



Desk Panels DPG and Desk Control™ App User manual

DPG1C

The DPG1C has three operation buttons.

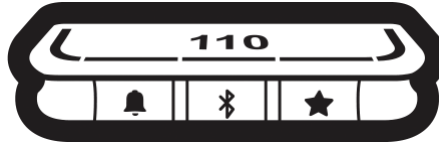


Figure 37: DPG1C operation buttons

Each button has a specific function:

Symbol	Description	Function
🔔	Reminder	Setting reminders
📶	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 🔔 and the 📶 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 📶 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.

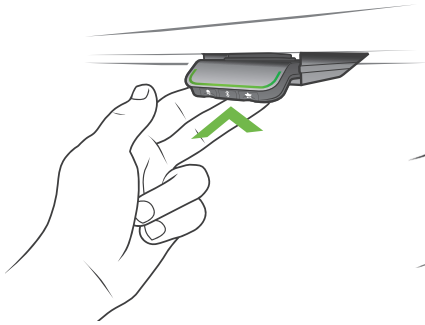


Figure 38: Tilt and hold the DPG1C to drive the desk up

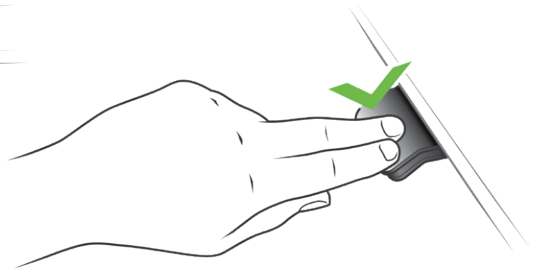


Figure 39: Press and hold the DPG1C to drive the desk down



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.

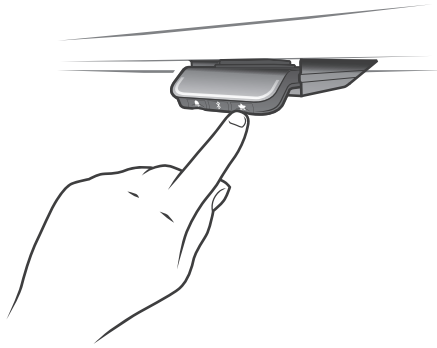


Figure 40: Saving favourite positions

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/pressing 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.

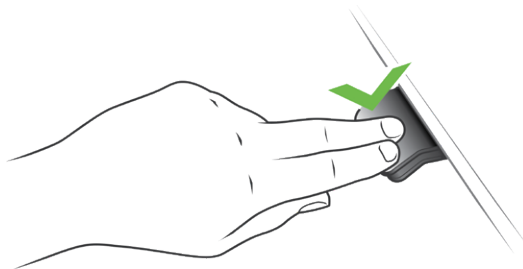


Figure 41: Tilt/press to drive desk

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.

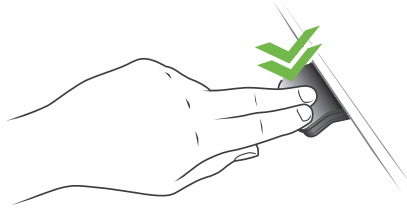


Figure 42: Double-tap to automatically adjust the desk to a favourite position

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.

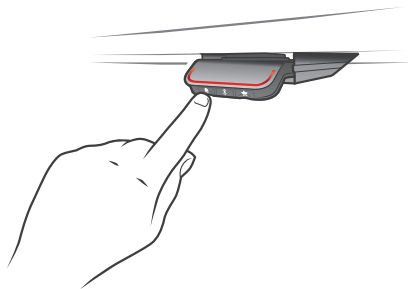



Figure 43: Erase favourite positions

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  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.

