



大將作 動態工作站
TCT Dynamic Workstation

3 系列使用手冊

Operation manual



○ 3 系列功能說明 Function instructions

1. 首先調整適當的座高、桌高

Firstly, adjust the height of seat and desk to a proper position.

每個人的身型不同，就如同衣服需要合身，適合的桌椅高度與角度也不盡相同，依據個人工作內容挑選合適的桌椅，能夠幫助身體各部位的肌肉與關節調整至最適合的平均受力，自然就能減輕局部性病變的可能。儘管如此，我們還是需要透過改變姿勢，伸展肌肉組織，才能完全釋放壓力，保持身體的健康與舒適。所以，沒有任何的姿勢是最正確的，就如同大將作動態工作站的理念一樣 - 下一個姿勢才是最健康的姿勢。

It is vitally important to have a workstation which suit with your body figure. Nonetheless take regular breaks, exchange poses sit and stand from the computer throughout the day, it could certainly release the pressure, ease the pain. As TCT believes "The Best Position Is Always The Next"

不正確的工作姿勢，會導致彎腰駝背造成頸肩部肌肉勞損和導致視力疲勞。

Poor sitting posture and hunchback will cause stiff muscles on neck, shoulder and back as well as cause problems to spinal health and eye myopia.



2. 調整適當桌板角度

Adjust the angle of desk top.

透過德國 STABILUS 專利升降機構，只需一個按鈕，您就可以將桌子調整至舒適的高度，滿足您各種工作型態的需求，並透過改變姿勢來舒展身體各部位，已減緩因長時間工作所累積的壓力。經過亞洲脊椎保護協會認證，正確的使用大將作動態工作站產品，能有效的協助使用者改善肩頸腕部與脊椎病變。我們建議您，每 20 分鐘改變一次工作姿勢，常常站起來伸展脊椎取以代長時間坐著，您會發現舒適、健康、效率看得見。

TCT collaborate with STAILUS, a German brand of best gas lift design adjusts easily the height of the desk for anyone from 3 years old to adult. With one easy pull of the adjustment control knob, it allows you to maintain good posture for reading, writing and working. Proper adjustments will relieve any stress from neck, shoulder, spine and eyes.

Keep one and same posture is always the reason causes pains in the neck, shoulder, and back as well as possible spinal problems. It is recommended you a maximum per individual standing or sitting phase, 2~4 positions changing per hour, frequent standing for short periods insted of sitting.

最好的預防方法（坐一下、站一下、動一下）

Prevention is better than cure. Experts have suggested dynamic and active movements, mainly with "sit, stand and move" variation instead of long hours of static posture.



G3 組裝說明 Assembly Instruction

組裝流程
Assembly Steps



零件明細
Parts Breakdown

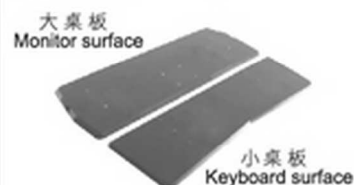


1 →

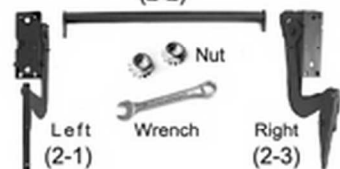
將氣壓棒 ⑤ 插入護盤 ④
(注意：↓方向性及線控方向)。
將線控拉把 ⑧ 置入氣壓棒 ⑤
(注意：↓方向性並確實套入)。
Insert gas Spring ⑤ into mounting plate ④.
(Note ↓ and lift lever directions)
lifter ⑧ to Gas Spring ⑤.
(Note ↓ direction and ensure a precise fit)



1 桌板 Desk top



2 傾仰五金 Keyboard Mech (2-2)



