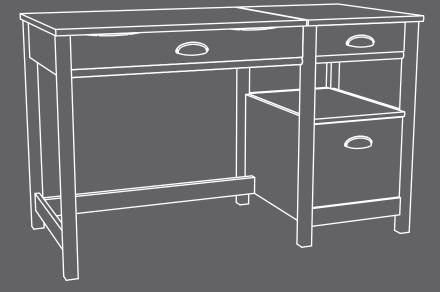
www.teknikoffice.co.uk

**Teknik** 



For **all** your newfangled **gadgetry**.

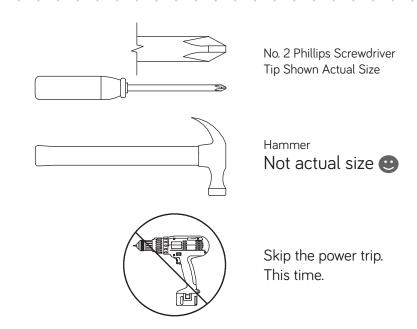
# Sit-Stand Desk

Model 5422379

#### Table of Contents

#### Assembly Tools Required

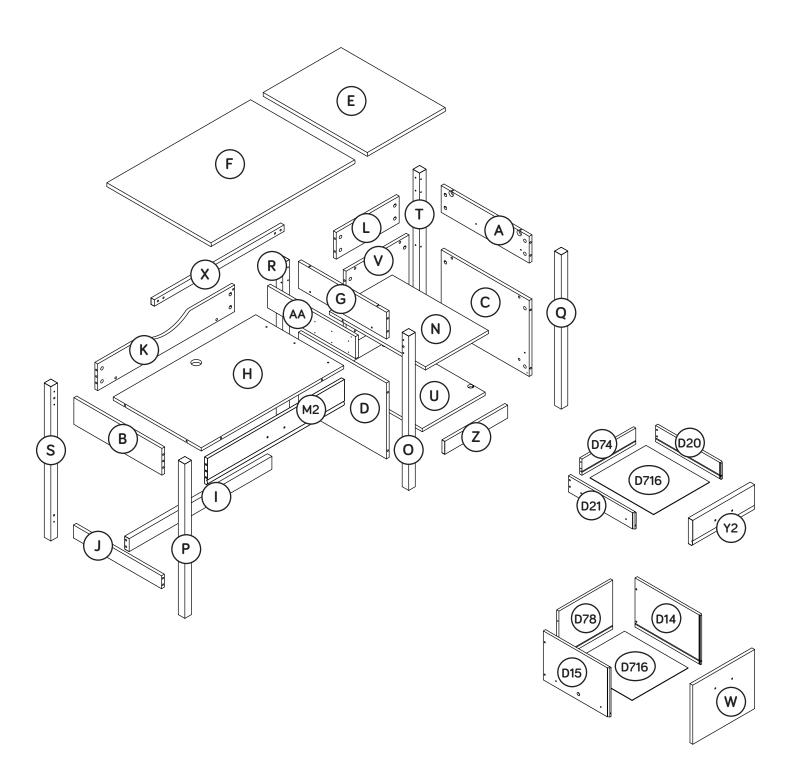
Part Identification	2-3
Hardware Identification	4-5
Assembly Steps	6-38
Français	39-43
Español	44-48
Safety	49-50
Warranty	51



#### Part Identification

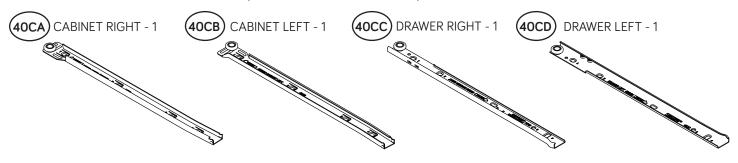
While not all parts are labeled, some of the parts will have a label or an inked letter on the edge to help distinguish similar parts from each other. Use this part identification to help identify similar parts.

Α	RIGHT END (1)	F	LIFT-TOP (1)	R	REAR LEG (1)
В	LEFT END (1)	G	UPRIGHT (1)	S	LEFT REAR LEG (1)
С	PEDESTAL RIGHT END (1)	Н	LARGE BOTTOM (1)	Т	RIGHT REAR LEG (1)
D	PEDESTAL LEFT END (1)	I	BACK STRETCHER (1)	U	PEDESTAL BOTTOM (1)
D14	LARGE RIGHT DRAWER SIDE (1)	J	STRETCHER (1)	V	PEDESTAL BACK (1)
D15	LARGE LEFT DRAWER SIDE (1)	K	BACK (1)	W	LARGE DRAWER FRONT (1)
D20	SMALL RIGHT DRAWER SIDE (1)	L	SMALL BACK (1)	Χ	LIFT-TOP STRETCHER (1)
D21	SMALL LEFT DRAWER SIDE (1)	M2	FRONT (1)	Y2	SMALL DRAWER FRONT (1)
D74	SMALL DRAWER BACK (1)	N	SHELF (1)	Z	BOTTOM MOLDING (1)
D78	LARGE DRAWER BACK (1)	0	FRONT LEG (1)	AA	SMALL UPRIGHT (1)
D716	DRAWER BOTTOM (2)	Р	LEFT FRONT LEG (1)		-
Е	TOP (1)	Q	RIGHT FRONT LEG (1)		

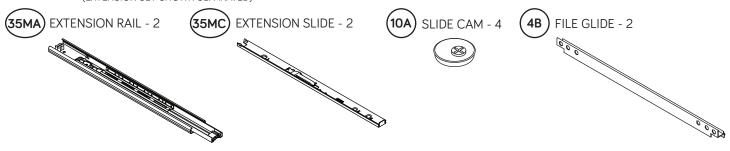


#### Hardware Identification

F Screws are shown actual size. You may receive extra hardware with your unit.

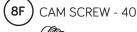


(EXTENSION SET SHOWN SEPARATED)



















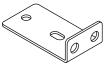
(2G) METAL BRACKET - 4



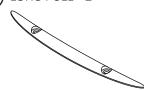
(27G) ANGLE BRACKET - 2



(37G) SUPPORT BRACKET - 2







**(98K)** PULL - 3



(13M) WASHER - 8











#### Hardware Identification

F Screws are shown actual size. You may receive extra hardware with your unit.