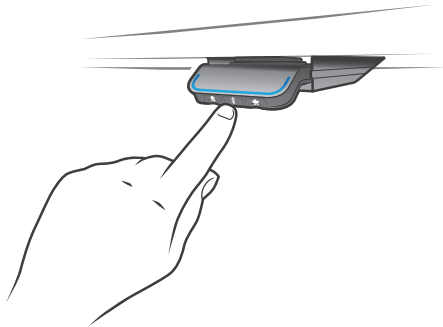


Figure 44: Connect Bluetooth®

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

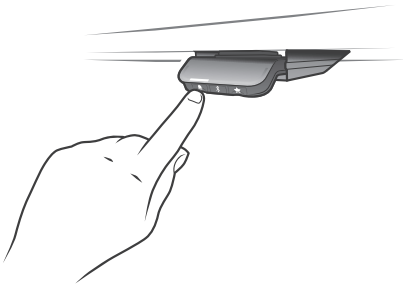
The default interval is reminding after 55 minutes, which means one white block lights up.

Adjusting the reminder interval

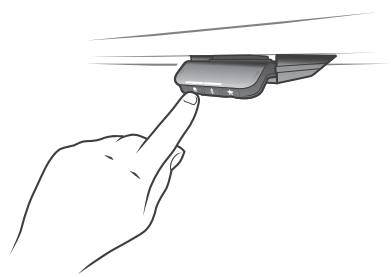
1. Press  button to adjust interval of getting reminded to change position.
2. Toggle through intervals by pressing  button.
3. Release  button when desired interval is indicated.

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

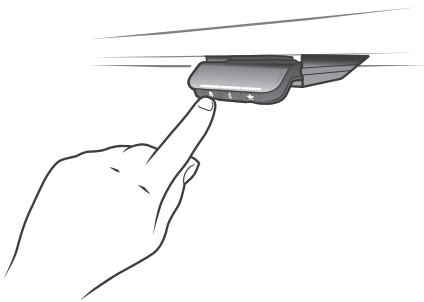
Through the app, it is possible to personalise the three intervals to custom values.



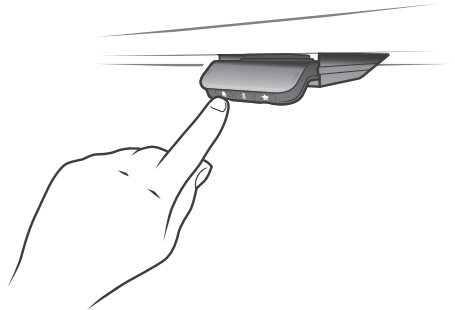
Interval 1: Reminder after 55 minutes sitting



Interval 2: Reminder after 50 minutes sitting



Interval 3: Reminder after 45 minutes sitting



Reminder off

Figure 45: 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.

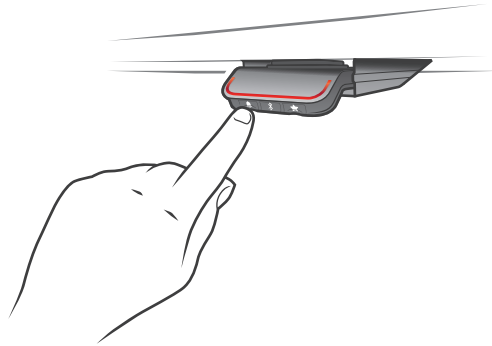


Figure 46: Reset reminder

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

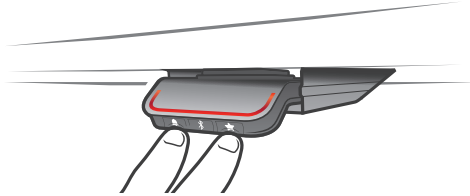


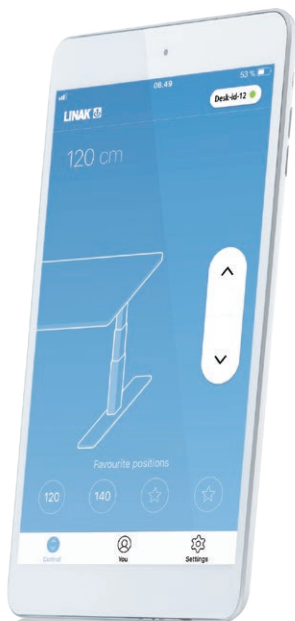
Figure 47: Reset to factory default (DPG1B and DPG1C)



Figure 48: Reset to factory default (DPG1M)

Desk Control™ App

The Desk Control app is developed for users of sit-stand desks. The app allows the users to connect to the desk via Bluetooth® wireless technology and will now remind the user to use the desk. By downloading the “Desk Control” app, the desk user comes one step closer to changing the prolonged sitting behaviour and the user gets the friendly reminder needed to build a healthy routine during the workday. Via the app the desk can also be adjusted and the user can drive to prestored memory positions. The app comes in 8 languages and is available for 2 different platforms: iOS for iPhones and iPads and Android for Android smartphones and tablets.



