

English

Deutsch

Nederlands

# ***STEELFORCE PRO 100 HC***



CE

## **Assembly Manual**

Read this manual thoroughly and store in a safe place.

MVL-H11FA1P-OEN-DE-NL

# Content

<b>1</b>	<b>GENERAL</b>	<b>3</b>
1.1	Local value of the assembly/operating manual	3
1.2	Intended use	3
1.3	Improper use	3
1.4	Content box	4
<b>2</b>	<b>SAFETY INFORMATION</b>	<b>5</b>
2.1	Symbols/warnings	5
2.2	Symbols used on the workstation frame	5
2.3	Organizational measures	5
2.4	Informal safety measures	5
2.5	Note for those assembling the workstation	5
2.6	Transport and assembly	5
2.7	Use of the workstation frame	6
2.8	Specific dangers	6
2.9	Emergency instructions	6
2.10	Maintenance and upkeep	6
2.11	Cleaning	6
2.12	Persistent risks	6
<b>3</b>	<b>ASSEMBLY</b>	<b>7</b>
3.1	Checking the items supplied	7
3.2	Packaging	7
3.3	Tightening torques for screws used	7
3.4	Assembly of the workstation	7
3.4.1	Pre-assembly of the Crossbar	7-9
3.4.2	Mounting the Feet	9-10
3.4.3	Installation of the Wheels / Adjustable Feet	11
3.4.4	Mounting the Drive Shaft	12
3.4.5	Assembly of the Hand Crank	13
3.4.6	Installation of the Hand Crank	14
3.4.7	Frame test without Table Top	14
3.4.8	Assembly of the Table Top	14
3.4.9	Assembly of the parts of the Table Top	14
<b>4</b>	<b>TECHNICAL SPECIFICATIONS</b>	<b>15</b>
<b>5</b>	<b>OPERATION AND INDICATORS</b>	<b>16</b>
<b>6</b>	<b>CUSTOMER SERVICE</b>	<b>16</b>
<b>7</b>	<b>MANUFACTURER</b>	<b>16</b>
<b>8</b>	<b>RECYCLING</b>	<b>16</b>
8.1	Taking the workstation apart	16
8.2	Recycling	16

# 1 General

## 1.1 Local value of the assembly/operating manual

The guiding principle for safe use and trouble-free operation of this workstation frame is knowledge of basic safety information and regulations. This assembly/operating manual contains the most important information needed for assembling and operating the workstation frame safely. This assembly/operating manual, in particular the safety information contained herein, must be observed by any person building the frame and working on the finished surface. More importantly, the rules and regulations applying to accident prevention in the locality in which the workstation frame is to be used must be observed at all times.

## 1.2 Intended use

The workstation frame must be used only as a height-adjustable workstation for sitting/standing use in offices or other enclosed areas. The frame must be used for this purpose only. The workstation frame may be set up and operated solely in office environments. Do not use the workstation frame in the home. Please observe the provisions of Section 2, Safety Information. Children may be unaware of the dangers presented by the workstation frame if unsupervised. Any other use than the above shall be deemed improper. The manufacturer can in no way be held liable for damage arising from improper use.

Intended use shall also include:

- Observation of all information from the assembly/operating manual and
- Prohibition of any sort of addition to/conversion of the workstation.

## 1.3 Improper use

- Never use the workstation frame to lift people or loads.
- Load the table frame only up to the maximum load (see chapter 4 "Technical data").
- Do not use the workstation frame in the home; alternatively, use it only in offices.










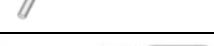


**WARNING: Any changes or modifications not expressly approved by the manufacturer could void the user's authority to operate the equipment.**

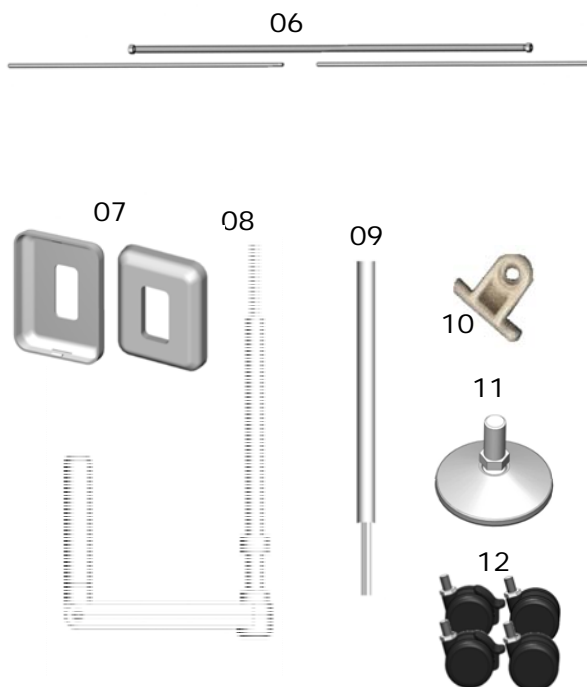
## 1.4 Content Box

#	Description	Qty
01	Leg L	1
02	Leg R	1
03	Foot	2
04	Inner Crossbar	1
05	Outer Crossbar	1
06	Drive Shaft Kit	1
07	Cover cap, crossbar	2
08	Hand Crank	1
09	Hand Crank Extension	1
10	Hand Crank Guide	1
11	Adjustable foot	4
12	Wheelset	4



## Mounting Material and Tools

13.1		8 x	M6x25 Bolt
13.2		8 x	M6x16 Adjusting Screw
13.3		8 x	M6 Collar Nut
13.4		8 x	M6 Ring
13.5		2 x	M6x6 Set Screw
13.6		10 x	Screw 4.5x20mm
13.7		2 x	M10 Spanner
13.8		1 x	M3 Allen Key
13.9		1 x	M5 Allen Key
13.10		1 x	Screwdriver
13.11		2x	Hexagon-stopper
13.12		4x	Cover Cap



## 2 Safety Information

### 2.1 Symbols/warnings

The assembly/operating manual uses the following terms and signs to indicate dangers:



This symbol indicates an immediate threatening situation for any person's life or health. Failure to adhere to such information may have serious consequences for health, or could even result in life-threatening injury or death.



