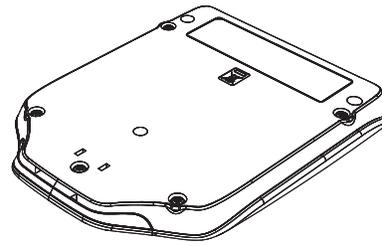


User Guide:

## SENTINEL™ BLUETOOTH BLUETOOTH SMART APP SWITCH



**Workrite**  
ergonomics®

### GENERAL INFORMATION

Documentation for the Workrite Sentinel BT Smart App Switch consists of this manual and several other documents.

The person using the Sentinel Bluetooth Smart App Switch must read all documentation before using. Keep all documentation for as long as you own the Sentinel table. Please ensure that all documentation is transferred to future users of the Sentinel table.

This User Guide may change without notice. The most recent version is available on our website.

Go to <http://workriteergo.com/user-guides-installation-instructions/> to view or download the latest version of this guide.

### OTHER APPLICABLE DOCUMENTS

This "User Guide" instruction contains Pairing, Restart, and Factory reset instructions for the Workrite Sentinel BT Smart App Switch. For operation of the features and settings in the Sentinel App please refer to the app setting menu and the prompts provide when the app is installed and opened on your smart device.

Other applicable documents include:

- Sentinel Table Assembly Instructions (included with the table when packaged and shipped)
- Sentinel BT Smart App Switch Installation Instructions (packed with the Sentinel ST-BTSMAP-SW)

### GENERAL SAFETY REQUIREMENTS

In general, the following safety requirements apply installing and using the Sentinel Height Adjustable Workstation and the BT Smart App Switch:

- Do not operate the product unless it is in a clean and perfect condition
- Do not change, convert or modify any components of the Sentinel table system
- In the event of damage or malfunction, faulty components must be removed and replaced immediately
- Unauthorized repairs are prohibited
- Disconnect the Sentinel workstation from power by removing the power cord from the power source prior to performing any service work or replacement of any parts or components of the Sentinel workstation

### INTENDED USE

The Sentinel BT Smart App Switch is a Bluetooth device designed to interface a smart device such as phone or tablet with the Sentinel Height Adjustable Workcenter allowing connection and operation for the device via the Workrite Sentinel App downloadable from the App Store (iOS) or Google Play (Android).

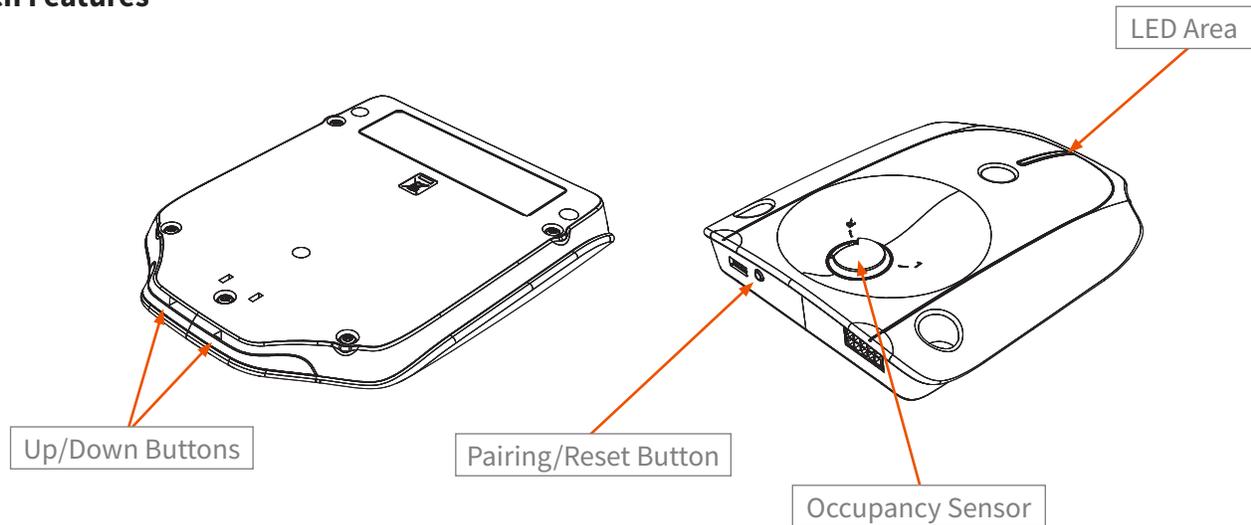
Inherent to the use of the Workrite Sentinel app and the Sentinel Height Adjustable Work center, are acknowledgments of features and operation up to and including acknowledgments for user safety and use of optional features. It is the responsibility of the user to read, understand and accept the conditions of use when the app is downloaded and the smart device is paired to a Workrite Sentinel Height Adjustable Work center.

The app will allow the user to operate the Sentinel work center as designed allowing height adjustment remotely via the smart device. The user must be present at all times when operation the Sentinel table via the Sentinel app.

## Operation and User Features

The Sentinel App is designed to walk the user through the set up and use of the Sentinel table and Sentinel Smart App Bluetooth Switch. Before you can use the Sentinel App you must pair your device to the Sentinel Desk and the correct Sentinel Smart App Bluetooth Switch.

