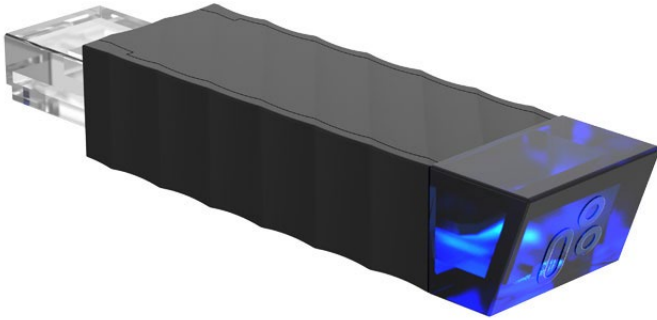


# FRISKA



## Bluetooth Dongle

Operating manual

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## 1. SAFETY INSTRUCTIONS

### 1.1 Abnormal operation

If two fingers are accidentally used on the mobile device screen, the columns of the height adjustable desk may move up or down automatically.

In order to prevent any accidents, a pop-up message shows on the screen as per the image to the right.



### 1.2 Out of range reminder

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



## 2. BLUETOOTH DEVICE

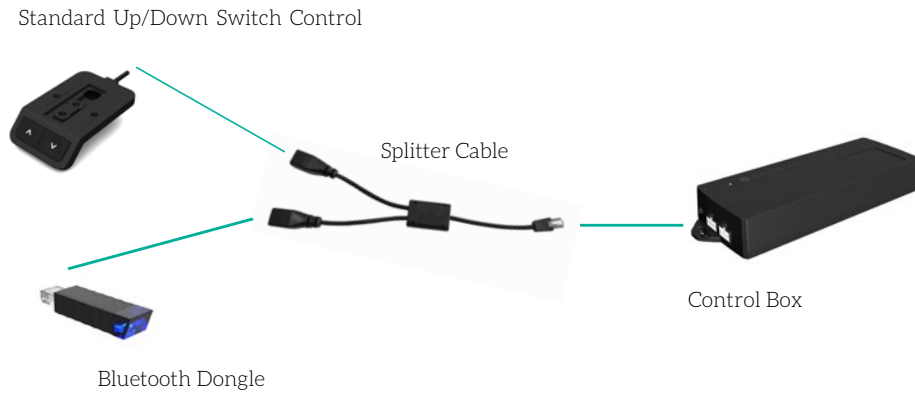
The Bluetooth device that we use to control the standing desk is a wireless dongle that can be used either as the sole means of operating the desk or in conjunction with a conventional hand control switch (either standard up/down or memory).

### 2.1 Wireless Dongle

The wireless dongle, designed as an adapter with Bluetooth functionality, allows the users to control their desk height remotely via their “STAND UP PLEASE” app.



## 2.2 How to connect the Bluetooth control box and hand control:



## 3. DOWNLOAD THE “STAND UP PLS”

The Mobile App, “STAND UP PLEASE” is free on iOS or Android App store and the following QR codes can be scanned to download the app onto your device.



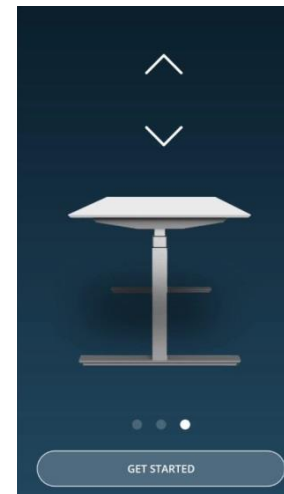
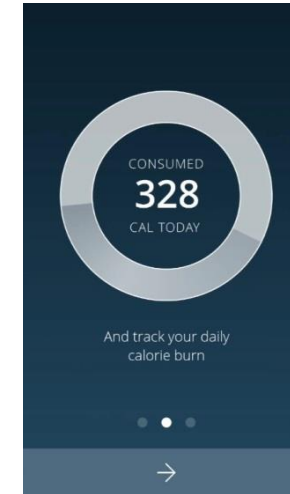
Android



