Movement Control Switch
User manual

Linak
DPG1C

Index

Switch Interface

Bluetooth Interface

Switch Mounting Instructions

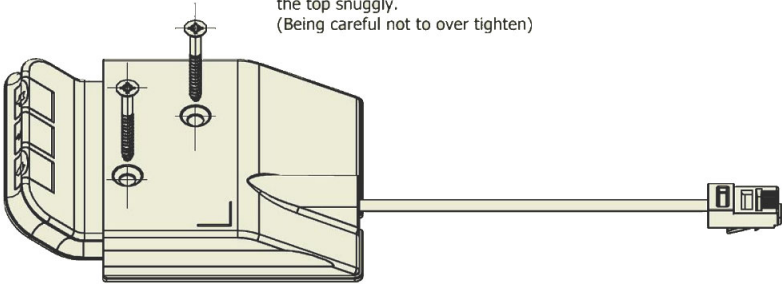1. Remove Label on the face
   of the Switch

Start
LINAK.COM/DESKSTART

2.

.250
[6.35]
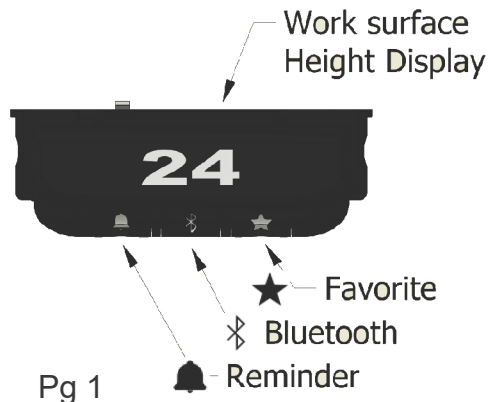Mount behind front edge of
Work Surface

Work Surface
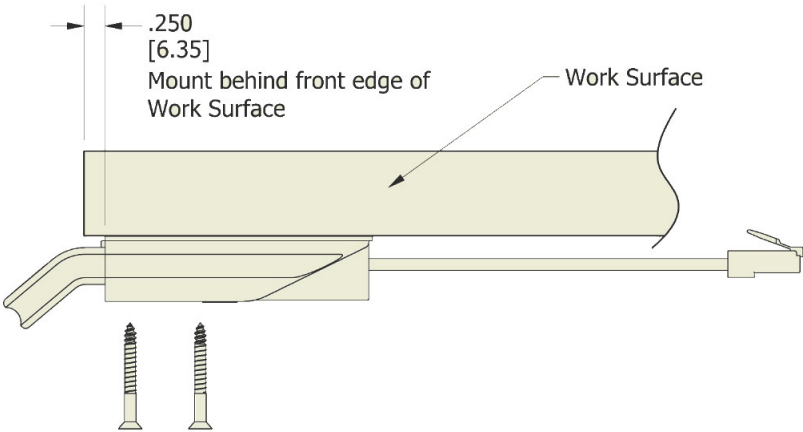
Screw into the bottom of the
the top snuggly.
(Being careful not to over tighten)

3. Plug in to A1 receptacle of the
   control box.

Work surface
Height Display

24

Favorite
Bluetooth
Reminder

Adjusting Displayed Height

1. Measure the current height of the work surface.
2. Press 🔔 and ⚹ buttons simultaneously and hold for five seconds until the display starts a dim flashing, then release the buttons.
3. Tilt the switch up or down to increase or decrease display height to display the correct height.
4. Wait for 10 seconds for the correct height to be displayed.

Changing the measurement unit

(The measurement unit can be shown in inch or cm)
1. Press ★ and the ⚹ simultaneously and hold for 5 seconds until the current measurement unit display begins flashing, then release the buttons.
2. Tilt the switch up to display your unit measurement of choice (INCH or CM)
3. Wait 10 seconds until the correct height is displayed in the unit of measurement you have selected.