**(10P)** GROMMET - 1



(13P) CAM COVER - 16



(1S) BLACK 9/16" LARGE HEAD SCREW - 32





(3S) GOLD 5/16" FLAT HEAD SCREW - 16











**(15S)** SILVER 5/8" MACHINE SCREW - 4











(50S) GOLD 1" MACHINE SCREW - 2





(92S) BLACK 3/4" MACHINE SCREW - 4





(93S) BLACK 1-1/4" MACHINE SCREW - 4



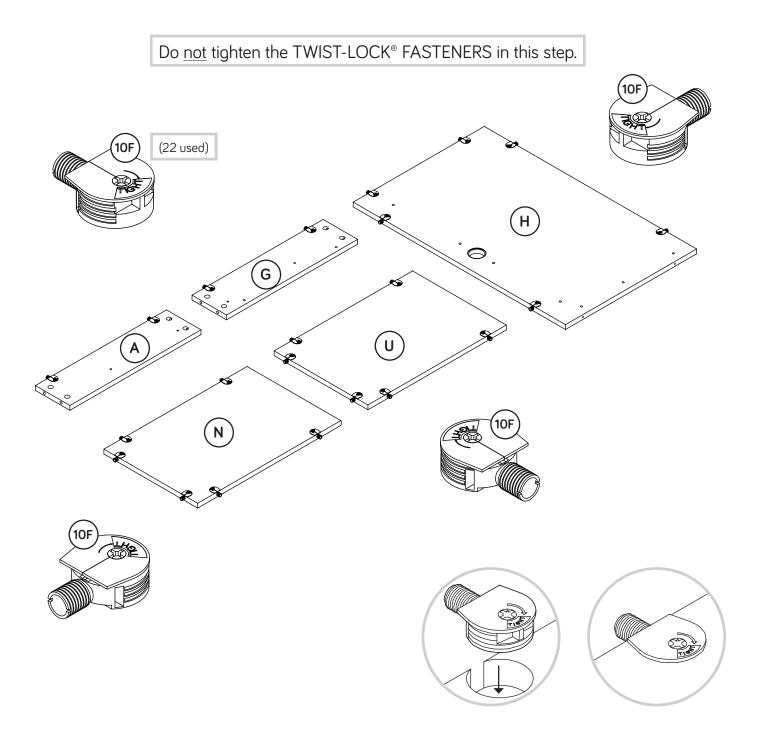


(113S) BLACK 1-15/16" FLAT HEAD SCREW - 6

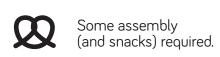


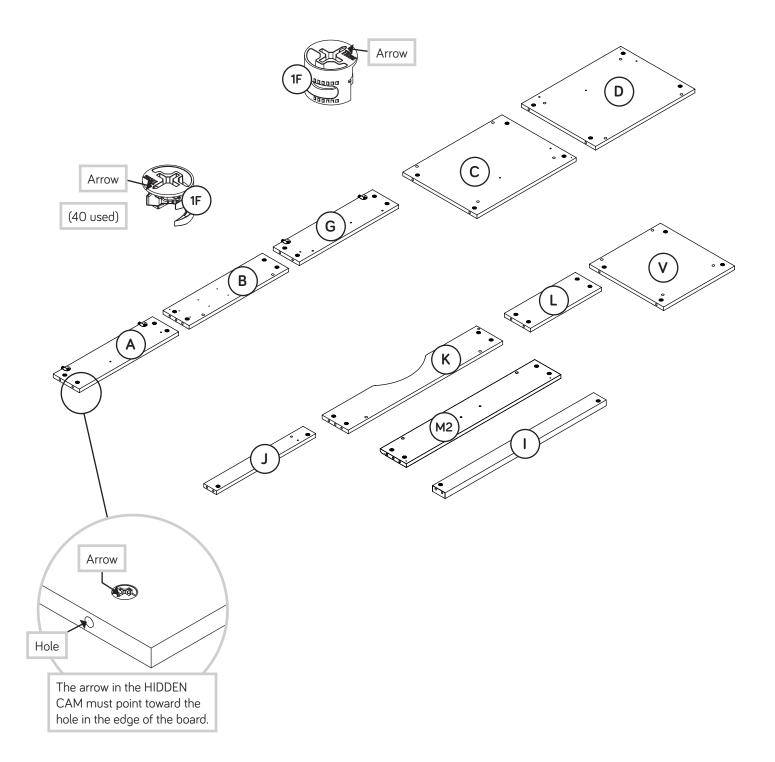


- Assemble your unit on a carpeted floor or on the empty carton to avoid scratching your unit or the floor.
- To begin assembly, push twenty-two SAUDER TWIST-LOCK® FASTENERS (10F) into the large holes in the RIGHT END (A), UPRIGHT (G), LARGE BOTTOM (H), SHELF (N), and PEDESTAL BOTTOM (U).

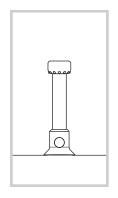


Push forty HIDDEN CAMS (1F) into the ENDS (A and B), PEDESTAL ENDS (C and D), UPRIGHT (G), STRETCHERS (I and J), BACKS (K and L), FRONT (M2), and PEDESTAL BACK (V).

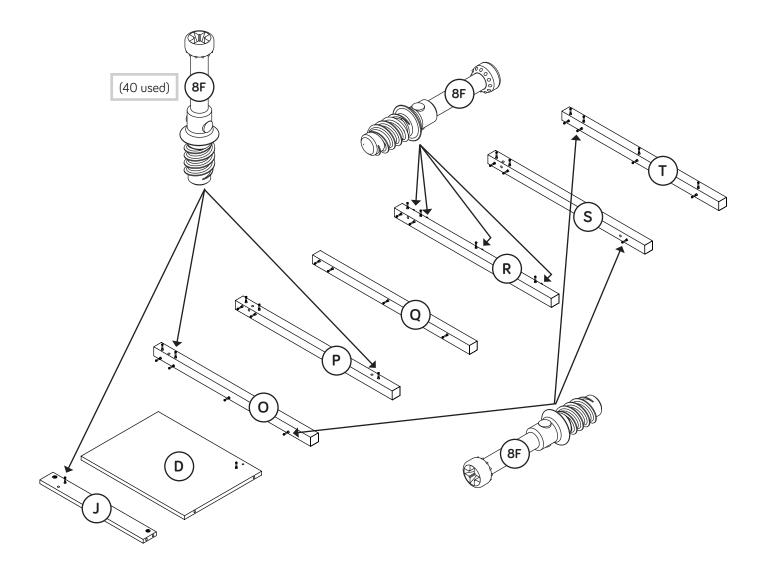




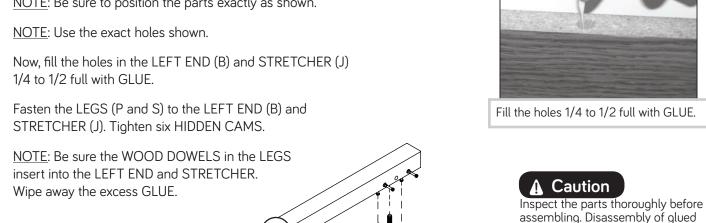
- Turn forty CAM SCREWS (8F) into the PEDESTAL LEFT END (D), STRETCHER (J), and LEGS (O, P, Q, R, S, and T).
- NOTE: Be sure to use the exact holes shown.

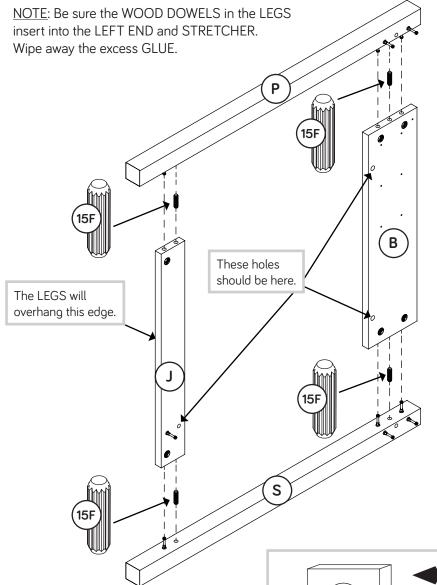


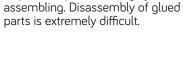




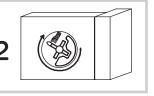
- First, fill the holes in the LEGS (P and S) 1/4 to 1/2 full with GLUE (54M). Then, insert the WOOD DOWELS (15F) into the holes. Wipe away the excess GLUE.
- NOTE: Be sure to position the parts exactly as shown.
- 1/4 to 1/2 full with GLUE.



