BTDSWTB
Bluetooth Dongel

Operating manual
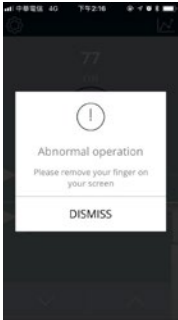
CONTENT

1.   SAFETY INSTRUCTIONS

1.1   Abnormal operation

If the users accidently use two fingers on the mobile device screen, the columns of the height adjustable desk might be moved up or down automatically.
In order to prevent any accidents, there will be a pop-up message shown on the screen as below.

1.2   Out of range reminder

The below pop-up message will give the users a reminder that their fingers need to stay in the range of the buttons, or else it may not respond properly.
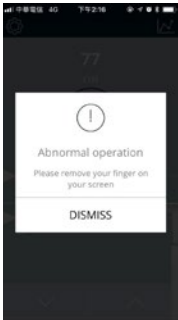
2.   BLUETOOTH DEVICE

We provide two options of Bluetooth devices: a built-in control box or a wireless dongle for users to choose from.

2.1   Built-In Control Box SWTBS2

The Bluetooth functionality is installed into two of our ergonomic control boxes: the SWTBS2.
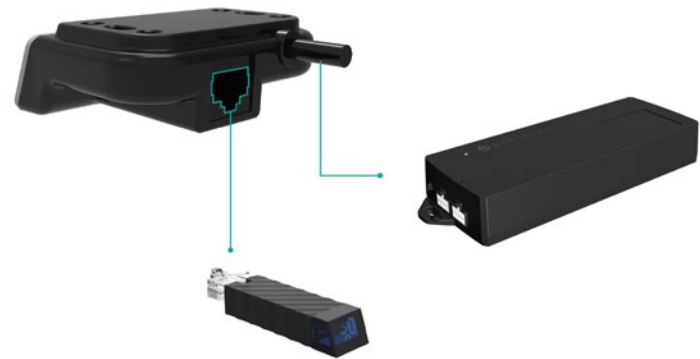
2.2   Wireless Dongle-BTDSWTB

The BTDSWTB, designed as an adapter with Bluetooth functionality, allows the users to control their desk height remotely via their "STAND UP PLEASE" app.
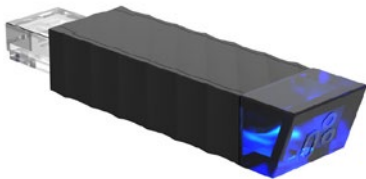
2.3   How to connect the BTDSWTB, control box and hand control:

Alt 1.

Alt 2.

3.   DOWNLOAD THE "STAND UP PLS"

The Mobile App, "STAND UP PLEASE" is free on iOS or Android App store.
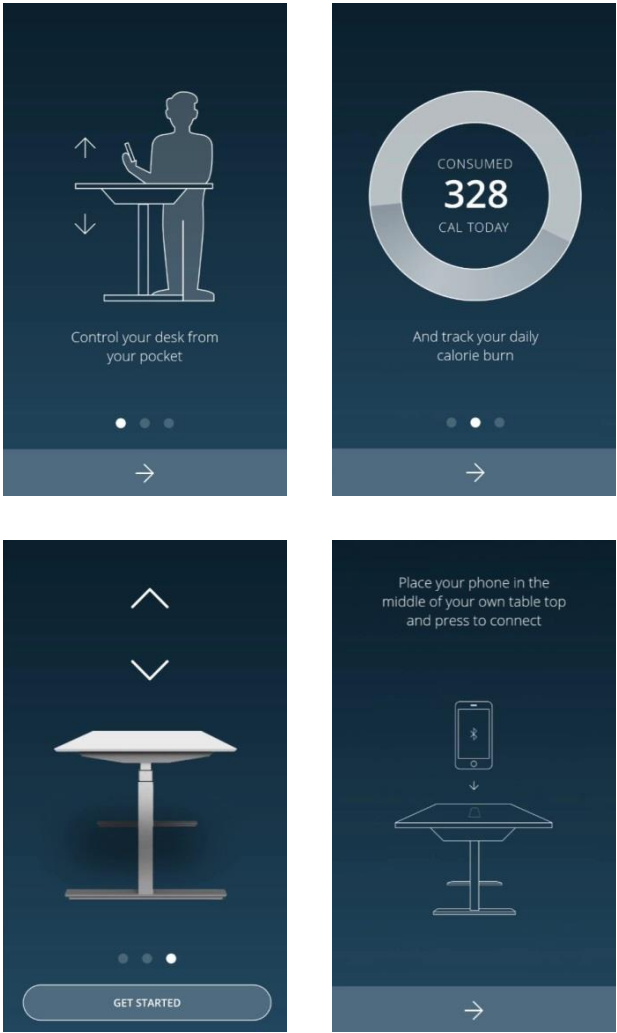You can scan the following QR codes to download the app onto your device.