Adjusting the Surface height

1. Tilt and press the switch up or down to move the surface height.
2. Release the switch when you have reached your desired position.
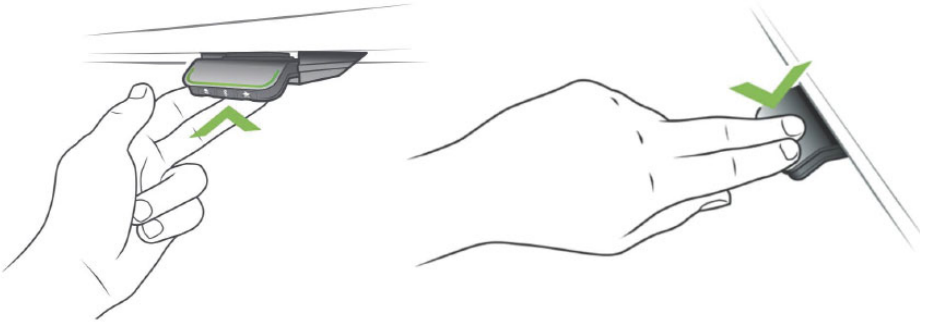
Please note: The surface movement will pause at all favorite locations. If you continue to hold up or down pressure on the switch, the surface will restart and continue to move in the direction you are requesting.

Setting Favorite positions

The DPG1 can be set for (4) favorite location positions
1. Tilt the switch up or down to move to the surface location to save.
2. Press and release the ★ until the position number you would like to label the favorite appears (1-4). Then hold the ★ button down until the switch stops blinking.

To test the setting:

   3. Press down on the switch and move the surface away from the favorite position selected.
   4. Press and hold the switch down or up to move back across the position you have saved.

If the position is saved correctly, the station will stop at the favorite position.
If it does not stop, repeat the saving procedure above.

Erasing Favorite positions

1. Press the ★ and hold for eight seconds to erase all saved positions.

Adjustment height range limits

When fixed objects prevent the surface from moving the full range of travel, the assembly can be programmed to move within the desired range by resetting the upper and or lower movement limits.

Set High limit

1. Adjust desk to maximum allowable height.
2. Press ⌖ and tilt switch front up and hold for 8 seconds until light flashes
3. Release ⌖ and switch front.

Set Low limit

1. Adjust desk to Minimum allowable height.
2. Press ⌖ and tilt switch front up and hold for 8 seconds until light flashes
3. Release ⌖ and switch front.

Position Reminder LED

Reminder

In a sitting position, the DPG1C switch the position reminder LED will pulse green until the sitting interval runs out. At that time, the LED will turn to an amber pulse color for one minute and then a solid amber color. When the surface is adjusted above a sitting position, the LED will turn back to a pulsing green light until a potential time out. When the desk is adjusted back to a sitting position, the reminder is reset to a green pulsating until the reminder goes off again.

Reminder re-start

The reminder will automatically re-start when the surface is lowered to a sitting height setting.

Reminder time out

After 4 hours without any action, the LED will turn off.

Reminder intervals

The LED lights up with three different intensities, each representing an interval. The three standard intervals are:

        Interval 1 : Reminder after 55 minutes sitting (default), weakest intensity
        Interval 2 : Reminder after 50 minutes sitting
        Interval 3 : Reminder after 45 minutes sitting
        Interval (Blank) : Reminder is off

Adjusting the reminder interval

1. Press 🔔 button to adjust interval
2. Toggle through intervals by pressing the 🔔 button.

Resetting the reminder

1. Press 🔔 button for 8 seconds through reminder countdown.

   The LED flashes red when the reminder is reset.

DPG1C Switch reset

This procedure will reset the switch to factory default.

1. Press and hold 🔔 and ★ for 8 seconds.
   LED flashes 3 times when complete

Locking the movement control
Key Lock
The operation of the DPG1C switch can be locked to prevent unintended driving of the surface. *As default the key lock is disabled.* If enabled, it automatically locks the DPG1C switch after a configured amount of time. The Keylock function can be configured to indicate attempts to operate the locked DPG1C by showing a red light.

Unlocking switch
1. Press, 🔔, ✳ and ⭐ in sequence
    (max one second between each button press)

Bluetooth Interface

Desk Control™ App

The Desk Control™ App is developed for users of sit-stand desks, who want to come one step closer to changing the prolonged sitting behaviour. Friendly reminders urge you to change position and extensive statistics show you your daily achievements - all to help you build a healthy routine during the workday. Via the app the desk can also be adjusted, and the user can drive to pre-stored memory positions.

The app is available for three different platforms: iOS for iPhones and iPads, Android for Android smartphones and tablets, and a desktop version for Windows 10. The Desk Control™ app comes in multiple languages, which can be selected in the app.

The app is connected to the desk via Bluetooth® wireless technology integrated in either of the LINAK® Desk Panels DPG1M, DPG1B, or DPG1C (all app versions), or with the BLE2LIN Bluetooth® adapter (only iOS and Android versions).