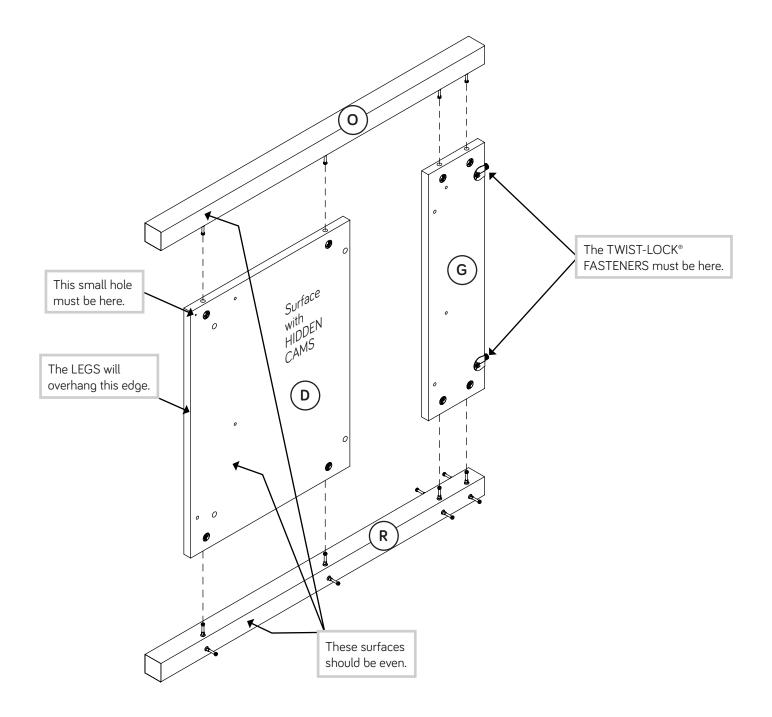




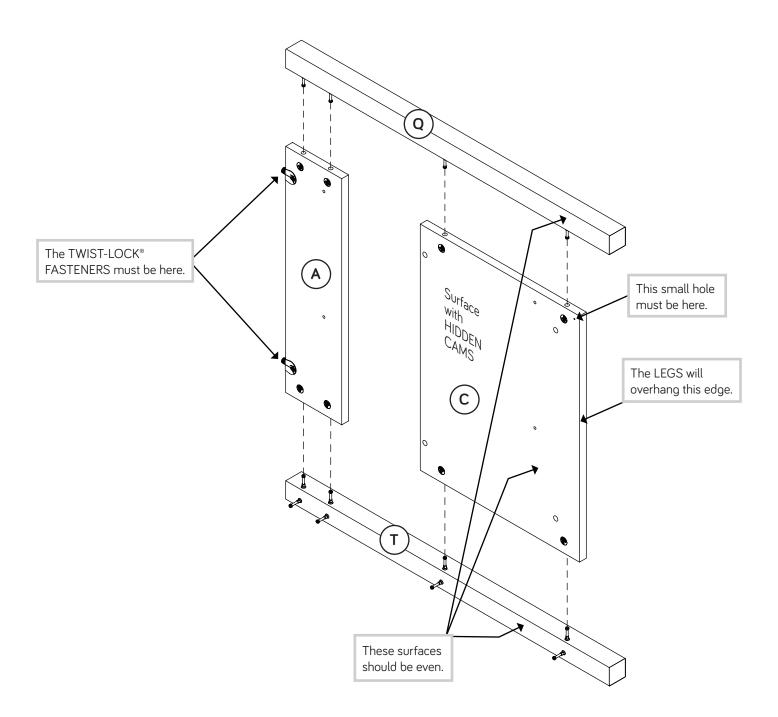




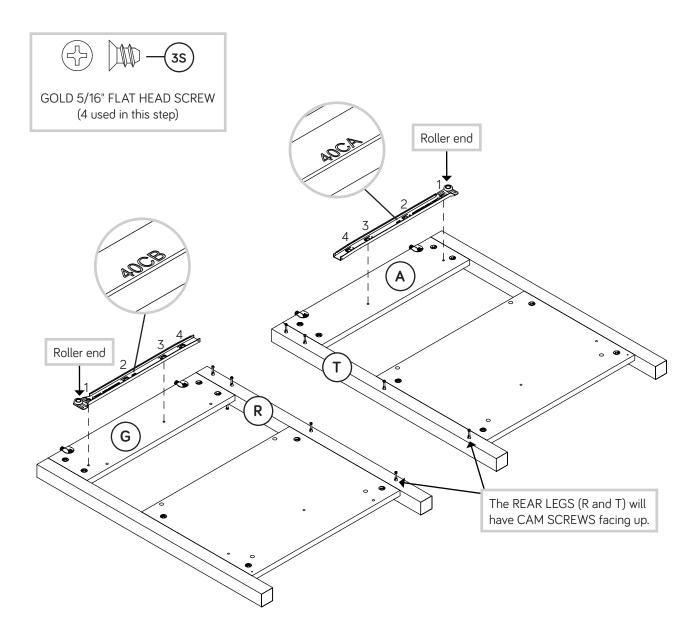
- Fasten the LEGS (O and R) to the PEDESTAL LEFT END (D) and UPRIGHT (G). Tighten eight HIDDEN CAMS.
- **▼** NOTE: Be sure to position the parts exactly as shown.



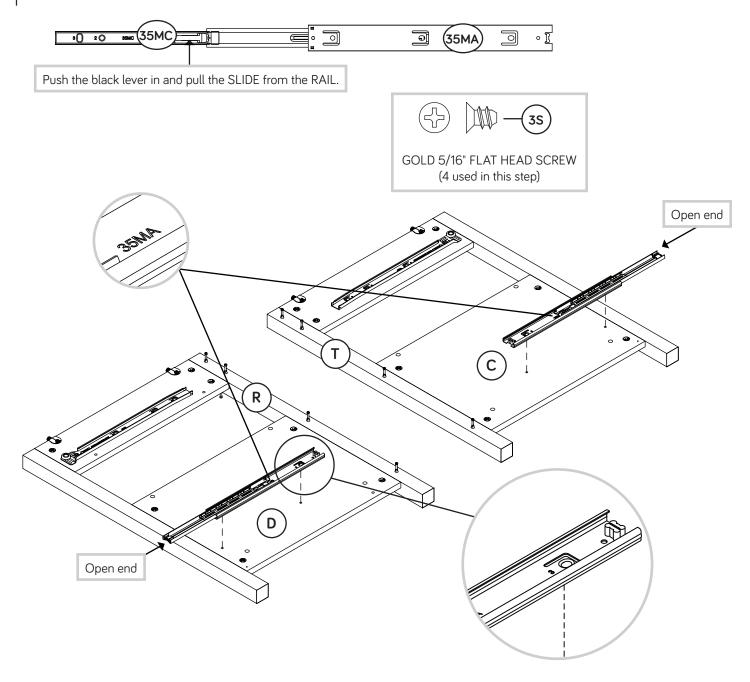
- Fasten the LEGS (Q and T) to the RIGHT END (A) and PEDESTAL RIGHT END (C). Tighten eight HIDDEN CAMS.
- NOTE: Be sure to position the parts exactly as shown.



Fasten the CABINET RIGHT (40CA) to the RIGHT END (A) and the CABINET LEFT (40CB) to the UPRIGHT (G). Use four GOLD 5/16" FLAT HEAD SCREWS (3S) through holes #1 and #3.



- Separate the EXTENSION SLIDES (35MC) from the EXTENSION RAILS (35MA) as shown in the upper diagram below. Be prepared, the parts are greasy.
- Fasten the EXTENSION RAILS (35MA) to the PEDESTAL RIGHT END (C) and PEDESTAL LEFT END (D). Use four GOLD 5/16" FLAT HEAD SCREWS (3S).
- NOTE: For each EXTENSION RAIL, turn a SCREW into the hole shown in the enlarged diagram. Then, slide the inner cartridge of the EXTENSION RAIL in to find the other hole that lines up with the hole in the ENDS. Turn a SCREW into this hole.
- NOTE: The EXTENSION SLIDES will be used later for the large DRAWER.



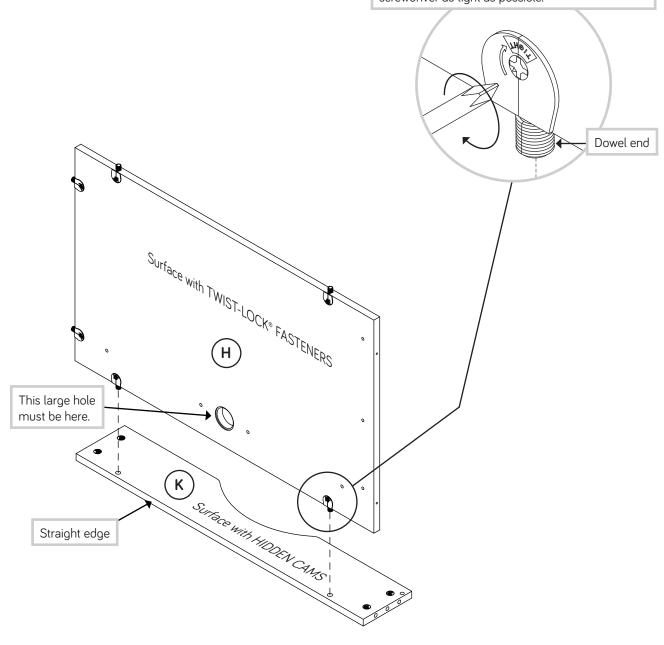
Fasten the LARGE BOTTOM (H) to the BACK (K). Tighten two TWIST-LOCK® FASTENERS.

#### How to use the SAUDER TWIST-LOCK® FASTENER

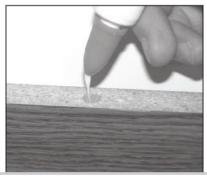
1. Insert the dowel end of the FASTENER into the hole of the adjoining part.

<u>NOTE</u>: The dowel end of the FASTENER must remain fully inserted in the hole of the adjoining part while locking the FASTENER.

2. Tighten the FASTENER with a Phillips screwdriver as tight as possible.



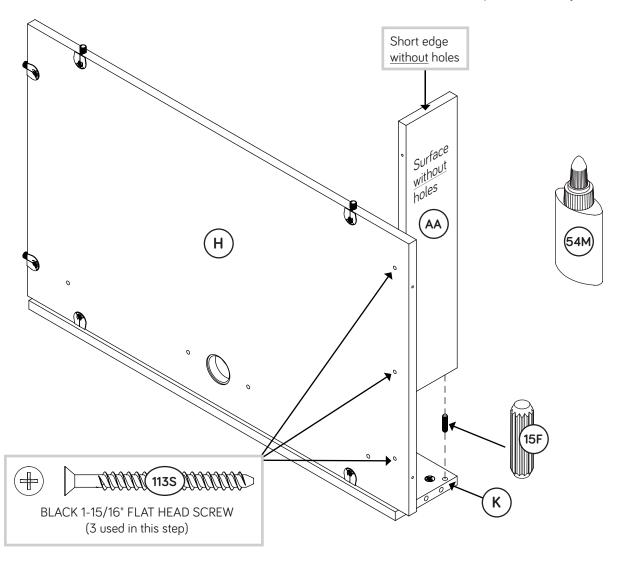
- First, fill the hole in the BACK (K) 1/4 to 1/2 full with GLUE (54M). Then, insert a WOOD DOWEL (15F) into the hole. Wipe away the excess GLUE.
- Now, fill the hole in the SMALL UPRIGHT (AA) 1/4 to 1/2 full with GLUE.
- Place the SMALL UPRIGHT (AA) onto the WOOD DOWEL in the BACK (K). Wipe away the excess GLUE.
- Fasten the LARGE BOTTOM (H) to the SMALL UPRIGHT (AA). Use three BLACK 1-15/16" FLAT HEAD SCREWS (113S).



