

# Desk Control



To learn more about LINAK, please visit:  
[www.linak.com](http://www.linak.com)

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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 complies with Industry Canada licence-exempt RSS standard(s).

Operation is subject to the following two conditions:

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

Le présent appareil est conforme aux CNR d'Industrie 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, et

(2) l'utilisateur de 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 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



### Général

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 manuel 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 autour du matériel 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 réalisés 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 sécurité 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.

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## 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            CBD4, CBD6S

And

Linear Actuators        LA31, DB4, DB5, DB6, DB7, DB9, DB12, DB14, DB16, LA23

Lifting Columns        DL1A, DL2, DL4, DL5, DL6, DL7, DL8, DL9, DL10, DL11, DL12, DL14, DL15,  
DL16, DL17, LP2, LP3, BASE1

And

Desk Panels            DP, DPA, DPB, DPH, DPF, DPT, DP1C, DP1K, DP1L, DP1V, DP1U, WDPL1

RF Controls            HB10, HB20, RFR and RFT

And

Accessories            SLS

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, 2014-04-10

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

## Misc. on the DESKLINE® system

### Warranty

There is a 60 months' warranty on the DESKLINE products Controls / Hand controls 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).**

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## 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 UL362  
Cert. to CSA Std. C22.2 No. 68-09

ETL Recognized Component mark for Canada and United States

## System requirements with USB2LIN06 cable

Communication between PC/Mac and the CBD control box requires a USB2LIN06 cable from LINAK.



Please observe that the USB2LIN05 cable also can be used for operating the Desk Control program. Desk Control is backwards compatible with CBD4A systems (sw 0077432-122 or later) and all CBD6S systems

### OS requirements:

- Windows 7 (with .NET version 4.5\*)
- Windows 8 or higher Operating System
- Mac OS (no special requirements)

(\* if .NET is not installed already on your computer, you will be asked to install the program during installation of Desk Control. NET Framework is a Microsoft program and free of charge)

## System requirements with Bluetooth® adapter:

Communication between PC/Mac and the control box can also be done via the Bluetooth® adapter from LINAK.



Please observe that the BLUETOOTH2LIN box does not work with the Bluetooth® based version of Desk Control.

### OS requirements:

- Windows 8.1 or higher Operating System
- Mac OS (minimum OS 10.7)

## The program

Desk Control is generally 3 screenshots:

1. The **standard view** with the current status on today's goals, memory buttons and readout height
2. The **"settings"** view where you set your data and decide how you would like to be reminded and if you want the data to be in time/minutes or burned calories
3. The **"history"** view where you find your statistics (day, week, month, year) and have the possibility to export data to excel format

On the next page you will find screenshots of the program.

Below find screenshots of the program.

**The standard view, calorie view:**

The % mentioned is how far you are in reaching the goal of the day

The number in the circle tells you the number of calories burned today

The number in the circle is the number of minutes in the current session (self-elected period)

Table height is the actual table height.

Click to go to the "History" view or "settings" view. Alternatively press the Down or the Up button and adjust your desk

3 memory positions

**The standard view, time mode view:**

The % mentioned is how far you are in reaching the goal of the day.

The number in the circle tells you how many minutes you have been standing today

The number in the circle is the number of minutes in the current session (self-elected period)

Table height is the actual table height

Click to go to the "History" view or "settings" view. Alternatively press the Down or the Up button and adjust your desk

3 memory positions

## Settings view:



Under settings you choose if you want to have your setup in the standard view showing calories or time.

### Calories chosen

Measure your actual table height and add the number here

Decide how many sessions you would like to have each hour (max 6)

Set your weight here to get an accurate readout in calories (or keep the preselected value)

Choose how many calories you would like to burn per day

### Time chosen

Measure your actual table height and add the number here

Decide how many sessions you would like to have each hour (max 6)

Set your weight here to get an accurate readout in time/calories (or keep the preselected value)

Choose how many minutes you would like to stand up each hour

## Common functions for both Calories and Time in the Settings view:

- How to store memory positions
- Link to "more info"
- Link to Moving is living (website)

### By clicking:

**"Click for more info"**  
you open a new window and go to the **Desk Control product page** on the LINAK website where you find more information about the program. ([Link](#))

**"Moving is living"**  
you go to the "Moving Desks" website where you find more information about height adjustable desks and why you should use your desk. ([Link](#))

The screenshot shows the LINAK Setup interface. At the top, it says 'LINAK' and 'Setup' with a 'CONNECTED' status. There are two tabs: 'Calories' and 'Time'. Below the tabs, it displays 'Current table height 80 cm' and 'Your weight 80 Kg'. The main question is 'How many calories do you want to burn standing today?' with five circular buttons for 50, 100, 150, 200, and 250 calories. Below this, it shows 'Number of sessions 1 each hour 20 mins standing each session'. A section for 'Set favorite table height' includes a 'OK' button, 'UP' and 'DOWN' arrows, and 'STAND MEMORY' and 'OTHER MEMORY' options. A 'SAVE' button is at the bottom right. A black box highlights the 'Click for more info' link, the 'UP/DOWN' arrows, and the 'SAVE' button. An arrow points from the text on the right to the 'SAVE' button.

### Optional: Set you memory positions.

Press the relevant button and it opens up. By pressing up or down the desk drives to the selected position and by pressing ok the position is chosen.

The positions are stored when pressing the "Save" button and leaving the setting view.

# History view



Under "history view" you find the statistics on how you use your desk.