3 桌腳 Desk leg



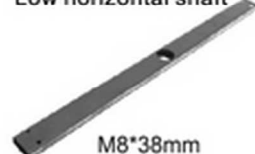
4 護盤 Mounting plate



5 氣壓棒 Gas Spring



6 下橫桿 Low horizontal shaft



7 整線槽 Integral Cable Tray



8 線控拉把 Lifter



9 螺絲+華司 Screws+washers



10 桌腳螺絲 Screws for desk legs



11 螺絲+蓋子 Screws+Caps



12 螺絲 Screws

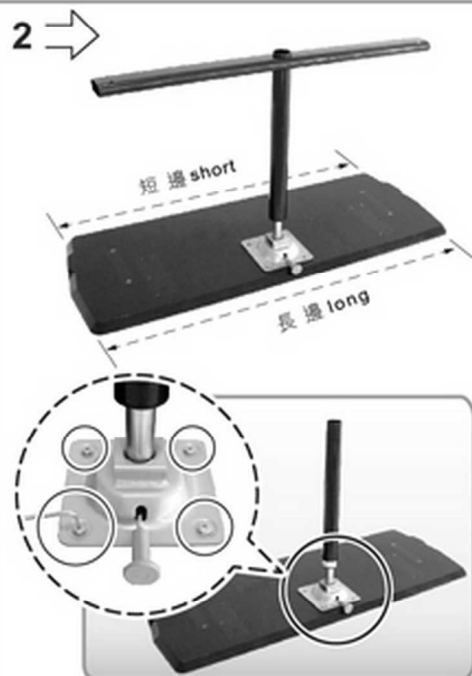


13 螺絲 Screws



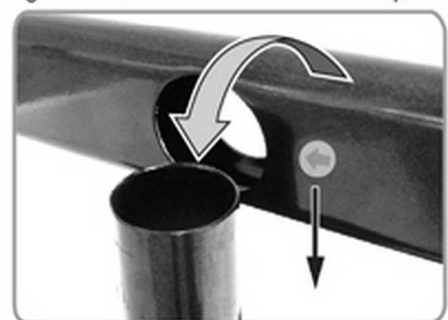
14 六角板手 Allen keys





先將大桌板 ① 面朝下平放地面，孔位朝上，再將上述 1 的動作組合完成之（護盤）用螺絲加墊片 ⑨ 四組半固定鎖入桌面。（工具：No.4 板手 ⑭）

Screw in all 4 screws & washers but do not tighten... leave them loose for this step.



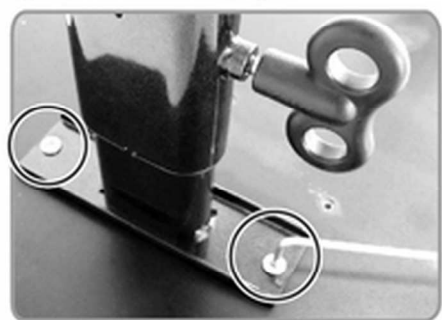
將下橫桿 ⑥（有↓箭頭記號面向桌面）套入氣壓棒 ⑤ 一端。

Insert the low horizontal shaft ⑥ into Gas Spring ⑤ (Note ↓ faces to desktop).



將桌腳 ③ 由左右兩邊插入橫桿 ⑥，用螺絲 ⑩ 半固定勿鎖緊。（工具：No.5 板手 ⑭）

Fasten loosely the low horizontal shaft ⑥ to desk leg ③ with semi-fit screws ⑩ by No.4 Allen key ⑭.



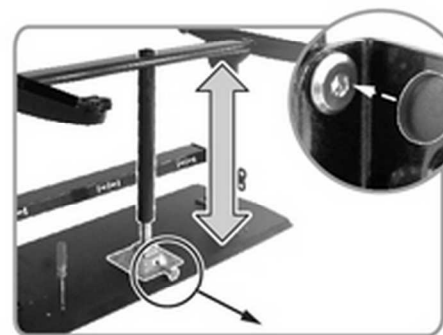
將桌腳 ③ 用四支螺絲 ⑨ 半固定勿鎖緊於桌面板。（工具：No.4 板手 ⑭）

and attach the leg ③ to desktop with semi-fit screw ⑨ by No.4 Allen key ⑭. (Be sure leg locking wing nuts are facing the long edge of the desk top).



用螺絲 ⑪ 將整線槽 ⑦ 半固定於桌腳 ③。（工具：No.4 板手 ⑭）

Attach integral cable tray ⑦ to leg ③ with semi-fit screw ⑪ by No.4 Allen key ⑭.