Android   iOS

4.   PARING BLUETOOTH AND GET STARTED

4.1   Introduction page

4.2 Register your profile

In order to have calories consumption details, users need to input all the required information on the profile page as shown:

4.3 Connection

The users can place their phones in the middle of the table top, click the arrow sign, and the screen will display all the Bluetooth devices that the "STAND UP PLEASE" app detects. The strongest signal should should show up in the very first one.

In order to avoid the signal interference, there will be Bluetooth signal number shown on the control box or the wireless dongle, which can help the users choose the right signal number from the screen. When searching, all the devices will be named as ""stand UP"" followed by a four-digit number.
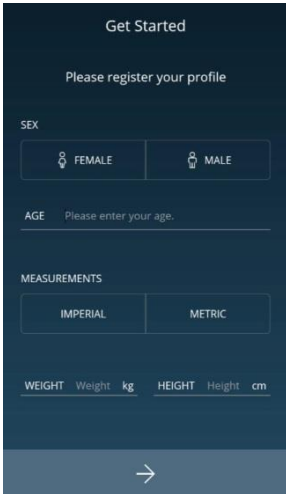
4.4 Program settings

When the the Bluetooth connection succeeds, the screen will display the program setting page where users can select their own programs based on their preferences. Furthermore, they can create/customize their own programs.

There will be four different programs for users to choose from: Beginner, Intermediate, Advanced, or Create Program.
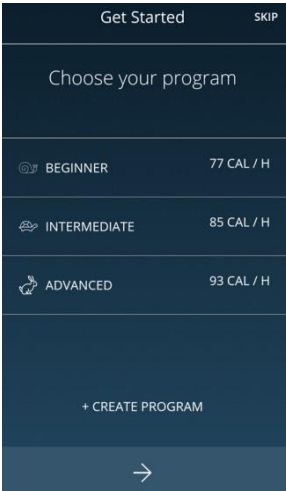
Each program will have aa preset setting which cannot be altered except for the which cannot be altered except for the "Create Program" (as show below).
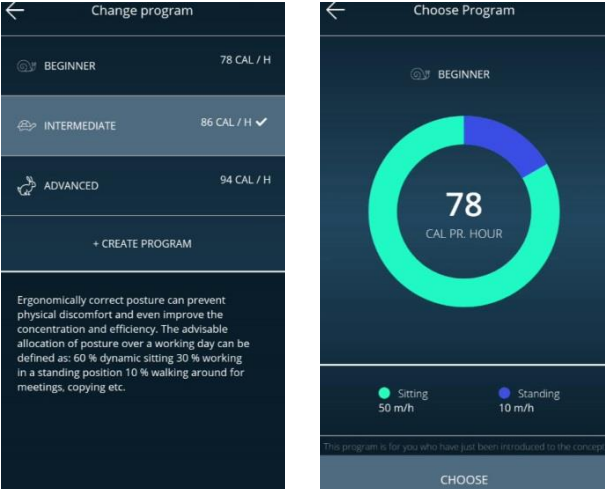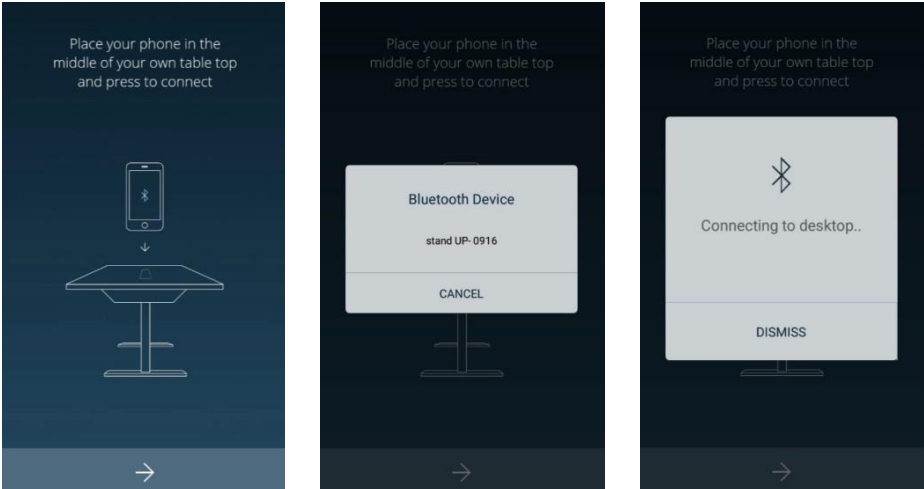
If users would like to customize their own program, just press "Create Program".