Downloading apps

The apps are called "Desk Control™" and 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

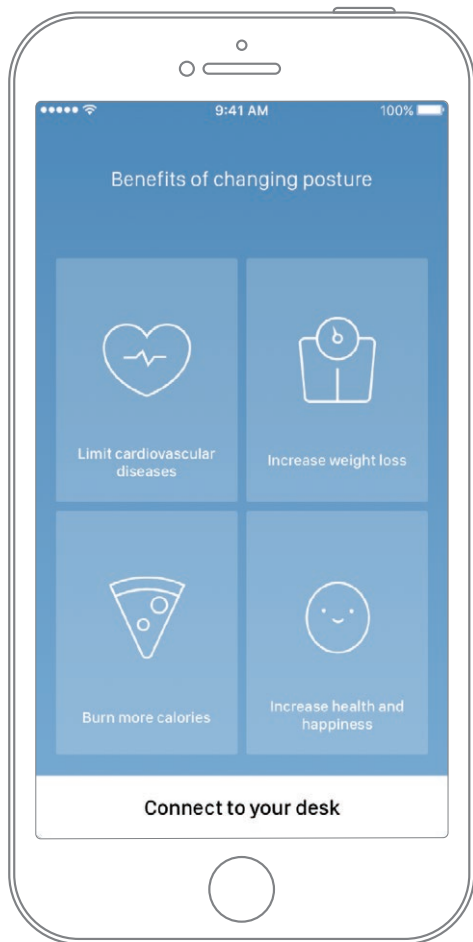
How to download the App for Android

- 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

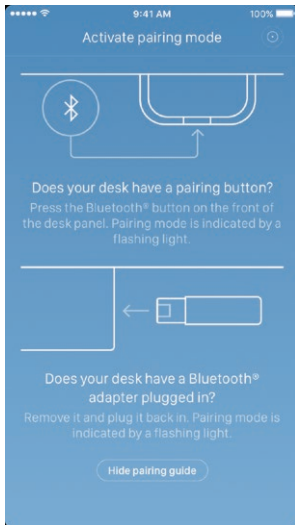
Onboarding flow

The first time you start the Desk Control app, an onboarding flow will show to guide you to the first-time use of the app.

The two main purposes of the onboarding flow is to inform you of the benefits of changing posture during the workday and establish the connection between the app and the device. Pressing *"Connect to your desk"* on the below screen will lead to the *"Pairing Bluetooth®"* guide.



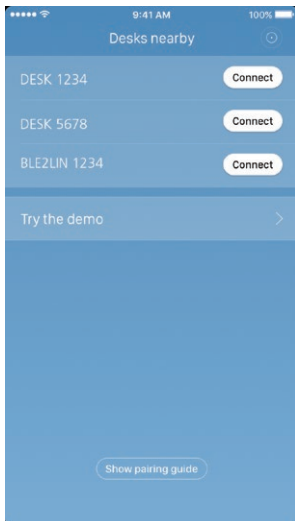
Pairing Bluetooth®



To get a functional app, you must have the LINAK Bluetooth® Adapter a desk panel with integrated Bluetooth® such as DPG1M, DPG1B or DPG1C. The screen to the left informs you how to get the product they received in pairing mode.

Plug the Bluetooth® Adapter into the DESKLINE® control box and it flashes blue and is in pairing mode for 3 minutes.

To set a DPG1M/B/C in pairing mode press, the Bluetooth® button in the front of the desk panel for 2 seconds and the light strip or LED flashes blue to indicate that the desk panel is in pairing mode.



Press "*Hide pairing guide*" to view the screen with the list of nearby devices in pairing mode. Press the "*Connect*" button to the right of the device to pair.