The actual statistics

Export the data to excel



Choose between statistics per:

Day

Week

Month or

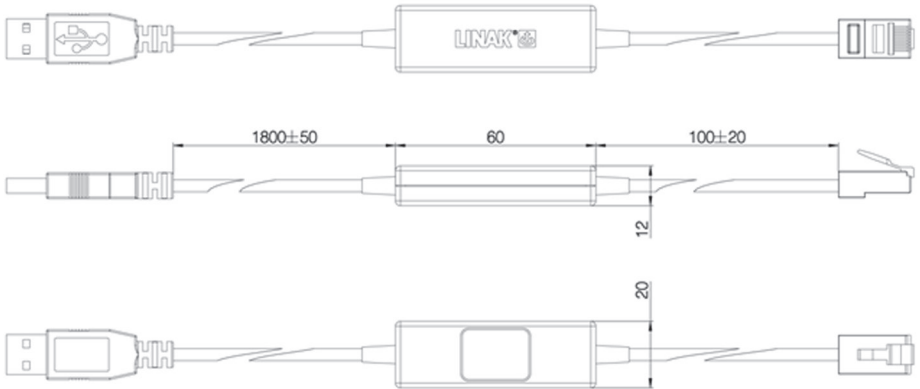
year



## USB2LIN06 USB cable

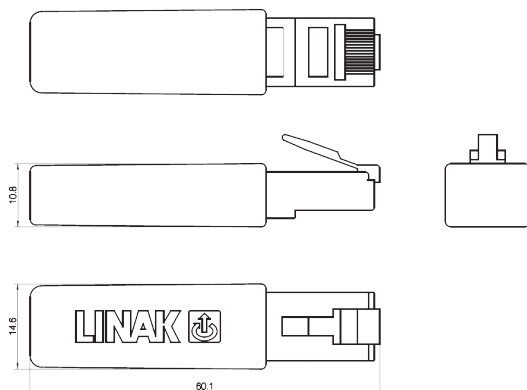
To get the Desk Control software to work you need a USB cable or the Bluetooth® Adapter that connects the DESKLINE control box to the desk. The USB cable ensures the communication between the control box and your computer

The USB2LIN06 cable:



## BLE2LIN001, Bluetooth® Adapter

The Bluetooth® adapter ensures the communication between the control box and your computer.



## How to install the Desk Control software on PC

Before installing the Desk Control software please:

1. Mount the DESKLINE column system on the desk
2. Connect the USB2LIN06 cable between your control box (use a desk panel (RJ45) port) and your PC (use a USB port) or plug in the Bluetooth® adapter in the control box.

### Install Desk Control software

1. Go to the LINAK website and select the software file - [PLEASE CLICK HERE](#)
2. Read and accept the terms of use.
3. Download the file required and follow the onscreen instructions. Please observe that if your OS is windows 7 and you do not already have the Microsoft NET framework installed version 4.5, you will automatically be asked to install this program when installing Desk Control.



PLEASE OBSERVE: If it is not the first time you install the Desk Control software, please uninstall earlier files/programs on your PC to ensure correct update.

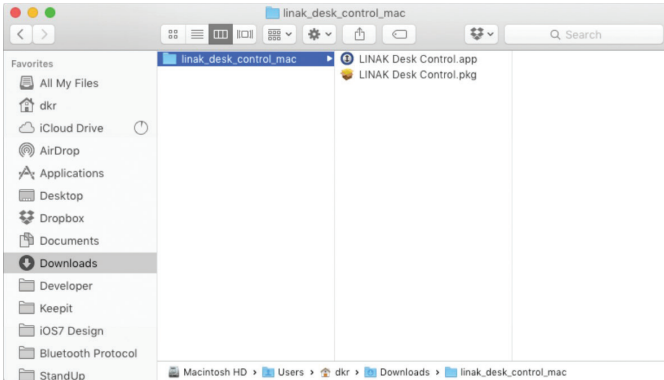
# How to install the Desk Control software on MAC

1. Go to the LINAK website and download the software file for MAC. [PLEASE CLICK HERE.](#)

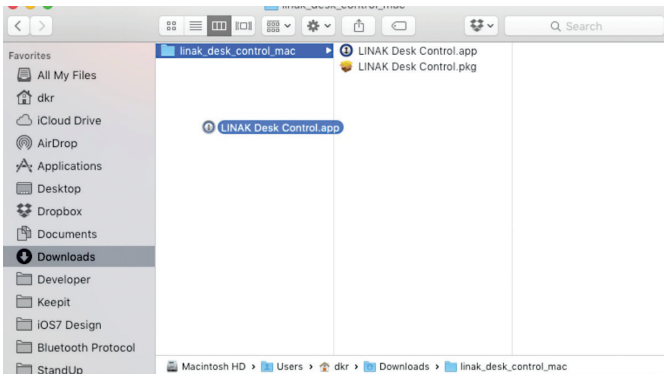
2. Open finder



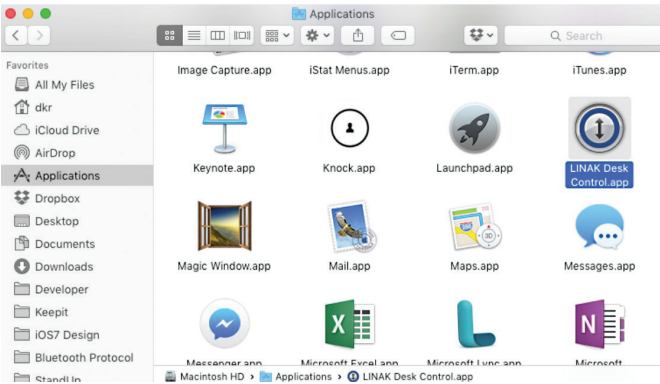
3. Open "Downloads" and the LINAK Desk Control folder, you downloaded from the website



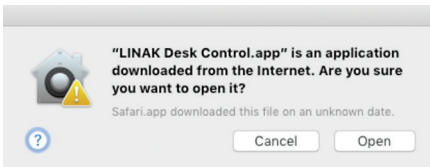
4. Drag the LINAK Desk Control.app into the "Applications" folder



5. Open the Applications folder and double click the "LINAK Desk Control.app"



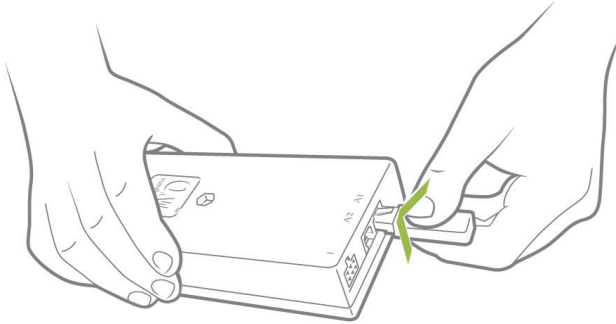
6. If this dialog appears, click "Open"



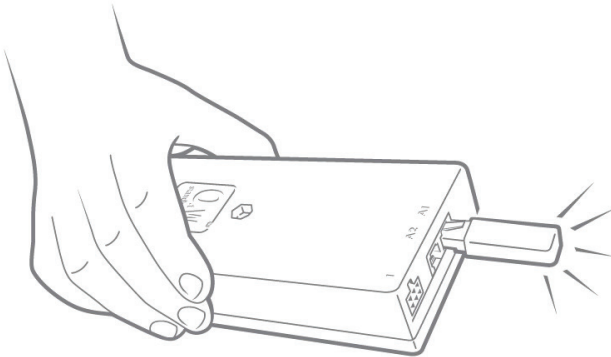
7. Now the app is running and is visible in the bar at the top of the screen. Click the icon to get started.