## Switch Features

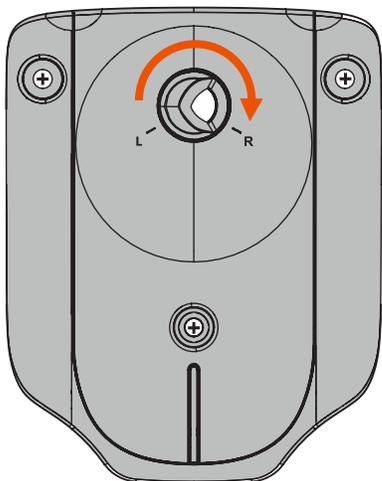


## INSTALL THE SWITCH

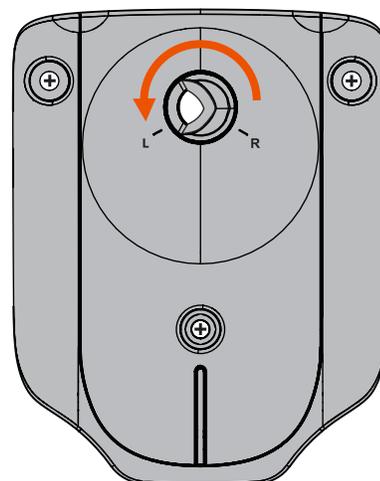
<https://workrite.showpad.com/share/ZLpkkfqZcdoJ3QjLrcNy5>

### Align the Occupancy Sensor Window

The Occupancy Sensor has a window to focus the view of the occupancy sensor to better see the user when operation the Sentinel desk with the Sentinel Smart App Bluetooth Switch. The window can be rotated to see to the right or left as required based on where the switch is installed.



Switch Mounted to users **RIGHT**: Rotate the view window as shown for installations where the switch is installed to the right of the user.



Switch Mounted to users **LEFT**: Rotate the view window as shown for installations where the switch is installed to the right of the user.

## DOWNLOAD THE APP

Scan the QR code on the tag on the Sentinel Smart App Bluetooth Switch to go to the Apple “App Store” for Apple devices (iOS) or “Google Play” for Android devices.

If the QR codes are not readily available or the set up tag has already been removed from the Sentinel Smart App Bluetooth Switch, go to the App Store or Google Play and search Workrite Sentinel App.

**Note:** This app is for smart devices only and will not operate from a laptop or desktop or other typical computer

Only to be removed by End User  
Pairing Key: 000000

Download on the App Store    GET IT ON Google Play



workriteergo.com/  
sentinel-bluetooth-switch

## PAIRING SMART DEVICES WITH SENTINEL SMART APP BLUETOOTH SWITCH



**CAUTION:** Risk of minor or moderate injury through uncontrolled movement. While the app is designed to limit seeing multiple desks during pairing, it is possible that more than one Sentinel Smart App Bluetooth Switch will be in range of your smart device. The app is designed to easily identify which desk you are connecting to with the “FLASH LED” feature in the app. If you connect your smart device to the incorrect Sentinel Smart App Bluetooth Switch, operating the wrong workstation may lead to minor or moderate injury through crushing.

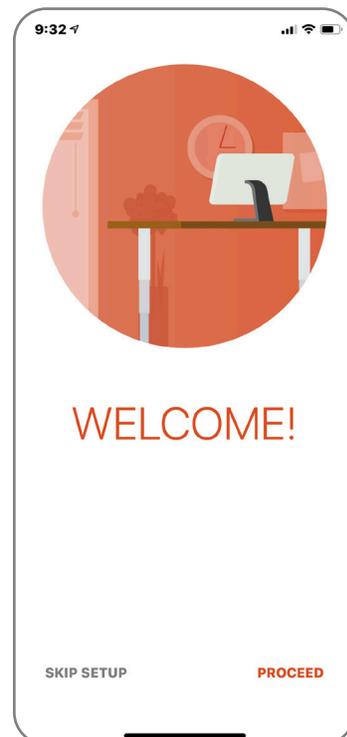
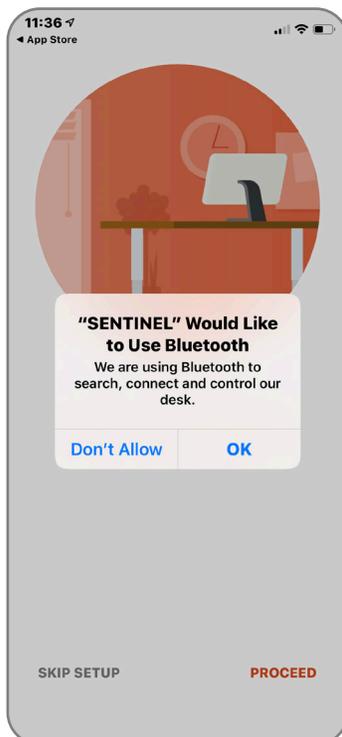
Ensure that your smart device is connected to the correct Sentinel Smart App Bluetooth Switch. See the sticker on the Sentinel Smart App Bluetooth Switch housing to identify it correctly. It is recommended to write this Do not operate the Motion@Work App if the smart device is paired with the incorrect switch

The Sentinel Smart App Bluetooth Switch Pairing Mode has a timeout of 30 seconds. If you do not begin pairing in this time, the LEDs will stop flashing and you will have to restart the pairing sequence to continue.

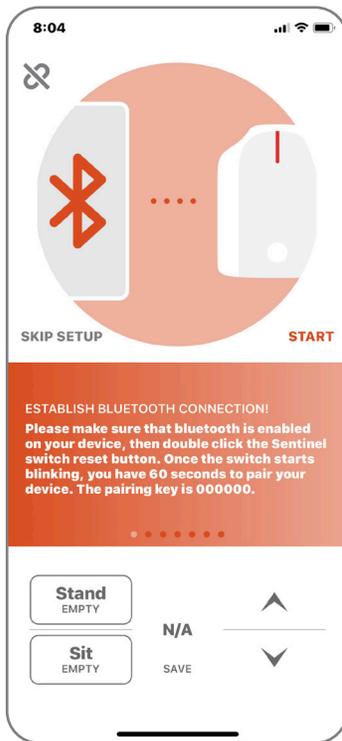
### To pair your smart device with Sentinel Smart App Bluetooth Switch:

Ensure you have installed the Workrite Sentinel App correctly

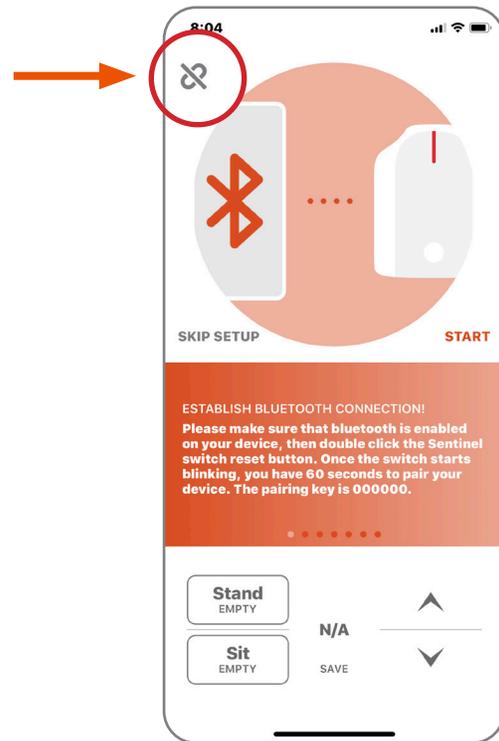
1. When opening the app for the first time you will be asked “SENTINEL” Would Like to Use Bluetooth. Select “OK”.
2. The Welcome Screen will appear. Select “PROCEED”.



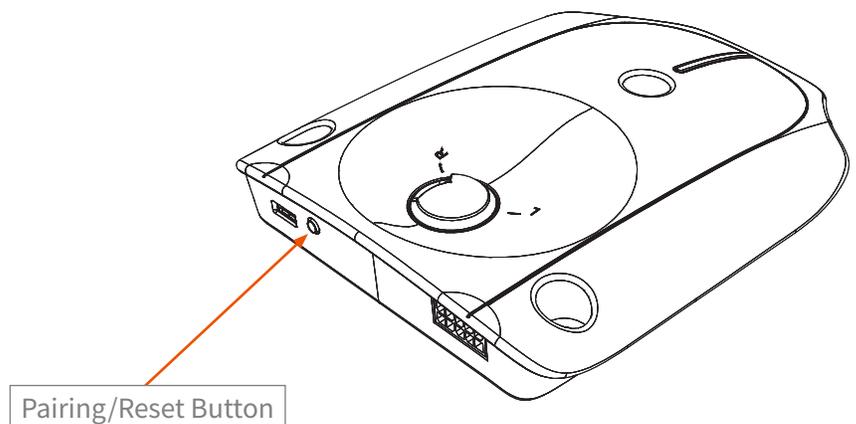
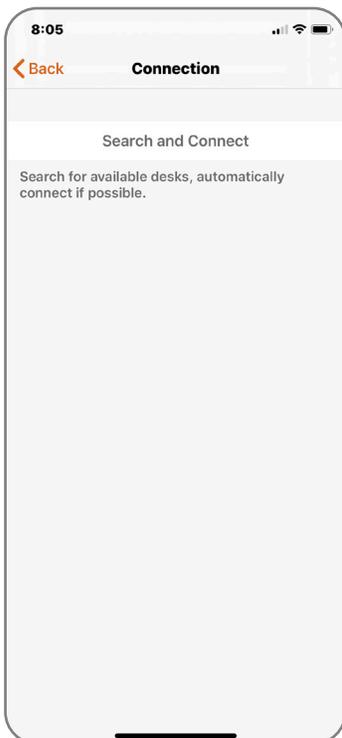
3. The main landing page will now appear.



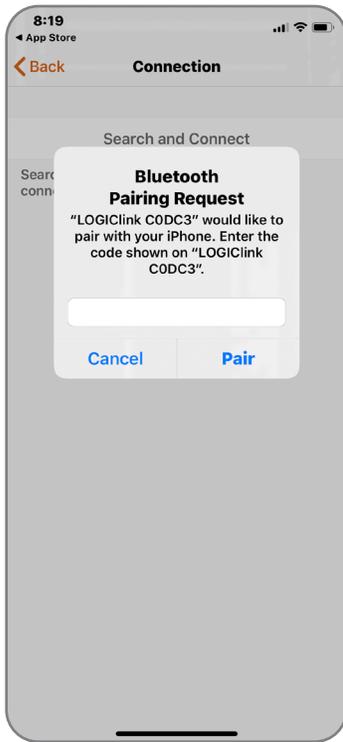
4. In the upper left corner of the landing screen there is a connection symbol. Click this to open the pairing request screen.



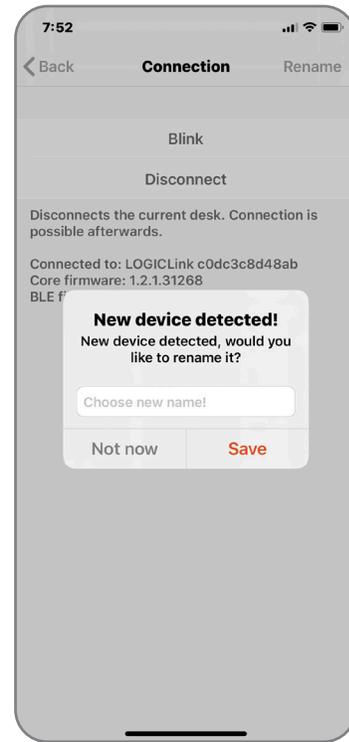
5. You will be prompted to Double-click the reset button on the Sentinel Smart App Bluetooth Switch to start Bluetooth pairing mode.