This symbol indicates important information. Failure to adhere to such information could lead to damage to the workstation.

### 2.2 Symbols used on the workstation frame



Do not place objects or parts of the body under the workstation frame or between the cross members. This could cause serious injury.



Do not exceed the maximum permitted load on the workstation frame. Overloading could lead to breakage and serious injury as a consequence.

### 2.3 Organizational measures

- The workstation frame can best be assembled by two people. Turning the frame, once the work surface has been fitted, is a task in particular which requires two people!

### 2.4 Informal safety measures

- Keep the assembly/operating manual in the place where the workstation frame is used at all times.
- Make sure that all safety information on the table (see Section 2.2, Symbols used on the workstation frame) is legible, replacing the same if necessary.

### 2.5 Note for those assembling the workstation

- The workstation must be assembled/worked on by persons over the age of 16.
- The persons referred to above must have read and understood the assembly/operating manual.

### 2.6 Transport and assembly

- The workstation frame must be moved by two persons only, and in such cases must be retracted.
- Do not drag or pull the workstation frame over the floor.
- Assemble the workstation frame with the supplied tools only. They are the only tools which ensure that the screws can be tightened to the correct torque.

### 2.7 Use of the workstation frame

- Children may only use the desk under supervision. They may not be aware of the dangers of the agency. This puts them at serious risk of self-injury, possibly with fatal consequences.
- The desk may only be used in an environment that is suitable for it.
- Do not use the desk on an uneven surface. The desk will then not be stable.

## **2.8 Specific dangers**

- Adjusting the height of the desk carries the risk of injury. Make sure that no one else is in the immediate vicinity of the desk.
- When mounting the desk, provide enough space to avoid collisions in all possible directions (e.g. sloping roof, fixed objects, filing cabinets, waste bins, etc.).
- Provide sufficient space to avoid collisions if objects such as computers or peripherals are on the worktop.
- Provide a clearance of at least 25mm from all other furniture around the desk

## **2.9 Emergency Instructions**

- Immediately leave the area around the desk when it starts to move spontaneously. Do not use the desk. Have the desk repaired by a specialized company. Do not use the desk again until it has been repaired.
- If you notice anything unusual, take the desk out of service immediately. Have the desk repaired by a specialized company. Do not use the desk again until it has been repaired.

## **2.10 Maintenance and upkeep**

- Always keep the product in good condition. If necessary, have it checked regularly by a professional.
- Do not repair the desk or any of its parts yourself.
- Do not make any changes to the worktop or desk construction.
- Defective parts may only be replaced with new original parts from the manufacturer. Only use original replacement parts from the manufacturer. In doing so, these installation instructions must be observed.

## **2.11 Cleaning**

- Once a week, remove the dust from the desk with a dry cloth.
- Clean the desk every two weeks with a damp cloth and a mild detergent.

## **2.12 Persistent risks**

This office is built according to the latest state of the art and according to recognized safety regulations. Nevertheless, its use can endanger the health and safety of users or third parties and cause damage to the desk or other parts. The desk may only be used:

- for the intended purpose;
- if it is completely safe.

### 3 Assembly



Before attempting assembly, read the safety information in Section

#### 3.1 Checking the items supplied

- Carefully open the cardboard packaging.
- In doing so, do not use any long knife blades. They may damage the components inside.
  - Check the parts supplied against the list in Section 1.4 Items supplied.
  - Check the contents for visible transit damage, paying particular attention to the electrical wiring. In the event of any damage or incorrect components, contact customer service (see Section 6).
- Do not attempt to assemble the workstation frame if there is any damage or if there are any incorrect components.

#### 3.2 Packaging

- Remove the packaging. Treat as household waste/paper.
- Observe national legislation.

#### 3.3 Tightening torques for screws used



- Assemble the workstation frame with the tools supplied only.

#### 3.4 Assembly of the workstation

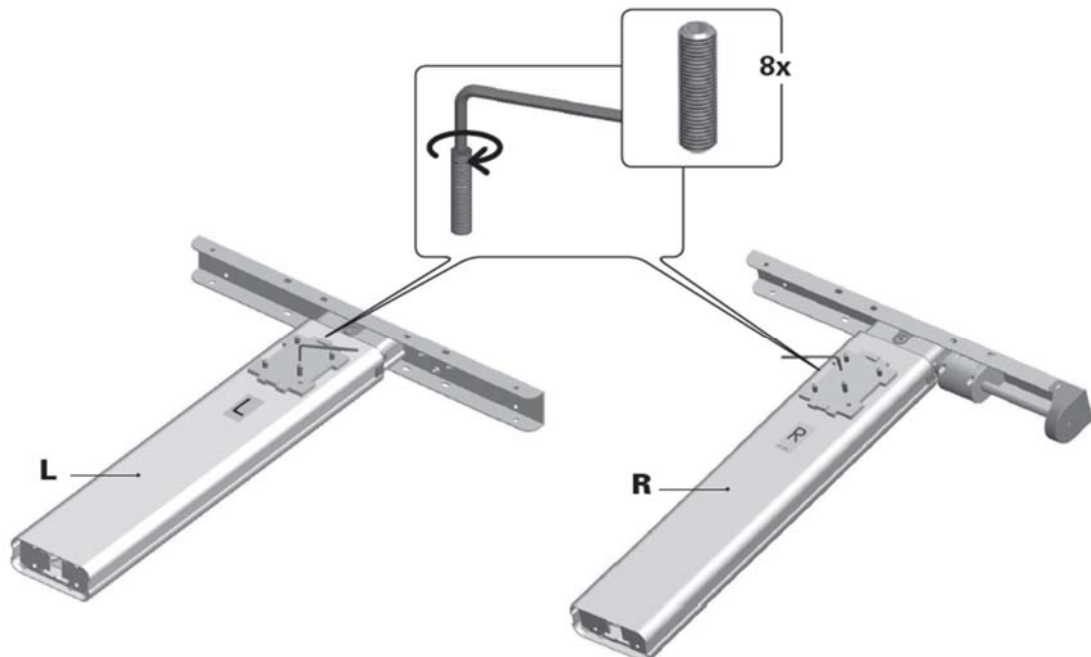
##### 3.4.1 Pre-assembly of the Crossbar