Fill the holes 1/4 to 1/2 full with GLUE.



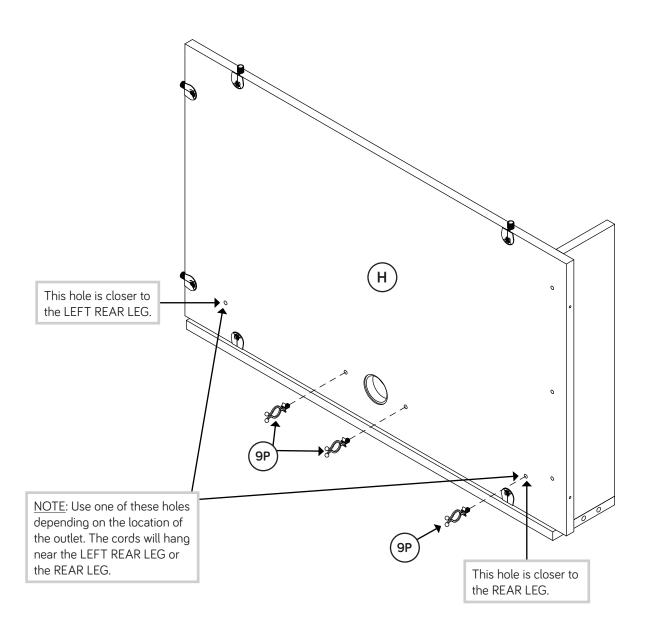
Inspect the parts thoroughly before assembling. Disassembly of glued parts is extremely difficult.



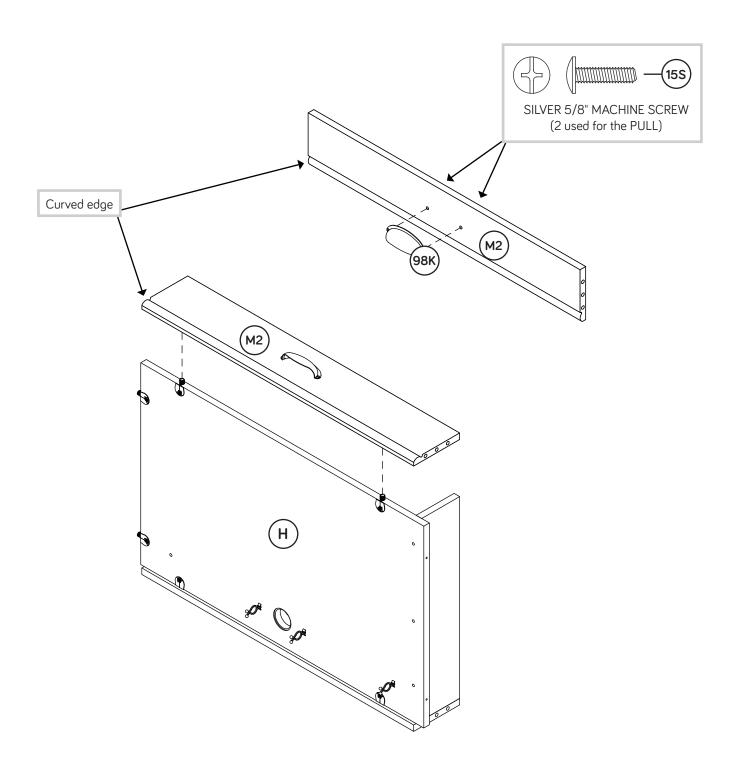
Insert three CORD CLIPS (9P) into the holes in the LARGE BOTTOM (H).

NOTE: The CORD CLIPS are used to manage your cords.

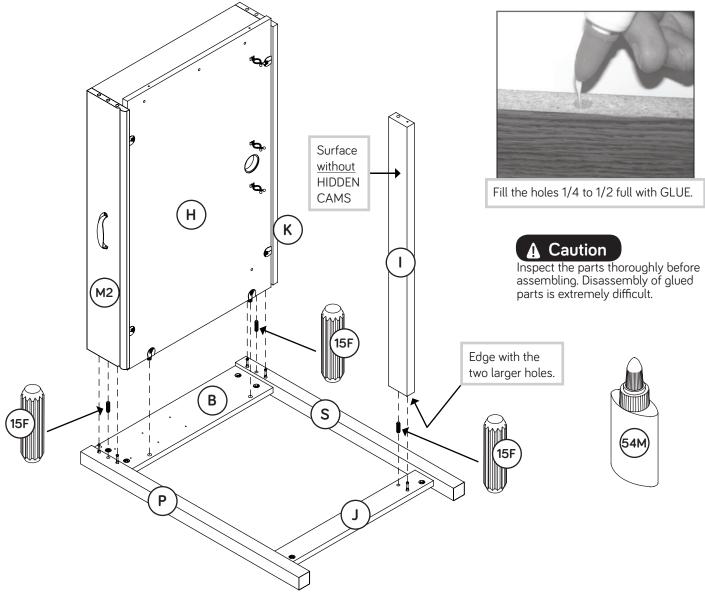
Just think. The sooner you do this, the sooner you do something else.



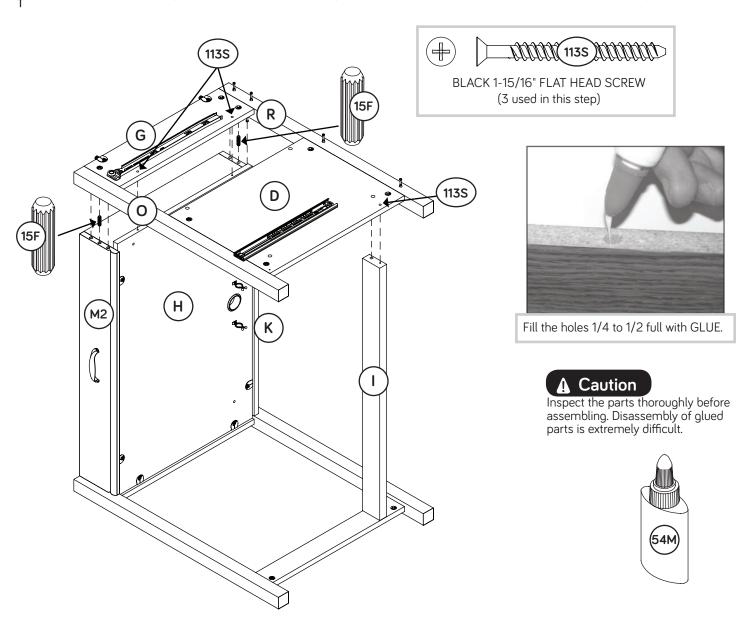
- Fasten a PULL (98K) to the FRONT (M2). Use two SILVER 5/8" MACHINE SCREWS (15S).
- Fasten the FRONT (M2) to the LARGE BOTTOM (H). Tighten two TWIST-LOCK® FASTENERS.



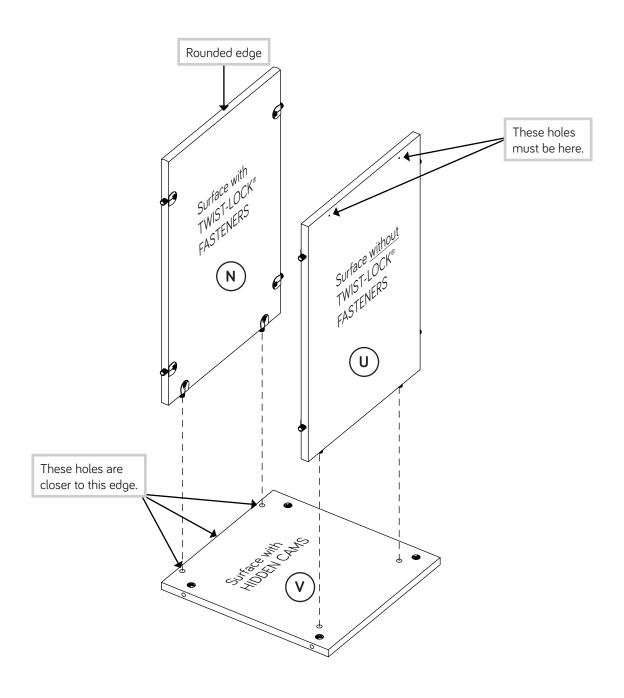
- NOTE: Use the exact holes shown.
- First, fill the holes in the STRETCHER (J) and LEGS (P and S) 1/4 to 1/2 full with GLUE (54M). Then, insert the WOOD DOWELS (15F) into the holes. Wipe away the excess GLUE.
- Now, fill the holes in the BACK (K) and FRONT (M2) 1/4 to 1/2 full with GLUE.
- Fasten the BACK (K) and FRONT (M2) to the LEGS (P and S). Tighten four HIDDEN CAMS. Wipe away the excess GLUE.
- NOTE: Be sure the WOOD DOWELS in the LEGS insert into the BACK and FRONT.
- Fasten the LARGE BOTTOM (H) to the LEFT END (B). Tighten two TWIST-LOCK® FASTENERS.
- Next, fill the hole in the BACK STRETCHER (I) 1/4 to 1/2 full with GLUE.
- Fasten the BACK STRETCHER (I) to the STRETCHER (J). Tighten one HIDDEN CAM. Wipe away the excess GLUE.
- NOTE: Be sure the WOOD DOWEL in the STRETCHER inserts into the BACK STRETCHER.