# How to pair the wireless connection between desk and Desk Control

1. Plug the Bluetooth® adapter into a powered DESKLINE Control Box

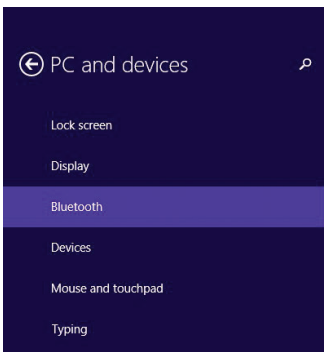


2. The Adapter is now in pairing mode. The pairing mode will last 3 minutes and is indicated by a blue flashing LED through the transparent plastic.



The adapter will be in pairing mode for 30 seconds every time, you make a short activation of your DESKLINE application.

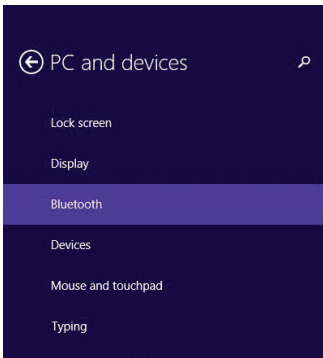
3. Go to your Bluetooth settings on your PC and enable Bluetooth



## Manage Bluetooth devices

Bluetooth  
Off  

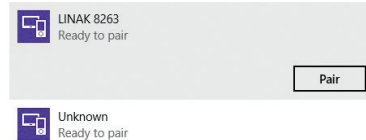
4. When you enable your Bluetooth, your computer will search for available devices. The Bluetooth® Adapters are named LINAK followed by a 4-digit number.



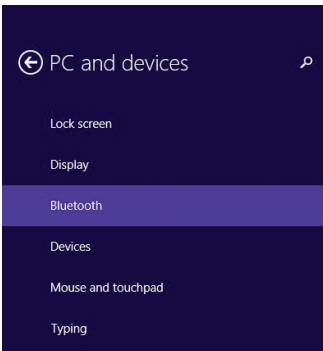
### Manage Bluetooth devices

Bluetooth  
On 

Your PC is searching for and can be discovered by Bluetooth devices.



5. Choose the LINAK device, you want to connect to and click it. The devices are now connected.



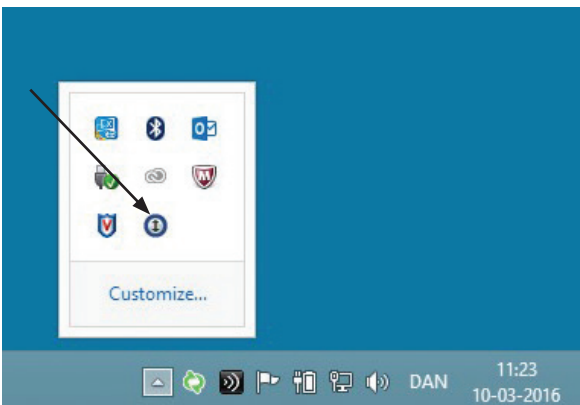
### Manage Bluetooth devices

Bluetooth  
On 

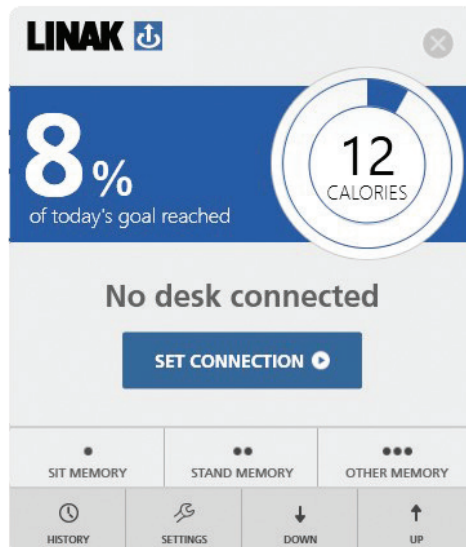
Your PC is searching for and can be discovered by Bluetooth devices.



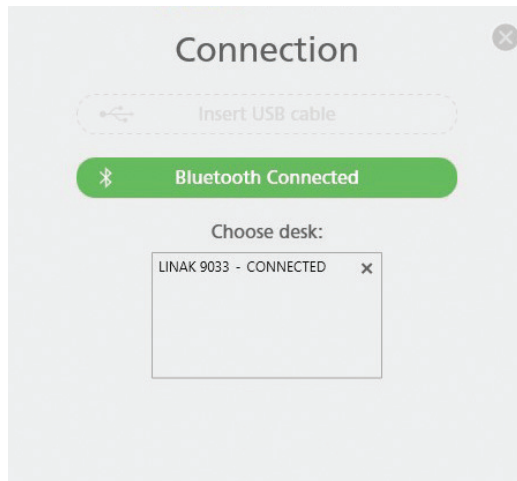
6. Open your installed Desk Control by clicking the Desk Control icon in your process bar



7. Now the Desk Control dialog appears. Click the “set connection” box

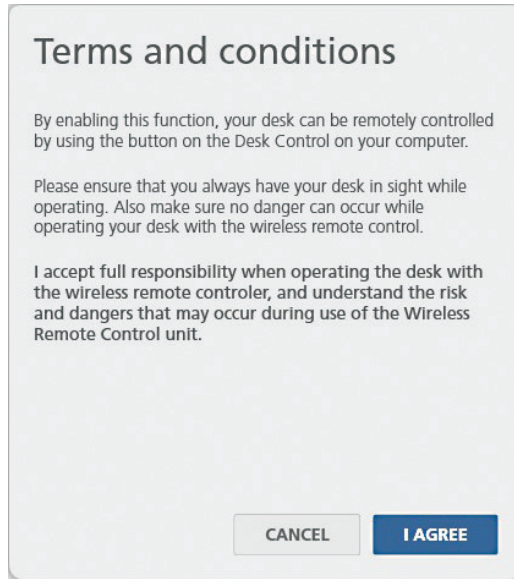


8. The program will detect the Bluetooth connection and suggest a list of desks. Choose the desk, you want to connect to and press OK.