拉動線控拉把，重覆升降桌腳直到順暢後逐步鎖緊所有螺絲，裝上後方整線槽的蓋子 ⑪。

Check the gas lift by pulling the lifter ⑧. Once sure the lifter is working tighten all screws and place the screw caps over the screws in Integral Cable Tray.



將大桌板 ① 靠近兩側邊緣的洞孔上，各別鎖上兩支螺絲 ⑫。（注意！螺絲不能完全鎖緊需離桌板約 5mm）

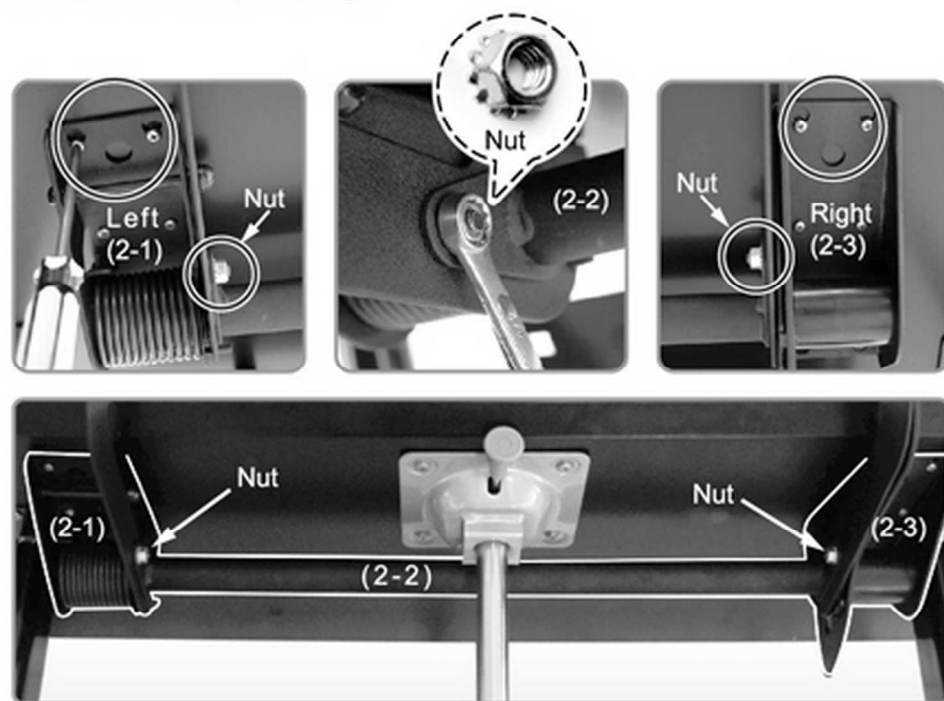
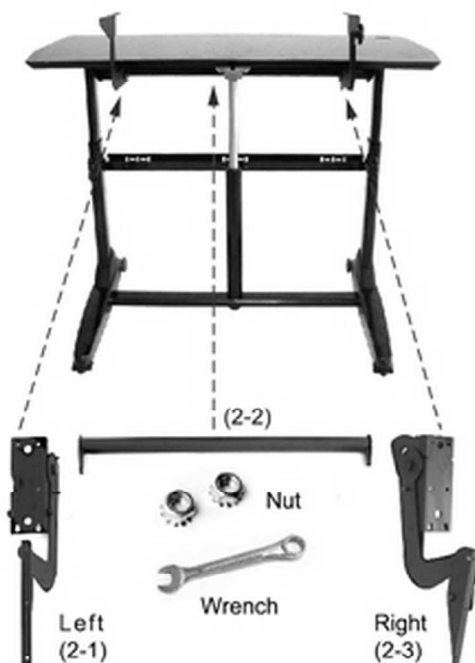
using 4 ⑫ screws screw them into the desk top ① just enough so they leave a 5mm gap. Do not screw in all the way.