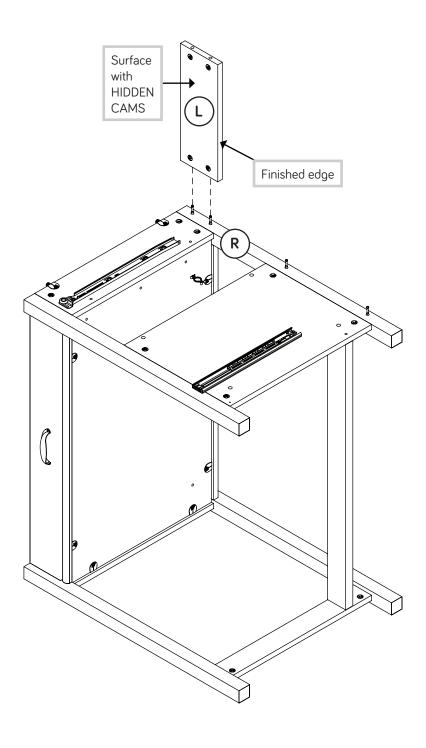
- First, fill the holes in the BACK (K) and FRONT (M2) 1/4 to 1/2 full with GLUE (54M). Then, insert the WOOD DOWELS (15F) into the holes. Wipe away the excess GLUE.
- NOTE: Use the exact holes shown.
- Now, fill the holes in the LEGS (O and R) 1/4 to 1/2 full with GLUE.
- Fasten the PEDESTAL LEFT END (D) to the BACK STRETCHER (I). Tighten one HIDDEN CAM and use one BLACK 1-15/16" FLAT HEAD SCREW (113S).
- Fasten the LEGS (O and R) to the BACK (K) and FRONT (M2). Tighten four HIDDEN CAMS. Wipe away the excess GLUE.
- NOTE: Be sure the WOOD DOWELS in the BACK and FRONT insert into the LEGS.
- Fasten the UPRIGHT (G) to the LARGE BOTTOM (H). Use two BLACK 1-15/16" FLAT HEAD SCREWS (113S).



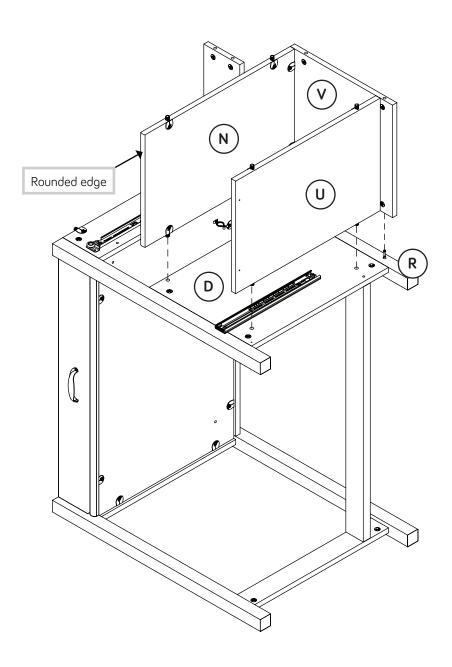
Fasten the SHELF (N) and PEDESTAL BOTTOM (U) to the PEDESTAL BACK (V). Tighten four TWIST-LOCK® FASTENERS.



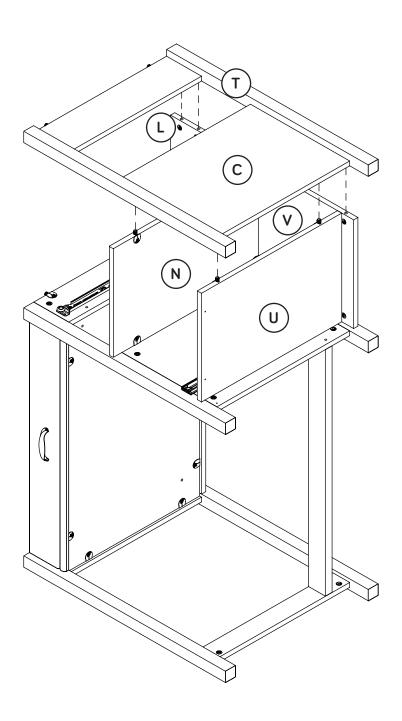
Fasten the SMALL BACK (L) to the REAR LEG (R). Tighten two HIDDEN CAMS.



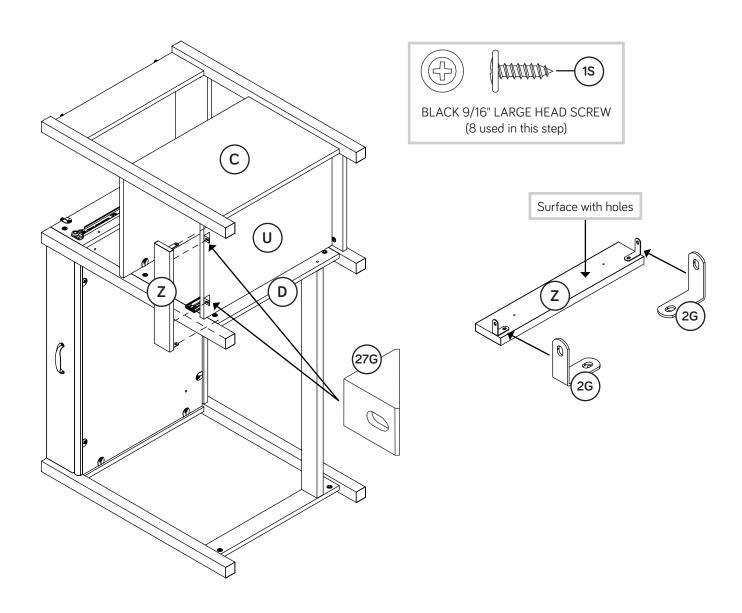
- Fasten the PEDESTAL BACK (V) to the REAR LEG (R). Tighten two HIDDEN CAMS.
- Fasten the SHELF (N) and PEDESTAL BOTTOM (U) to the PEDESTAL LEFT END (D). Tighten four TWIST-LOCK® FASTENERS.



- Fasten the PEDESTAL RIGHT END (C) to the SHELF (N) and PEDESTAL BOTTOM (U). Tighten four TWIST-LOCK® FASTENERS.
- Fasten the RIGHT REAR LEG (T) to the SMALL BACK (L) and PEDESTAL BACK (V). Tighten four HIDDEN CAMS.

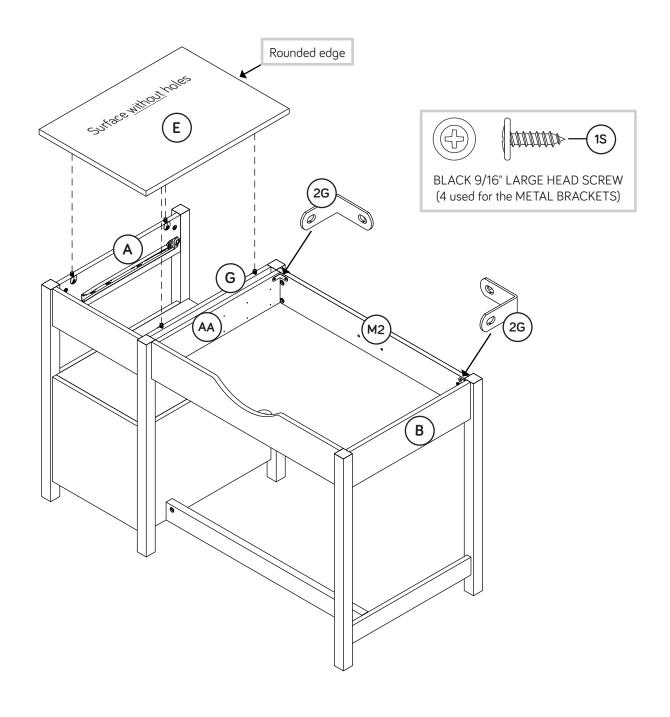


- Fasten two METAL BRACKETS (2G) to the BOTTOM MOLDING (Z) exactly as shown. Use two BLACK 9/16" LARGE HEAD SCREWS (1S).
- NOTE: Be sure the METAL BRACKETS are even with the edges of the BOTTOM MOLDING.
- Fasten two ANGLE BRACKETS (27G) to the PEDESTAL BOTTOM (U). Use two BLACK 9/16" LARGE HEAD SCREWS (1S).
- NOTE: Be sure the ANGLE BRACKETS are even with the edge of the PEDESTAL BOTTOM.
- Fasten the BOTTOM MOLDING (Z) to the PEDESTAL BOTTOM (U). Use two BLACK 9/16" LARGE HEAD SCREWS (1S) through the ANGLE BRACKETS and into the BOTTOM MOLDING.
- Fasten the BOTTOM MOLDING (Z) to the PEDESTAL ENDS (C and D). Use two BLACK 9/16" LARGE HEAD SCREWS (1S) through the METAL BRACKETS and into the ENDS.