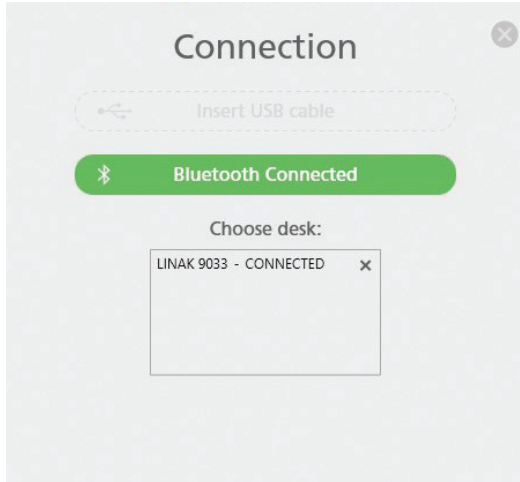


9. A pop-up box will appear to make sure the user understands and accepts the danger within wireless control of a desk. The desk is now connected and ready for use.

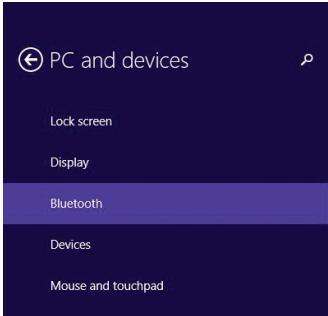


# How to remove Bluetooth devices from connected list

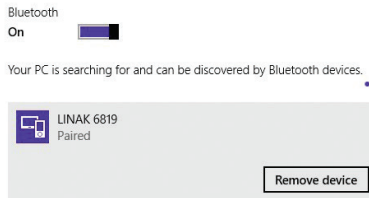
The list of desks to choose between consists of the devices paired through Windows settings. Follow the procedure below to remove devices from this list.



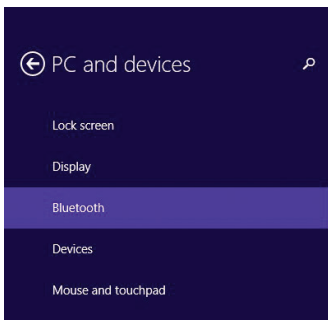
1. Go to Bluetooth® settings on your PC and click the device you want to remove



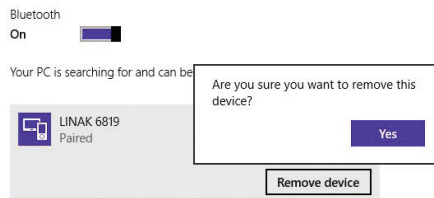
## Manage Bluetooth devices



2. Confirm your choice and the device will be removed from your list of devices in Desk Control

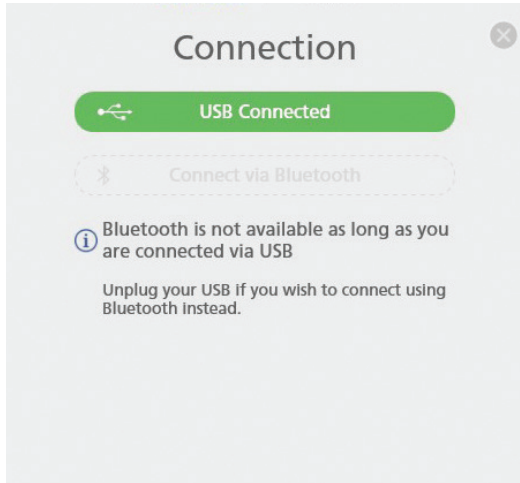


## Manage Bluetooth devices



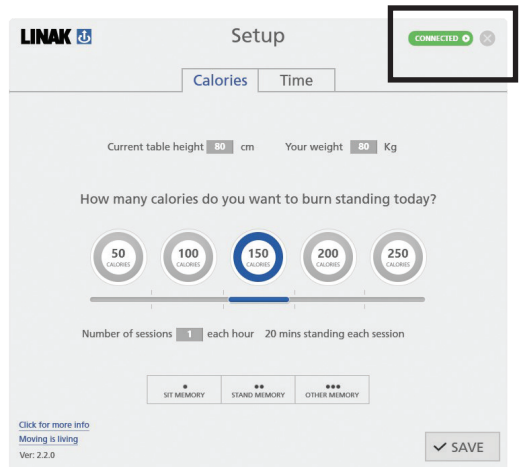
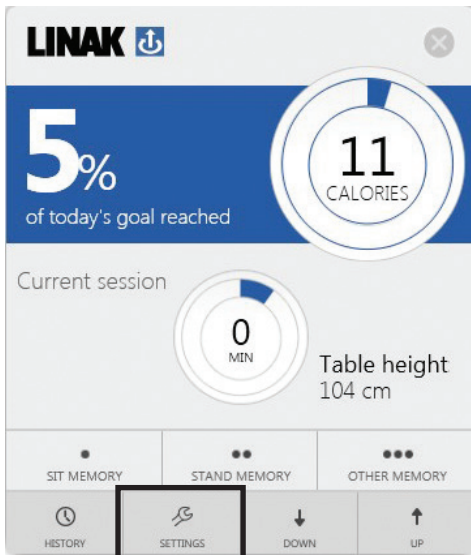
# How to establish the cabled connection between desk and Desk Control

If you plug in a USB2LIN06 cable in your computer and DESKLINE control box and start your Desk Control, the connection will be established automatically – no need for further actions.



Desk Control will detect a USB2LIN06 cable as plugged as long as it is in the computer, so remember to unplug both the USB and the LIN end of the cable.

You can always check the type of connection you have by clicking the settings button and thereafter the connection button in the right corner of the setup screen.



## How to get started with Desk Control

After successful installation you are ready to start using the program. First step is to add values under "settings" to get correct data/read out.