Assemble the following components:

Dimensions Frame	Width Worktop
0,80 m	0,90 cm
1,00 m	1,10 cm
1,20 m	1,30 cm



#	Name	Qty				
01	Leg L	1	13.2		8 x	M6x16 Adjusting Screw
02	Leg R	1	13.8		1 x	M3 Allen Key

- Place the set screws in the threaded bores.
- G Screw the set screws into the threads and tighten them slightly

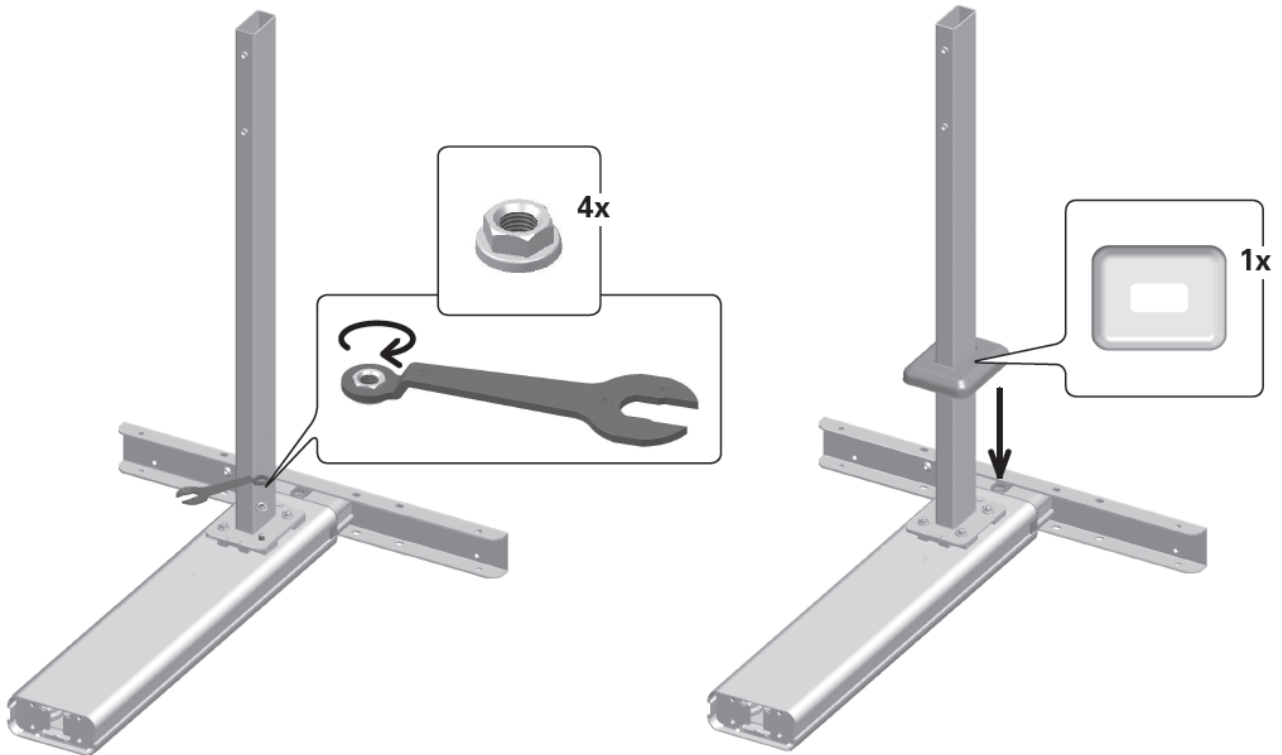


### 3.4.1 Mounting the Crossbar– Continued

Install the following parts:

#	Name	Qty				
01	Leg L	1				
02	Leg R	1				
04	Inner Crossbar	1	13.3		8 x	M6 Collar Nut
05	Outer Crossbar	1				
07	Cover Cap, crossbar	2	13.7		2 x	M10 Installation Key

- Place one leg on the floor in front of you and place the other parallel next to it.
- Screw the collar nuts onto the set screws on both legs.
- Tighten the collar nuts with the M10 mounting wrench.




- Mount both caps on the ends of the crossbars by pressing them lightly.