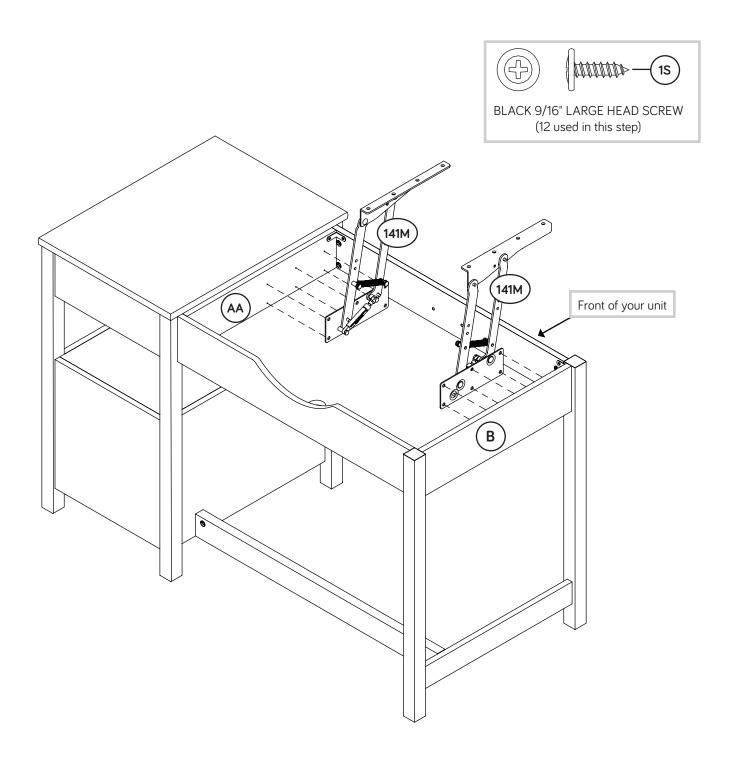


- **▼** With someone's help, carefully stand your unit upright.
- Fasten two METAL BRACKETS (2G) to the LEFT END (B), FRONT (M2), and SMALL UPRIGHT (AA). Use four BLACK 9/16" LARGE HEAD SCREWS (1S).
- Fasten the TOP (E) to the RIGHT END (A) and UPRIGHT (G). Tighten four TWIST-LOCK® FASTENERS.

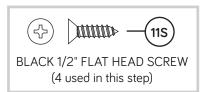


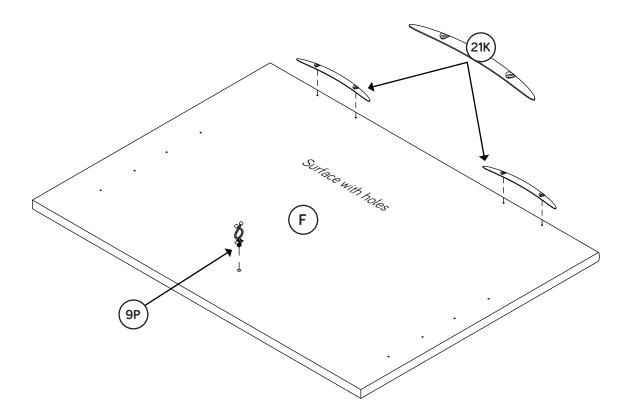


- NOTE: Be sure to position the LIFT TABLE MECHANISMS (141M) exactly as shown.
- Fasten the LIFT TABLE MECHANISMS (141M) to the LEFT END (B) and SMALL UPRIGHT (AA). Use twelve BLACK 9/16" LARGE HEAD SCREWS (1S).
- NOTE: Be careful when lining up the holes in the MECHANISMS with the holes in the END and UPRIGHT as to not damage any parts. You should start each SCREW a few turns before completely tightening any of them.

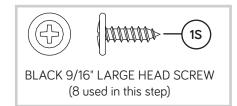


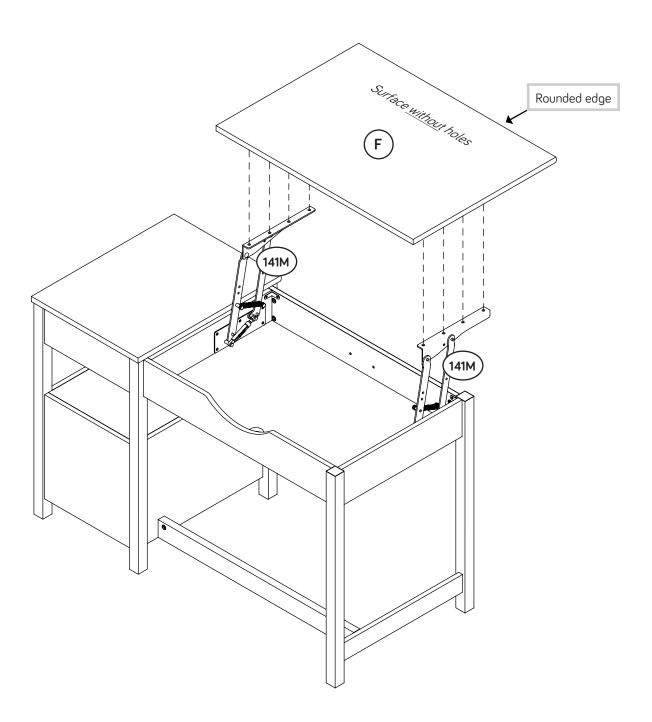
- Insert one CORD CLIP (9P) into the hole in the LIFT-TOP (F).
- Fasten two LONG PULLS (21K) to the LIFT-TOP (F). Use four BLACK 1/2" FLAT HEAD SCREWS (11S).



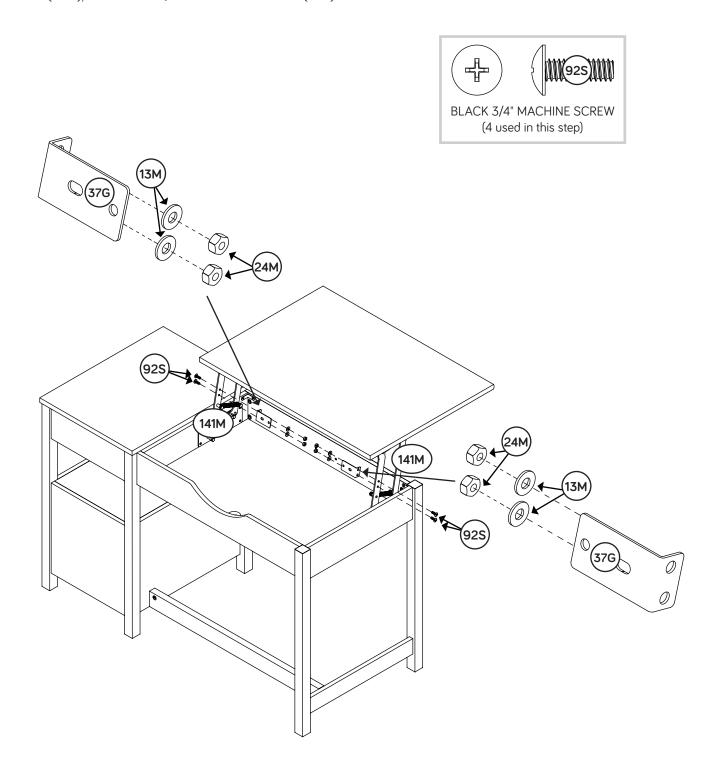


- **▼** IMPORTANT: You will need someone's help in this step.
- Fasten the LIFT-TOP (F) to the LIFT TABLE MECHANISMS (141M) Use eight BLACK 9/16" LARGE HEAD SCREWS (1S).
- NOTE: You should start each SCREW a few turns before completely tightening any of them.