Downloading apps

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

How to download the app for Windows:

**Step 1:** Click on the Windows icon on your computer and go to Microsoft Store
Step 2: Type "Desk Control" in the search field
Step 3: Select the "Desk Control" app
Step 4: Click "Get" to download the app to your computer

Getting started

When you open the app, a list of options available in the app is displayed. If you swipe to the left on your smart device or click on the white dot with your mouse, a list of benefits of changing posture during the day displays.
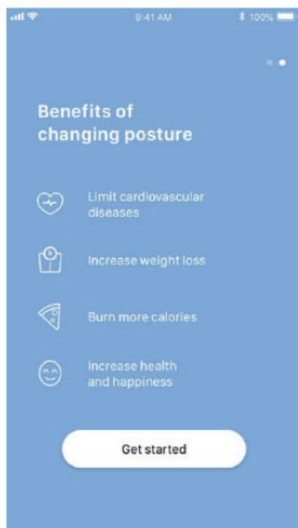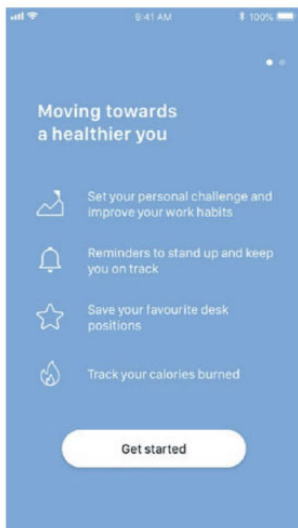
Press/click "Get started" on either screen.

For Android only:
Enable GPS location to allow the app to scan for Bluetooth® devices. If not done, the app will not be able to detect desks nearby in pairing mode and thus not work.

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/click *"Connect to desk"*. If not, press/click *"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 Bluetooth® adapters have IDs named "BLE2LIN" followed by a four-digit number.

All Desk Panels DPG have IDs named "DESK" followed by a four-digit number.

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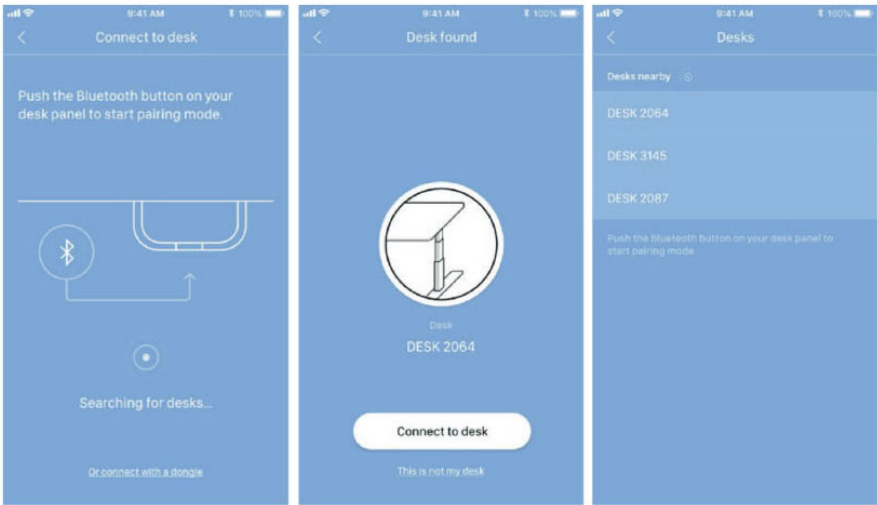
In case the desk panel does not have integrated Bluetooth®, press/click "Or connect with a dongle" to use a Bluetooth® adapter for pairing. Please remember to enable Bluetooth® on your smart device.

