting the reminder interval
1. Press 🔔 button to adjust interval of getting reminded to change position.
2. Toggle through intervals by pressing 🔔 button.

When the LED is not lit, the reminder is turned off.

Through the app, it is possible to personalise the three intervals to custom values.



Setting reminder interval

Reminder off

Figure 17: Set the reminder

Resetting the reminder
1. Press 🔔 symbol for eight seconds to reset reminder to default values.
The LED flashes red when the reminder is reset.

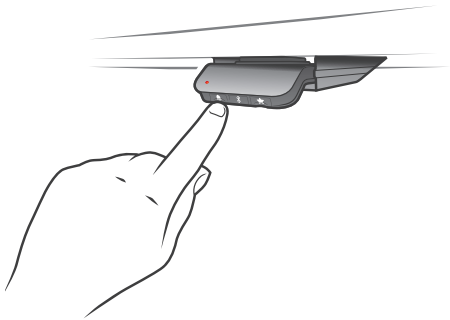


Figure 18: Reset reminder

Key lock

The operation of the DPG1M can be locked to prevent unintended driving of the desk. As default the key lock is disabled. If enabled, it automatically locks the DPG1M after a configured amount of time. The key lock function can also be configured to indicate attempt to operate the locked DPG1M by showing a red light.

Unlocking DPG1M

1. Press 🔔, ✱ and ★ in sequence (max. one second between each button press).

DPG1B

The DPG1B has three operation buttons.

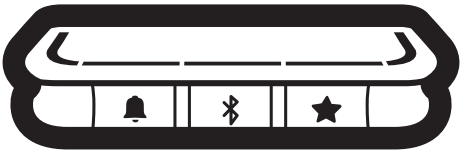


Figure 19: DPG1B operation buttons

Each button has a specific function:

Symbol	Description	Function
🔔	Reminder	Setting reminders
ᛒ	Bluetooth®	Connecting the Desk Control™ App via Bluetooth® wireless technology
★	Favourite	Saving favourite positions

Operate the desk panel by tilting it.

1. Tilt and hold up DPG1B to drive desk up, press and hold down DPG1B to drive desk down.
2. Release DPG1B when you have reached your requested position.

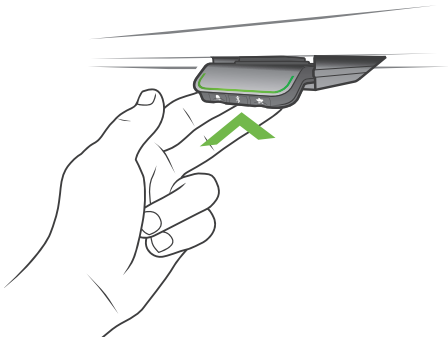


Figure 20: Tilt and hold the DPG1B to drive the desk up

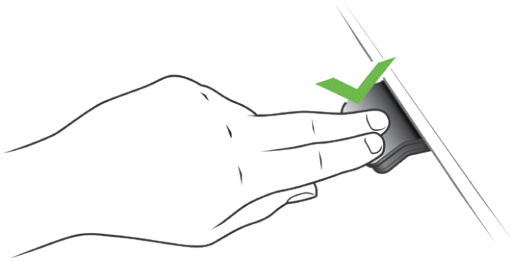


Figure 21: Press and hold the DPG1B to drive the desk down

Desk height limits
In case the desk cannot be operated in its entire span (e.g. a shelf is blocking the upwards movement or a filing cabinet is placed under the desk and blocking the downwards movement), it is possible to set an upper limit and a lower limit for the desk height.

Note:
It must always be possible to drive the desk to its minimum height in case initialisation is required.
During initialisation items placed under the desk must be removed.

Setting upper limit
1. Adjust desk to maximum allowable height.
2. Press ✱ and tilt DPG1B up at the same time for 8 seconds until light flashes.
3. Release ✱ and DPG1B.

Setting lower limit
1. Adjust desk to minimum allowable height.
2. Press ✱ and press DPG1B down at the same time for 8 seconds until light flashes.
3. Release ✱ and DPG1B.

Favourite positions
Saving favourite positions 1 and 2
1. Adjust desk to a preferred position.
2. Press ★ button for two seconds.

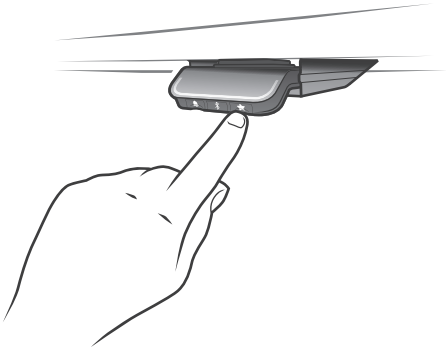


Figure 22: Saving favourite positions

The light strip flashes white two times to indicate that saving the position is in progress. Not until the light strip becomes static white, has the position been saved.

If the user adjusts the desk to another position and saves this position, it will overwrite the favourite position closest to the current position.

Driving to favourite positions

After saving the favourite positions, the user can reach the positions simply by tilting/pressing the DPG1B.

1. Tilt/press and hold - when a saved position has been reached, the desk stops.
2. Release DPG1B within one second.

This way the user can easily change between sitting and standing height without looking at the DPG1B in the meantime. The DPG1B will stop at the saved favourite position(s) which means up to two different positions during the stroke length of the desk.

When the desk stops at a favourite position, the user can

- keep tilting/presssing the DPG1B for more than one second

or

- release the DPG1B and immediately tilt/press it again.

The desk will move past the favourite position and continue its movement.

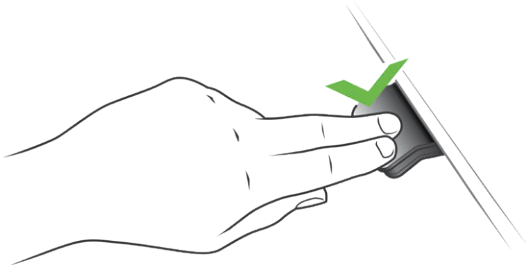


Figure 23: Tilt/press to drive desk

Automatic driving to favourite positions
(only possible for "Full version" with "Automatic drive" enabled in the Desk Control™ App)

1. Double-tap DPG1B to let desk adjust automatically to first position in direction of double-tap.
2. To stop driving of desk between two favourite positions, simply tap DPG1B once.

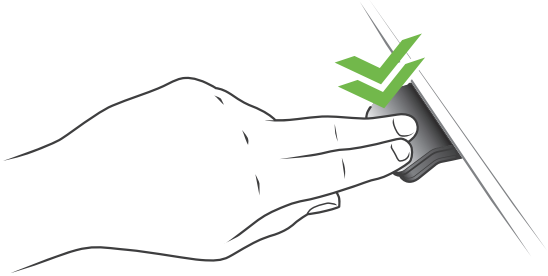


Figure 24: Double-tap to automatically adjust the desk to a favourite position

Erasing favourite positions
1. Press the ★ button for eight seconds to erase all saved favourite positions.

After five seconds, the light strip flashes red when all the favourite positions are erased.

Figure 25: Erase favourite positions

Bluetooth®

Connecting Bluetooth®

1. Download Desk Control™ App suited for your device in App store or Google Play.
   Search for Desk Control and look for the app icon:

2. Press ᛒ button in the middle for two seconds to enable pairing mode.

The light strip flashes blue while the desk panel is in pairing mode.

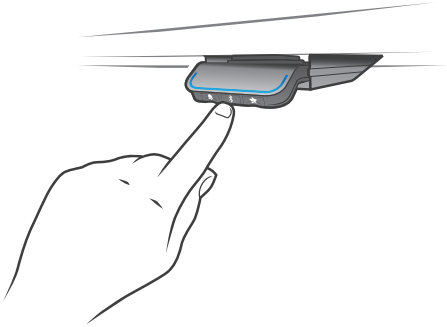


Figure 26: Connect Bluetooth®

Reminder
The reminder LED lights through the surface of the DPG1B. The light is intended to indicate the position of the desk (sitting or standing height). The indication depends on the reminder interval chosen.

If two favourite positions are saved, they will indicate sitting and standing height. If no favourite positions are saved, the sitting height will be the lowest possible height and the standing position will be sitting height plus 30 cm.

Heartbeat (light strip)
The heartbeat reminder is shown as a thin LED light strip. While the user is sitting for an appropriate amount of time according to the set interval, the light strip calmly pulsates green symbolising a heartbeat. When the sitting interval runs out, the calm pulsating green turns into fast pulsating orange for one minute hereafter into static orange to indicate that the user should adjust the desk to standing height. In standing height, the light strip pulsates green until a potential timeout (standard timeout is four hours). When the desk is adjusted back to sitting height, the light strip pulsates green until the reminder goes off again.

Battery (light blocks)
The battery reminder is shown as three LED light blocks. The LED light blocks are lit differently depending on the position of the desk.
Sitting:
- During the first third of the set sitting period, three green light blocks are lit symbolising a fully charged battery.
- During the second third of the period, two green light blocks are lit.
- During the last third of the period only one green block is lit.
- When the sitting period runs out, the last green block turns red to indicate that the user should adjust the desk to standing height.

Standing:
- While the user is standing for the first third of the standing period, one green light block flashes symbolising a battery being charged.
- During the second third of the period, one green light block is lit and one flashes.
- During the last third of the set period two green blocks are lit and one flashes.
- When the standing period runs out, five green blocks are lit to indicate that the user can adjust the desk to sitting height.

Reminder restart
The reminder automatically restarts when the desk is lowered to sitting height.

Reminder timeout
After four hours without any action, the light strip will time out. When the DPG1B is tilted, the green light turns back on.

When the light (strip or blocks) is enabled for reminders, the DPG1B is no longer in ZERO™ mode as long as the light is on/active.

Figure 27: Heartbeat - pulsating green light strip indicates no need to drive desk up

Figure 28: Heartbeat - pulsating orange light strip indicates that the user needs to drive his/her desk up

Figure 29: Battery - one green light block is lit and one flashes during the second third of the standing period

Reminder intervals

The number of white blocks (one, two or three) each representing an interval. The three standard intervals are:

- Interval 1: Reminder after 55 minutes sitting
- Interval 2: Reminder after 50 minutes sitting
- Interval 3: Reminder after 45 minutes sitting

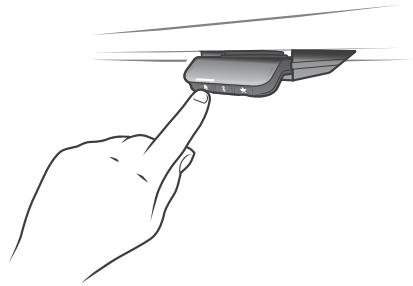
The default interval is reminding after 55 minutes, which means one white block lights up.

Adjusting the reminder interval

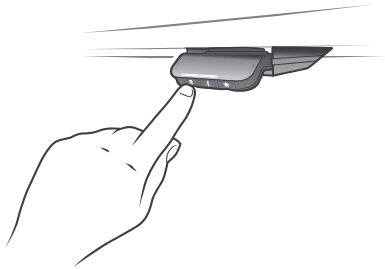
1. Press 🔔 button to adjust interval of getting reminded to change position.
2. Toggle through intervals by pressing 🔔 button.
3. Release 🔔 button when desired interval is indicated.

When no white blocks are lit up, the reminder is turned off.

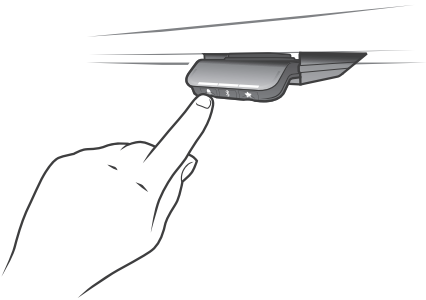
Through the app, it is possible to personalise the three intervals to custom values.