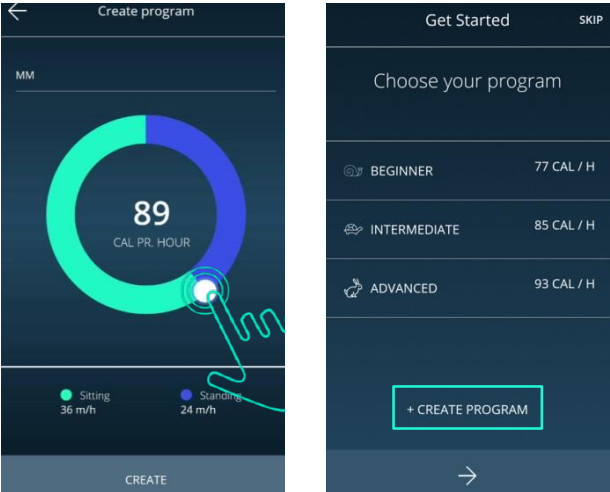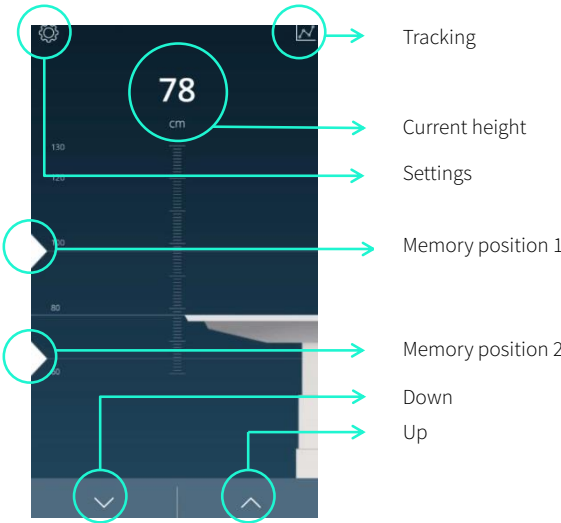- Step 1: Input the program name that you'd like to have.
- Step 2: Simply move the finger to change the sitting and standing time on the screen.
- Step 3: Press ""Create" to save the changes.