Plug the Bluetooth® adapter into the DESKLINE® control box. The adapter flashes blue and will be in pairing mode for three minutes.
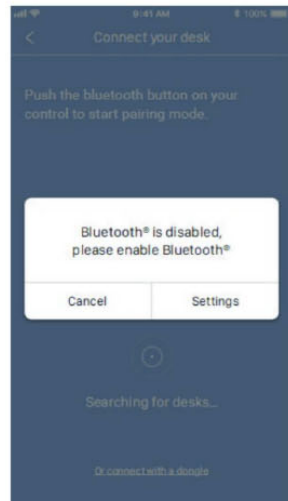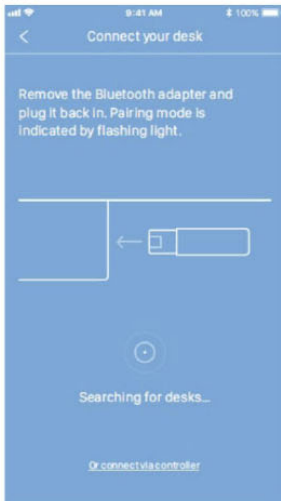
Before the app is connected to the desk selected, you must select whether this is your primary desk (select "Owner") or if you use this desk temporarily (select "Guest"). Press/click "Connect" to connect the app to the desk.
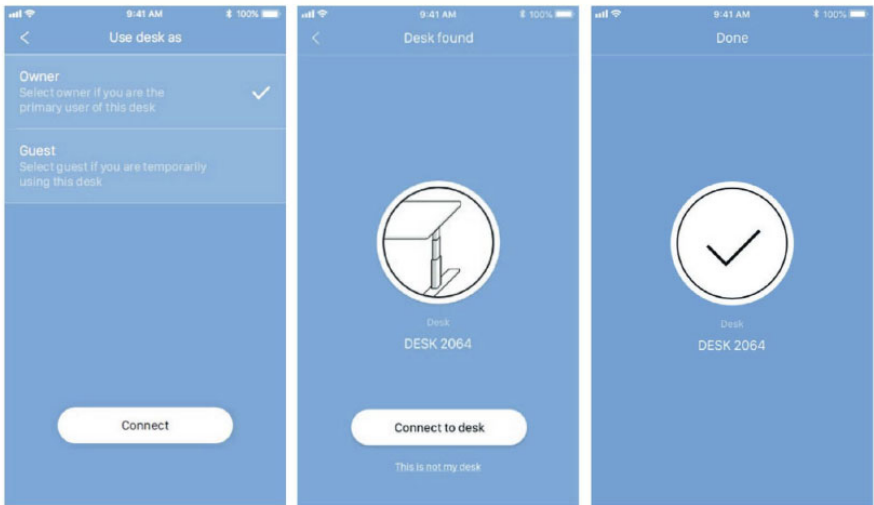

You can connect to several desks, either as "Owner" or as "Guest".

- 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 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/computer and when you connect to a desk, these settings will reflect in the DPG. You need to pair the app on your smart device/computer with the desk every morning. When the app 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 stand data.

Setting your challenges

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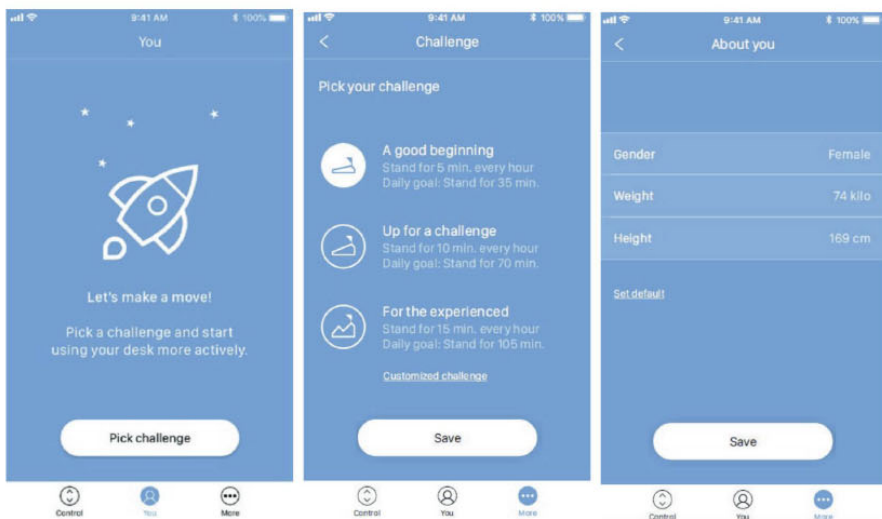
Please note that if an interval for standing/sitting has already been chosen via the DPG, these settings will be shown in the app. Either keep these or select a new challenge.