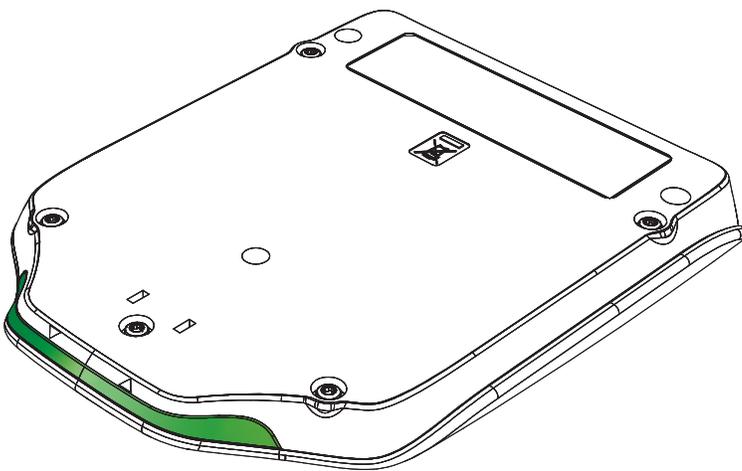
6. The Bluetooth Pairing Request window will pop up (Screen Shot 6) Enter the pairing code “000000” and then select “Pair”.



7. When pairing to the Sentinel Bluetooth switch for the first time you can rename the desk to make it easy to identify the next time you go to connect. As an example “My Desk” or “Desk 1 Room 2” are ways to identify the desk you are connecting to in the future.



8. When paired successfully The LEDs on the Sentinel Smart App Bluetooth Switch will flash green twice.

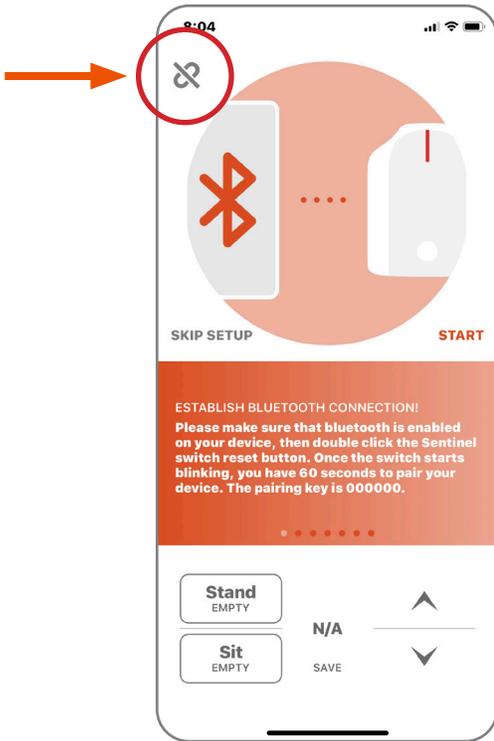


*\*Note: In some cases the company may give table permanent names that can be marked on the Sentinel desk with a simple label. This allows a company to map their office and desks so there is a assigned desk name to coordinate with their facility management system.*

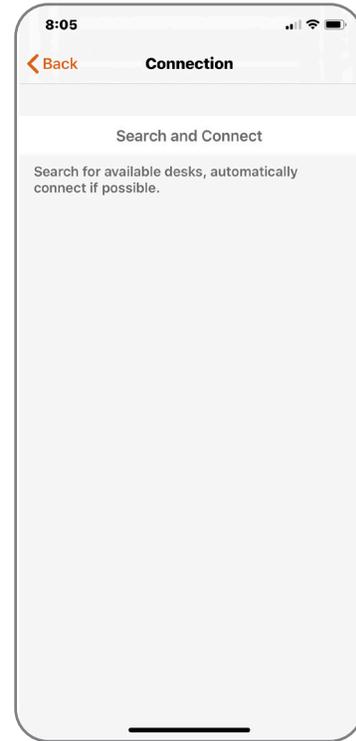
## CONNECT TO A SENTINEL TABLE

### Open Workrite Sentinel App to connect to your Sentinel Table

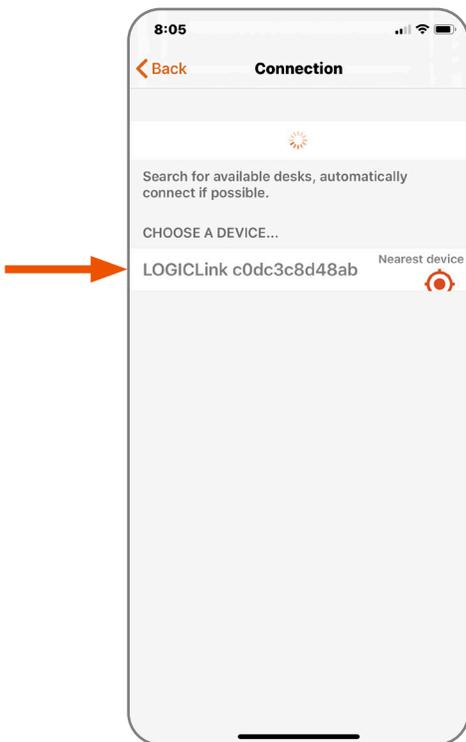
**Step 1:** On the app landing screen tap the “Connect” icon in the top left of screen to open connection.



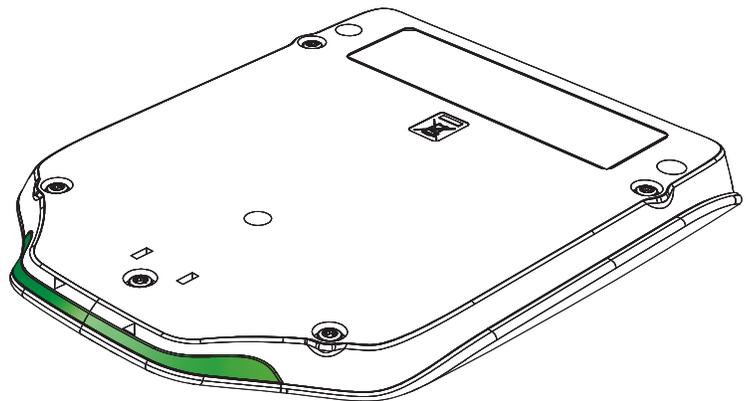
**Step 2:** After placing your smart device over the Sentinel Bluetooth Switch, tap the “Search and Connect” button to locate your Sentinel Smart App Bluetooth Switch.