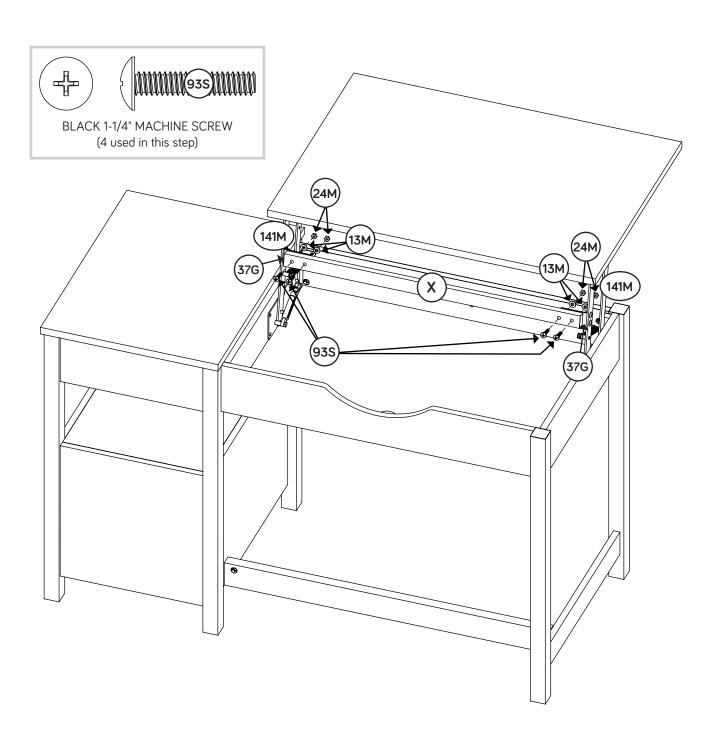




Fasten the SUPPORT BRACKETS (37G) to the LIFT TABLE MECHANISMS (141M). Use four WASHERS (13M), NUTS (24M), and BLACK 3/4" MACHINE SCREWS (92S).

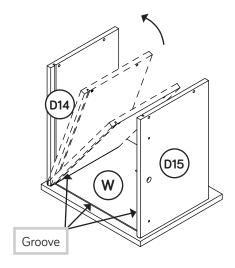


Fasten the LIFT-TOP STRETCHER (X) to the SUPPORT BRACKETS (37G) on the LIFT TABLE MECHANISMS (141M). Use four WASHERS (13M), NUTS (24M), and BLACK 1-1/4" MACHINE SCREWS (93S).

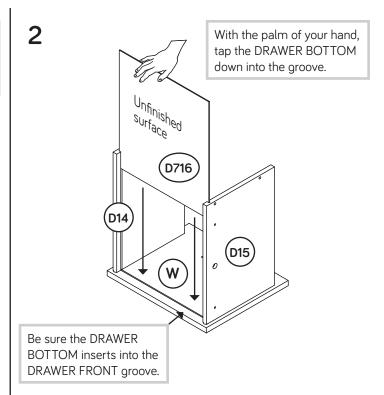


1

The tabs should insert freely into the slots. Gently tilt the DRAWER SIDES side to side until the tabs slip into the slots.

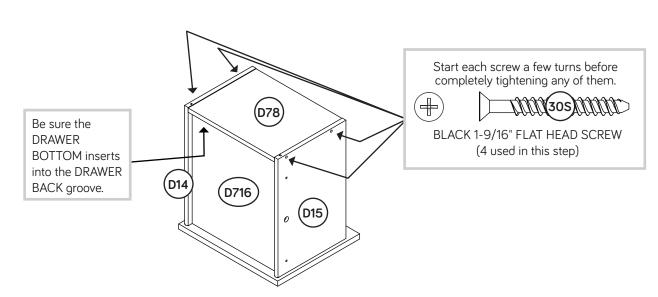


Insert the LARGE DRAWER SIDES (D14 and D15) at an angle into the slot at each end of the LARGE DRAWER FRONT (W).



Slide the DRAWER BOTTOM (D716) into the grooves in the LARGE DRAWER SIDES (D14 and D15) and LARGE DRAWER FRONT (W).

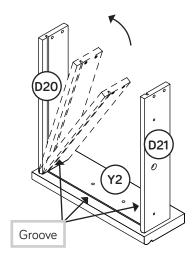
3



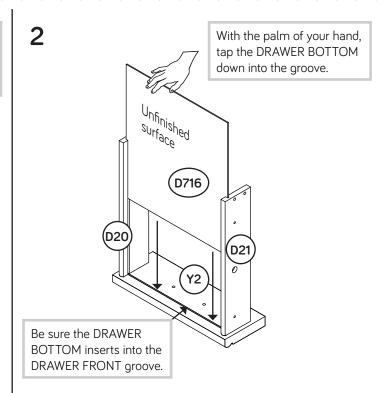
- Fasten the LARGE DRAWER BACK (D78) to the LARGE DRAWER SIDES (D14 and D15). Use four BLACK 1-9/16" FLAT HEAD SCREWS (30S).
- NOTE: Be sure the DRAWER BOTTOM (D716) inserts into the groove of the LARGE DRAWER BACK (D78).

1

The tabs should insert freely into the slots. Gently tilt the DRAWER SIDES side to side until the tabs slip into the slots.

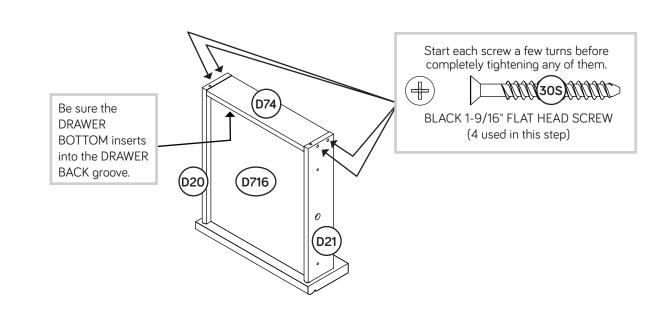


Insert the SMALL DRAWER SIDES (D20 and D21) at an angle into the slot at each end of the SMALL DRAWER FRONT (Y2).



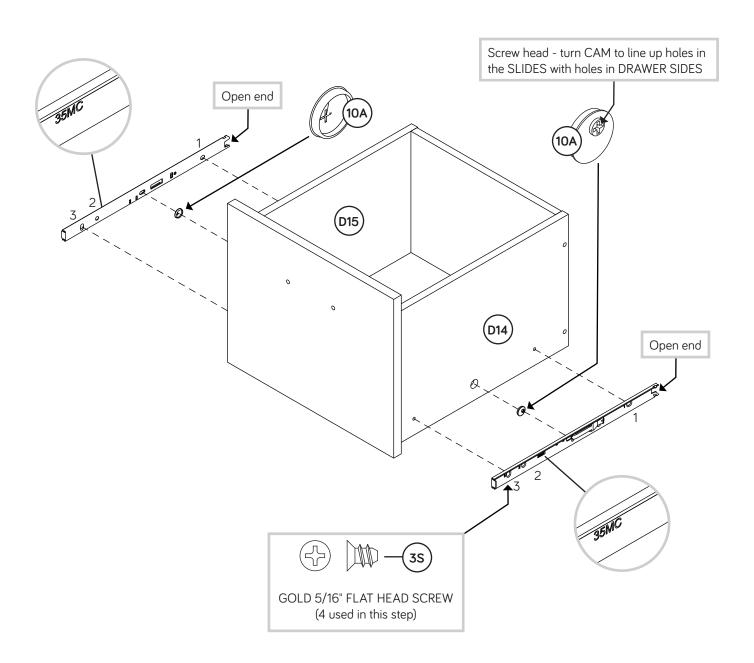
Slide the DRAWER BOTTOM (D716) into the grooves in the SMALL DRAWER SIDES (D20 and D21) and DRAWER FRONT (Y2).

3

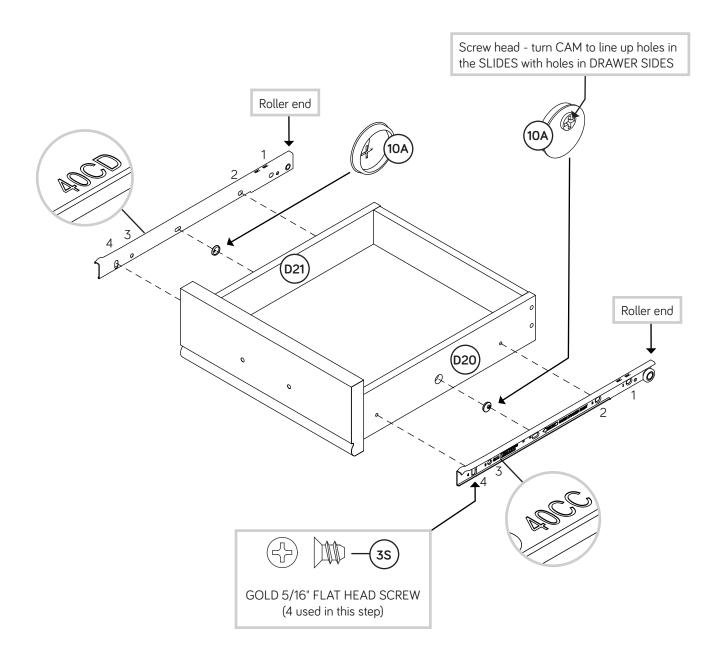


- Fasten the SMALL DRAWER BACK (D74) to the SMALL DRAWER SIDES (D20 and D21). Use four BLACK 1-9/16" FLAT HEAD SCREWS (30S).
- NOTE: Be sure the DRAWER BOTTOM (D716) inserts into the groove of the SMALL DRAWER BACK (D74).