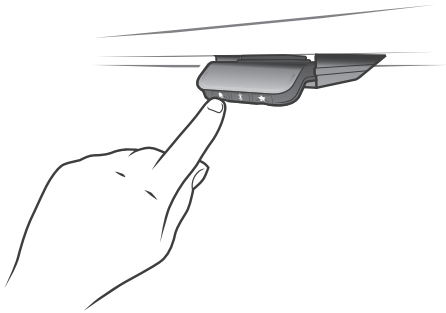
Interval 1: Reminder after 55 minutes sitting



Interval 2: Reminder after 50 minutes sitting



Interval 3: Reminder after 45 minutes sitting



Reminder off

Figure 30: Set the reminder

Resetting the reminder

1. Press 🔔 symbol for eight seconds to reset reminder to default values.

After five seconds, the light strip flashes red when the reminder is reset.

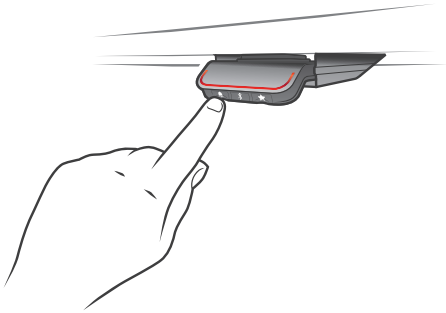


Figure 31: Reset reminder

Key lock

The operation of DPG1B can be locked to prevent unintended driving of the desk. As default the key lock is disabled. If enabled, it automatically locks the DPG1B after a configured amount of time. The key lock function can also be configured to indicate attempt to operate the locked DPG1B by showing a red light.

Unlocking DPG1B

1. Press 🔔, ✱ and ★ in sequence (max. one second between each button press).

DPG1C

The DPG1C has three operation buttons.

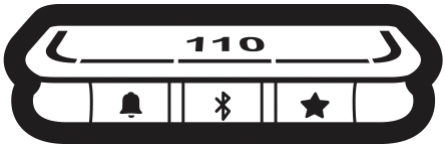


Figure 32: DPG1C operation buttons

Each button has a specific function:

Symbol	Description	Function
🔔	Reminder	Setting reminders
ᛒ	Bluetooth®	Connecting the Desk Control™ App via Bluetooth® wireless technology
★	Favourite	Saving favourite positions

Display
The DPG1C has an OLED display, which shows the height during drive of the desk and many other texts to guide the users.

Adjusting the displayed height of the desk
If the height shown in the display is not correct, it can be adjusted.
1. Press 🔔 the and the ᛒ buttons on the DPG1C at the same time for five seconds and the height in the display starts to flash.
2. Tilt the DPG1C to change the displayed height without moving the desk. Tilt up to increase the displayed height, tilt down to decrease the displayed height.
3. Press any button to confirm the height or wait for 10 seconds for automatic confirmation.

Changing the measurement unit
The measurement unit shown in the display can be set to either cm or inch.
1. Press ★ and ᛒ buttons on DPG1C at the same time for five seconds and the current measurement unit flashes in display.
2. When e.g. "CM" flashes in display, tilt DPG1C once to change measurement unit to inch. "INCH" now flashes in display.
3. Press any button to confirm measurement unit or wait for 10 seconds for automatic confirmation.

Operate the desk panel by tilting it.

1. Tilt and hold up DPG1C to drive desk up, press and hold down DPG1C to drive desk down.
2. Release DPG1C when you have reached your requested position.

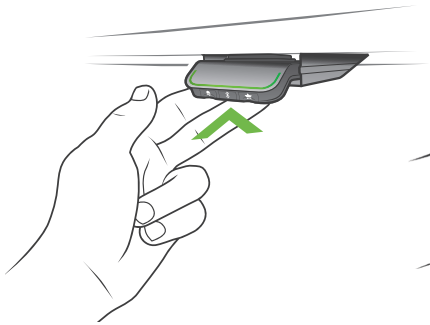


Figure 33: Tilt and hold the DPG1C to drive the desk up

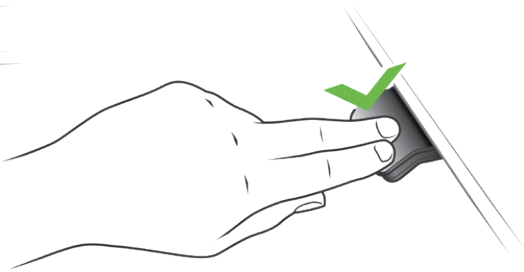


Figure 34: Press and hold the DPG1C to drive the desk down

Desk height limits

In case the desk cannot be operated in its entire span (e.g. a shelf is blocking the upwards movement or a filing cabinet is placed under the desk and blocking the downwards movement), it is possible to set an upper limit and a lower limit for the desk height.

Note:

It must always be possible to drive the desk to its minimum height in case initialisation is required.
During initialisation items placed under the desk must be removed.

Setting upper limit

1. Adjust desk to maximum allowable height.
2. Press ✱ and tilt DPG1C up at the same time for 8 seconds until light flashes.
3. Release ✱ and DPG1C.

Setting lower limit

1. Adjust desk to minimum allowable height.
2. Press ✱ and press DPG1C down at the same time for 8 seconds until light flashes.
3. Release ✱ and DPG1C.

Favourite positions

Saving favourite positions 1 and 2

1. Adjust desk to a preferred position.
2. Press ★ button for two seconds.

Figure 35: Saving favourite positions

The light strip flashes white two times to indicate that saving the position is in progress. Not until the light strip becomes static white, has the position been saved. The display indicates the saved position with a ★ and a position number. The number next to the ★ indicates the order in which the positions are saved.

- First position saved: "1" is displayed next to the ★.
- Second position saved: "2" is displayed next to the ★ .

If the user adjusts the desk to another position and saves this position, it will overwrite the favourite position (1 or 2) closest to the current position.

Saving favourite positions 3 and 4

1. Press ★ button shortly to make display toggle through the four favourite positions (with position ★ number next to it).
2. Toggle through these four favourite positions in display and choose which one to save current position as.

E.g. a user wants to save the current position as favourite position 3:

3. Press the ★ button and toggle to the ★ with "3" next to it.
4. Press ★ button for two seconds and favourite position is saved.

Note:
Favourite positions 3 and 4 can be disabled via the DPG configurator (from DPG SW ver. 1.29).

Driving to favourite positions
After saving the favourite positions, the user can reach the positions simply by tilting/pressing the DPG1C.

1. Tilt/press and hold - when a saved position has been reached, the desk stops.
2. Release DPG1C within one second.

This way the user can easily change between sitting and standing height without looking at the DPG1C in the meantime. During desk driving, the display will show the height of the desk. When a favourite position has been reached, the display shows a ★ and the position number.
The DPG1C stops at all saved favourite positions, which means up to four different positions during the stroke length of the desk.

When the desk stops at a favourite position, the user can

- keep tilting/presssing the DPG1C for more than one second

or

- release the DPG1C and immediately tilt/press it again.

The desk will move past the favourite position and continue its movement.

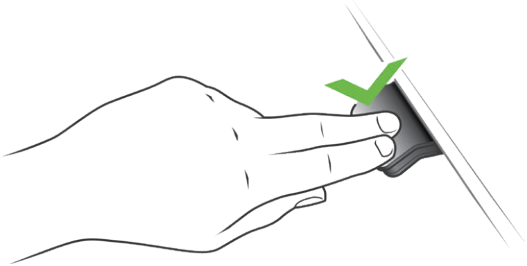


Figure 36: Tilt/press to drive desk

Automatic driving to favourite positions

(only possible for "Full version" with "Automatic drive" enabled in the Desk Control™ App)

1. Double-tap DPG1C to let desk adjust automatically to first position in direction of double-tap.
2. To stop driving of desk between two favourite positions, simply tap DPG1C once.

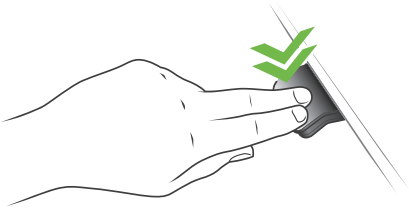


Figure 37: Double-tap to automatically adjust the desk to a favourite position

Erasing favourite positions

1. Press the ★ button for eight seconds to erase all saved favourite positions.

After five seconds, the display shows a countdown, and the light strip flashes red when all the favourite positions are erased.

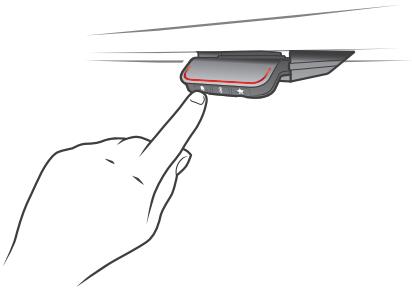


Figure 38: Erase favourite positions

Bluetooth®

Connecting Bluetooth®

1. Download Desk Control™ App suited for your device in App store or Google Play.
   Search for Desk Control and look for the app icon:

2. Press ᛒ button in the middle for two seconds to enable pairing mode.

The display on the DPG1C will inform about the Bluetooth® ID of the desk, which is "*DESK*" followed by a four-digit number – look for this ID in the list of "*Desks nearby*" in the Desk Control™ App.

The light strip flashes blue while the desk panel is in pairing mode.

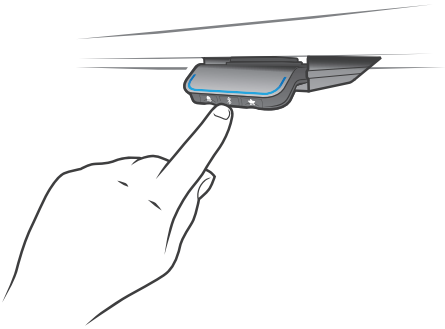


Figure 39: Connect Bluetooth®

Reminder
The reminder LED lights through the surface of the DPG1C. The light is intended to indicate the position of the desk (sitting or standing height). The indication depends on the reminder interval chosen.

Heartbeat (light strip)
The heartbeat reminder is shown as a thin LED light strip. While the user is sitting for an appropriate amount of time according to the set interval, the light strip calmly pulsates green symbolising a heartbeat. When the sitting interval runs out, the calm pulsating green turns into fast pulsating orange for one minute hereafter into static orange to indicate that the user should adjust the desk to standing height. In standing height, the light strip pulsates green until a potential timeout (standard timeout is four hours). When the desk is adjusted back to sitting height, the light strip pulsates green until the reminder goes off again.

Battery (light blocks)
The battery reminder is shown as three LED light blocks. The LED light blocks are lit differently depending on the position of the desk.
Sitting:
- During the first third of the set sitting period, three green light blocks are lit symbolising a fully charged battery.
- During the second third of the period, two green light blocks are lit.
- During the last third of the period only one green block is lit.
- When the sitting period runs out, the last green block turns red to indicate that the user should adjust the desk to standing height.

Standing:
- While the user is standing for the first third of the standing period, one green light block flashes symbolising a battery being charged.
- During the second third of the period, one green light block is lit and one flashes.
- During the last third of the set period two green blocks are lit and one flashes.
- When the standing period runs out, five green blocks are lit to indicate that the user can adjust the desk to sitting height.

Reminder restart
The reminder automatically restarts when the desk is adjusted to sitting height.

Reminder timeout
After four hours without any action, the light strip will time out. When the DPG1C is tilted, the green light turns back on.

When the light (strip or blocks) is enabled for reminders, the DPG1C is no longer in ZERO™ mode as long as the light is on/active.

Reminder intervals

The number of white blocks (one, two or three) each representing an interval. The three standard intervals are:
- Interval 1: Reminder after 55 minutes sitting
- Interval 2: Reminder after 50 minutes sitting
- Interval 3: Reminder after 45 minutes sitting

The default interval is reminding after 55 minutes, which means one white block lights up.