**Step 3:** Select your Sentinel Smart App Blue Tooth Switch from the list of devices. If more than one Sentinel Smart App Bluetooth Switch is within paring distance the nearest switch will be the first one on the list.



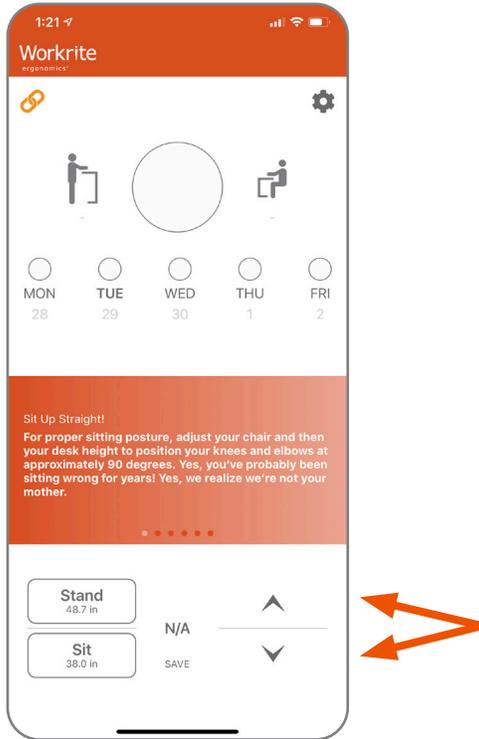
**Step 4:** Select the Bluetooth Switch shown below. Choose the device. When connected, you will see this paired symbol in the upper left corner of the screen on your smart device and the Sentinel Bluetooth switch will flash the green LED twice.



# ADJUSTING YOUR TABLE WITH THE SENTINEL APP

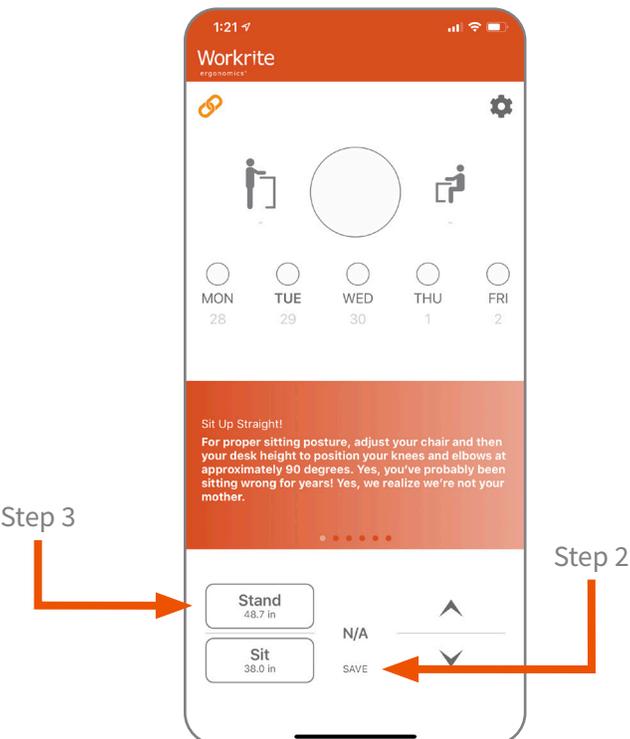
## Manual Adjustment

At the Home screen simply press and hold the up or down buttons at the lower right screen area to move up or down. Press and hold the button to reach the desired height. Release the button to stop.



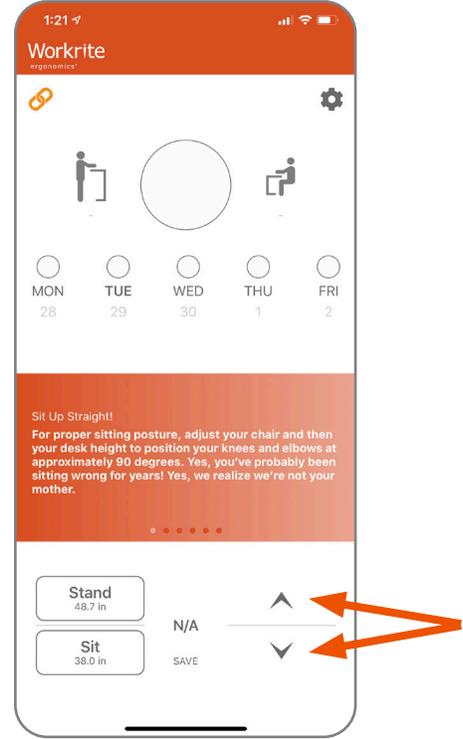
**Step 2:** To save a standing position press “SAVE”.