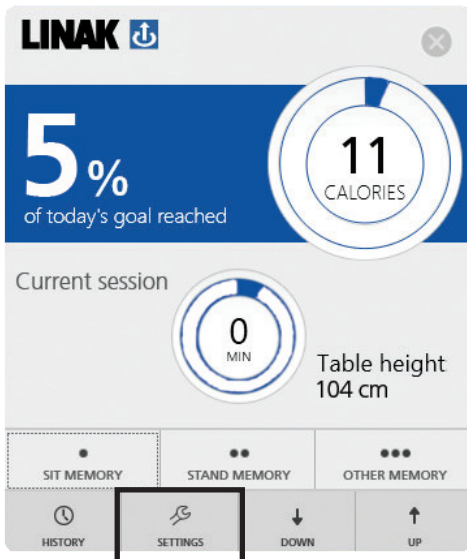
### Follow below guidelines:

1. Open the Desk Control program e.g. pressing the small icon in the "desktopbar"

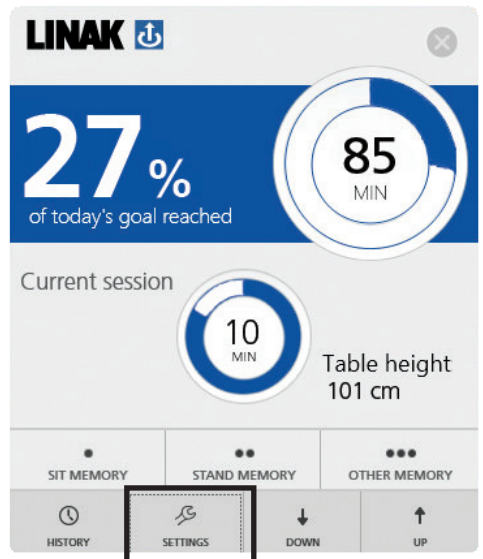


When opening the program the standard view appears

### Calorie view



### Time mode view



To get correct read-out you need to add data on under "settings". Press the settings button to open the page.

### Set your data on this site:

1. Choose if you want the read out to be in **Calories** or **Time**

Below "Time" has been chosen

The screenshot shows the LINAK Setup interface. At the top, there are two tabs: "Calories" and "Time". The "Time" tab is selected and highlighted with a black box. Below the tabs, the current table height is set to 80 cm and the user's weight is 80 Kg. The main question is "How many minutes do you want to stand each hour?". There are five circular buttons representing 10, 15, 20, 30, and 40 minutes. The 15-minute button is selected and highlighted with a blue circle. Below this, it says "Number of sessions 1 each hour 15 mins standing each session". At the bottom, there are three memory options: "SIT MEMORY", "STAND MEMORY", and "OTHER MEMORY". A "SAVE" button is at the bottom right.

Below "Calories" have been chosen

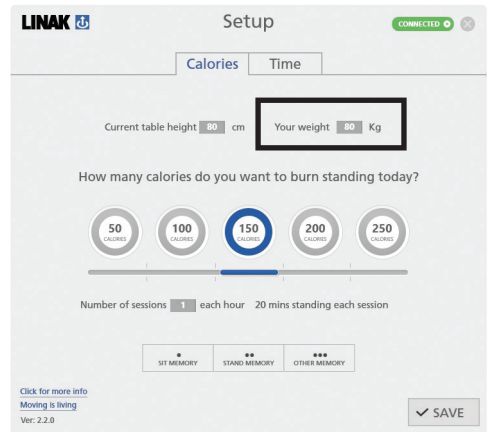
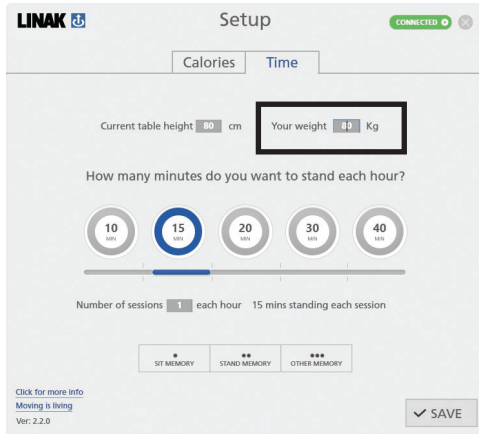
The screenshot shows the LINAK Setup interface. At the top, there are two tabs: "Calories" and "Time". The "Calories" tab is selected and highlighted with a black box. Below the tabs, the current table height is set to 80 cm and the user's weight is 80 Kg. The main question is "How many calories do you want to burn standing today?". There are five circular buttons representing 50, 100, 150, 200, and 250 calories. The 150-calorie button is selected and highlighted with a blue circle. Below this, it says "Number of sessions 1 each hour 20 mins standing each session". At the bottom, there are three memory options: "SIT MEMORY", "STAND MEMORY", and "OTHER MEMORY". A "SAVE" button is at the bottom right.

2. Measure your current desk height and add the height in the box "Current table height".

The screenshot shows the LINAK Setup interface. At the top, there are two tabs: "Calories" and "Time". The "Time" tab is selected. Below the tabs, the "Current table height" field is highlighted with a black box and contains the value "80 cm". The user's weight is 80 Kg. The main question is "How many minutes do you want to stand each hour?". There are five circular buttons representing 10, 15, 20, 30, and 40 minutes. The 15-minute button is selected and highlighted with a blue circle. Below this, it says "Number of sessions 1 each hour 15 mins standing each session". At the bottom, there are three memory options: "SIT MEMORY", "STAND MEMORY", and "OTHER MEMORY". A "SAVE" button is at the bottom right.

The screenshot shows the LINAK Setup interface. At the top, there are two tabs: "Calories" and "Time". The "Calories" tab is selected. Below the tabs, the "Current table height" field is highlighted with a black box and contains the value "80 cm". The user's weight is 80 Kg. The main question is "How many calories do you want to burn standing today?". There are five circular buttons representing 50, 100, 150, 200, and 250 calories. The 150-calorie button is selected and highlighted with a blue circle. Below this, it says "Number of sessions 1 each hour 20 mins standing each session". At the bottom, there are three memory options: "SIT MEMORY", "STAND MEMORY", and "OTHER MEMORY". A "SAVE" button is at the bottom right.