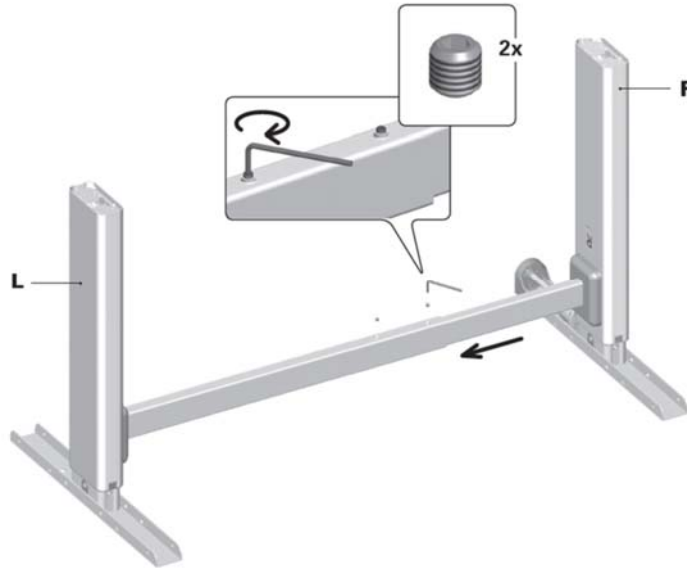


### 3.4.1 Mounting the Crossbar - continued

Install the following parts:


13.5		2 x	M6x6 Adjusting screw
------	---	-----	----------------------

- Now turn the legs with the crossbar (with two people). The crossbar is now just above the floor.
- Make sure that the legs do not fall over during assembly.
- Extend the frame to the desired width.
- Screw the studs into the crossbar and tighten them lightly.



### 3.4.2 Mounting the feet

First choose the position of the legs!