Once you have set your challenge, you can choose to get reminders when it is time to stand up. To receive reminders on iOS and Android devices, you need to allow the Desk Control app to send notifications.
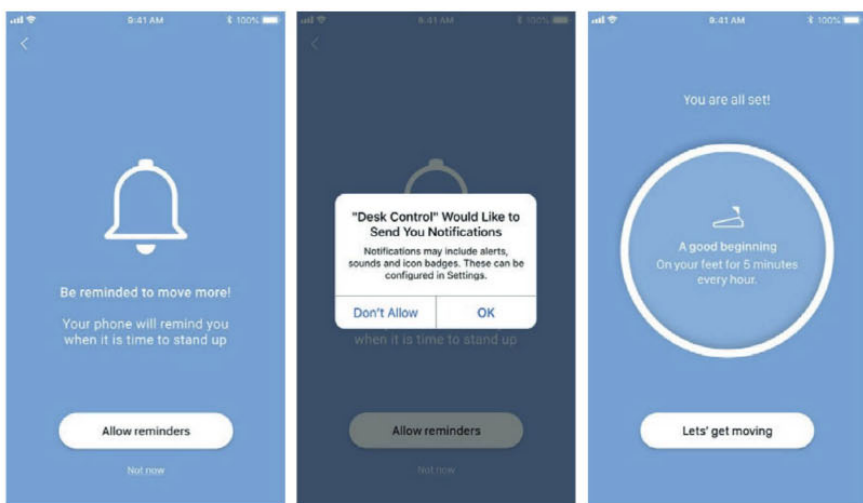
(Only iOS and Android)

Now you are ready to become a healthier you.   Pg 11

Operation

How to use the app

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

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

You — Your goal and the statistics of your daily achievements

More — 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/click "*Overview*" to get a calendar overview of your daily achievements. Press/click "*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.
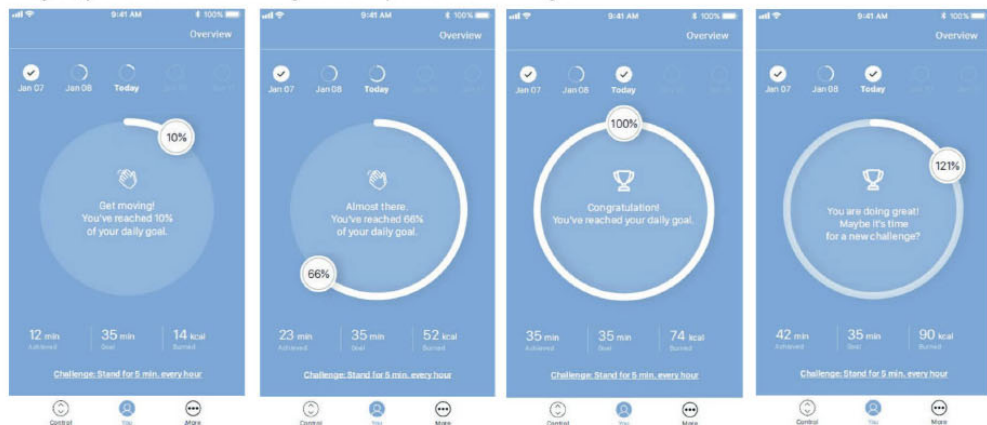
If you press/click "Overview", you will see your daily achievements in a calendar overview. You can scroll to see older data.

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

Pg 13
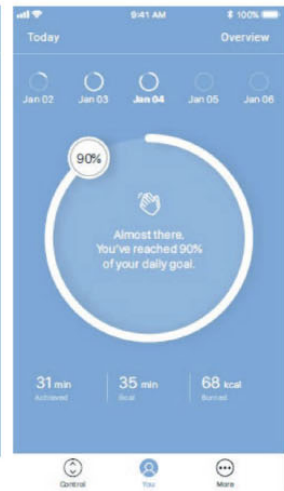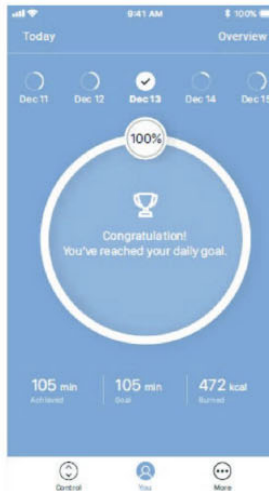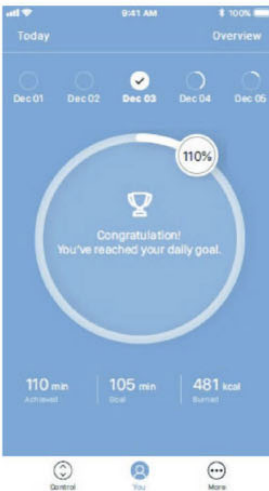
Control