Adjusting the reminder interval

1. Press 🔔 button to adjust interval of getting reminded to change position.
2. Toggle through intervals by pressing 🔔 button.
3. Release 🔔 button when desired interval is indicated.

When no white blocks are lit up, the reminder is turned off.

Through the app, it is possible to personalise the three intervals to custom values.

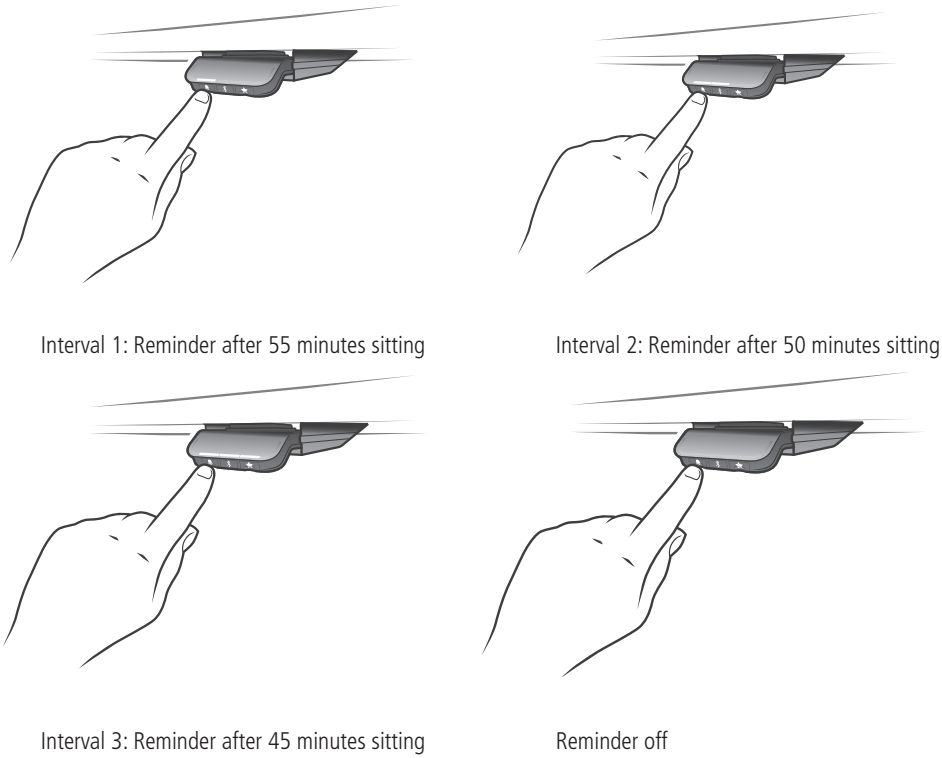


Figure 40: Set the reminder

Resetting the reminder

1. Press 🔔 symbol for eight seconds to reset reminder to default values.

After five seconds the display shows a countdown and the light strip flashes red when the reminder is reset.

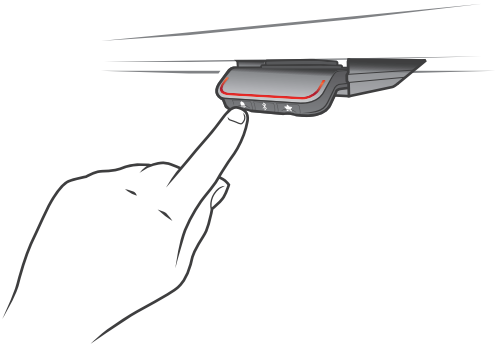


Figure 41: Reset reminder

Key lock

The operation of DPG1C can be locked to prevent unintended driving of the desk. As default the key lock is disabled. If enabled, it automatically locks the DPG1C after a configured amount of time. The key lock function can also be configured to indicate attempt to operate the locked DPG1C by showing a red light and a 🔒.

Unlocking DPG1C

1. Press 🔔, ✱ and ★ in sequence (max. one second between each button press).

Troubleshooting/FAQs

Error codes (only DPG1C)

The DPG1C shows error codes generated in the CBD6S in case of errors in the system. The most common errors loop between the error code (EXX) and the error text, check the codes below:

Error codes	Cause
E53-E64	COLLISION
E41-E52	OVERLOAD
E01	INITIALISATION

Software versions before SW 1.13 only show error E01.

Factory reset (only DPG1M, DPG1B and DPG1C)

Press and hold the 🔔 and ★ buttons for eight seconds to set the DPG to factory default. The LED/light strip flashes red three times to indicate the reset is done. If a factory reset is performed, it sets the DPG back to the configured state, i.e. all configurations made in the DPG configurator will not be reset – only the settings changed directly on the DPG or in the app by the end users will be reset.

DPG1C only

During reset, the display lights up after five seconds, showing an arrow with a countdown [seconds] and RESET

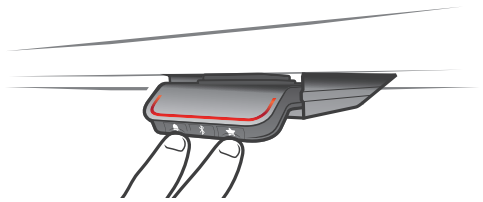


Figure 42: Reset to factory default (DPG1B and DPG1C)

Figure 43: Reset to factory default (DPG1M)

Bluetooth® Adapter BLE2LIN002/BLE2LIN003

The Bluetooth® Adapter allows you to adjust your LINAK product wirelessly from the Desk Control™ App. Simply plug the Bluetooth® Adapter in your DESKLINE® control box and download the app: Your application can now be adjusted via your smartphone or tablet.

The Bluetooth® Adapter is a very compact unit requiring a minimum of space. No mounting is needed, just plug in the adapter and you are ready.

Usage:

- Ambient temperature: 5 to 40 °C
- Storage and transport temperature: -10 to +50 °C

Compatibility

Bluetooth® Adapter and DESKLINE® control boxes

Control box	CBD4	CBD6S
BLE2LIN002 SW0077086 v.1.05	Only with SW 77432 or 77474	SW03002000 All versions
BLE2LIN003 SW0077087 v.1.05	Only with SW 77432 or 77474	SW03002000 All versions

Bluetooth® Adapter and apps

Product	Desk Control™ App	Desk Control™ Basic App	Desk Control™ Basic SW
BLE2LIN002	Full functionality	Full functionality	Full functionality
BLE2LIN003	Limited functionality	No functionality	Limited functionality

Approvals

BLE2LIN002	BLE2LIN003
• FCC ID (PART 15C) • IC (RSS247) • Giteki (Japan) • KC certification (Korea)	• FCC ID (PART 15C) • IC (RSS247)

Installation

Pairing the adapter

1. Download the software you want in App Store or Google Play store and follow the instructions in the programs.
2. Plug Bluetooth® Adapter into a powered control box.

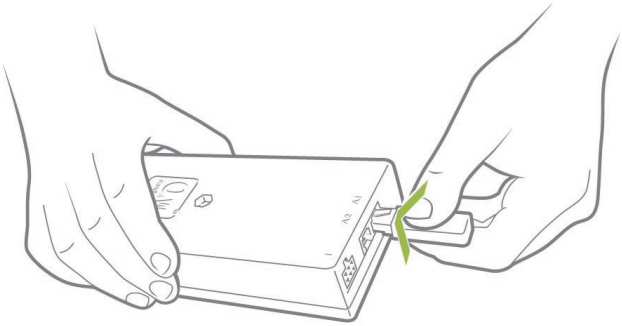


Figure 44: Plugging Bluetooth® adapter into control box

The pairing mode will last three minutes and is indicated with a blue flashing LED light that is visible through the transparent plastic. It can take up to ten seconds before pairing mode starts. The Bluetooth® ID of each device is "BLE2LIN" followed by a 4-digit number.

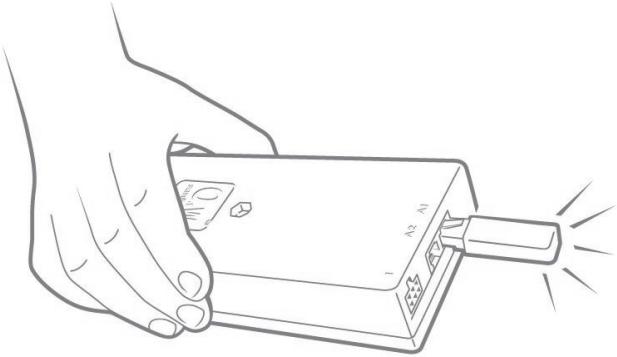
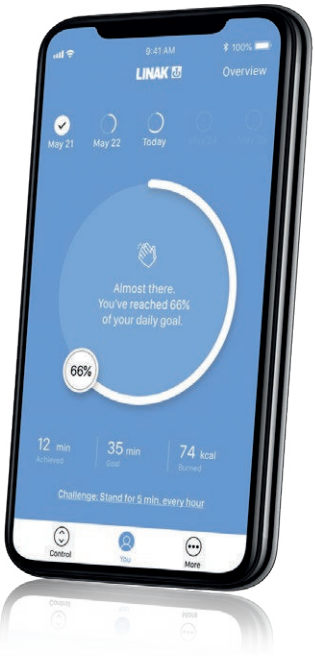


Figure 45: Bluetooth® adapter in pairing mode

Each time you activate your DESKLINE® application, the adapter will be in pairing mode for 30 seconds.

Desk Control™ App

The Desk Control app is developed for users of sit-stand desks. The app allows the users to connect to their desks via Bluetooth® wireless technology and will now remind the users to use their sit-stand desks. By downloading the Desk Control app, the desk user comes one step closer to changing the prolonged sitting behaviour. Friendly reminders to change position and statistics to show the daily achievements help the user to build a healthy routine during the workday. Via the app the desk can also be adjusted and the user can drive to prestored favourite positions. The app comes in 8 languages and is available for two different platforms: iOS for iPhones and iPads and Android for Android smartphones and tablets.



Downloading apps

The apps are called "Desk Control™" and they have the following app logo in iTunes and Apple App store and Google Play store:

How to download the App for iOS

Step 1: Use your iPhone or iPad to log into Apple App store

Step 2: Type "Desk Control" in the search column

Step 3: Select the "Desk Control" app

Step 4: Click install to download the app to your device

You can also scan this QR code to reach the iOS App Store.

How to download the App for Android

Step 1: Use your Android device to log into Google Play Store

Step 2: Type "Desk Control" in the search column

Step 3: Select the "Desk Control" app

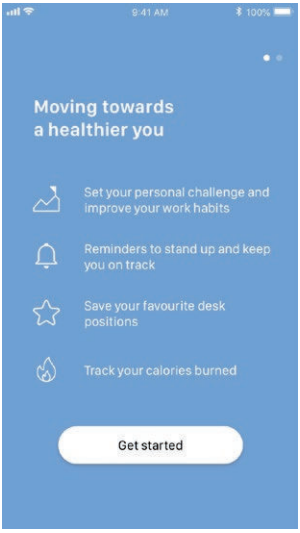
Step 4: Click install to download the app to your device

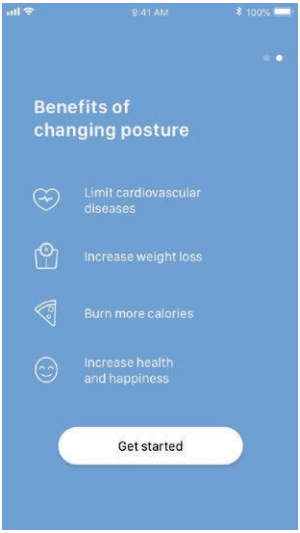
You can also scan this QR code to reach the Google Play Store.

Turn on Bluetooth® on your smart device to use the Desk Control™ App.

Getting started

When you open the app, the display shows a list of options available in the app. If you swipe to the left, a list of benefits of changing posture during the day displays.