13.12		4x	Cover cap
-------	---	----	-----------

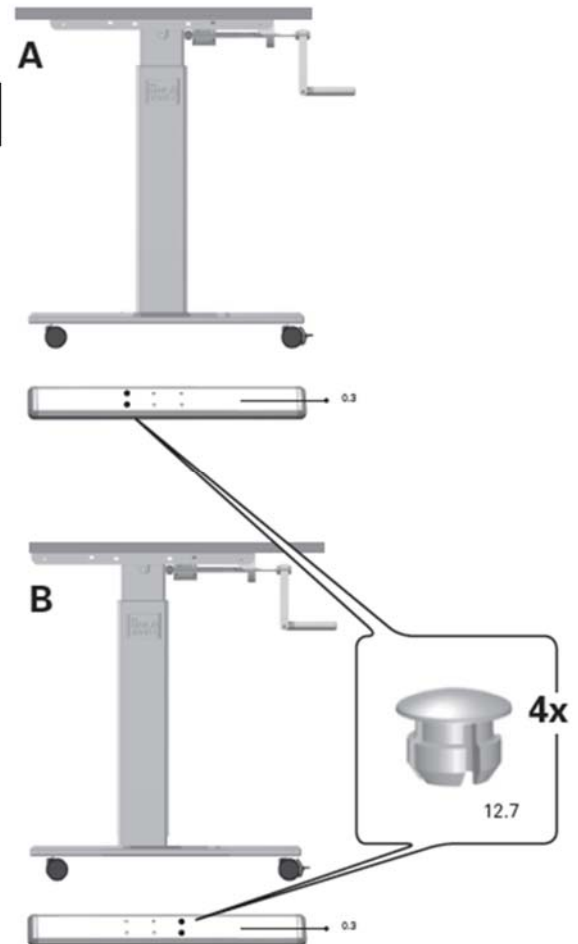
**A = position of the T-foot**

Attach the blanking cap to the location shown

O R

**B = position of the C-foot**




Attach the blanking cap to the location shown



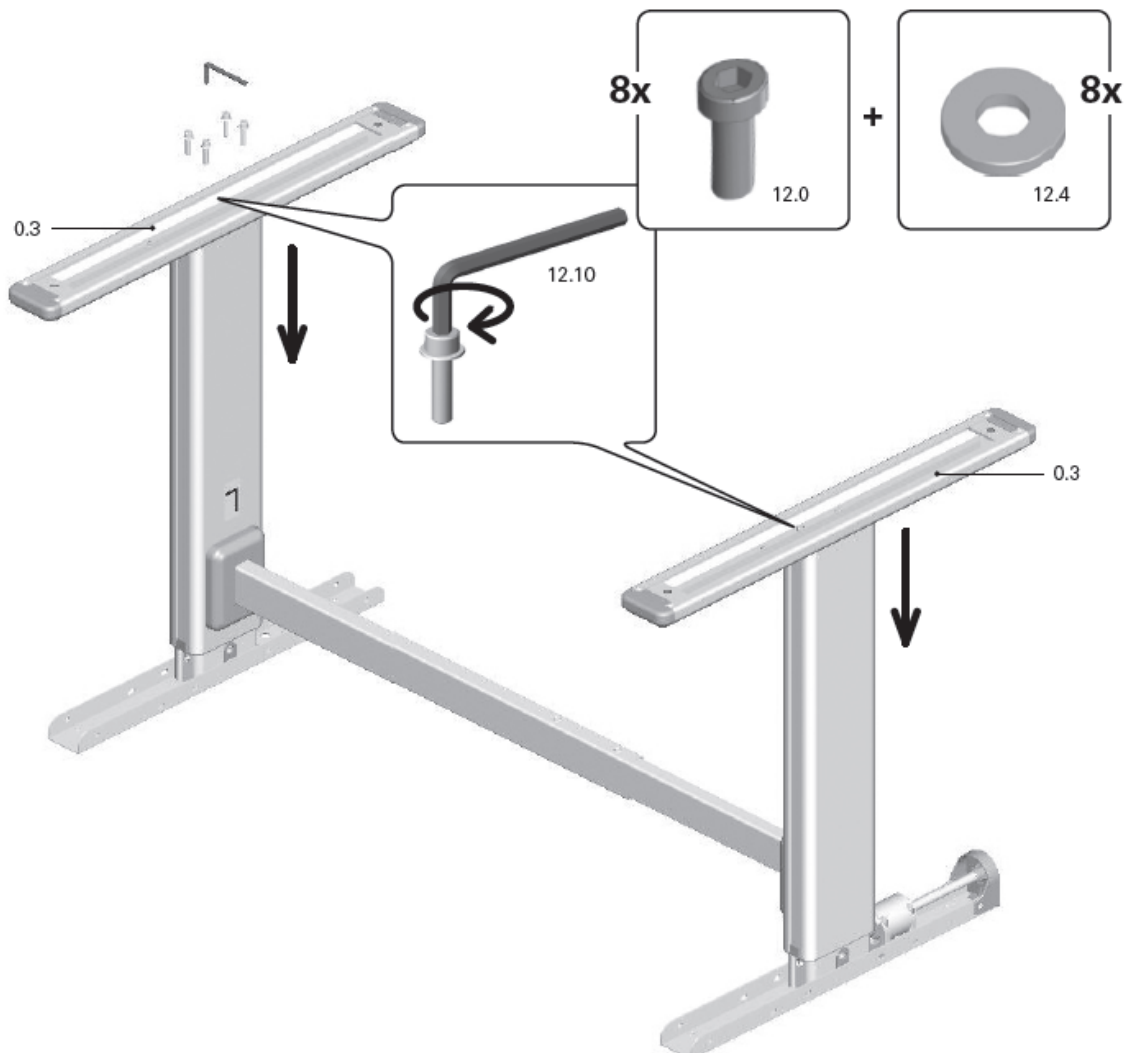
### 3.4.2 Mounting the Feet —continued

Install the following parts:

#	Name	Qty
03	Foot	2


13.1		8 x	M6x25 Bolt
13.4		8 x	M6 Ring
13.9		1 x	M5 Allen Key

- Mount a foot on each leg. Use four screws and washers for this.
- Attach cover caps to the unused holes (as shown on the previous page).
- Tighten the eight screws with the Allen key.

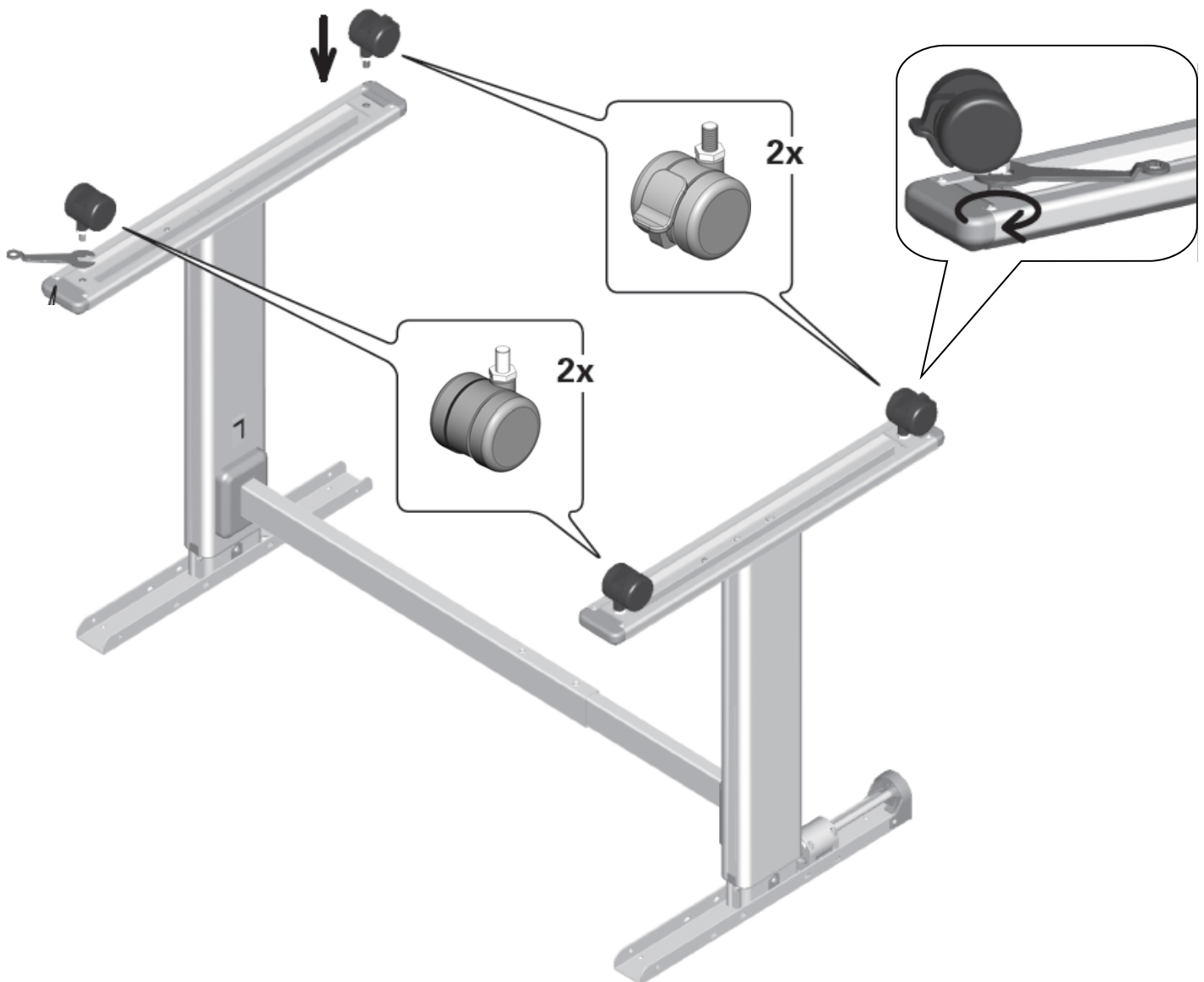


### 3.4.3 Installation of the Wheels / Adjustable Feet

Install the following parts:




#	Name	Qty				
11	Adjustable foot	4				
	OR					
12	Wheelset	4	13.7		2 x	M10 Installation Key

- Screw either two leveling feet or two wheels into each foot. Use the installation key for this.
- The desk is only stable when the adjustable feet are used. The use of the wheels is at your own risk!