iOS

## 4. PARING BLUETOOTH AND GET STARTED

### 4.1 Introduction page



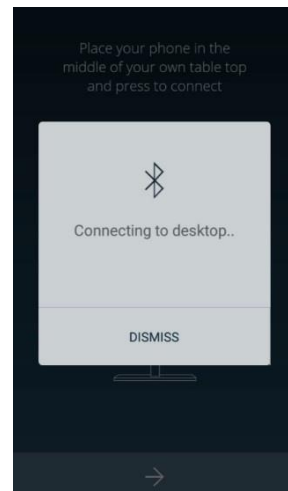
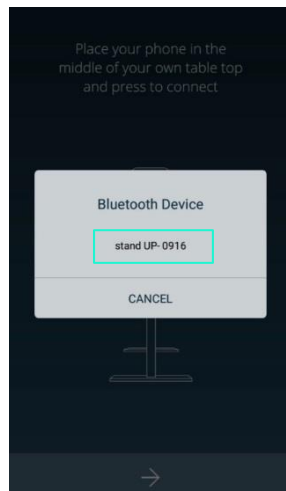
## 4.2 Register your profile

In order to utilise calorie consumption details users need to input all the required information on the profile page as shown:

## 4.3 Connection

To connect your phone to your desk, place your phone in the middle of the desktop, click the arrow sign and the screen will display all the Bluetooth devices that the "STAND UP PLEASE" app detects. The strongest signal will show at the top.

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.

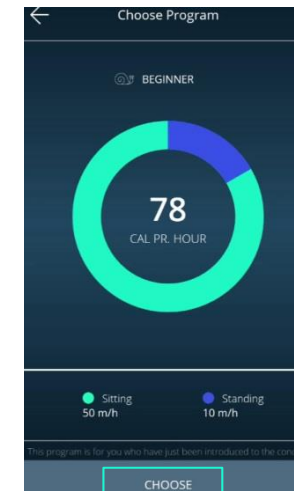
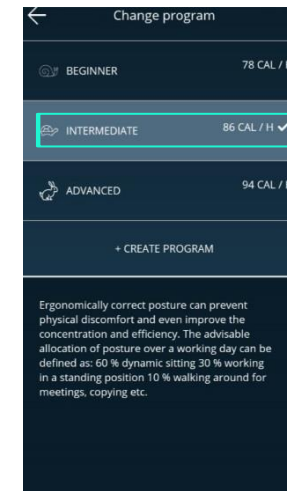


## 4.4 Program settings

Once Bluetooth connection has completed, the screen will display the program setting page where you can select your own programs based on your preferences. You can also create and customise your own programs.

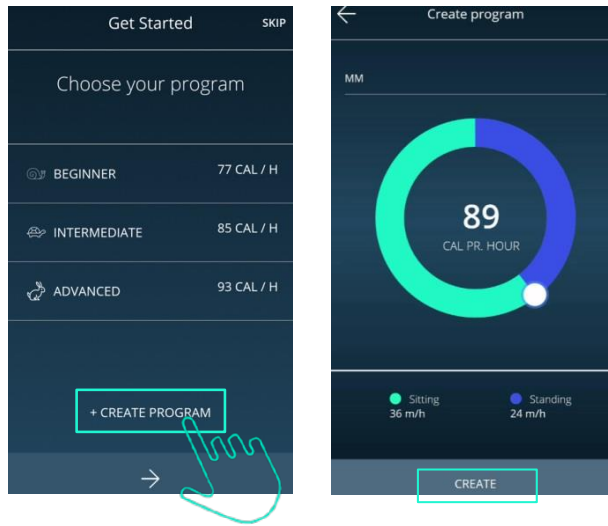
There are four different programs for you to choose from: Beginner, Intermediate, Advanced, or Create Program.

Each program has preset settings which cannot be altered, with the exception of the customisable "Create Program" (as show below).



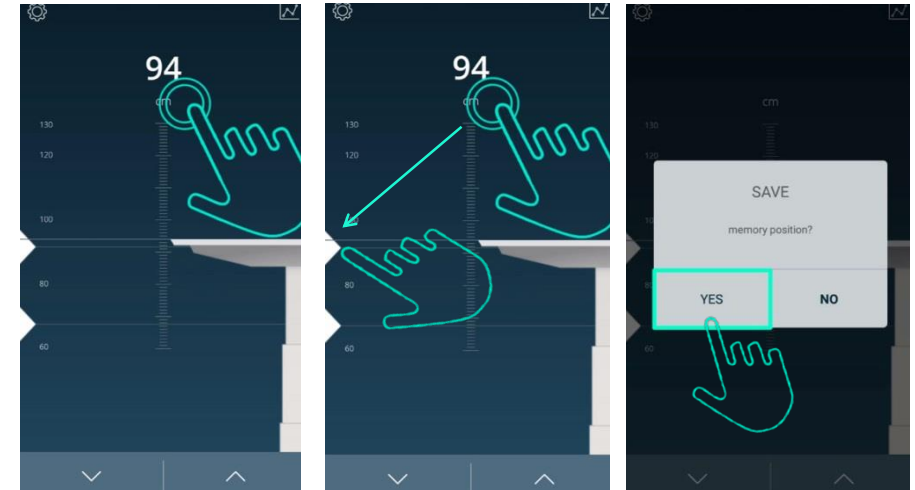
If you want to customise your own program, press "Create Program".