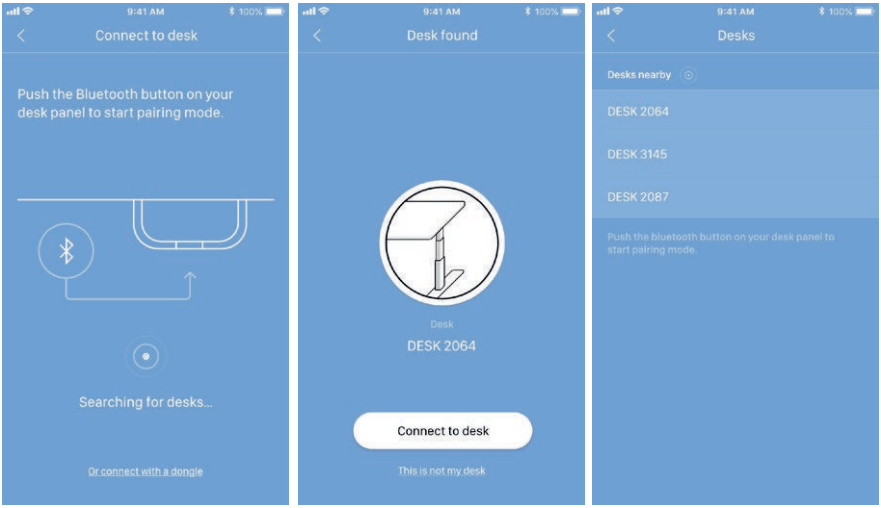
Press "Get started" on either screen.

Onboarding flow

The app now automatically starts searching for desks in pairing mode nearby in and the ID of the first desk found is displayed. If this is the desk you want to use, press "*Connect to desk*". If not, press "*This is not my desk*" to view a list of desks nearby. If the desk is not on the list, set the desk panel in pairing mode to get the desk added to the list.

Press the Bluetooth® button on the front of the desk panel (DPG1M, DPG1B or DPG1C) for two seconds. The LED light or LED light strip flashes blue to indicate that the desk panel is in pairing mode.

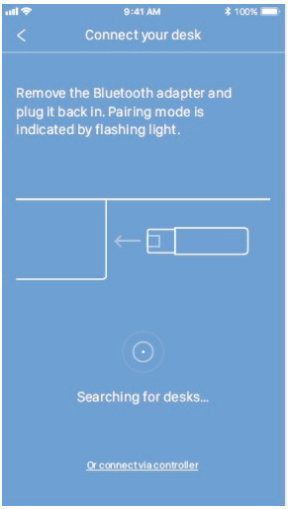
All DPG Desk Panel have IDs named "*DESK*" followed by a four-digit number. All Bluetooth® Adapters have IDs named "*BLE2LIN*" followed by a four-digit number.

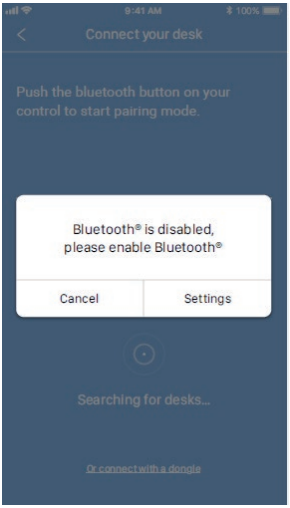


Press on any desk ID to connect to that desk.

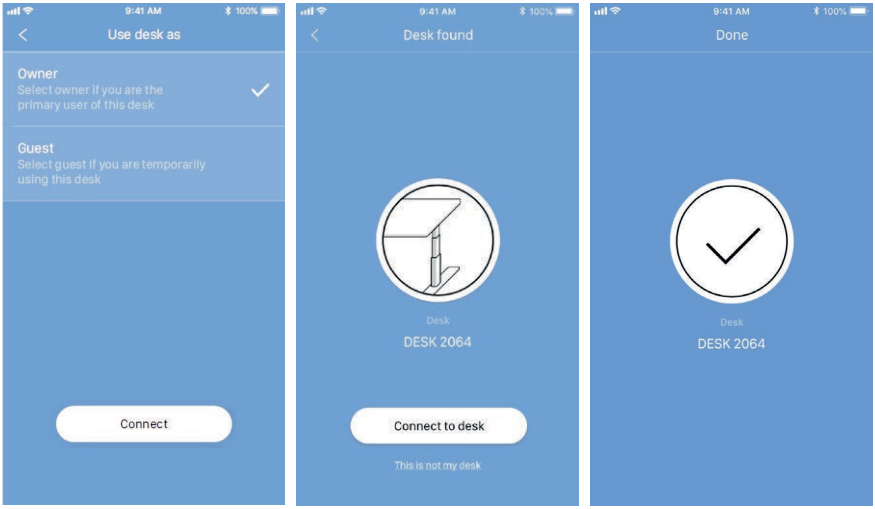
In case the desk panel does not have integrated Bluetooth®, press "*Or connect with a dongle*" to use a Bluetooth® adapter for pairing. Please remember to enable Bluetooth® on your smart device.

Plug the Bluetooth® Adapter into the DESKLINE® control box. The adapter flashes blue and will be in pairing mode for three minutes.





Before the app is connected to the desk selected, you must select whether this is your primary desk (select "Owner") or if you use this desk temporarily (select "Guest"). Press "Connect" to connect your smartphone to the desk.



You can connect to several desks, either as "Owner" or as "Guest".

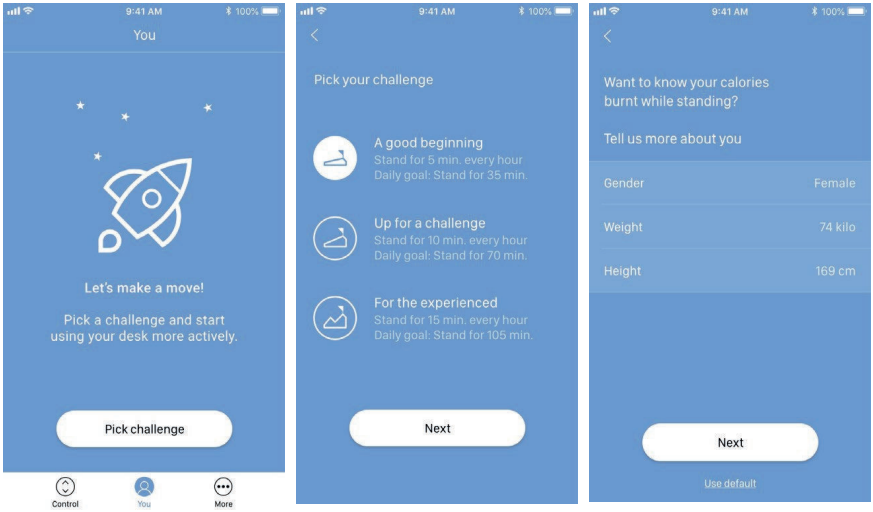
- If you connect as "Owner", your reminder and favourite settings are stored in the DPG on the desk and your app will automatically connect to this desk when you arrive at it and track the statistic sit/stand data throughout the day.

  If you use the Bluetooth® adapter, your reminder and favourite settings are stored in the control box/dongle.

- If you connect as "Guest", your reminder and favourite settings are stored on your smart device and when you connect to a desk, these settings will reflect in the DPG. You need to pair your smart device with the desk every morning. When your smart device has been disconnected from the desk for two hours, the DPG will go back to the settings it had before you connected, however, the rest of the day the app will automatically connect to this desk and send standing notification and keep track of sit/stand data.

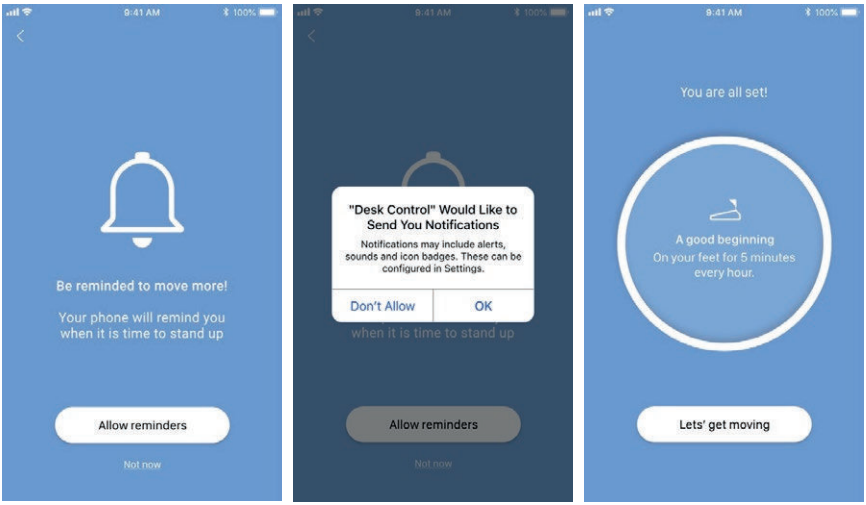
Setting your challenges

When your smart device is connected to the desk, you are prompted to pick a challenge and start using your desk more actively. You can choose between three standard challenges. Select one and press "Next". If desired, you can enter your gender, weight and height and find out how many calories you burn while standing during the day. If you choose the default settings, you will still see the calories burned, however, they will be based on the default gender, weight and height.



Please note that if an interval for standing/sitting has already been chosen via the DPG, these settings will be shown in the app. Either keep these or select a new challenge.

Once you have set your challenge, you can choose to get reminders when it is time to stand up. To receive reminders, you need to allow the Desk Control app to send notifications.



Now you are ready to become a healthier you.

Operation

How to use the app

The Desk Control App consists of three different tabs to navigate between: "You", "Control" and "More".

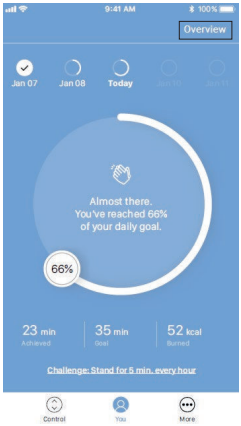
Adjustment of the desk (if supported by connected the device)

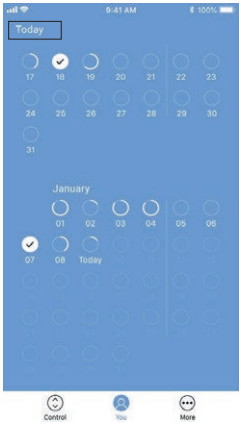
Your goal and the statistics of your daily achievements

All settings

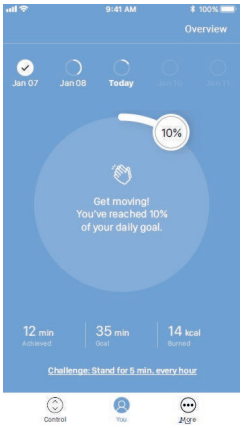
You

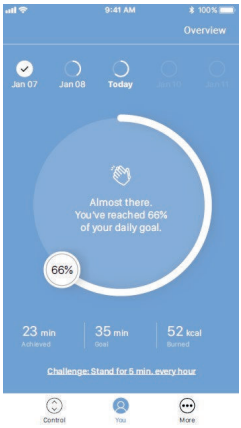
When your settings are done, you will see the main page, "*You*", giving you a fast overview of today's statistics together with a motivating text and icon to keep you going. Press "*Overview*" to get a calendar overview of your daily achievements. Press "*Today*" to get back to the main page.

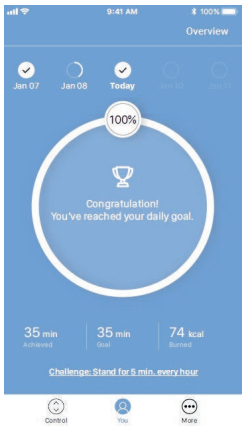


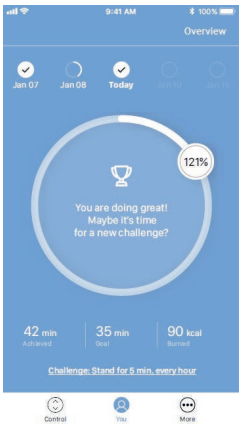


"*You*" is the page where you can view how close you are to reaching your daily goal. The progress is shown in percentage of your set goal and you will also see an incentive text and an icon. Should you stand more than your set goal, you will see an encouragement to pick a new challenge.