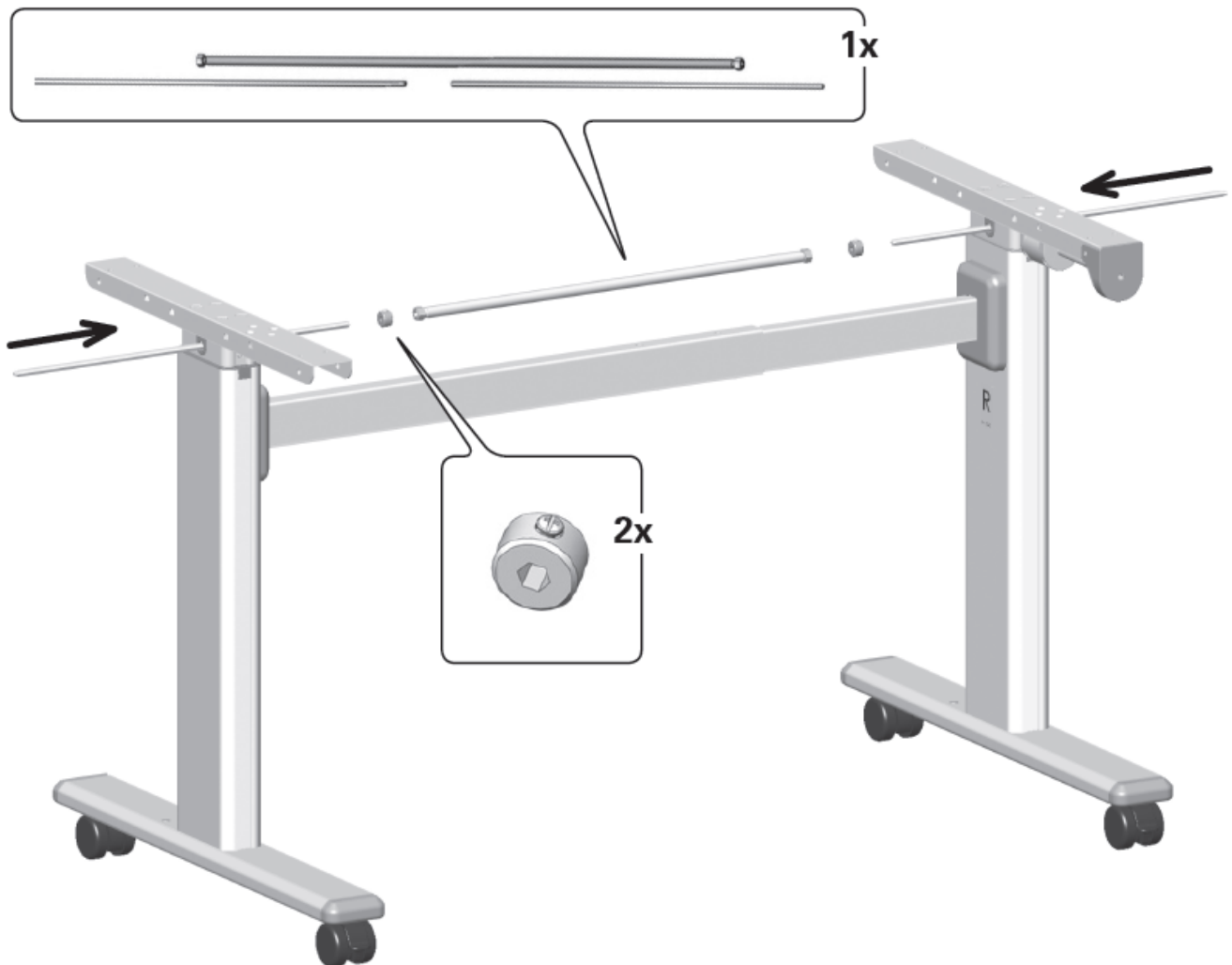


### 3.4.4 Mounting the Drive Shaft

Install the following parts:

#	Name	Qty				
13.7		2 x				M10 Installation key
06	Drive shaft kit	1				
13.10		1 x				Screwdriver
13.11		2x				Hexagon stopper