6

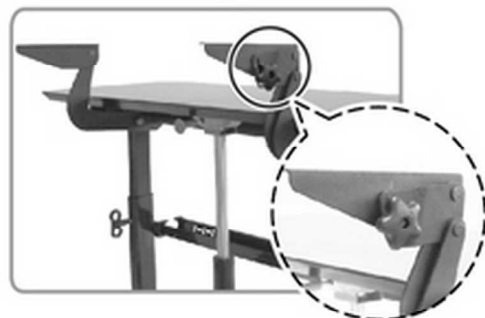
將組裝好的半成品翻正，再將傾仰五金嵌入大桌板 ① 下方左側螺絲縫裡 (2-1) (步驟 5) 後鎖緊，並鎖上剩餘四顆螺絲 ⑫。並將中橫桿一端洞孔套入左側支撐架的凸點螺絲再用螺母固定鎖緊 (2-2)，再把中橫桿另一端套入右側支撐架的凸點螺絲並用螺母鎖緊 (2-3)。接著將傾仰五金嵌入大桌板 ① 下方右側的螺絲縫裡後鎖緊 (2-3)，並鎖上剩餘四顆螺絲 ⑫。

(注意!! 請依照索引小心安裝，並全程扶穩，避免傾仰五金部件滑落)

Now flip the desk so it is standing on its legs. Take the keyboard hinges and slide them onto the screws under the desktop where you left a 5mm gap. Then take the bar that goes between the hinges and place it over the bolts. Once the bar is in place tighten the screws. Then take the nuts and tighten them on each side of the bar to the hinges.

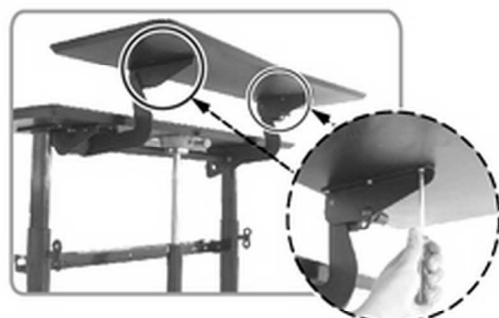


7



鬆開傾仰五金(右側)支撐架上的旋鈕，調整至水平狀態後鎖緊。

Loosen the knob on the right hinge and get the hinge top parallel to the desk top.



將小桌板 ① 放上去對準孔位後使用螺絲 ⑬ 先從(左)側鎖緊，再鎖(右)側。

Match up the holes for the hinges and keyboard and screw in the ⑬ screws. Be sure the keyboard surface is pointing the proper way as in photo.

小桌板操作說明 Usage Of Keyboard Surface

角度調整 Change the angle

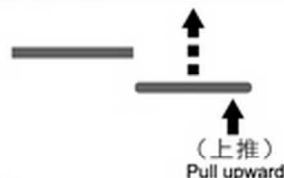
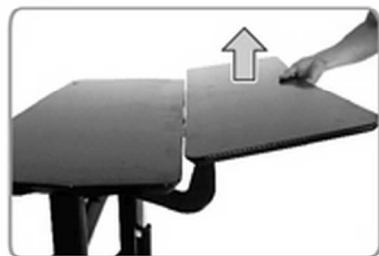
鬆開傾仰五金(右側)支撐架上的旋鈕，調整適當角度後再鎖緊旋鈕。
Loosen the locking knob on the right hinge, Once you set up the angle then tighten the locking knob.



上升 Up

將小桌板向上扳至所需高度。(一扳升高、一放停止)

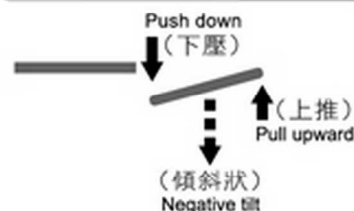
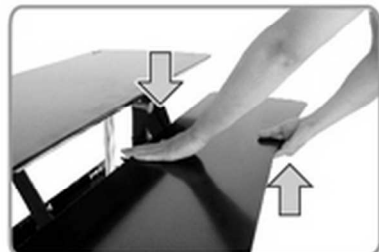
To move the keyboard surface up simply pull it up to its desired location.



下降 Down

將小桌板向前壓另一手向上扳變為傾斜狀，即可下降。

To move the keyboard surface down you must tilt the inner surface slightly down first then the entire surface will move down.



上升 Up



先將左右桌腳的兩個把手鬆開。
To move the entire desktop first loosen the large wing nuts on each leg.