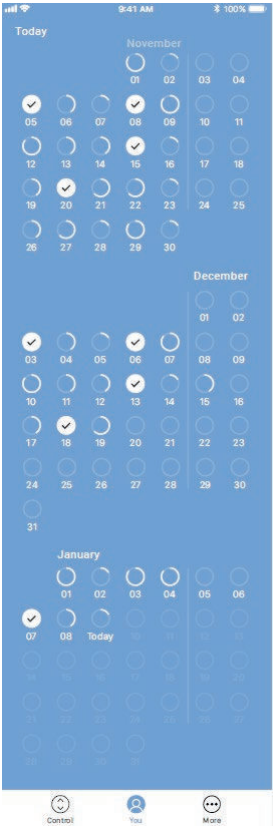




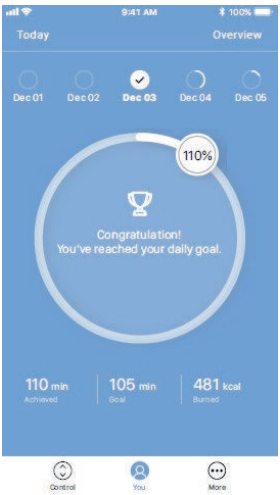


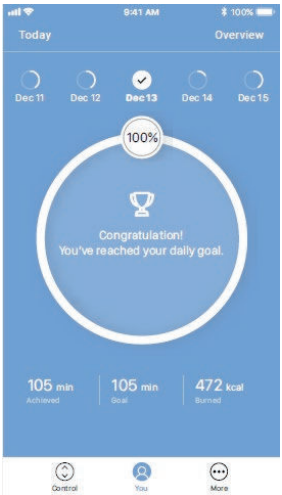


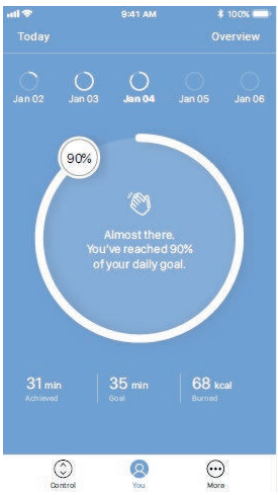
If you press "Overview", you will see your daily achievements in a calendar overview. You can scroll to see older data.



Press any of the dates to see your achievement for that day.

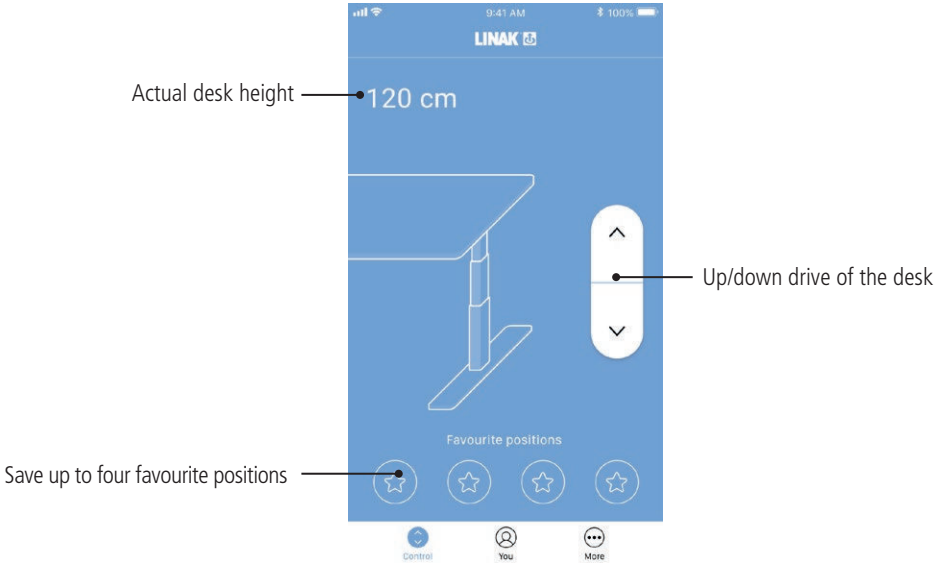






Control

The screen below shows when the app is connected to a "full version" of a DPG or Bluetooth® Adapter. If the connection is with a "Limited version" of the DPG or Bluetooth® Adapter, adjustment of the desk height via the app will not be possible and it is not possible to save any favourite positions.
The graphics will adjust to the possibilities.



Height

Actual desk height. In case an error occurs, the error code will be displayed instead of the height.

Up/down drive

Press and hold the button to move the desk up/down.

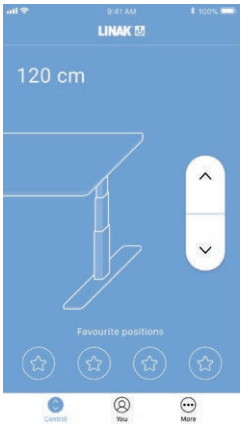
Favourite positions

The stars symbolise the favourite positions.

Setting a favourite position

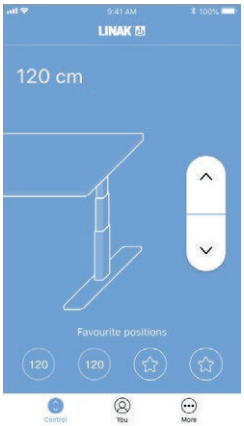
1. Drive desk to preferred position
2. Press one of circles with star inside.
   A pop-up notification asks if the position should be saved as a favourite position, press "Yes, please" to save the position. The circle now shows the height of the favourite position.
3. Drive desk to a favourite position by pressing and holding button.

   The DPG will reflect the favourite positions saved through the app, so you can change desk height via the desk panel instead of using the app.

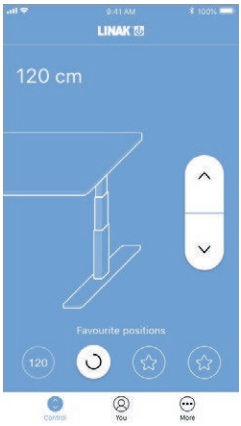


Press star to save

Confirm choice



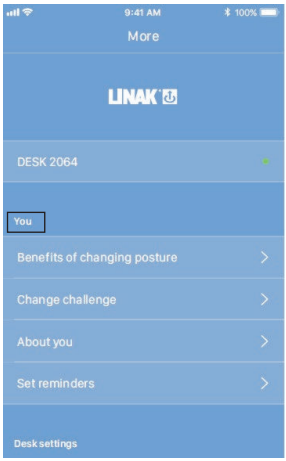
Two saved positions

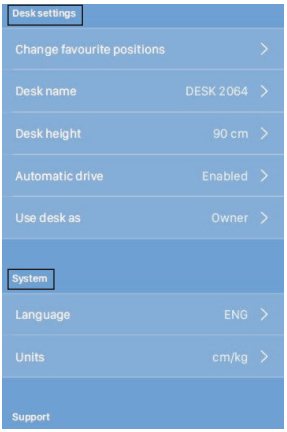


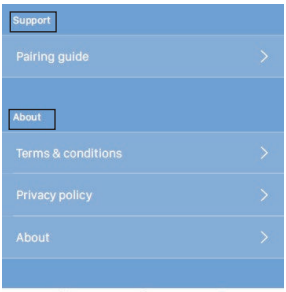
Driving to a favourite position

More

Press "More" to get access to a list of setting options and information arranged in five groups (the graphics below show a split view).

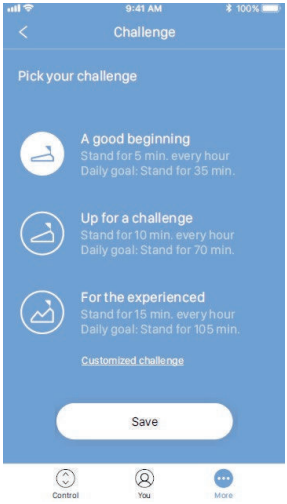


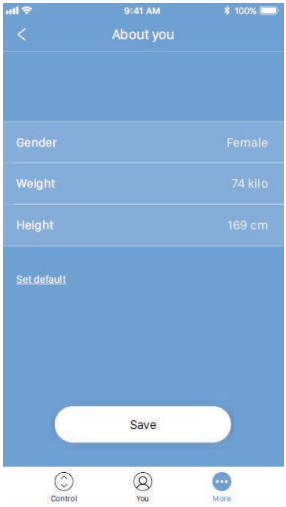


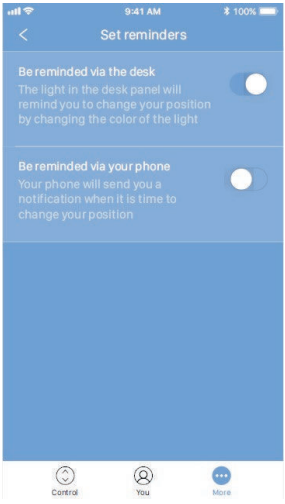


You

In the "You" section you can learn more about the benefits of changing position during the workday, or you can pick a new challenge. You also have the possibility of changing your personal information or your reminder settings.

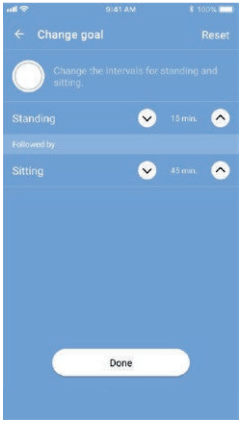


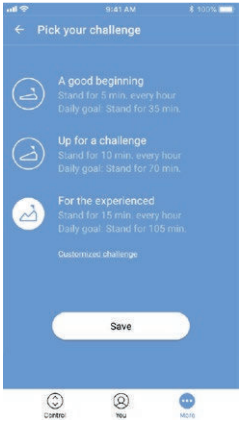




Change challenge

Here you can select between the three standard challenges, or you can define a personal challenge. Press "*Customized challenge*" and set your goals for standing/sitting by pressing the up/down arrows. When finished, press "*Done*" and then "*Save*".





<u>About you</u>

Here you can set/change your gender, weight and height. The default settings are Male, 83 kg, and 181 cm.

<u>Set reminders</u>

Enable or disable reminders as pop-up notifications on smart devices.

If it is supported by the connected product, e.g. the DPG1B, you can enable or disable the light strip as a reminder function.

See also "<u>Reminder notifications</u>".