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



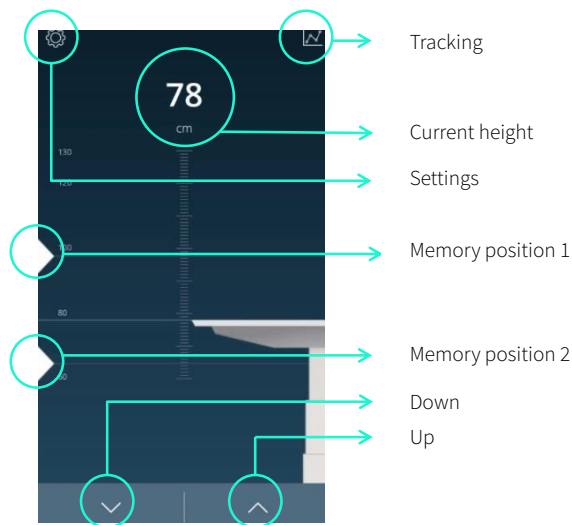
## 6. MEMORY POSITIONS

There are two preset memory positions: 68cm and 118cm. You can change these heights at any time by pressing the Up or Down icons to move the desk to your desired height first, then tap the number on the screen and move and release it to the memory position (triangle icon on the left) as in the screen images below.



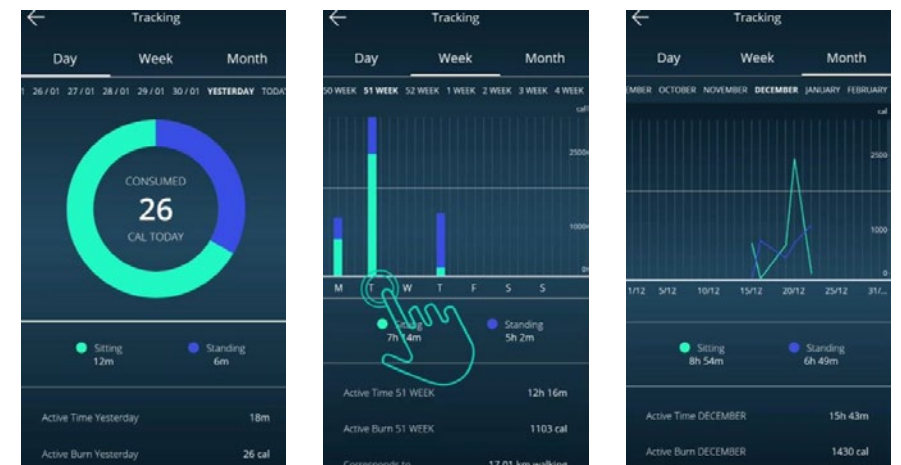
## 5. OPERATION

### 5.1 App Screen Introduction



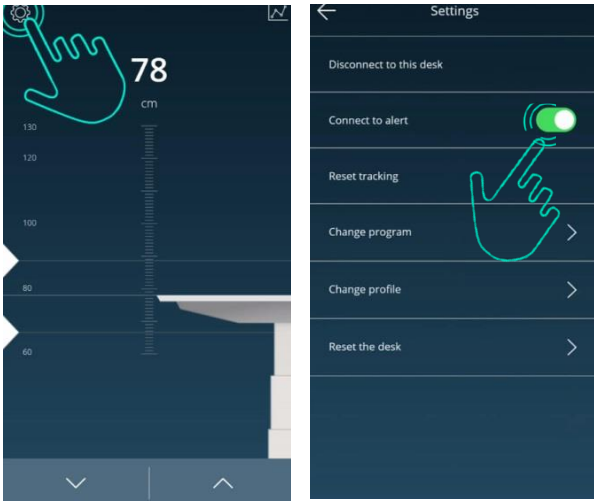
## 7. HISTORY TRACKING

You can track your standing and sitting time on a daily, weekly, or monthly basis. The data will display how many calories are consumed and the equivalent running distance.