☞ **Make sure the legs are in the lowest position (zero position).**

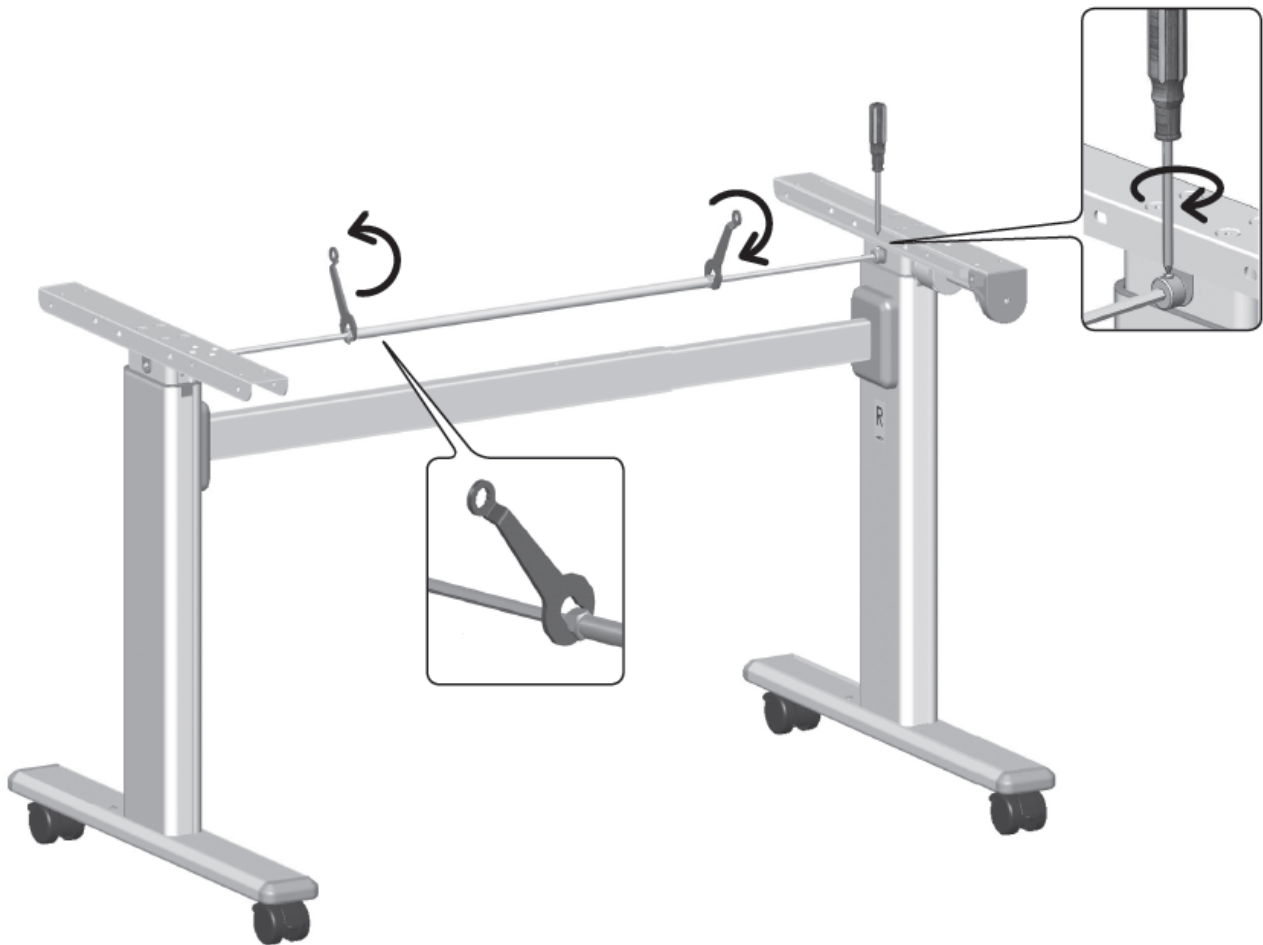


- Slide the drive shafts (hexagon) from the outside to the inside through the hexagonal openings in the legs.
- Slide the two axles into the frame about 15 cm.
- Attach a hex stopper to each axle.
- Now slide the two hexagonal shafts into the receiving shaft.

### 3.4.4 Mounting the Drive Shaft — Continued

Extend the frame to the desired width before beginning the following steps.

- Slide both hex shafts into the frame until they touch the outside of the legs.
- Now tighten both shafts at the ends with a Phillips screwdriver/slotted screwdriver.

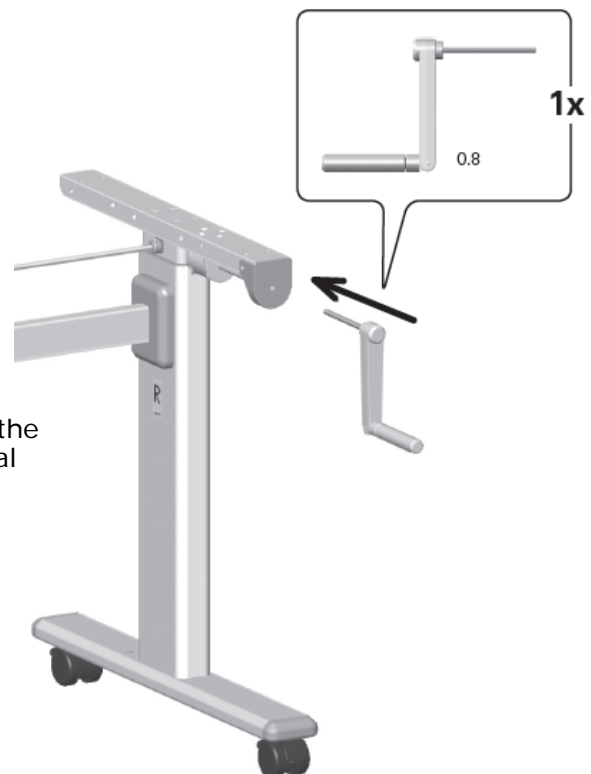


### 3.4.5 Assembly of the Hand Crank

Install the following components:

#	Name	Qty
08	Hand crank	1
09	Hand crank extension	1
10	Hand crank guide	1


When your worktop is in the correct position on the tray supports, insert the crank into the hexagonal opening as shown.



### 3.4.6 Installation of the Hand Crank

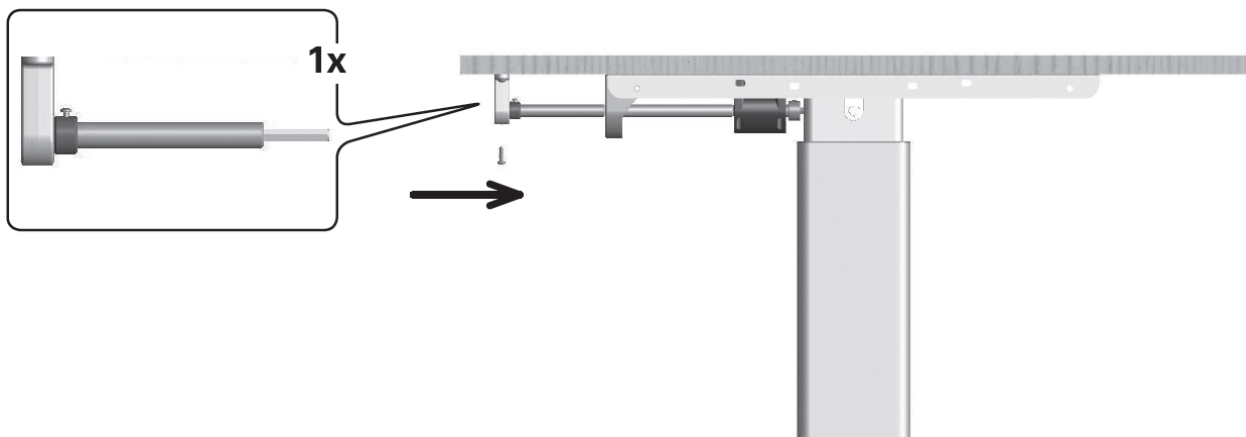
Install the following components:

#	Name	Qty
08	Hand crank	1
09	Hand crank extension	1
10	Hand crank guide	1

13.6		2 x	Screw 4.5x20mm
------	---	-----	----------------

If the worktop protrudes far beyond the top supports that the crank has to be extended in order to adjust the height of the workplace, proceed as follows:

- Insert the crank guide into the crank extension.
- Insert the crank extension into the hexagonal hole of the blade carrier as shown.
- Attach the crank guide to the blade carrier using both # 8x5 / 8 screws.



### 3.4.7 Frame test without table top

Check the height adjustment function by first moving the frame to the highest position and then back to the lowest position using the crank.

### 3.4.8 Assembly of the table top

If you have purchased the frame including worktop, read the loose ones assembly instructions. The supplied screws (13.6) can only be used in combination with a chipboard with a thickness of more than 22 mm. Otherwise, follow the instructions in the separate assembly instructions for the worktop.

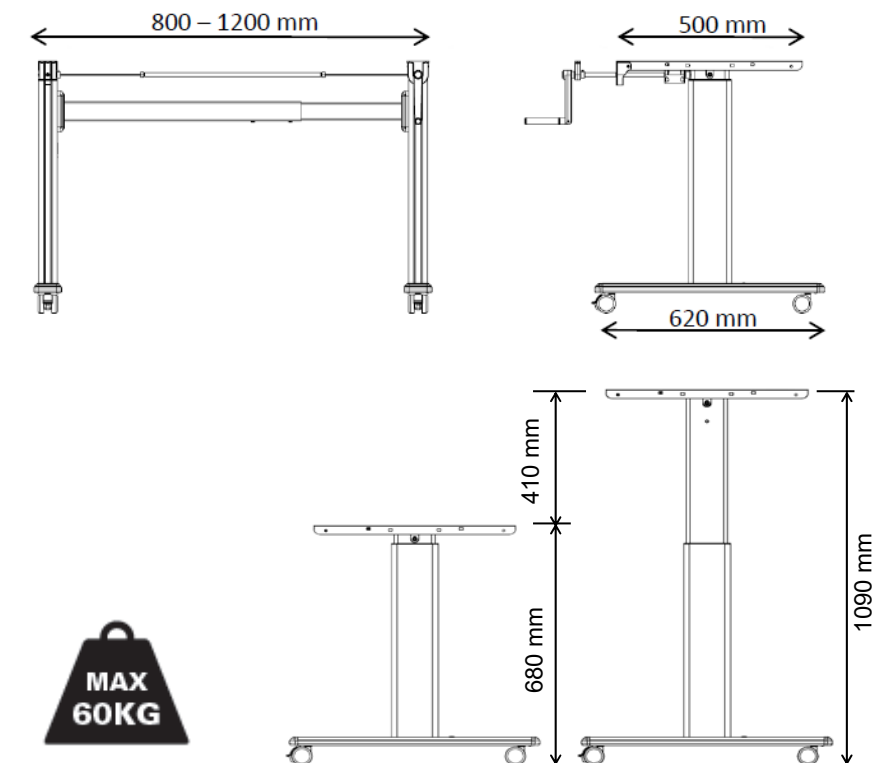
### 3.4.9 Assembly of the parts of the table top

If you have purchased the frame including worktop, read the loose ones assembly instructions.

## 4 Technical Specifications (\* Average tolerances= ± 10 mm)

### Frame for a manually height-adjustable sitting / standing workstation

Operating and installation manual version	MVL-H11fA1P-0EN-DE-NL
System	Single stage, hand crank
Material	Steel and plastic
Stroke (max.)	410 ± 10 mm
Frame load (max.) Surface load	60 kg
Frame weight	16 kg
Stroke per revolution of the hand crank	13 mm per pendulum swing
Only for indoor use !!!	




Minimum frame height	640 mm	680 mm
Maximum frame height	1050 mm	1090 mm
Maximum stroke	410 mm	410 mm

Frame width	800 - 1200 mm
Frame depth	620 mm
Minimum worktop depth	500 mm

Maximum frame load / surface load	60 kg
-----------------------------------	-------

Stroke per revolution	13 mm per pendulum swing
-----------------------	--------------------------

## 5 Operation and Indicators

	<p>Please observe the provisions of chapter 2 "Safety Information" on page 5, especially: Children may only use the desk under supervision. They may not be aware of the dangers of the agency. Because of this, they are in serious danger of that they may injure themselves, possibly with fatal consequences. Protect the frame from the use by children. Provide sufficient space to avoid collisions, even when objects such as computers, work materials and the like are on the worktop.</p>
---	--

## 6 Customer Service

When contacting the customer service please

<i>Retailer:</i>
------------------

## 7 Manufacturer

<p><b>Actiforce International B.V.</b></p> <p>Het Steenland 20 3751 LA Bunschoten-Spakenburg The Netherlands</p> <p>+31 (0)33 4600120 www.actiforce.com info.holland@actiforce.com</p>
--

## 8 Recycling

### 8.1 Taking the workstation apart

- In case of de-assembling please follow the manual backwards or contact customer service.

### 8.2 Recycling

- Please split all parts to their type of material. Keep notice of National restrictions!