The screen below shows when the app is connected to a "full version" of a DPG or Bluetooth® Adapter. With a "Limited version" of the DPG or Bluetooth® Adapter the following is **not** possible:
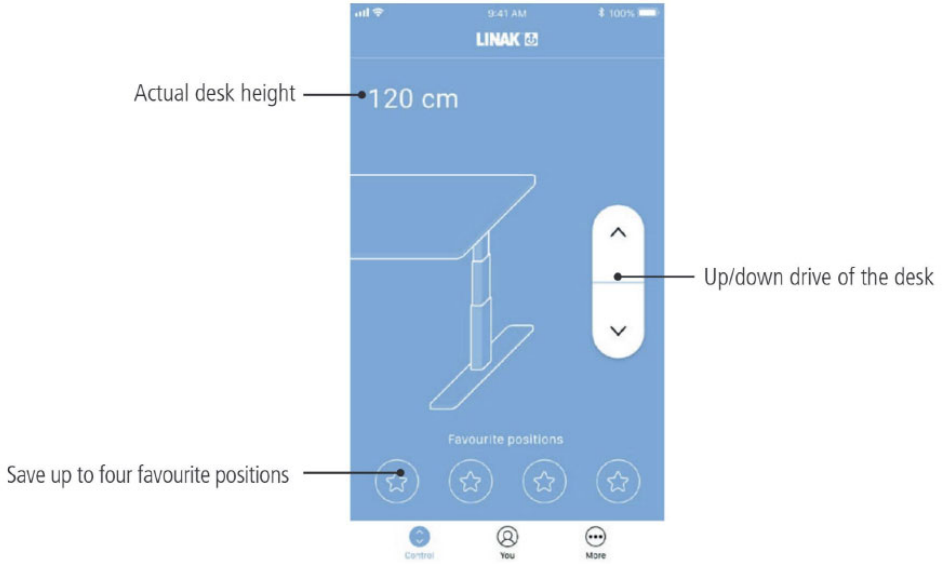
• desk height adjustment via the app
• automatic drive to favourite positions
• saving favourite positions.

The graphics will adjust to the possibilities.

Actual desk height ⎯⎯ •120 cm

Up/down drive of the desk

Save up to four favourite positions ⎯⎯

Height

Actual desk height. In case an error occurs, the error code will be displayed instead of the height (does not apply to the Windows app).

Up/down drive

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

Favourite positions

The stars symbolise the favourite positions.

Setting a favourite position

1. Drive the desk to preferred position.
2. Press/click one of the circles with a star inside.
   A pop-up notification asks if the position should be saved as a favourite position, press/click "Yes, please" to save the position. The circle now shows the height of the favourite position.
3. Drive the desk to a favourite position by pressing/clicking and holding the button.
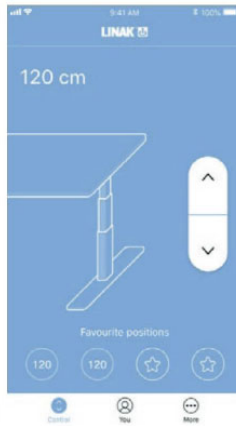
The DPG will reflect the favourite positions saved through the app, so you can change desk height via the desk panel instead of using the app.
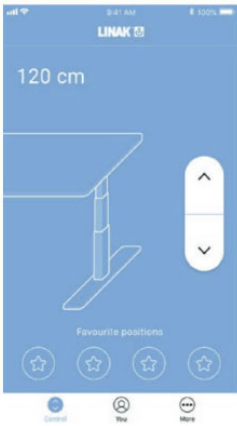
Press/click star to save   Confirm choice   Two saved positions   Driving to a favourite position
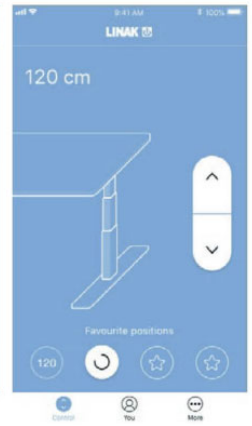
More