5.   OPERATION

5.1   Buttons Introduction

6.   MEMORY POSITIONS

There are two preset memory positions: 68cm/118cm. If users would like to change the number (height), press Up or Down button to move the desk to the desired height first; then, tap the number on the screen, move and release it to the memory position (triangle sign on the left).
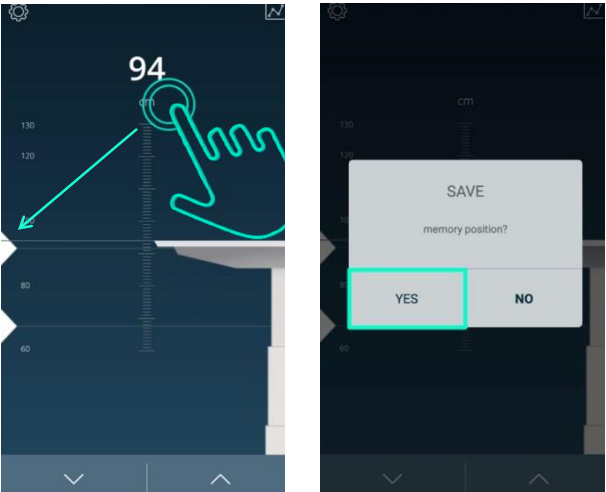
7.   HISTORY TRACKING

Users may track their standing and sitting time time on a daily, weekly, or monthly basis. The data will display how many calories are consumed, equivalent to the running distance.
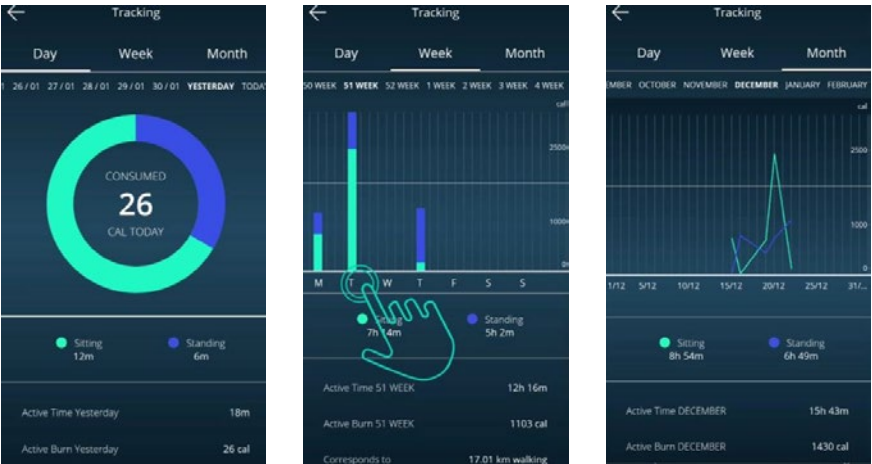
8.   SETTINGS

Press the top left icon to access the setting page.