逆時針方向
Anti-clockwise direction.



拉動線控拉把至所需要高度
(一拉升高、一放停止)。
Pulling the lifter 8 will allow the gas lift to move the desktop higher.



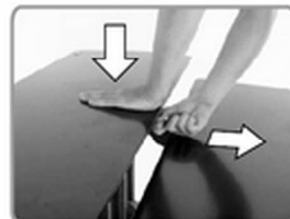
高度調整好時，請將兩邊把手鎖緊。
Once the desktop is at the height you desire tighten the wing nuts for a solid desktop surface.
順時針方向
Clockwise.

下降 Down



先將左右桌腳的兩個把手鬆開。
To move the entire desktop first loosen the large wing nuts on each leg.

逆時針方向
Anti-clockwise direction.



拉動線控拉把至所需要高度
(一拉升高、一放停止)。
pulling the gas lift knob out and pushing on the desk top while the knob is out will allow you to push the desktop down.



高度調整好時，請將兩邊把手鎖緊。
Once the desktop is at the height you desire tighten the wing nuts for a solid desktop surface.
順時針方向
Clockwise.

N3 組裝說明

Assembly Instruction

組裝流程
Assembly Steps



零件明細
Parts Breakdown



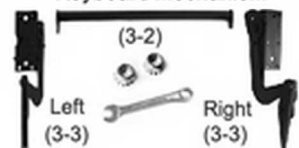
1 大桌板 Desk top



2 小桌板 Desk top



3 傾仰五金
Keyboard Mechanism



4 整線槽 Wire organizer



5 桌腳 Desk leg × 4



6 短鐵管 Fastener × 2



7 小桌板螺絲
Screws × 6
(for Part No.2)



8 大桌板螺絲
Screws × 36
(for Part No.1)



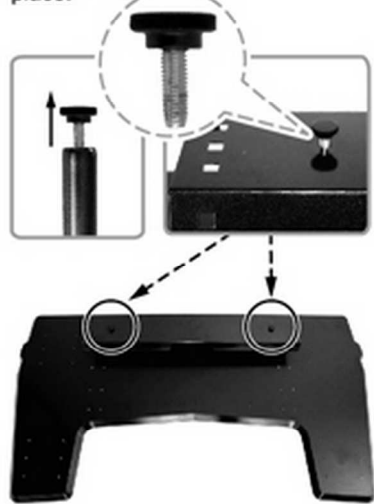
1 →

將大桌板 1 鑽孔面朝上，並將短鐵管 6 鎖緊於大桌板。
Take the Desktop 1 and place it on the floor with the screw holes facing up. Be sure to place on a smooth surface to avoid any scratching. Take the 2 Fasteners 6 and screw them into the proper holes as shown in photo.



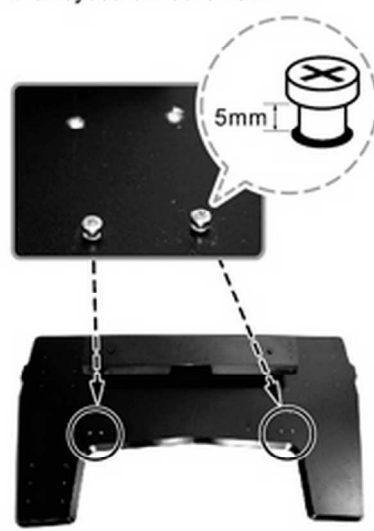
2 →

先取下固定螺絲，並將整線槽 4 對準短鐵管 6，再將固定螺絲鎖上。
Take the black end caps off the Fasteners and place the Wire Organizer 4 in between the Fasteners and replace the screw end caps to hold the Organizer in place.