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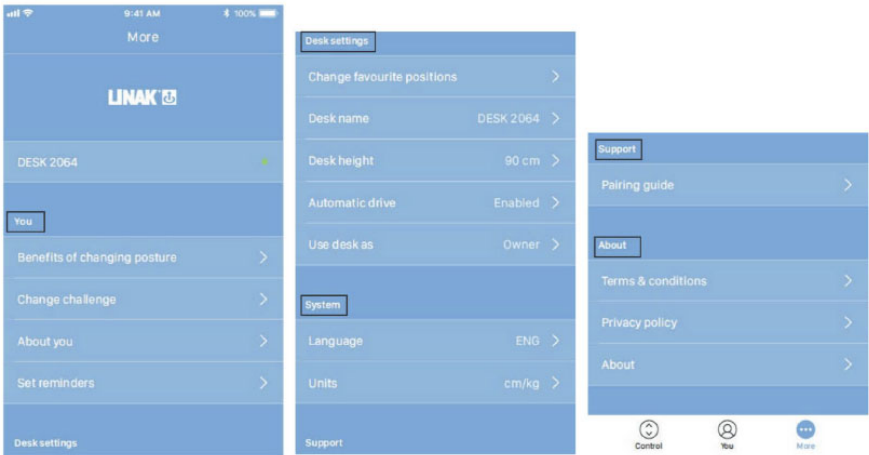
You

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.

iOS/Android   Windows

Change challenge

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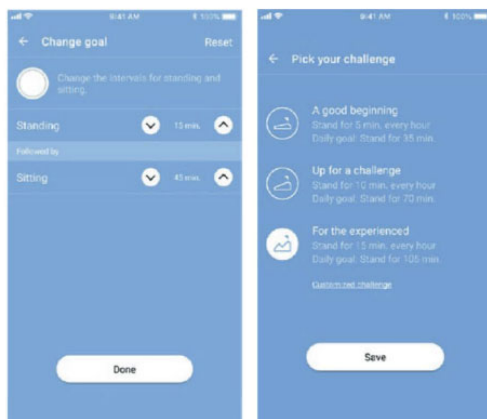
<u>About you</u>

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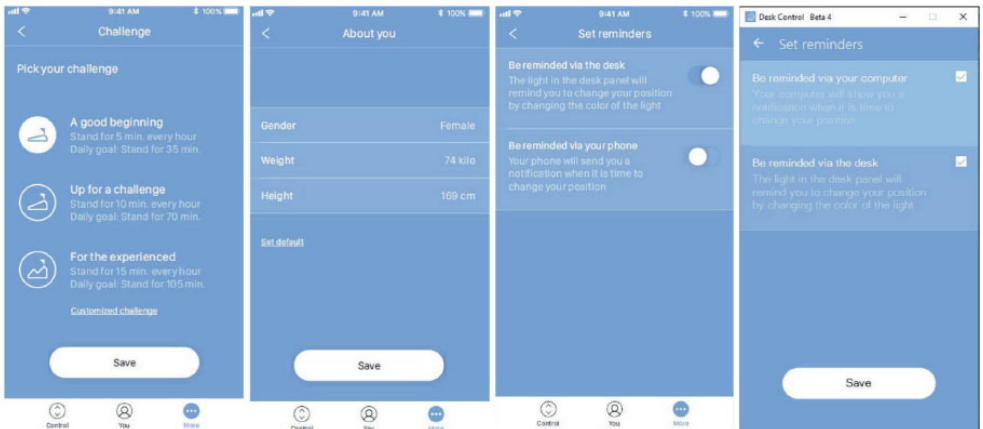
<u>Set reminders</u>

Enable or disable reminders as pop-up notifications.

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 "Reminder notifications".

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".