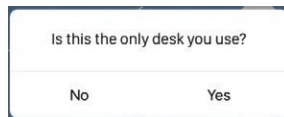
All Bluetooth® Adapters Bluetooth® IDs are named "BLE2LIN" followed by a four-digit number. All DPG desk panel Bluetooth® IDs are named "DESK" followed by a four-digit number.

Demo:

By selecting "*Try the demo*", you will get access to explore the functionality of the Desk Control™ App without connection to a product.

After pressing "*Connect*" and successfully establishing the connection, you will be led to the "*Control*" page of the app.

The following question pops up on the screen, which the user have to answer.






If you only use one desk with this app, press "*Yes*".

If you use this app for multiple desks, press "*No*".

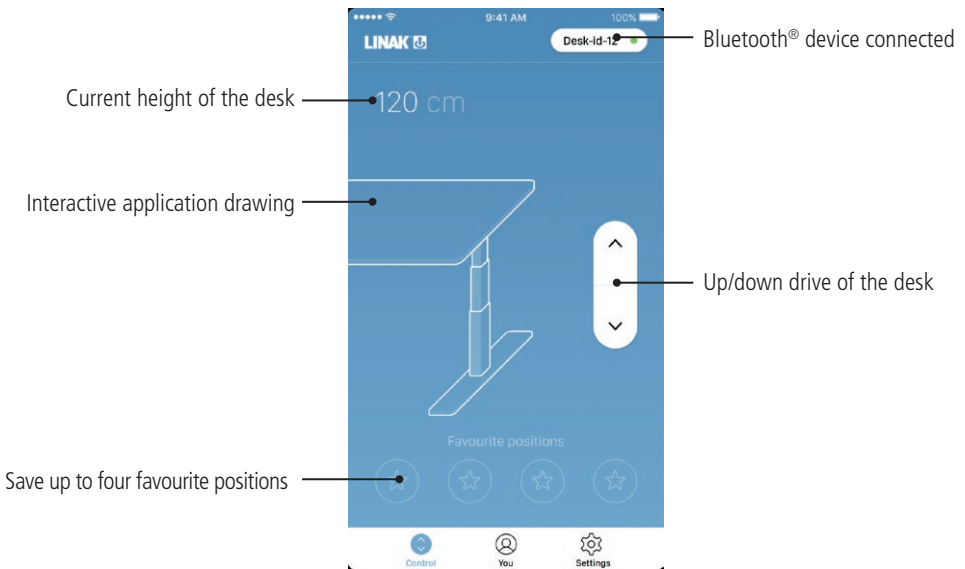
How to use the app

The Desk Control™ App consists of 3 different tabs to navigate between; "Control", "You" and "Settings"

-  Adjustment of the desk (if supported by the connected device)
-  Set your goal
-  All settings

Control

This is the landing page after the Bluetooth® connection is established. The functionality of the control page depends on the product to which the app is connected. The screen below shows when the app is connected to a "Full version" of a DPG or Bluetooth® Adapter. When the connection is to a "Limited version" of the DPG or Bluetooth® Adapter, adjustment of the desk through the app will not be possible and it is not possible to store memory positions. The graphics will adjust according to the connected version.



Up/down drive

Press and hold to drive the desk up/down.

Bluetooth® device

Press to return to "Desks nearby" to connect to another device in pairing mode

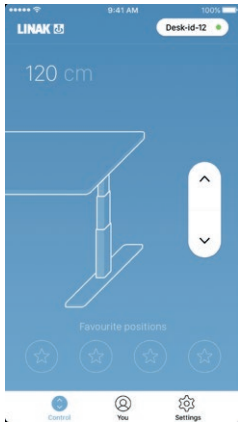
Height

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

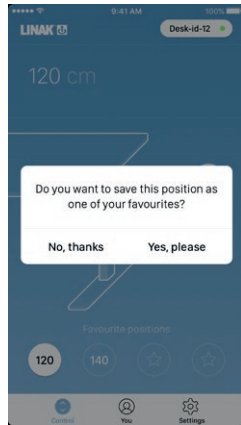
Favourite positions

The stars symbolise the favourite positions.

