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› YESHOMY Electric Standing Desk Instruction Manual

YESHOMY YH-HAD22-1422

YESHOMY Electric Standing Desk Instruction Manual

Model: YH-HAD22-1422

1. PRODUCT OVERVIEW

The YESHOMY Electric Standing Desk is an ergonomic workstation designed for home and office use, featuring motorized height adjustment. This desk promotes a healthier work environment by allowing seamless transitions between sitting and standing positions.

Key features include:

- **Motorized Height Adjustment:** Customize desk height between 28.75 inches and 46.3 inches.
- **Large Workspace:** 55-inch desktop provides ample space for work essentials.
- **Sturdy Construction:** Industrial-grade steel frame supports up to 200 lbs.
- **Sedentary Reminder:** Programmable reminder to encourage movement and protect spinal health.
- **Integrated Accessories:** Includes a cup holder and headphone hook for convenience.



The YESHOMY Electric Standing Desk (White, 55-inch) set up with dual monitors and office accessories.



The YESHOMY Electric Standing Desk in a modern office environment, showcasing its clean design.

2. SAFETY INFORMATION

Please read and understand all safety instructions before assembly and use. Failure to follow these instructions may result in injury or damage to the product.

- Always follow assembly instructions carefully.
- Ensure the desk is properly assembled and stable before use.
- Do not exceed the maximum weight capacity of 200 lbs (90.7 kg).
- Keep hands and objects clear of moving parts during height adjustment.
- Do not allow children to operate the desk without adult supervision.

- Unplug the desk from the power outlet before cleaning or maintenance.
- Be aware that actual product color may vary slightly from photos due to lighting and display settings.

3. SPECIFICATIONS

Feature	Detail
Brand	YESHOMY
Model Number	YH-HAD22-1422
Color	White
Product Dimensions (D x W x H)	24"D x 55"W x 46.3"H
Minimum Height	28.7 inches
Maximum Height	46.3 inches
Weight Capacity	200 lbs (90.7 kg)
Item Weight	51.8 Pounds (23.5 kg)
Base Material	Alloy Steel
Top Material Type	Carbon Fiber
Included Components	Headphone Hook, Cup Holder
Assembly Required	Yes
Includes All Assembly Tools	Yes



Detailed dimensions of the YESHOMY Electric Standing Desk.

Table Details



Visual representation of the desk's adjustable height range and maximum weight capacity.

4. SETUP AND ASSEMBLY

The YESHOMY Electric Standing Desk requires assembly. All necessary tools are included in the package. For detailed, step-by-step assembly instructions, please refer to the official Installation Manual (PDF) provided by the manufacturer.

You can access the Installation Manual here: [Download Installation Manual \(PDF\)](#)

General assembly steps typically involve:

1. Unpacking all components and verifying against the parts list.
2. Assembling the desk legs and frame.
3. Attaching the desktop to the assembled frame.

4. Connecting the motor and control panel wiring.
5. Installing the cup holder and headphone hook.
6. Performing initial calibration as per the manual.

Ensure all screws are tightened securely and the desk is stable before plugging it into a power outlet.

5. OPERATING INSTRUCTIONS

The YESHOMY Electric Standing Desk features an intuitive control panel for easy height adjustment and other functions.

Control Panel Functions:



Detailed view of the desk's control panel and its various functions.

- **Up & Down Buttons (▲ / ▼):** Press and hold to adjust the desk height upwards or downwards. Release the button to stop at the desired height.
- **Save Button (M):** Allows you to save up to two preferred height settings. To save a height: adjust the desk to the desired height, then press 'M' followed by '1' or '2'. The desk will beep to confirm.
- **Restore Button (C):** Resets the desk to its original factory settings or a default low position. Consult the full manual for specific reset procedures.
- **Time Setting Key (T):** Activates the sedentary reminder function. Press this button to set a timer (e.g., 45 minutes, 60 minutes) to remind you to change your posture from sitting to standing, or vice versa. The desk will alert you when the set time has elapsed.

Height Adjustment:

The desk can be adjusted from a minimum height of 28.7 inches to a maximum height of 46.3 inches. Use the Up and Down buttons to smoothly transition between sitting and standing positions.



The desk's ergonomic design allows for comfortable sitting and standing positions, operating quietly.



The electric lift function promotes healthier working habits by enabling easy posture changes.



The desk operates with quiet efficiency, minimizing noise during height adjustments.

Sedentary Reminder:

Utilize the 'T' button to set a reminder to switch between sitting and standing. This feature is designed to help you maintain an active posture throughout your workday, contributing to better spinal health and overall well-being.

Ergonomic Design

Say goodbye to sedentary relieve back pain and protect spinal health



Close-up of the integrated cup holder, headphone hook, and cable management hole.

- **Cup Holder:** Attach the provided cup holder to the side of the desk for convenient access to beverages.
- **Headphone Hook:** Utilize the headphone hook to keep your headphones organized and within reach.

6. MAINTENANCE

Proper maintenance will ensure the longevity and optimal performance of your YESHOMY Electric Standing Desk.

- **Cleaning:** Wipe the desk surface and frame with a soft, damp cloth. Avoid using harsh chemicals or abrasive cleaners that could damage the finish.
- **Motor Care:** The electric motor is designed for durability. Avoid overloading the desk beyond its 200 lbs capacity, as

this can strain the motor.

- **Cable Management:** Periodically check all cables and connections to ensure they are secure and not pinched or damaged.
- **Regular Inspection:** Routinely check all screws and fasteners to ensure they remain tight. Retighten if necessary.

7. TROUBLESHOOTING

If you encounter any issues with your YESHOMY Electric Standing Desk, refer to the following common troubleshooting steps:

- **Desk Not Moving:**
 - Ensure the power cord is securely plugged into both the desk and a working electrical outlet.
 - Check if any cables are disconnected or damaged.
 - If the desk has an overload protection feature, remove some weight and try again.
- **Uneven Height Adjustment:**
 - Perform a reset/calibration procedure as outlined in the full Installation Manual. This typically involves lowering the desk to its lowest point and holding the down button for a few seconds until it recalibrates.
- **Control Panel Not Responding:**
 - Unplug the desk from the power outlet for 10-15 minutes, then plug it back in to reset the system.
 - Ensure the control panel cable is firmly connected to the motor unit.
- **Unusual Noises During Operation:**
 - Minor motor sounds are normal. If noises are loud or grinding, ensure the desk is not overloaded and that all assembly screws are tight.
 - Check for any obstructions under or around the desk legs.

For persistent issues or problems not covered here, please contact YESHOMY customer support.

8. WARRANTY AND SUPPORT

For information regarding product warranty, returns, or technical support, please refer to your purchase documentation or contact YESHOMY customer service directly.

You can typically find support information on the YESHOMY brand store page or by searching for 'YESHOMY customer support' online.

Visit the YESHOMY Store: [YESHOMY Official Store](#)

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