8.1   Disconnection to this desk

If users wish to disconnect the desk, just press this button ress this button as indicated in the left picture shown below. If users want to reconnect the desk, please follow 5.3 connection.
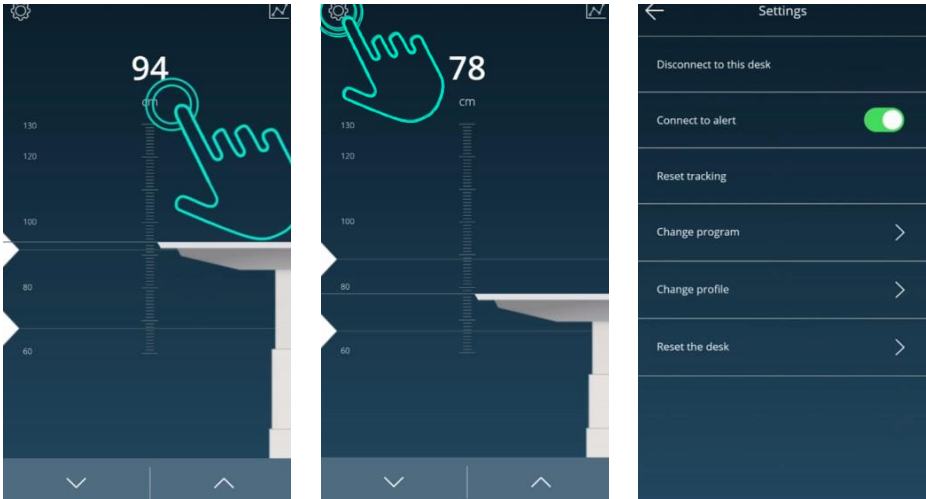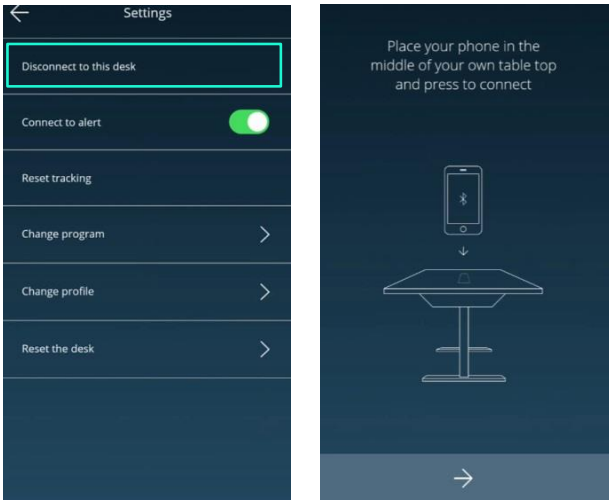
8.2   Connect to alert

Alert refers to the toning sounds that remind the users when to stand if they set up the programs. Two modes of alert sound: owo modes of alert sound: on or off. Usern or off. Users can mute the alerts by turning the button to "OFF" mode.
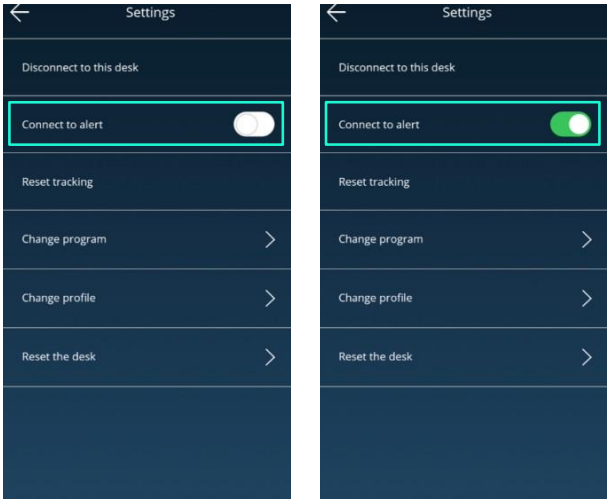
8.3   Reset tracking

If users wof users would like to remove the tracking records, they can access "Reset tracking" page to delete all the records.

8.4   Change program

Users may may change the program change the program according to their needs. Please refer to 5.4- program settings for the details.

8.6   Reset the desk

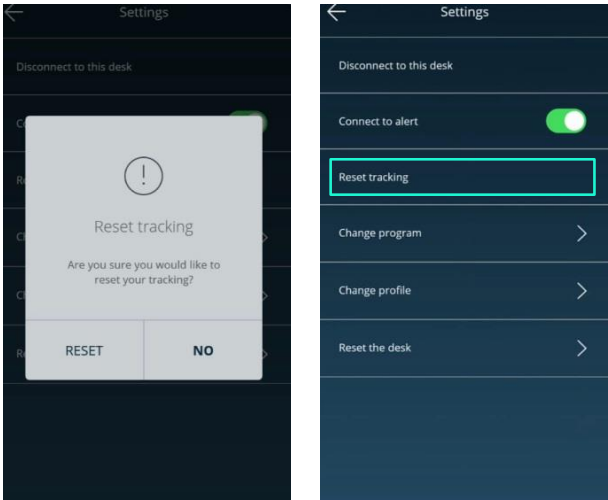If users would like the desk to go back to the default setting, they can click this button. After accessing the following page, press the the "RESET " button until the desk descends to the lowest height and emits a beepinging sound, which indicates the desk has returned to the default position.