Connecting to another desk
Steps 1 and 2 are only to be performed if the app is already connected to a desk.
1. Press/click on the connected desk to disconnect.
2. Confirm that you want to disconnect.
3. Press/click on a new desk to connect.
4. Choose between "Owner" and "Guest".
5. Wait until the app is connected to the desk.
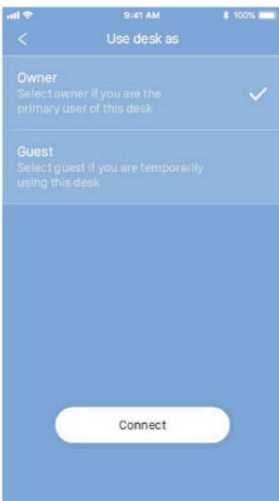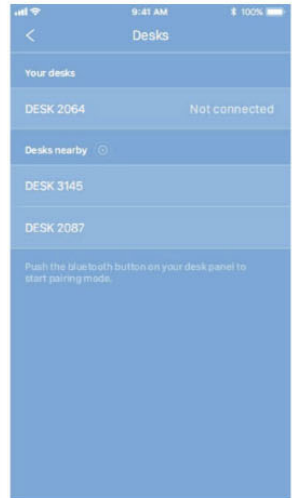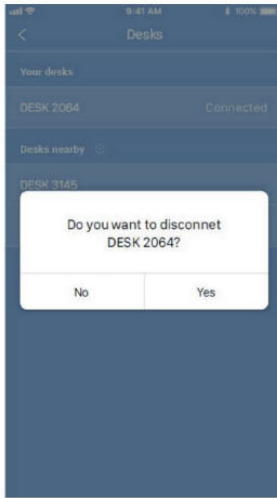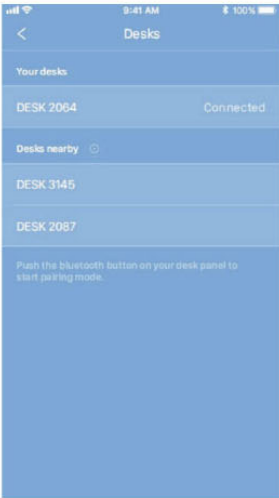
Set desk name

Change the name of the connected product to personalise the user experience of the app. Changing the desk name in the app will affect the Bluetooth® ID so the new name will be shown on the smart device and in the DPG1C display.

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/clicking 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 the "full" versions of the DPG1M/B/C and BLE2LIN, not the "limited" versions. An animation shows you how this feature works.

If you use the app to adjust the desk height, the desk will not stop at any intermediate favourite positions as it does if you use the DPG for desk height adjustment.

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/click 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/computer. 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 the app to a desk.

About

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

According to the privacy policy, LINAK respects your privacy and does not access or use any data entered in the app (such as favourite positions, gender, height and weight) or collected by the app (statistics). The information is stored only on your device and can therefore only be accessed in your device.

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 the LINAK website with information about this app.

Support

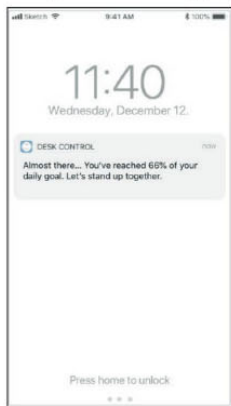Link to the LINAK website with troubleshooting videos on the DPG products.

Reminder notifications

When reminder notifications are enabled, notifications will pop up to remind you when you need to change position. The reminders will appear based on your settings. On your smart device they will show on a locked or unlocked screen; on your computer they will show in the lower right corner of your monitor. On your computer the reminders are not saved in the notifications overview.
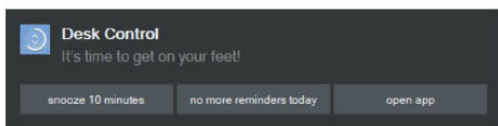
The notifications depend on two types of data. They pop up as a result of either time-based data or data-based data.
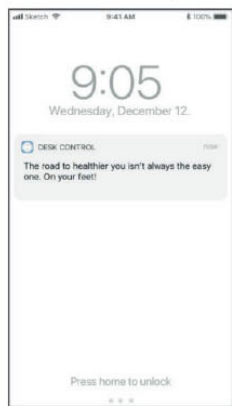
Time-based	Data-based	Time-based
	(Only iOS and Android)	(Only PC)

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

- Snooze for 10 minutes (press/click to be reminded again in ten minutes)
- No more reminders today (press/click and neither your smart device/computer nor the DPG will show any reminders for the rest of the day)
- Open app (press/click to adjust the desk height - or use the DPG)

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?

Pg 20

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 app 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)

Statistics
The Desk Control App collects data in the background while connected to your desk. Each time you enter the app, the data is updated within 30 seconds.

As long as the app is connected to your desk, it registers the desk height even though you are not at your desk. This means that the statistical data is not always exact.

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.

designForm

DPGC1_User Manual_1-2022

Contact us for additional support:

https://www.designformmfg.com/operating-manuals

(559) 412 4541
9 AM to 5 PM (PST) | (M-F)