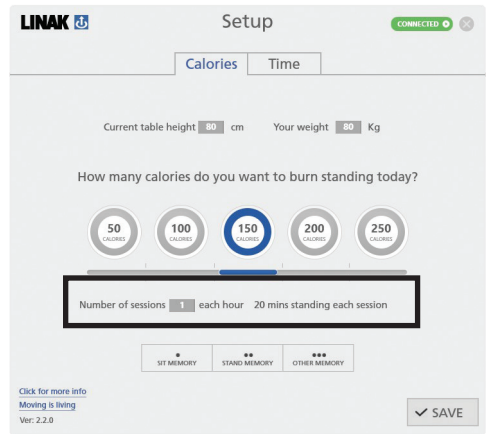
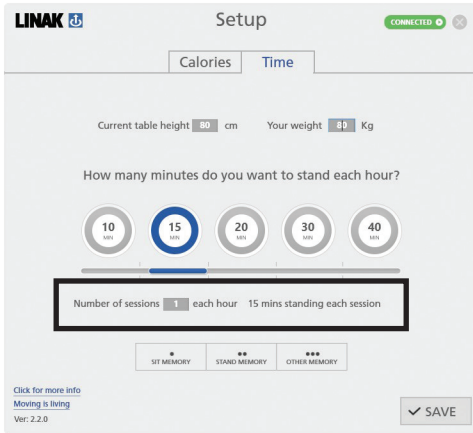
3. Add your weight if you want the accurate calorie count. Otherwise leave the standard setting.



4. Choose how many minutes you want to stand each hour OR how many calories you want to burn today. You do that by pressing the wanted circle.



5. Choose how many sessions you would like to have each hour standing. Choose between 1 and 6 sessions.

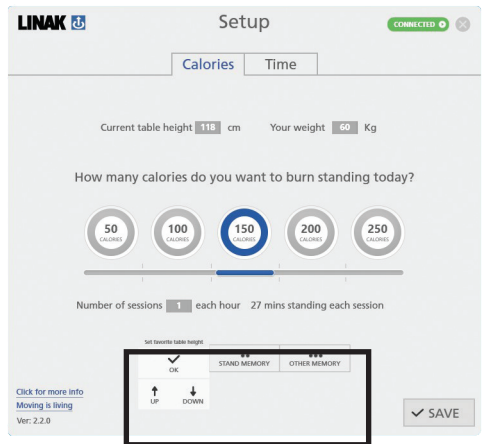
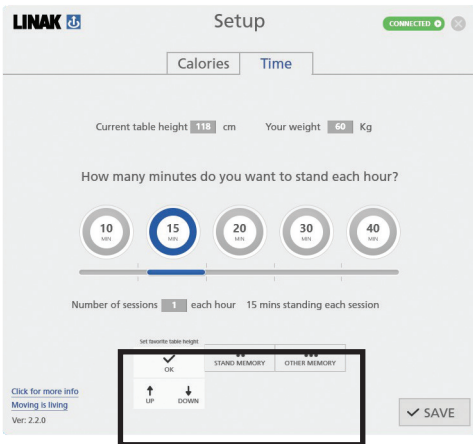


6. Memory positions.

It is possible to store up to 3 memory positions by selecting positions under "sit memory", "stand memory" and "other memory".

To store positions do as follows:

- Press the chosen button e.g. "sit memory"
- The button "opens"



- Press either "up" or "down" and drive to the desired position. Press ok when position has been reached.



Please observe that the desk drives when pressing "up" or "down"

When memory positions have been chosen. Click on the "save" button and the positions are stored.

You are now ready to use Desk Control.

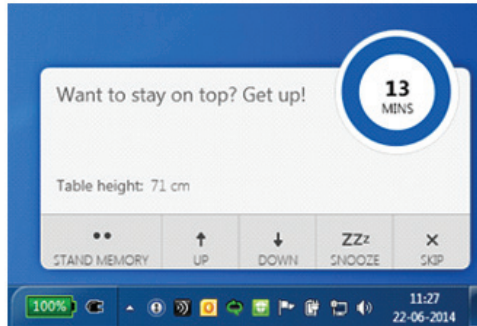
## Reminders

Below are examples on the reminders which will pop-up on your screen when it is time to adjust your desk again.

The reminders will appear based on your input under settings. Remember that the program goes in standby mode if you do not use your computer and therefore will not remind you until you start using your computer again.

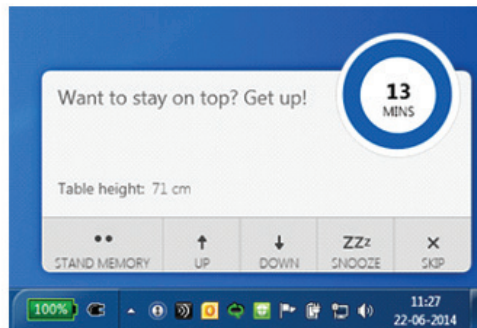
**Time mode:**

**It is time to stand up**



**Time mode:**

**It is time to sit down again**



**Definition of "Snooze"**

If you choose to "snooze" you postpone the reminder for another 10 minutes. The reminder will then pop-up again.

**Definition of "Skip"**

If you "skip" the session you simply continue to the next session.



## Recommendations on how to use Desk Control

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

### How to vary between standing and sitting while your work

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

- Start by raising your desk and standing for 15 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 15 minutes before lowering your desk to sit for 45 minutes.
- Raise your desk again every hour, so that you stand up working for 15 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:



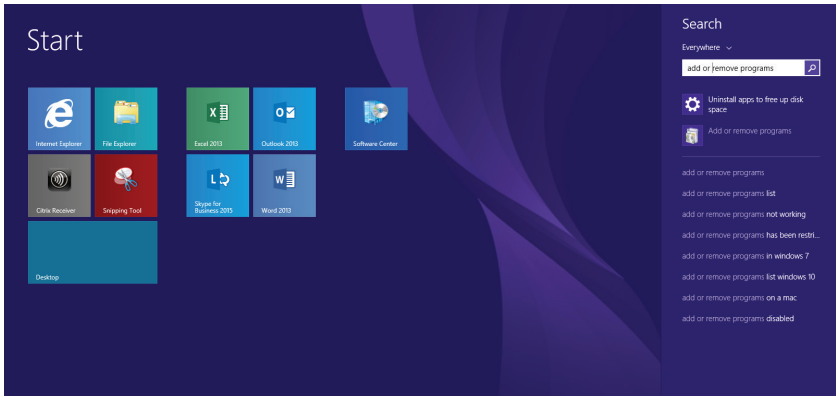
If you are pregnant, have varicose veins or have a health condition that may prevent you from standing for 5-15 minutes at a time every hour, you should contact your doctor to make sure that this will not be detrimental to your health.