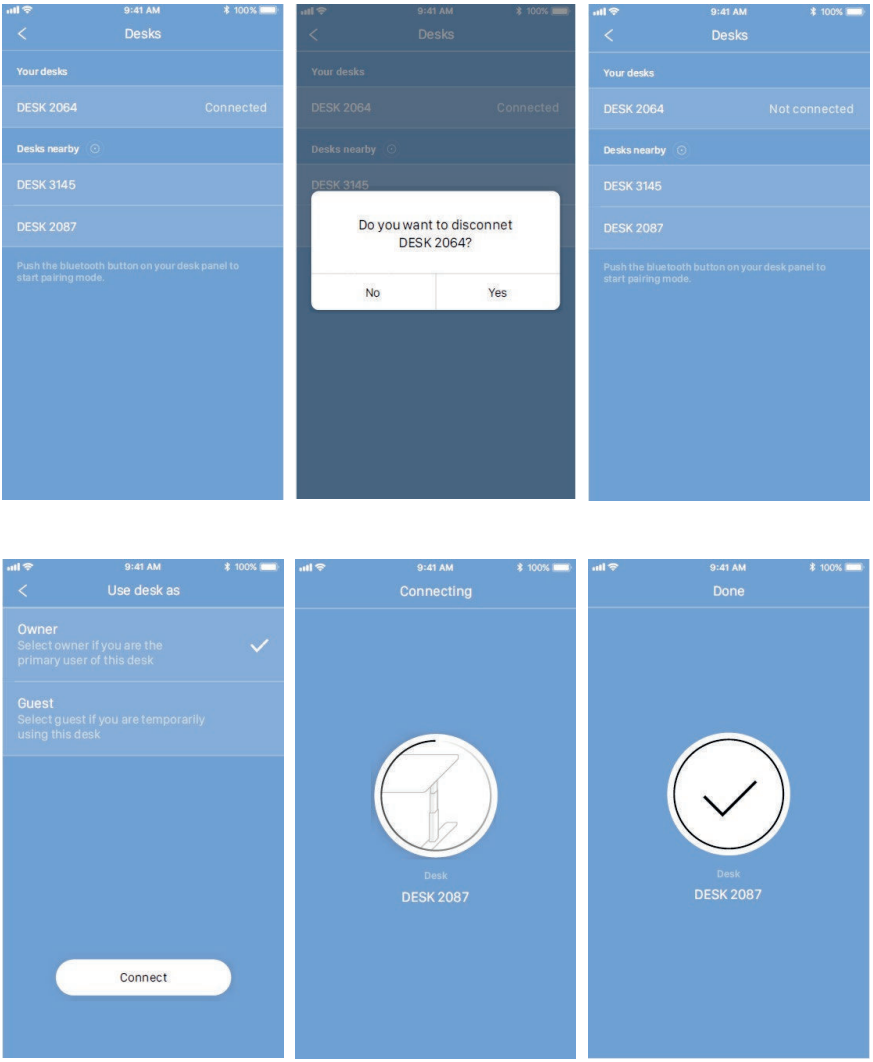
Desk settings

In the "Desk settings" section you can change your favourite positions, change the desk name, connect to another desk, set the actual desk height, enable/disable "Automatic drive", and switch between "Owner" and "Guest".

<u>Connecting to another desk</u>

Steps 1 and 2 are only to be performed if the app is already connected to a desk.

1. Press on desk connected to disconnect.
2. Confirm that you want to disconnect.
3. Press on new desk to connect.
4. Choose between "Owner" and "Guest".
5. Wait until app is connected to desk.



Set desk name
Change the name of the connected product to personalise the user experience of the app. The renaming will only affect the local name in the smart device - not in the DPG or the Bluetooth® Adapter.

Set desk height
Set the actual height of the desk. An illustration guides you on how to measure. Choose height units (cm or inches).

Automatic drive
If "Automatic drive" is enabled, you can make the desk adjust non-stop to any favourite position by just pressing the relevant button once. This function is called "one-click-drive". It is only possible to enable "Automatic drive" if the app is connected to "full" versions of the DPG1M/B/C and BLE2LIN, not the "limited" versions. An animation shows you how this feature works.

You have to accept the terms, i.e. accept the responsibility of any danger that can occur under these circumstances, in the pop-up notification before this feature can be enabled.

If you press any button, close the app or tilt the DPG during this automatic drive, you will interrupt the drive of the desk.

System
In the "System" section you can switch language. The language is default set to the language of the operating system of your smart device. Choose between eight different languages in the app. The available languages are: English, Korean, Japanese, Chinese, French, Italian, German, and Spanish.

This change does not affect the language in the display of a DPG1C.

You also have the possibility of changing the units. Switch between "cm" and "inch"for height and "kg" and "lbs" for weight.

Support
In the "Support" section you can find a pairing guide which helps you pair your smart device to a desk.

Support
Link to the LINAK website with troubleshooting videos on the DPG products.

About
The "About" section contains the terms and conditions for using the Desk Control™ app as well as the LINAK privacy policy.

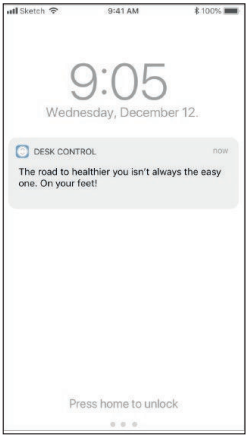
About
Use your desk
Link to the "Made to Move" site where you can get guidance on how to use a sit/stand desk correctly.

Product information
Link to LINAK website with information about this app.

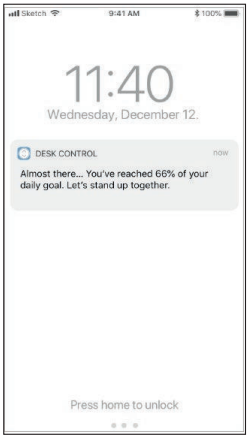
Reminder notifications

When reminder notifications are enabled on your smart device, pop-up notifications will occur to remind you when you need to change position. The reminders will appear based on your settings.

The notifications depend on two types of data. They pop up as a result of either time-based data or data-based data.



Time-based notification



Data-based notification

The time-based notifications are available for all and pop up based on the time the desk has been in sitting position. Press on the notification to open the app, or slide to the left to see the three options:

- Snooze for 10 minutes
- No more reminders today
- Open app

Press "Snooze for 10 minutes" to be reminded again in ten minutes.

Press "No more reminders today", neither your smart device nor the DPG will show any reminders for the rest of the day.

Press "Open app" or use the DPG to adjust the desk height.

The data-based notifications are personalised and pop up based on your set challenge.

Achievement	Notification
0 %	Let´s get started. On your feet and move it a bit.
1 to 66 %	Get moving! You've reached X% of your daily goal.
67 to 99 %	Almost there. You've reached X% of your daily goal.
100 to 115 %	Congratulation! You've reached your daily goal.
>115 %	You are doing great! Maybe it's time for a new challenge?

The notifications are based on your challenge set under 'You'. If the challenge is set to 10 minutes standing and 50 minutes sitting, the notification will be sent after your desk has been in sitting position for 50 minutes. If you have saved two favourite positions, these will count as sitting and standing heights. If you have saved no favourite positions, the trigger point is the desk minimum height plus 30 cm (adds up to approximately 95 cm). When the desk is moved above the trigger point, the DPG and the app see the desk in standing position until it is moved down again. When the desk reaching sitting position (below the trigger point), the notification is being reset and a new notification will appear after 50 min.

Notifications ONLY appear, when you are sitting – not when you are standing.

Timer reset

The notification timer will automatically be reset when:

- the desk is driven from standing to sitting position
- the smart device connects to the desk in the morning
- you reconnect to the desk after having been away from the desk for more than one hour
- you start a new challenge
- you adjust a challenge
- you have been connected as "Guest" (the reset will take place at midnight)

Recommendations on how to use Desk Control™

Overriding a learned sedentary behaviour is a true behavioural challenge. We have put together a guide to learn how to break up with your chair during your workday.

If you are not used to standing up and work, start with short intervals focusing on learning and getting into a habit. When this behaviour is starting to become a habit, continue to stand for longer periods e.g. using the guide below or simply testing what feels comfortable for you.

How to vary between standing and sitting while you work

The most important thing is to vary your position and to move around, preferably three times an hour. Instead of sitting for too long at a time, you can switch between standing and sitting positions. Remember good posture and to stand with your body weight evenly distributed on both legs.

- Start by raising your desk and stand for 5 minutes each hour before you go to lunch.
- Raise your desk just before your lunch break.
  Then your desk will be in the right position when you get back from lunch.
- Just after lunch, stand for 5 minutes before lowering your desk to sit for 55 minutes.
- Raise your desk again every hour so that you stand up working for 5 minutes each hour for the rest of the day.
- Raise your desk before you leave for the day – then it is ready for the next day.

Important reservations when varying between standing and sitting position:

If you are pregnant, have varicose veins or have a health condition that may prevent you from standing for 5 to15 minutes at a time every hour, you should contact your doctor to make sure that this will not be detrimental to your health.

If you are not used to standing, start with a few minutes at a time and extend this standing period as you get used to work standing up.

Disposal of LINAK products

As our customers often ask us how our products can be disposed of or scrapped we have prepared this guidance that enables a classification to different waste fractions for recycling or combustion.

Guidance

We recommend that our products be disassembled as much as possible and divided into different waste groups for recycling or combustion.
For example, waste can be sorted into metals, plastics, cable scrap, combustible material and recoverable resources.
Some of these main groups can be further divided into subgroups; e.g. metal can be divided into steel/aluminium/copper and plastic can be divided into ABS/PA/PE/PP.
As an example, the table below breaks down the different components in LINAK products to various recycling groups:

Product	Components	Recycling group
Handset/Control:	Plastic housing Cable PCB board	Plastic recycling or combustion Cable scrap or combustion Electronics scrap

By now, almost all our casted plastic parts are supplied with an interior code for plastic type and fibre contents, if any.

Main groups of disposal

Product main groups	Metal scrap	Cable scrap	Electronics scrap	Plastic recycling or combustion	Comments
Bluetooth® Adapter			X	X	
DPG		X	X	X	

Disposal of batteries

"Details regarding safe disposal of used and leaking batteries:
Batteries should be disposed in accordance with appropriate federal, state and local regulations. LINAK recommends that used or leaking batteries are disposed through local recycling system. Please do not throw used or leaking batteries in normal household waste or in nature. This will cause damage to the enviroment.

How to deal with leaking batteries

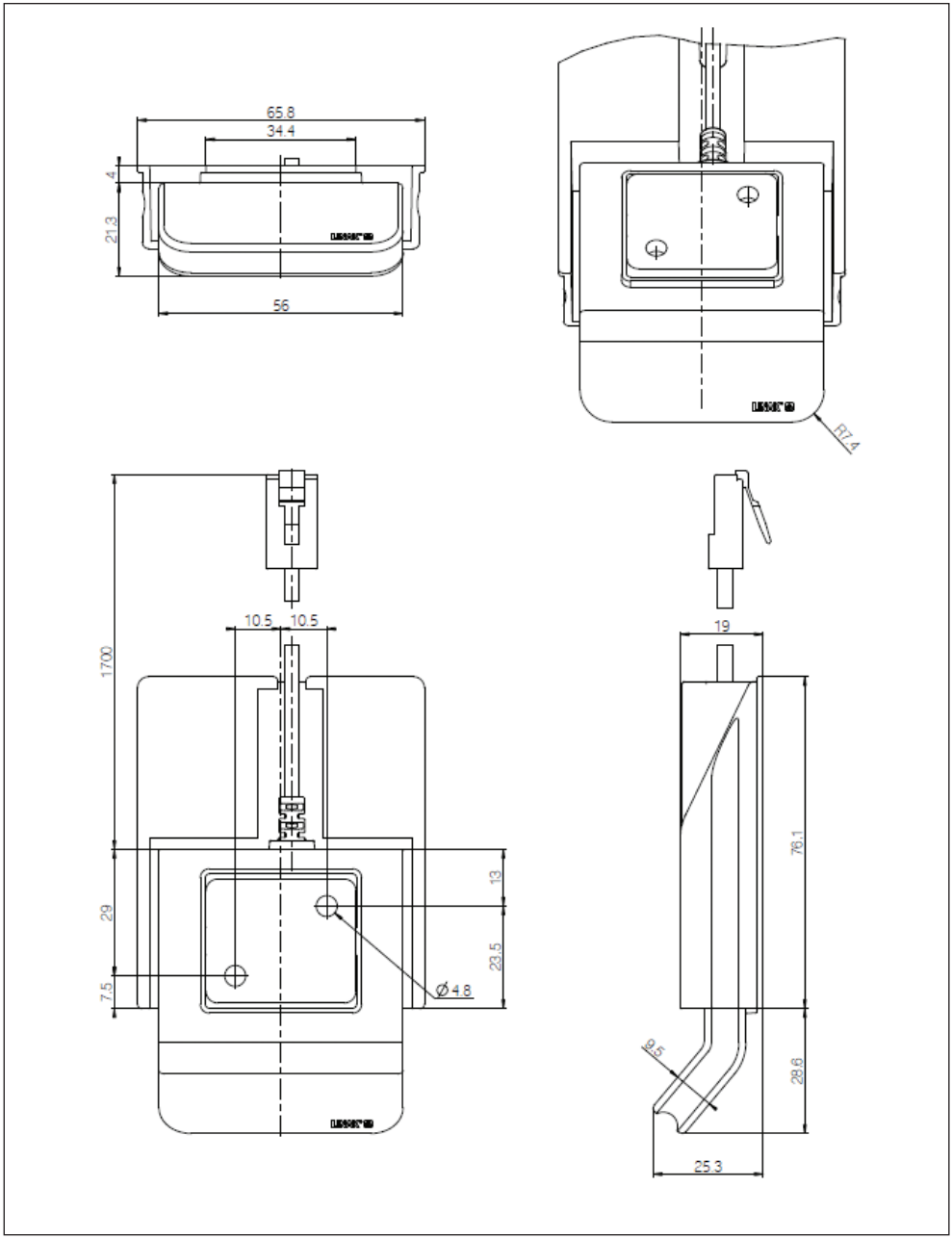
Leaking batteries should be disposed as described above.
If leaking batteries are discovered in the product, the batteries must be removed at once to minimise damage to the product.
If leaking batteries are left in the product, it becomes defective.