**Step 3:** Next press the “STAND” button. This will save the “STAND” position into memory.



## Set a Memory Position

**Step 1:** Using the Manual Height Adjustment buttons move to the either a preferred seated or standing position.



**Step 4:** To save a seated position press “SAVE”.

**Step 5:** Next press the “SIT” button. This will save the “SIT” position into memory.



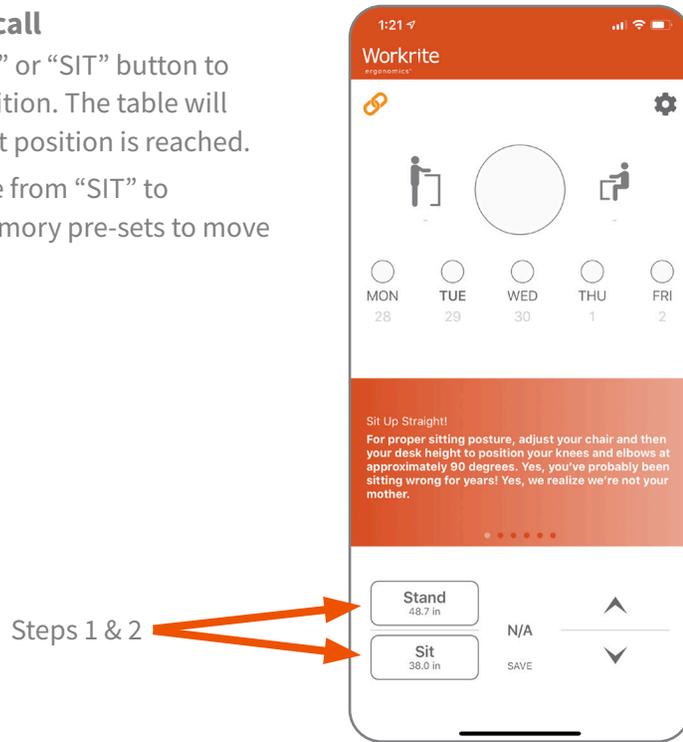
## USE A MEMORY POSITION

There are two options to use the memory feature in the Workrite Sentinel App. One is manual move where you press and hold the “STAND” or “SIT” buttons continuously until the table reached the preset programmed height. The other is using a feature that you must acknowledge use by accepting the terms of use in the App. By accepting the terms in the Workrite Sentinel App you acknowledge responsibility for the specifics of this features use and you can enable this feature.

### Standard Memory Position Recall

**Step 1:** Press and hold the “STAND” or “SIT” button to move the table to the memory position. The table will stop moving when the saved height position is reached.

**Step 2:** Repeat as required to move from “SIT” to “STAND” as required to use the memory pre-sets to move from sit to stand.

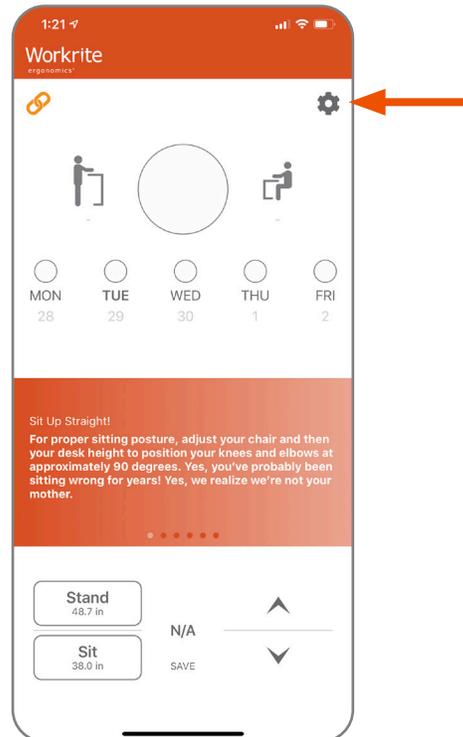


### AUTO MOVE MEMORY POSITION RECALL

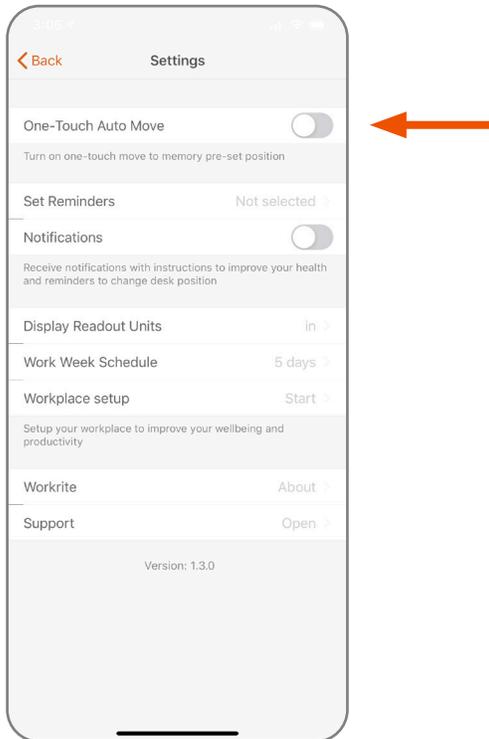
After accepting the user agreement for Auto-Move moving the table from sit to stand is very easy

#### Enable Auto-Move

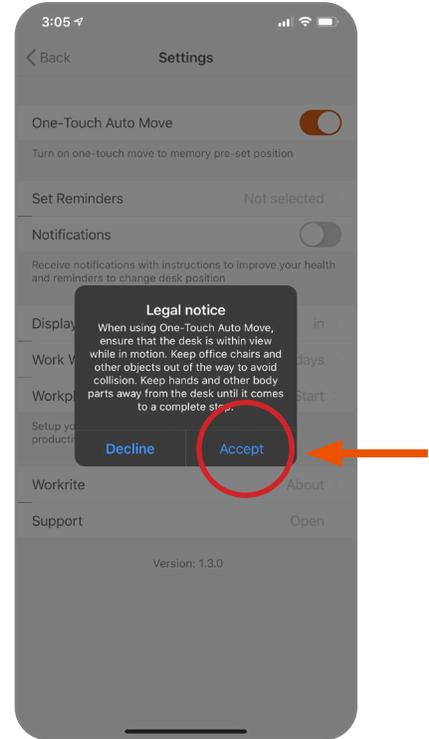
**Step 1:** From the App home screen press the setting button in the upper right corner.