If you would like to stand up to work, you need to make this a habit, and get your body accustomed to standing up to work. Therefore, it is not certain that you can stand for very long at a time, so start with five minutes.

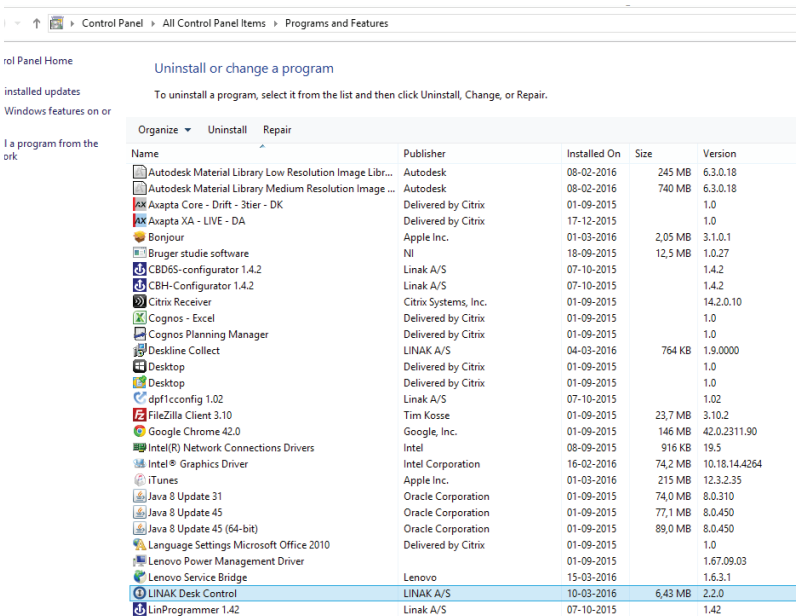
Remember that you **MUST** switch between standing and sitting, and move around as much as possible in between. It is not healthy either to stand up and work all day - the ideal situation is to vary between sitting and standing.

## How to uninstall the Desk Control software on PC

1. Press the windows button on the keyboard and type "Add or remove programs". Choose "Add or remove programs" in the right column.



2. Find LINAK Desk Control in the list of programs and press "Uninstall". Confirm the uninstall.



To delete the configuration, go to this folder and delete it:

C:\Users\lxxx\AppData\Roaming

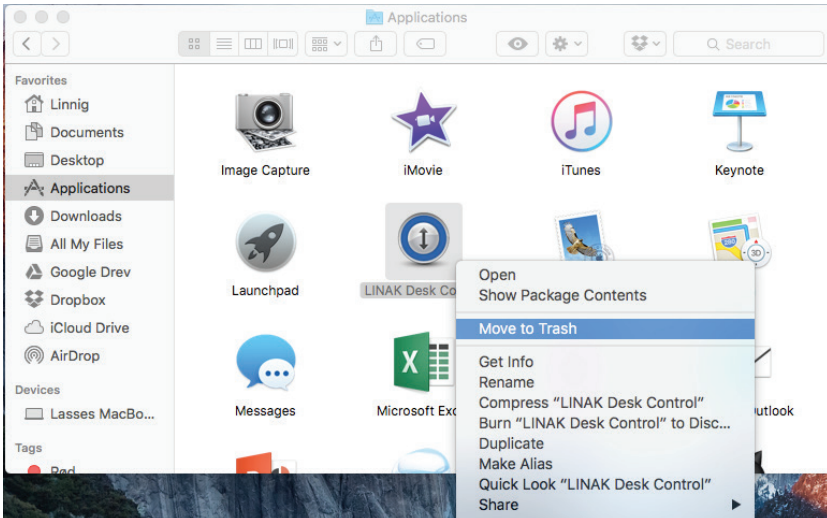
\* Username on PC

## How to uninstall the Desk Control software on MAC

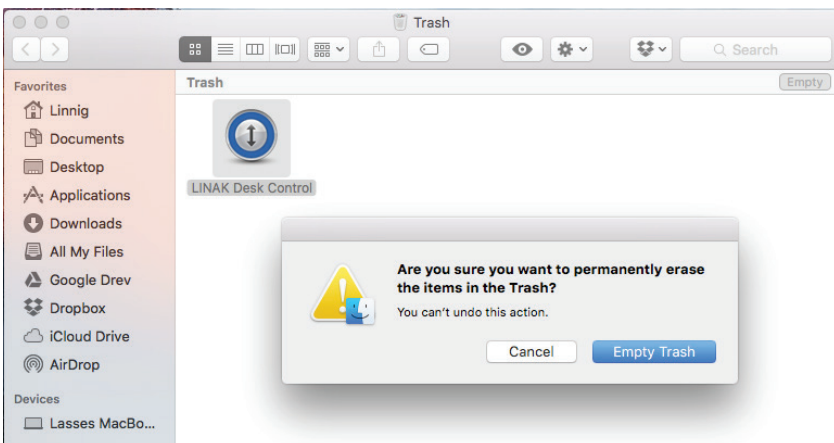
1. Open finder



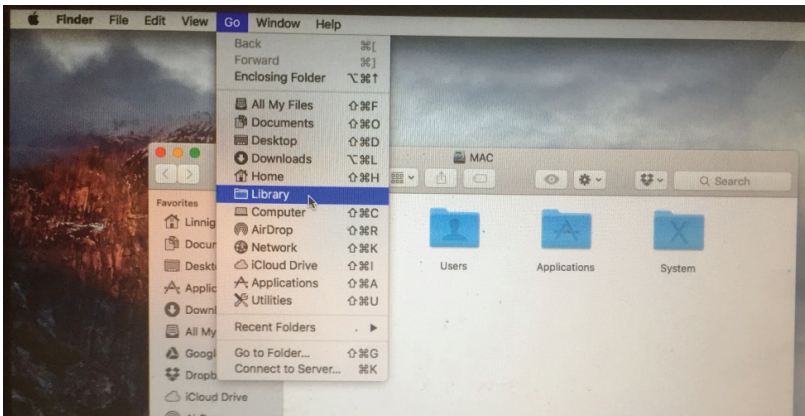
2. Go to the folder "Applications". Find LINAK Desk Control and drag the program to the trash can or right click on the program and press "Move to trash".