It is recommended to use plastic gloves when handling leaking batteries. The contents of leaking batteries can cause chemical burns and respiratory irritation.

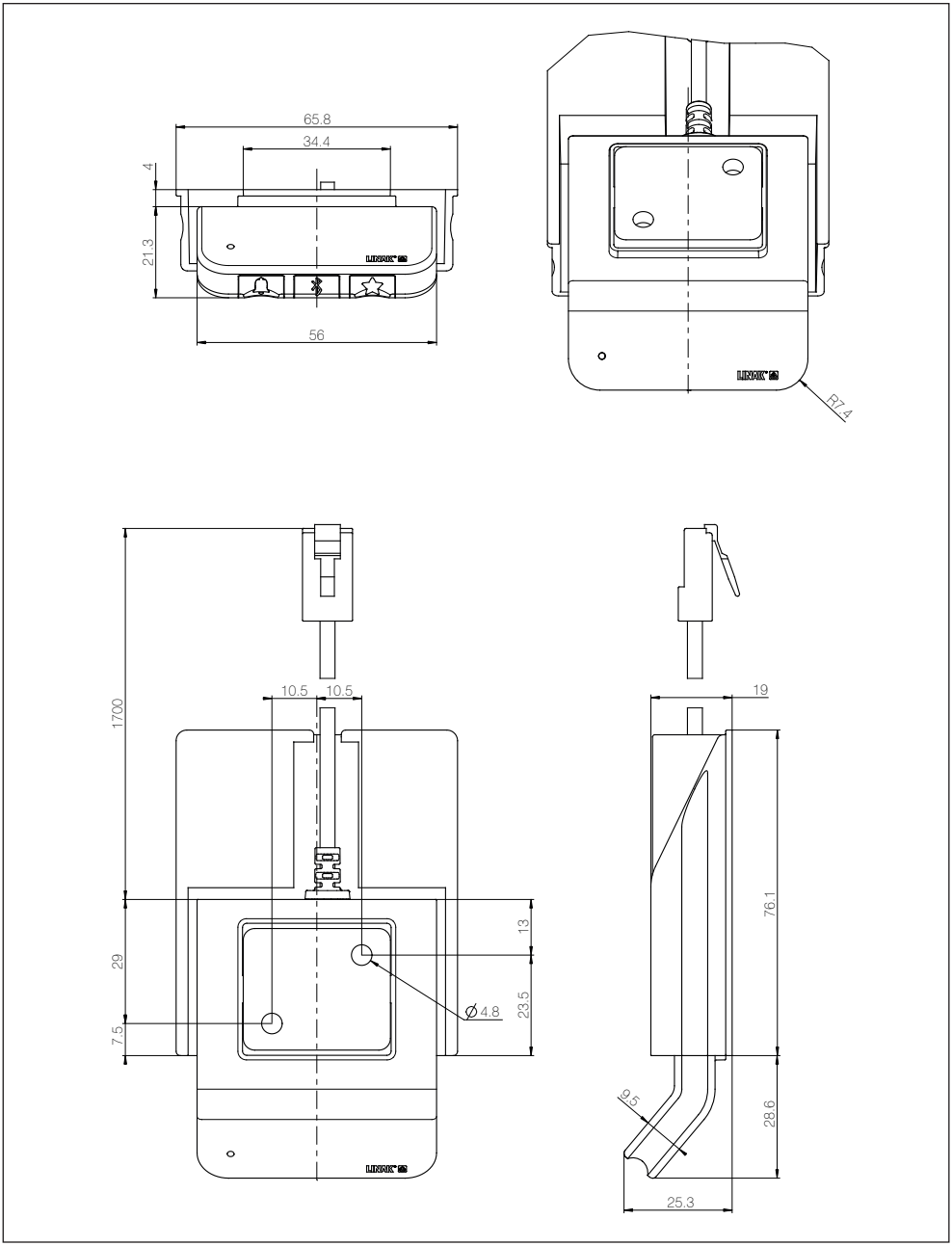
If exposed to the contents of a leaking battery, please wash with soap and water. If irritation persists, please seek medical attention. In case of eye contact, please flush eyes thoroughly with water for 15 minutes and seek medical attention."