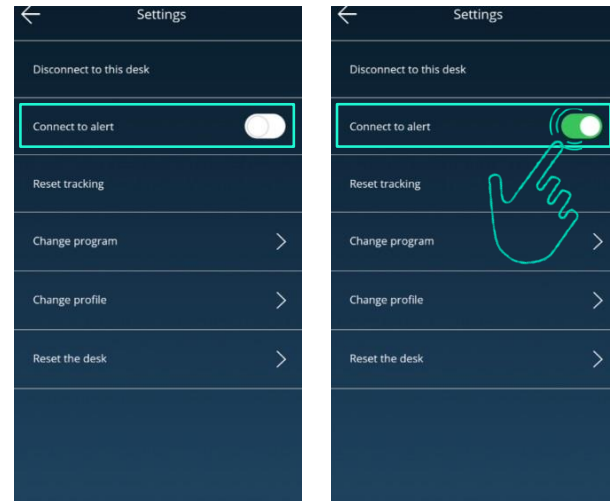
### 8. SETTINGS

Press the top left icon to access the setting page.



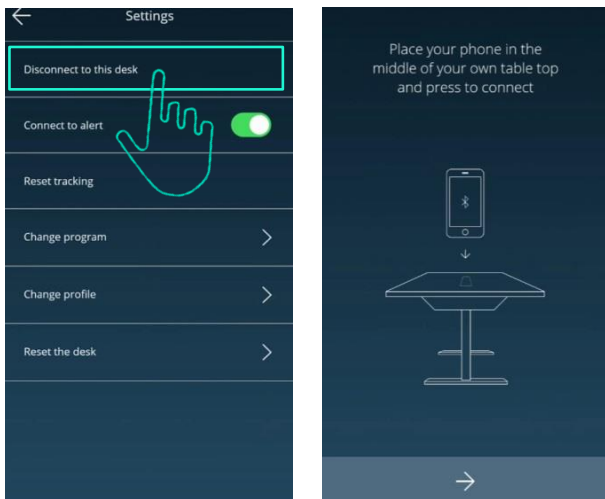
### 8.2 Connect to alert

You can set up an alert to remind you when to stand if you've set up the programs. This will set off a alert tone at the correct time and you can always mute the alerts by tapping the icon to "OFF" mode.



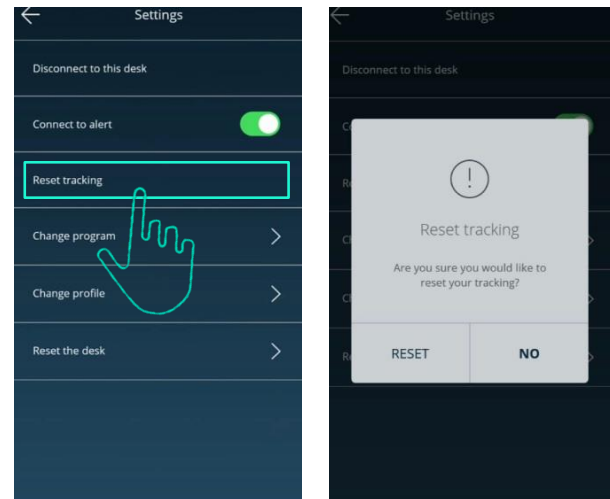
### 8.1 Disconnection to this desk

If you want to disconnect your desk, just press the button indicated in the left image shown below. If you want to reconnect your desk, please follow 5.3 connection, as right image.



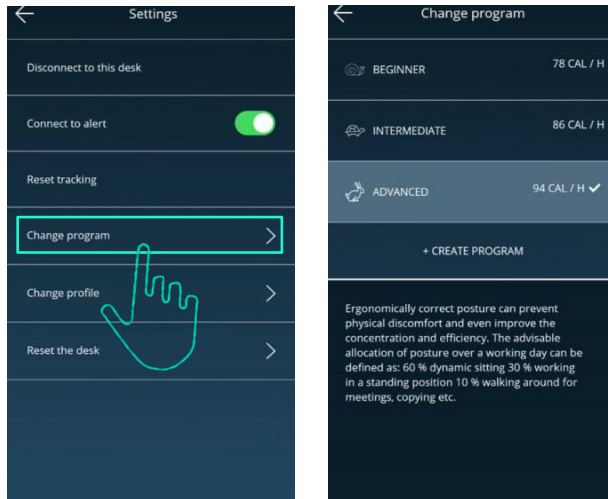
### 8.3 Reset tracking

If you want to remove the tracking records, you can access the "Reset tracking" page to delete all the records, as shown below.