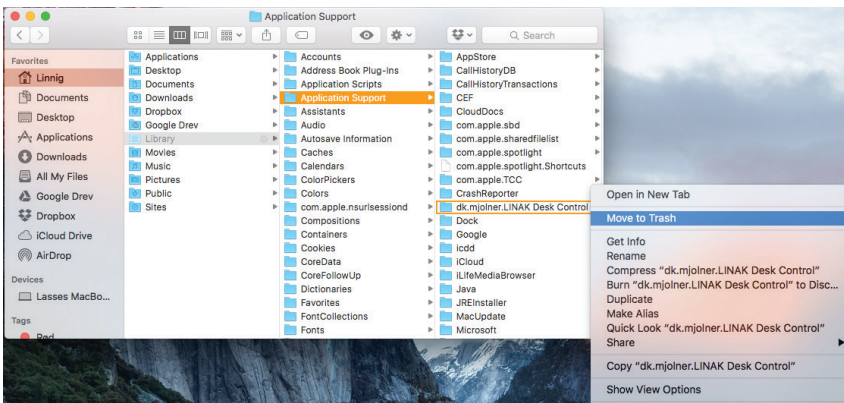
3. To delete Desk Control permanently; Go to "Trash" and Press "Empty" > "Empty Trash".



4. To delete saved data in Desk Control; Open "Finder", press "Go" in the top bar and then press "Library".



5. Go to the folder "Application Support", find the folder with Desk Control and right click to press "Move to Trash".



## Disposal of LINAK's products

As LINAK's 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<br>Cable<br>PCB board | Plastic recycling or combustion<br>Cable scrap or combustion<br>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 |
|---------------------|-------------|-------------|-------------------|---------------------------------|----------|
| USB2LIN cable       |             | X           | X                 | X                               |          |
| Bluetooth® Adapter  |             |             | 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 environment.

### 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.

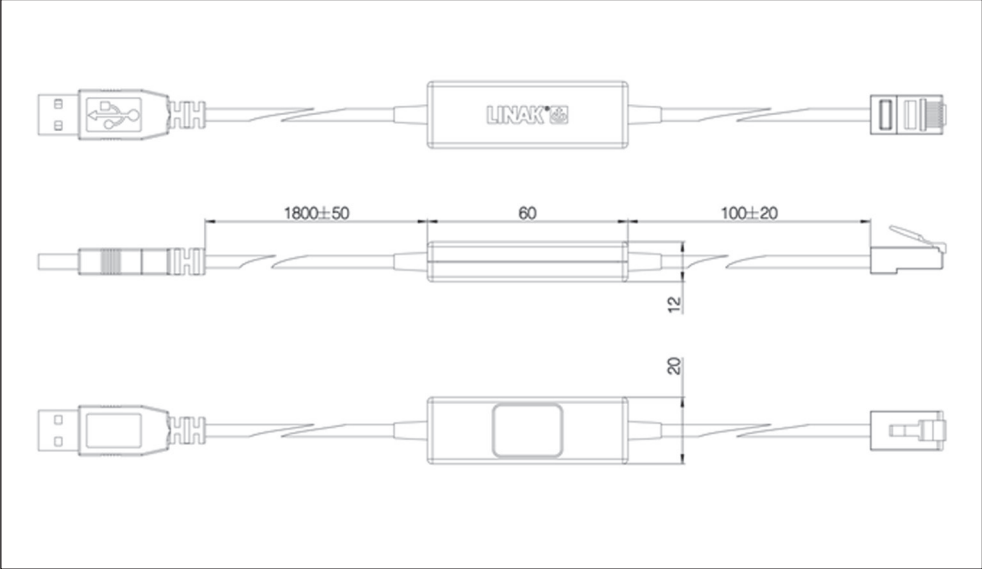
If leaking batteries are left in the product, it become defective.

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

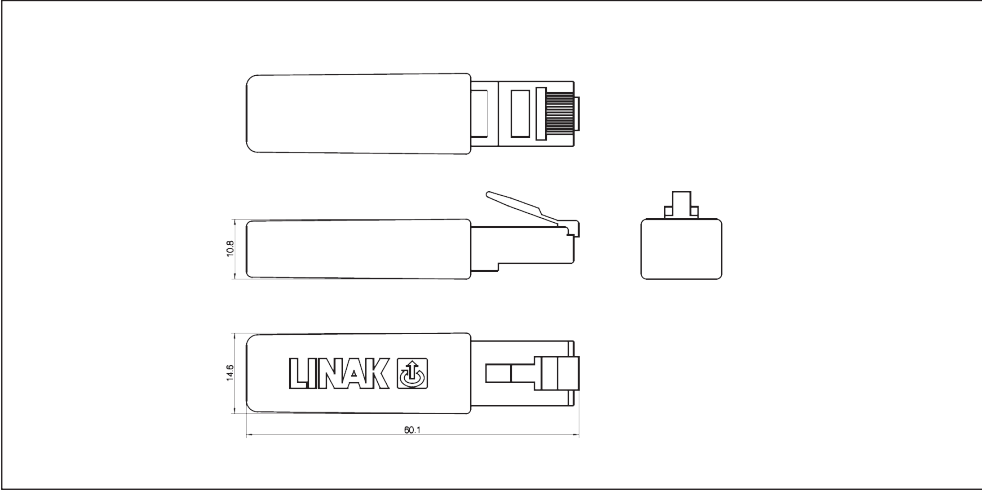
If exposed to the contents of a leaking battery, please wash with soap and water. If irritation persists, please seek medical attention. In case of eye contact, please flush eyes thoroughly with water for 15 minutes and seek medical attention."

# DRAWING APPENDIX

USB2LIN06 cable



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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However, due to continuous development in order to improve its products, LINAK products are subject to frequent modifications and changes without prior notice. Therefore, LINAK cannot guarantee the correct and actual status of said information on its products.

While LINAK uses its best efforts to fulfill orders, LINAK cannot, for the same reasons as mentioned above, guarantee the availability of any particular product. Therefore, LINAK reserves the right to discontinue the sale of any product displayed on its website or listed in its catalogues or other written material drawn up by LINAK.

All sales are subject to the Standard Terms of Sale and Delivery for LINAK. For a copy hereof, please contact LINAK.



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