**Step 2:** Turn “ON” One Touch Auto Move.



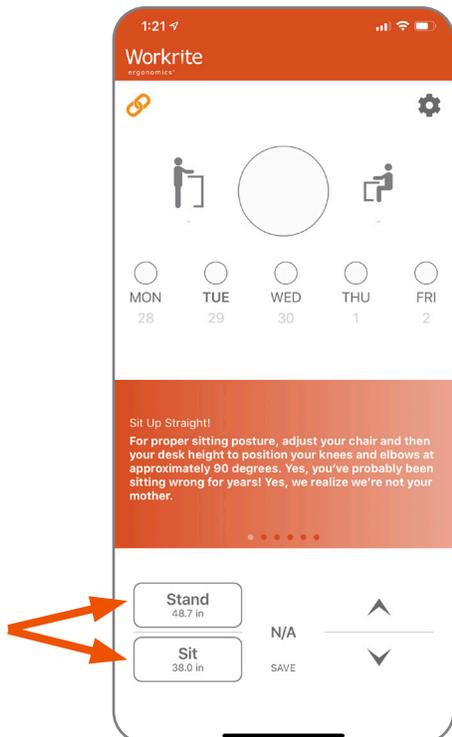
**Step 3:** Read and accept the terms of the legal notice to enable the “One Touch Auto Move”.



*\*Note: If you choose to decline the “Legal Notice” auto move will not be enabled.*

## Make an Auto Move

**Step 1:** From the home screen tap the “STAND” or “SIT” button one time. The table will automatically move from its current height to the memorized height that you set up for “STAND” or “SIT”.



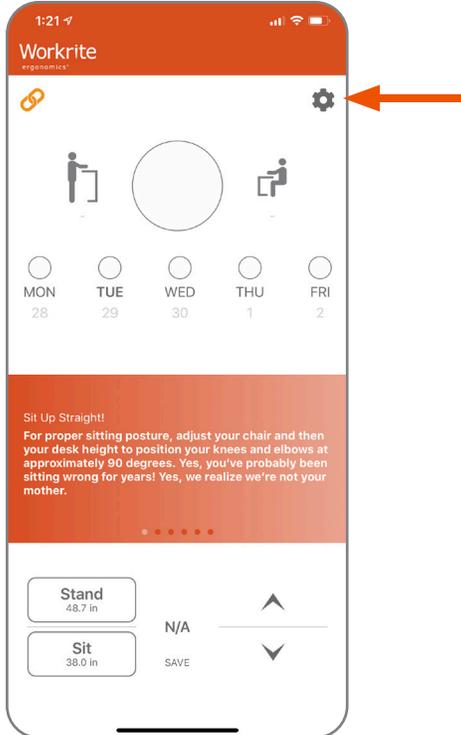
*\*Note: To stop the table from moving while using Auto Move simply press any button in the App or in the switch on the table and the table will stop moving.*

## REMINDERS

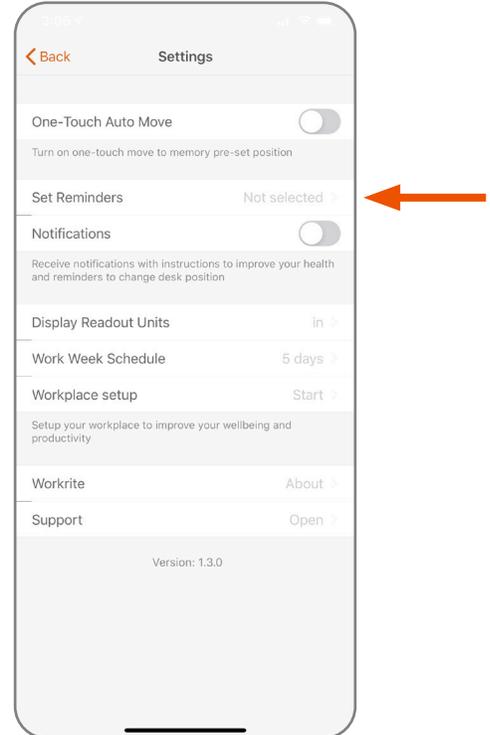
The Workrite Sentinel App features a reminder option to have the App send you notifications to change from “SIT” to “STAND” while working at your Sentinel desk. You have the ability to set 3 standard reminders or a custom reminder based on how often you wish to alternate between a seated or standing position. Once selected your smart device will send you notifications on when it’s time to move based on your selection.

### Set a Reminder

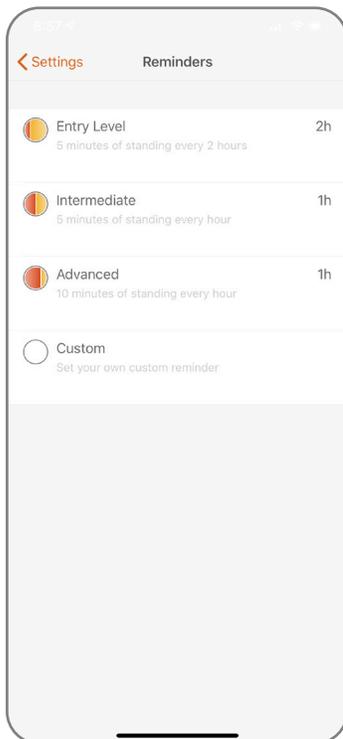
**Step 1:** Tap the settings button in the upper right corner on the home screen of the app.



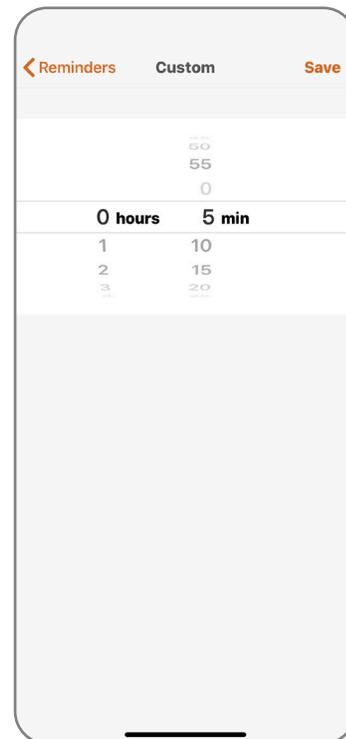
**Step 2:** Tap “Set Reminder” on the setting home screen.