- Insert a SLIDE CAM (10A) into the LARGE DRAWER SIDES (D14 and D15).
- Fasten the EXTENSION SLIDES (35MC) to the LARGE DRAWER SIDES (D14 and D15). Use four GOLD 5/16" FLAT HEAD SCREWS (3S) through holes #1 and #3.
- NOTE: The screw head in the CAM must be visible through the slotted hole in the SLIDE.

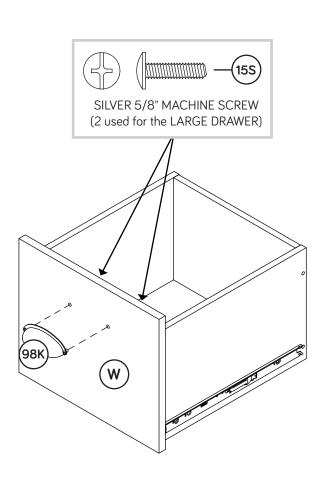


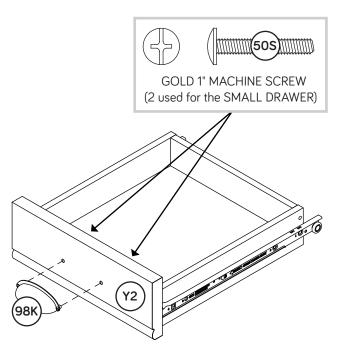
- Insert a SLIDE CAM (10A) into the SMALL DRAWER SIDES (D20 and D21).
- Fasten the DRAWER RIGHT (40CC) and DRAWER LEFT (40CD) to the SMALL DRAWER SIDES (D20 and D21). Use four GOLD 5/16" FLAT HEAD SCREWS (3S) through holes #2 and #4.
- NOTE: The screw head in the CAM must be visible through the slotted hole in the SLIDE.



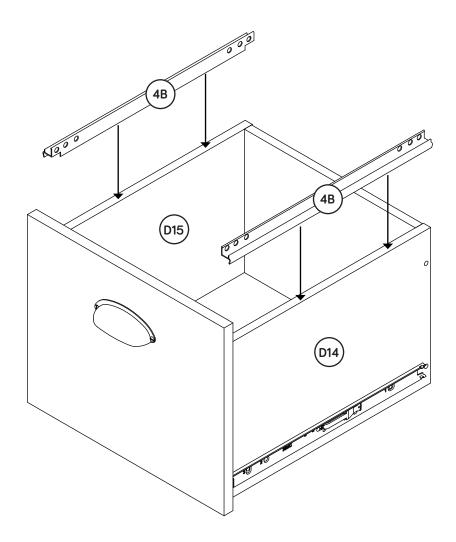
- Fasten a PULL (98K) to the SMALL DRAWER FRONT (Y2). Use two GOLD 1" MACHINE SCREWS (50S).
- Fasten a PULL (98K) to the LARGE DRAWER FRONT (W). Use two SILVER 5/8" MACHINE SCREWS (15S).



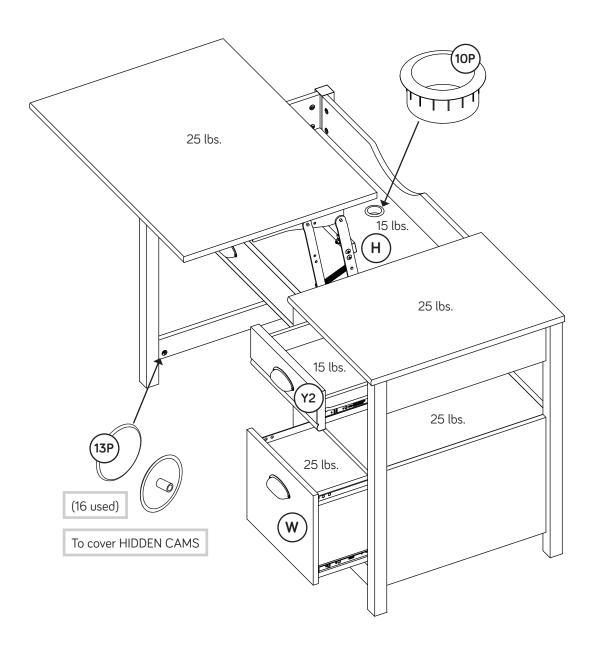




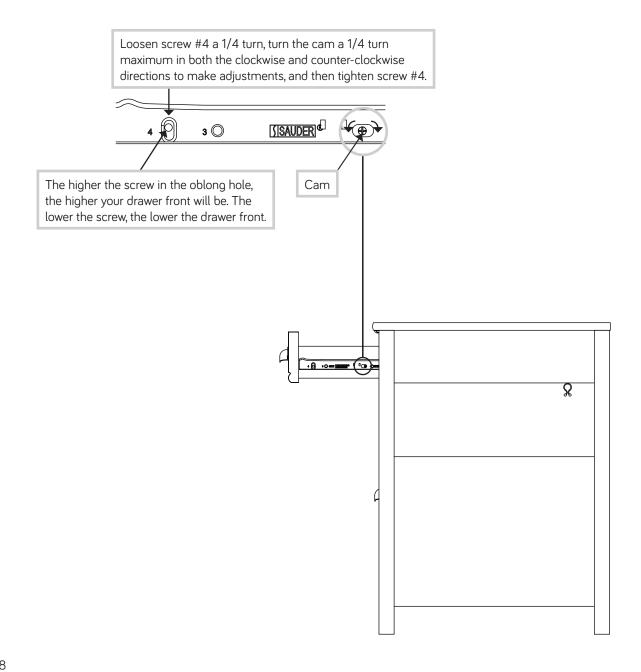
Press the FILE GLIDES (4B) onto the LARGE DRAWER SIDES (D14 and D15).



- To insert the SMALL DRAWER (Y2) into your unit, tip the front of the drawer down and drop the rollers on the drawer behind the rollers on the unit. Lift the front of the drawer up and slide it into the unit.
- To insert the LARGE DRAWER (W) into your unit, line up the EXTENSION SLIDES on the drawer with the EXTENSION RAILS on the unit and push the drawer into the unit until the drawer is fully inserted. The drawer will push in hard until it is all the way in, then it will slide in and out easier.
- Insert the GROMMET (10P) into the large hole in the LARGE BOTTOM (H).
- Using your hammer, gently tap a CAM COVER (13P) onto each visible HIDDEN CAM.



- To make adjustments to the SMALL drawer, loosen SCREW #4 in the SLIDES a 1/4 turn, then turn the CAM clockwise or counter-clockwise. Notice how the drawer raises or lowers as you turn the CAM. The higher the screw in the oblong hole, the higher your drawer front will be. The lower the screw, the lower the drawer front. By adjusting the drawer this way, it will help the DRAWER FRONT line up better when closed. Tighten the SCREW when finished with adjustments.
- NOTE: You will loosen SCREW #3 in the LARGE drawer to make adjustments and then retighten the SCREW.
- NOTE: Please read the back pages of the instruction booklet for important safety information.
- This completes assembly. Clean with your favorite furniture polish or a damp cloth. Wipe dry.



WARNING

Please use your furniture correctly and safely. Improper use can cause safety hazards, or damage to your furniture or household items. Carefully read the following chart.

or damage to your formittie or nobserioto items. Carejong read the joilowing chart.							
Look out for:	What can happen:	How to avoid the problem:					
<ul> <li>Overloaded shelves or drawers.</li> <li>Improper loading can cause the product to be top-heavy.</li> </ul>	<ul> <li>Risk of injury.</li> <li>Top-heavy furniture can tip over.</li> <li>Overloaded shelves and drawers can break.</li> </ul>	<ul> <li>Never exceed the weight limits shown in the instructions.</li> <li>Work from bottom to top when loading shelves and drawers. Place the heavier items on the lower shelves or in lower drawers.</li> </ul>					
• Improperly moving furniture that is not designed and equipped with casters.	<ul> <li>Furniture can tip over or break if improperly moved.</li> <li>Physical injury. Furniture can be very heavy.</li> <li>Breakage of tops - particularly with double pedestal furniture (drawers at both ends).</li> </ul>	<ul> <li>Unload shelves and drawers from top to bottom before moving the unit.</li> <li>Do not push furniture, especially on a carpeted floor. Have a friend help you lift the item and set it in place.</li> <li>Provide support to the center section of the top when lifting the furniture.</li> </ul>					
Placing TVs on furniture items that are not designed to support a television is hazardous.	• Risk of injury or death. TVs can be very heavy. Plus the weight and location of the picture tube tends to make TVs unbalanced and prone to tipping forward.	• This product is not designed to support a television.					