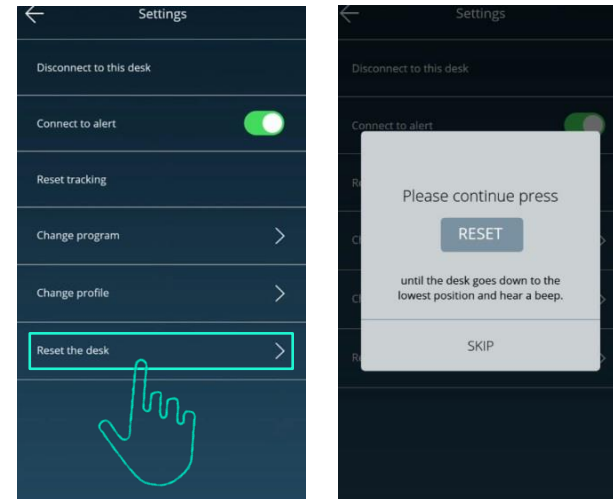
### 8.4 Change your program

You can change your program according to your needs. Please refer to 5.4; program settings for the details.



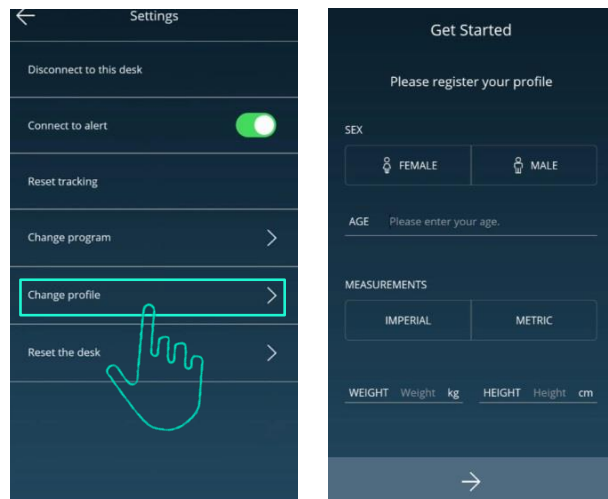
### 8.6 Reset the desk

If you want to go back to the default setting, click the "Reset the desk" button as the left hand image below, the pop-up in the right hand image will show, press the the "RESET" icon until the desk descends to the lowest height and emits a beeping sound, which indicates the desk has returned to the default position.



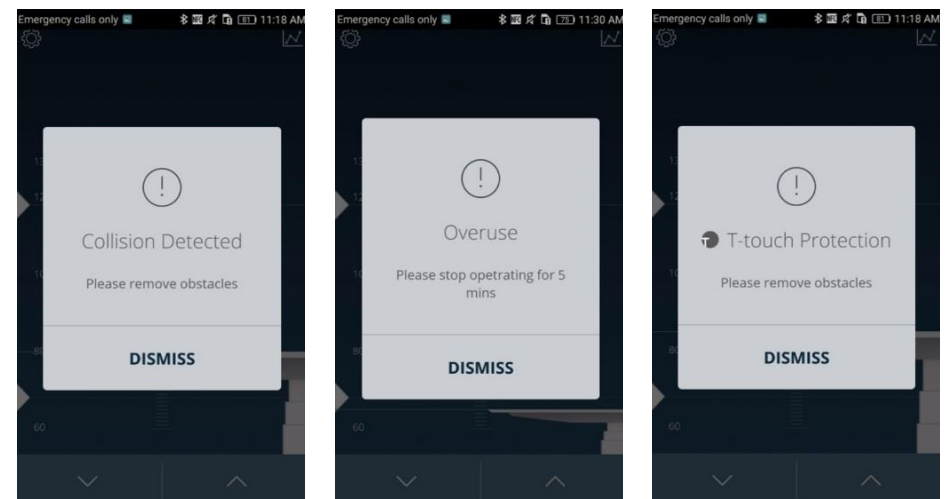
### 8.5 Change profile

Refers to 5.2; Register your profile.



### 9. Error Codes

There are seven error codes indicating problems and likely solutions, below are some examples:



## 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 chart 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 party responsible 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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