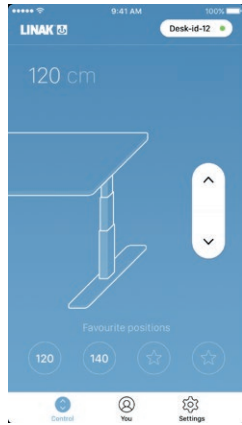
Drive the desk to the preferred position; press one of the stars. A pop-up notification asks if the position should be saved as a favourite position. Press *"Yes, please"* to save the position. The circle shows the height of the favourite position. Press a star and hold to drive the desk to that favourite position.



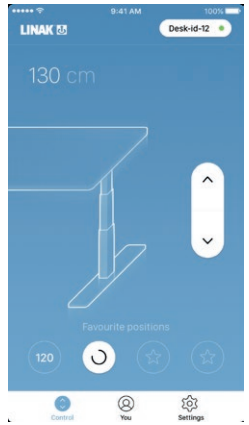
Press the star to save



Confirm the choice



Two saved positions



Driving to a favorite position

Automatic drive

If *"Automatic drive"* is enabled in the *"Settings"* menu, simply tap the star to drive the desk to that favourite position. Tapping any button or closing the app will interrupt the drive of the desk. Please observe, that by enabling automatic drive, the user accepts the responsibility and danger that can occur under these circumstances.

Automatic drive is only possible to enable when the app is connected to a *"Full version"* product.

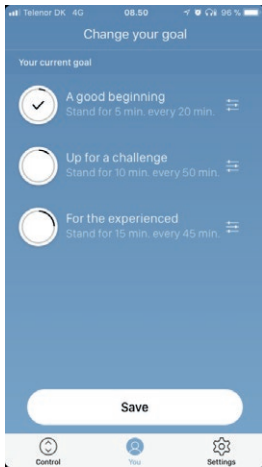
The DPG will reflect the favourite positions saved through the app, so you can tilt between the positions via the desk panel instead of using the app.

You

"You" is the page for setting the daily goal of standing at the desk.

The first time you tap "You", the following input are required:

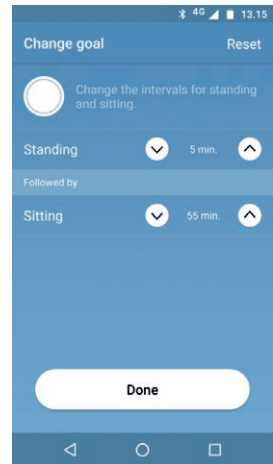
- Choose a predefined goal or customise it by pressing the symbol to the right.
- Choose if the smart device should remind via pop-up notifications when it is time to change position.



Choose between the three predefined intervals and press "Save"



OR press the symbol to the right and choose your own interval

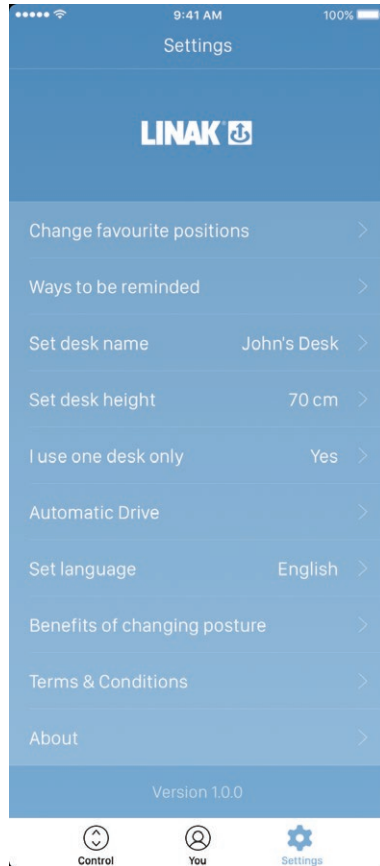


Use the arrows to adjust the interval you prefer and press "Done"

Please note: If an interval for sitting/standing has already been chosen via the DPG, these settings will be shown when opening the app.

Settings

The “Settings” page provides a list of options.