8.5   Change profile

Refers to 5.2-Register your profile.
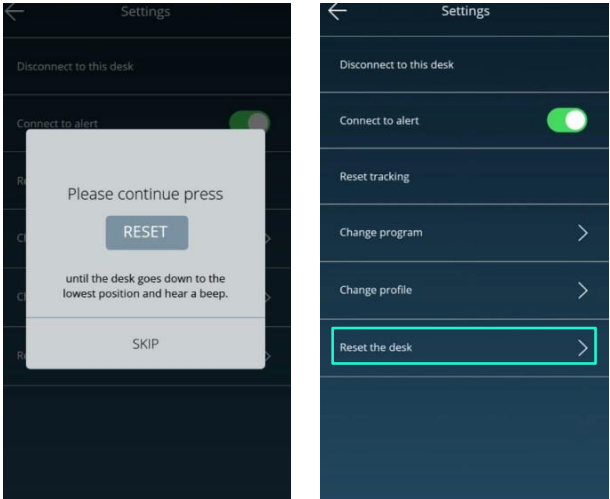
9.   Error Codes

There are seven error codes indicating problems and likely solutions:
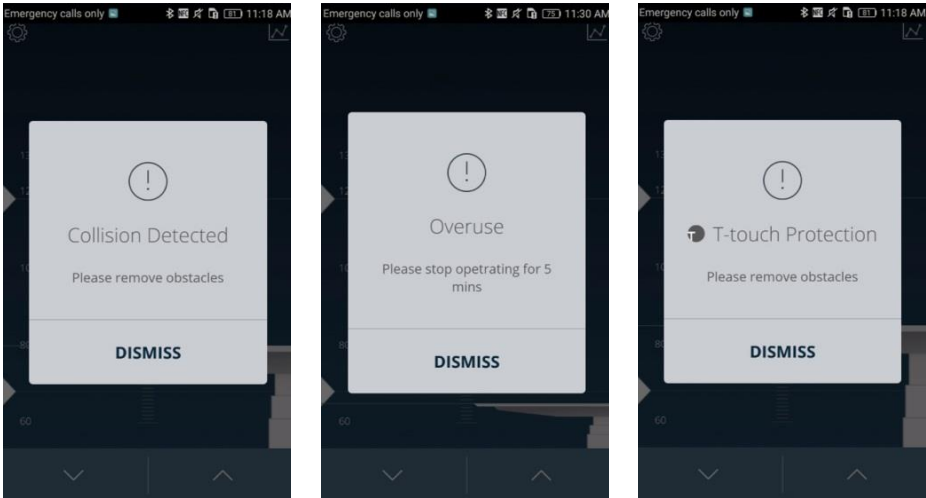
10. DISPOSAL GUIDANCE

Control boxes and wireless dongles may be disposed of by dividing the components into different waste groups for recycling or combustion. We recommend that the control box or wireless dongle be disassembled as much as possible before disposal. The main groups to sort for waste are: plastic, cable, scrap, combustible material and collection for recoverable resources.

The chartchart below shows the recycling groups in which the different components should be placed into:

PRODUCTS	COMPONENTS	RECYCLING GROUP
Control box	Plastic housing Cable Transformer	Plastic recycling or combustion Cable scrap or combustion Electronics scrap
Wireless dongle	Plastic housing PCB boards	Plastic recycling or combustion Electronics scrap

11. NOTE

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.

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, 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 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.

Note: The Grantee is not responsible for any changes or modifications not expressly approved by the partyresponsible for compliance. such modifications could void the user's authority to operate the equipment.

IC Note :

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.

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