DRAWING APPENDIX

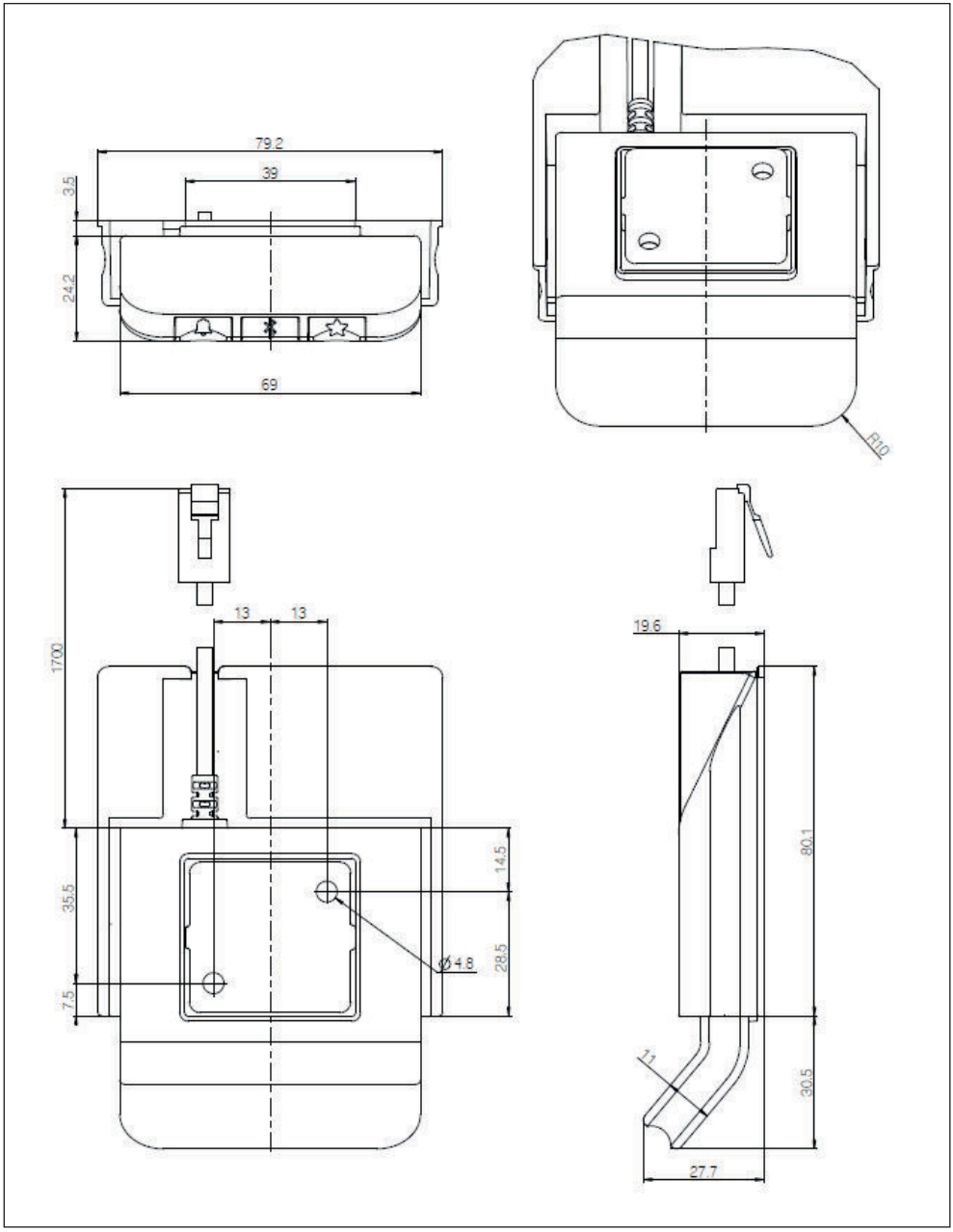
DPG1K with cover



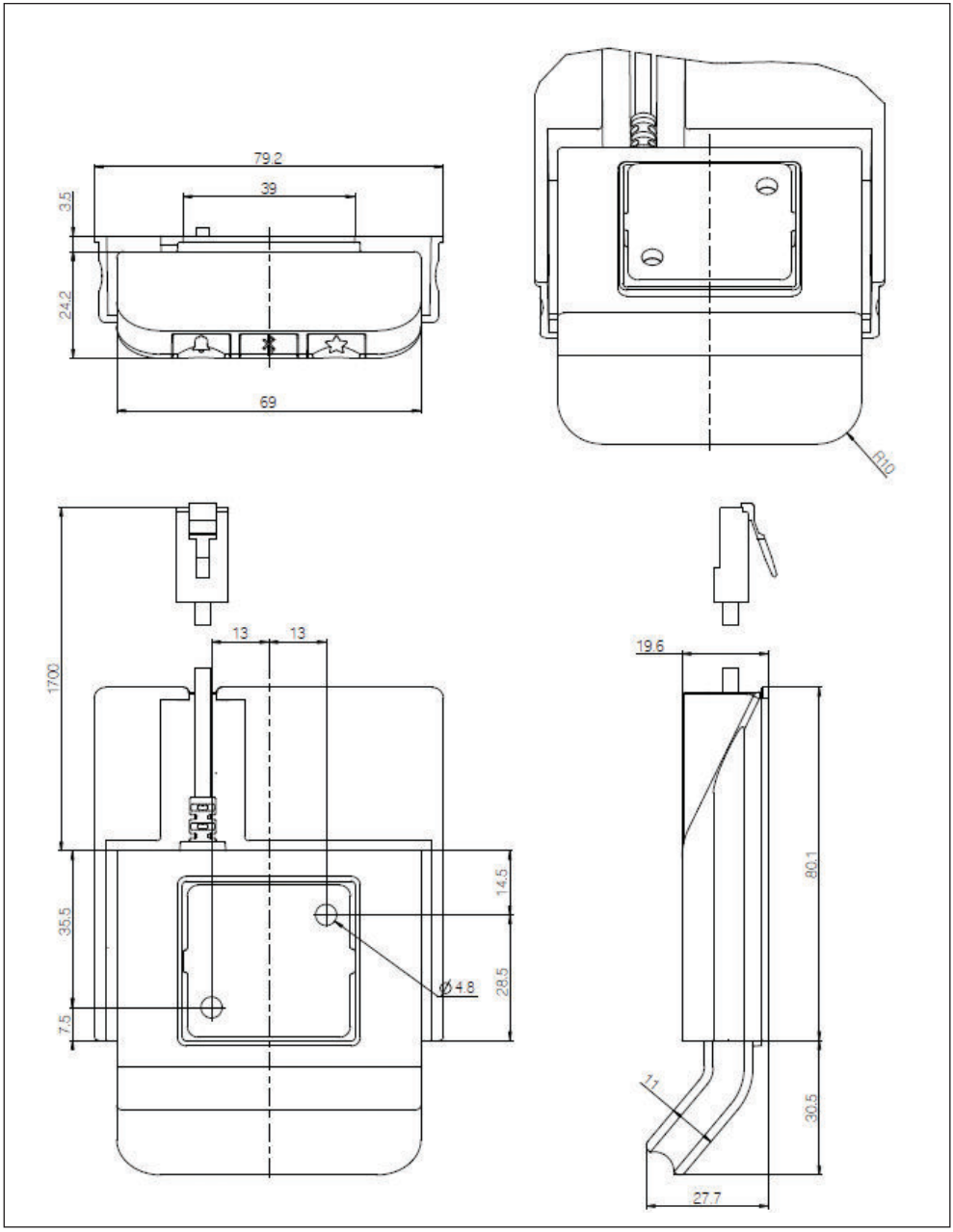
DPG1M with cover



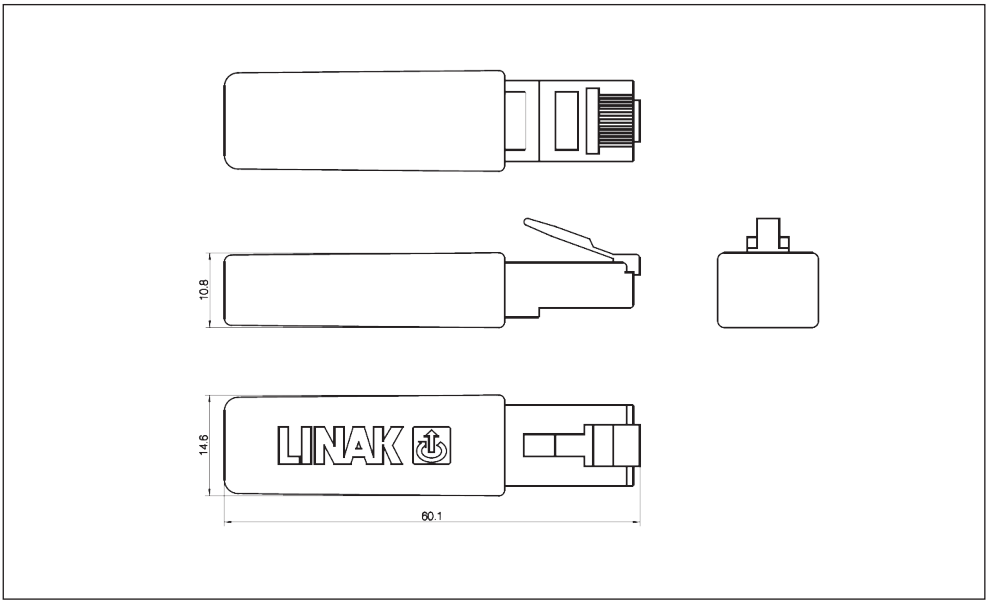
DPG1B with cover



DPG1C with cover



Bluetooth® Adapter



Labels

DPG1K

DPG1M

DPG1B

DPG1C

DPG QR codes:

Introduction to the DPG

Installation of the DPG

Bluetooth® Adapter

LINAK APPLICATION POLICY

The purpose of the application policy is to define areas of responsibilities in relation to applying a LINAK product defined as hardware, software, technical advice, etc. related to an existing or new customer application.

LINAK products as defined above are applicable for a wide range of applications within the Medical, Furniture, Desk and Industry areas. Yet, LINAK cannot know all the conditions under which LINAK products will be installed, used, and operated, as each individual application is unique.

The suitability and functionality of the LINAK product and its performance under varying conditions (application, vibration, load, humidity, temperature, frequency, etc.) can only be verified by testing, and shall ultimately be the responsibility of the LINAK customer using any LINAK product.

LINAK shall be responsible solely that the LINAK products comply with the specifications set out by LINAK and it shall be the responsibility of the LINAK customer to ensure that the specific LINAK product can be used for the application in question.

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FACTORIES

China
LINAK (Shenzhen) Actuator Systems, Ltd.
Phone: +86 755 8610 6656
Phone: +86 755 8610 6990
E-mail: sales@linak.cn
www.linak.cn

Denmark - Headquarters
LINAK A/S - Group Headquarters
Phone: +45 73 15 15 15
Fax: +45 74 45 80 48
Fax (Sales): +45 73 15 16 13
E-mail: info@linak.com
www.linak.com

USA
LINAK U.S. Inc.
North and South American Headquarters
Phone: +1 502 253 5595
Fax: +1 502 253 5596
E-mail: info@linak-us.com
www.linak-us.com
www.linak-latinamerica.com

SUBSIDIARIES

Australia
LINAK Australia Pty. Ltd
Phone: +61 3 8796 9777
Fax: +61 3 8796 9778
E-mail: sales@linak.com.au
www.linak.com.au

Austria
LINAK Repräsentanz - Österreich (Wien)
Phone: +43 (1) 890 7446
Fax: +43 (1) 890 744615
E-mail: info@linak.de
www.linak.at - www.linak.hu

Belgium
LINAK Actuator-Systems NV/SA
(Belgium & Luxembourg)
Phone: +32 (0)9 230 01 09
E-mail: beinfo@linak.be
www.linak.be - www.fr.linak.be

Brazil
LINAK Do Brasil Comércio De Atuadores Ltda.
Phone: +55 (11) 2832 7070
Fax: +55 (11) 2832 7060
E-mail: info@linak.com.br
www.linak.com.br

Canada
LINAK Canada Inc.
Phone: +1 502 253 5595
Fax: +1 416 255 7720
E-mail: info@linak.ca
www.linak-us.com

Czech Republic
LINAK C&S s.r.o.
Phone: +42 058 174 1814
Fax: +42 058 170 2452
E-mail: info@linak.cz
www.linak.cz

Denmark - International
LINAK International
Phone: +45 73 15 15 15
E-mail: info@linak.com
www.linak.com

Denmark - Sales
LINAK DANMARK A/S
Phone: +45 86 80 36 11
Fax: +45 86 82 90 51
E-mail: linak@linak-silkeborg.dk
www.linak.dk

Finland
LINAK OY
Phone: +358 10 841 8700
E-mail: linak@linak.fi
www.linak.fi

France
LINAK FRANCE E.U.R.L
Phone: +33 (0) 2 41 36 34 34
Fax: +33 (0) 2 41 36 35 00
E-mail: linak@linak.fr
www.linak.fr

Germany
LINAK GmbH
Phone: +49 6043 9655 0
Fax: +49 6043 9655 60
E-mail: info@linak.de
www.linak.de

India
LINAK A/S India Liaison Office
Phone: +91 120 4531797
Fax: +91 120 4786428
E-mail: info@linak.in
www.linak.in

Ireland
LINAK UK Limited (Ireland)
Phone: +44 (0)121 544 2211
Fax: +44 (0)121 544 2552
+44 (0)796 855 1606 (UK Mobile)
+35 387 634 6554
(Republic Of Ireland Mobile)
E-mail: sales@linak.co.uk
www.linak.co.uk

Italy
LINAK ITALIA S.r.l.
Phone: +39 02 48 46 33 66
Fax: +39 02 48 46 82 52
E-mail: info@linak.it
www.linak.it

Japan
LINAK K.K.
Phone: 81-45-533-0802
Fax: 81-45-533-0803
E-mail: linak@linak.jp
www.linak.jp

Malaysia
LINAK Actuators Sdn. Bhd.
Phone: +60 4 210 6500
Fax: +60 4 226 8901
E-mail: info@linak-asia.com
www.linak.my - www.linak.co.id
www.linak.pk - www.linak.ph

Netherlands
LINAK Actuator-Systems B.V.
Phone: +31 76 5 42 44 40 /
+31 76 200 11 10
E-mail: info@linak.nl
www.linak.nl

New Zealand
LINAK New Zealand Ltd
Phone: +64 9580 2071
Fax: +64 9580 2072
E-mail: nzsales@linak.com.au
www.linak.com.au

Norway
LINAK Norge AS
Phone: +47 32 82 90 90
E-mail: info@linak.no
www.linak.no

Poland
LINAK Polska
LINAK Danmark A/S (Spółka Akcyjna)
Phone: +48 22 295 09 70 /
+48 22 295 09 71
E-mail: info@linak.pl
www.linak.pl

Republic of Korea
LINAK Korea Ltd.
Phone: +82 2 6231 1515
Fax: +82 2 6231 1516
E-mail: info@linak.kr
www.linak.kr

Russia
LINAK LLC
Phone: +7 495 780 3161
Fax: +7 495 687 1426
E-mail: info@linak.ru
www.linak.ru

Spain
LINAK Actuadores, S.L.u
Phone: +34 93 588 27 77
Fax: +34 93 588 27 85
E-mail: esma@linak.es
www.linak.es

Sweden
LINAK Scandinavia AB
Phone: +46 8 732 20 00
Fax: +46 8 732 20 50
E-mail: info@linak.se
www.linak.se

Switzerland
LINAK AG
Phone: +41 43 388 31 88
Fax: +41 43 388 31 87
E-mail: info@linak.ch
www.linak.ch - www.fr.linak.ch
www.it.linak.ch

Taiwan
LINAK (Shenzhen) Actuator systems Ltd. Taiwan Representative office
Phone: +886 2 272 90068
Fax: +886 2 272 90096
E-mail: sales@linak.com.tw
www.linak.com.tw

Turkey
LINAK İth. İhr. San. ve Tic. A.Ş.
Phone: + 90 312 4726338
Fax: + 90 312 4726635
E-mail: info@linak.com.tr
www.linak.com.tr

United Kingdom
LINAK UK Limited
Phone: +44 (0)121 544 2211
Fax: +44 (0)121 544 2552
E-mail: sales@linak.co.uk
www.linak.co.uk

DISTRIBUTORS

Argentina
NOVOTEC ARGENTINA SRL
Phone: 011-4303-8989 / 8900
Fax: 011-4032-0184
E-mail: info@novotecargentina.com
www.novotecargentina.com

Colombia
MEM Ltda
Phone: +[57] (1) 334-7666
Fax: +[57] (1) 282-1684
E-mail: servicioalcliente@memltda.com.co
www.mem.net.co

India
Mechatronics Control Equipments India Pvt Ltd
Phone: +91-44-28558484, 85
E-mail: bala@mechatronicscontrol.com
www.mechatronicscontrol.com

Indonesia
PT. HIMALAYA EVEREST JAYA
Phone: +6 221 544 8956, +6 221 544 8965
Fax: +6 221 619 1925
Fax (Sales): +6 221 619 4658
E-mail: hejplastic-div@centrin.net.id
www.hej.co.id

Israel
NetivTech LTD
Phone: +972 55-2266-535
Fax: +972 2-9900-560
Email: info@NetivTech.com
www.netivtech.com

Russia
OOO FAM
Phone: +7 812 3319333
Fax: +7 812 3271454
E-mail: purchase@fam-drive.ru
www.fam-drive.ru

Singapore
Servo Dynamics Pte Ltd
Phone: +65 6844 0288
Fax: +65 6844 0070
E-mail: servodynamics@servo.com.sg

South Africa
Industrial Specialised Applications CC
Phone: +27 011 466 0346
E-mail: gartht@isagroup.co.za
www.isaza.co.za

United Arab Emirates
Mechatronics
Phone: +971 4 267 4311
Fax: +971 4 267 4312
E-mail: mechtron@emirates.net.ae

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