Change favourite positions

The favourite positions are stored via the control page. If you want to change the height of the stored positions, you can do it here.

Ways to be reminded

Enable or disable reminders as pop-up notifications on smartphones.

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

Set desk name

Change the name of the connected product. The renaming will only affect the local name in the smartphone or tablet - not in the DPG or Bluetooth® Adapter.

Set desk height

Set the current height of the desk. An illustration guides the user on how to measure. Choose in which units the height is shown: cm or inches.

I use one desk only

Choose between “Yes” or “No”.

Yes: This is the only desk, you use and to which you connect your app. Your reminder and memory settings are stored in the DPG on the desk.

No: You connect to several desks. Your reminder and memory settings are stored on your smart device and when you connect to a desk, the settings will reflect in the DPG. When you are no longer connected, after two hours the DPG will go back to the settings it had before you connected after 2 hours.

Automatic drive

Enable automatic drive on favourite positions. The user has to accept the terms in the pop-up notification before this feature can be enabled. This feature can only be enabled via this app and only when connected to “*full versions*” of the DPG1M/B/C and BLE2LIN, not the “*Limited versions*”. An animation shows the user how this feature works.

Set language

Choose between 8 different languages in the app. This change does not affect the language in the display of a DPG1C.

Benefits of changing posture

An overview of some of the benefits by using a sit/stand desk and changing posture.

Terms & conditions

Terms & conditions for using the Desk Control™ app.

About

[Use your desk](#)

Link to the “*Made to Move*” area. Get guidance on how to use a sit/stand desk correctly.

[Product information](#)

Link to LINAK website with information about this app.

[Support](#)

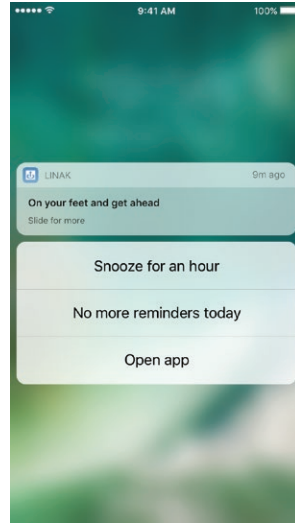
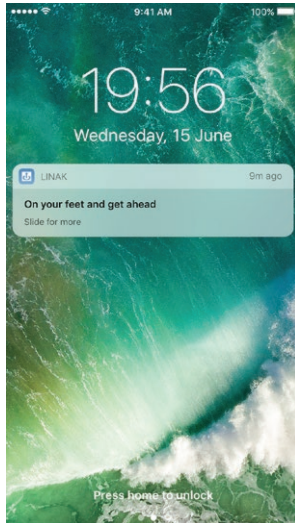
Link to LINAK website with troubleshooting videos on the DPG products.

Reminder notifications

When reminder notifications are enabled on the smart device, pop-up notifications occur to help guide you to change position. Below are examples on the notifications that pop up on your screen when it is time to adjust your desk again. The reminders appear based on your settings.

The notification tells you to change position. There are three notification options:

- Snooze the reminder: The notification will pop up one hour later.
- Disable reminders for today: The notifications will stop for the day, but they will be enabled again the next day.
- Open app: Opens the app allowing you to adjust the desk via the app (if supported by the connected desk panel).



The notification only works correctly if carried out via the Desk Control™ App. If the desk is adjusted using the DPG or other controls, the app does not receive information about the adjustment. This means that no notifications pop up either for the rest of the day or until they are reset in the app.

The notifications are based on your goal set under 'You'. If the goal is set to 10 min standing, 50 min sitting, the notification pops up after you have been sitting for 50 minutes. When the table is moved to standing height, the DPG and app are put into standing position until the table is moved down again. When the table reaches sitting position, the notification is being reset and a new notification will appear after 50 min.

Notifications ONLY appears, when user is sitting – not in standing position.

If no favourite positions have been saved, the reminder trigger point is 30 cm above the lowest possible position of the table.

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.

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 below guide or simply testing what feels comfortable for you.

How to vary between standing and sitting while your 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 position. Remember good posture and to stand with your body weight evenly distributed on both legs.

- Start by raising your desk and stand 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 or 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.