**Step 3:** Select your reminder from the 3 standard reminders or the custom reminder.



**Step 4:** If you select “Custom” you will be taken to the custom reminder settings screen.

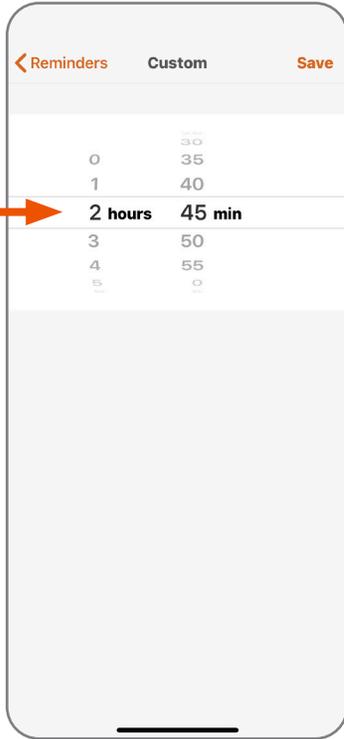


## Custom Reminder

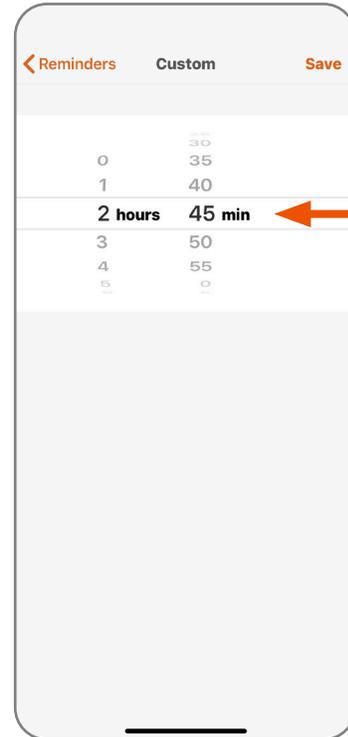
The custom reminder setting allows you to choose how often you want to move from sit to stand. The first scroll at the left sets how often you will be reminded during your workday in units of one hour. If you want to stand every 2 hours as example you select 2 hours. In a normal 8 hour day this would remind you to stand up 4 times a day in a 8 hour shift.

The second scroll set how long you wish to stand at each reminder in units of 5 minutes. As an example, if you wish to stand for 45 minutes you select 45 minutes and then the system will remind you when to stand and then after standing for 45 minutes it will remind you to sit down.

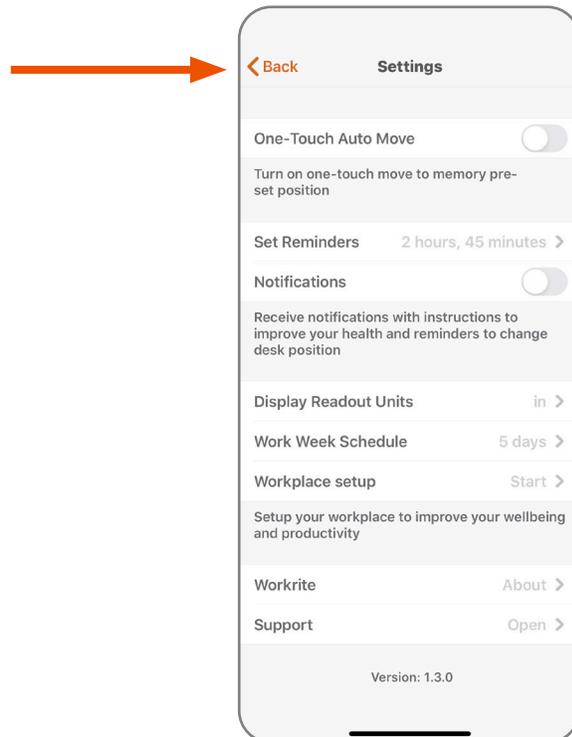
**Step 1:** Scroll through the left listing and select how frequently you wish to move from “SIT” to “STAND”.



**Step 2:** Scroll through the right listing and select how long you wish to “STAND” when you move from sitting to standing.



**Step 3:** Press “SAVE” to store your custom reminder settings then press back to return to the main Sentinel App home page.



## THE RESTART AND FACTORY RESET FEATURES

If at any point the Sentinel Smart App Bluetooth Switch ceases to function properly it may be necessary to perform a restart or a factory reset. The Restart feature reconnects the switch to the system and retains all user preset and other settings that have been selected in the Workrite Sentinel App. It is recommended to use restart first to see if it resolves the issues with the Sentinel Smart App Bluetooth Switch so all user settings and data is maintained. In the event that a restart does not resolve the issues experienced a factory reset is required. In addition, if a Sentinel Smart App Bluetooth Switch is removed from one desk and moved to another a factory reset will be required to set the switch to be compatible with the new desk.

### Restart

This function restarts the Sentinel Smart App Bluetooth Switch

**Note:** All saved settings are retained when a restart is performed

**Step 1:** Hold the Restart Key for 5 seconds

### Factory reset

With this function, you can reset the Sentinel Smart App Bluetooth Switch to its original factory settings.

**Note:** All saved settings are deleted when this reset is performed

**Step 1:** Disconnect the Table System from the 120 V Power by removing the power cord plug from the power supply.

**Note:** If your Sentinel Base has more than one power supply all power cords must be removed in this step

**Step 2:** Press and hold the UP and DOWN buttons.    ↑ : ↓

**Step 3:** While holding the UP and DOWN buttons, reconnect the 120 V power cord to the power supply

▶▶ The LEDs will begin to flash

**Note:** If your Sentinel Base has more than one power supply all power supply's must be reconnected in this step

**Step 4:** Before the LEDs stop flashing, release both the UP ↑ and DOWN ↓ buttons

▶▶ The Factory Reset is complete

**Note:** If you do not release the UP ↑ and DOWN ↓ buttons before the LEDs stop flashing, the factory reset will time-out and you must restart the reset from Step 1