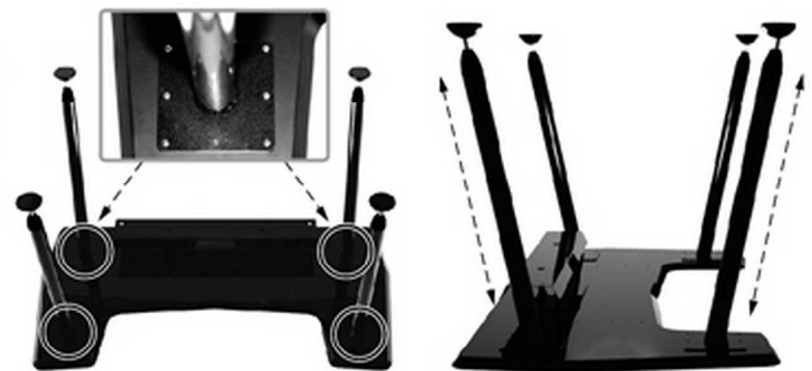
3 →

將四支螺絲 8 鎖於大桌板 1 上圖示的位置。(注意！螺絲不能完全鎖緊須離桌板約 5mm)
Fasten 2 screws 8 to the monitor surface in 2 positions as in photo. Be sure to leave the screws with a 5mm space for later assembly to the keyboard mechanism.



4 →

將四支桌腳 5 用螺絲 8 固定於大桌板 1 上。(注意!!桌腳傾斜的方向須如圖示)
Fasten the 4 desk legs 5 to the outer edge as in photo using screws 8 be careful not to tighten too much. Be sure desk legs are placed at the right angle as in photo.

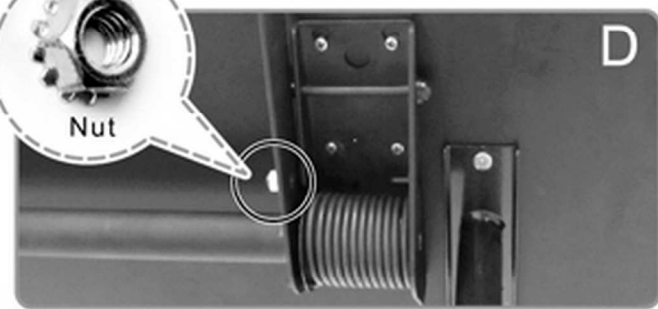
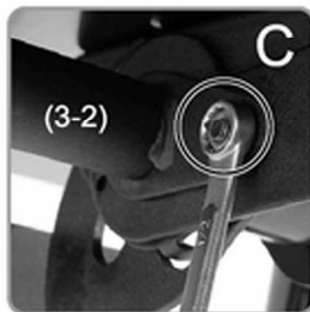
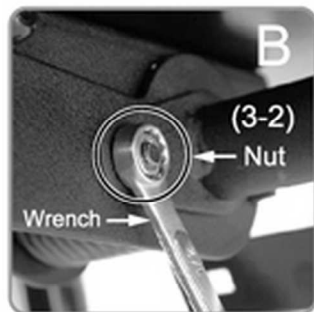
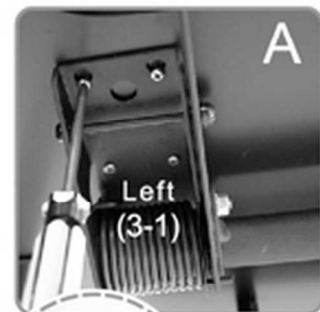
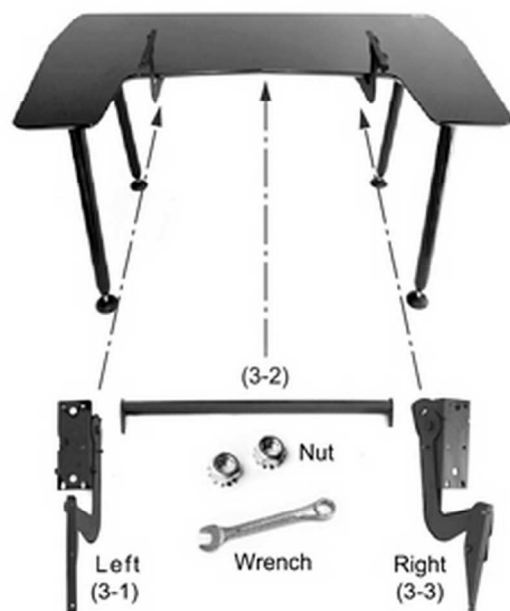


5

將組裝好的半成品翻正，再將傾仰五金嵌入大桌板①下方左側螺絲縫裡後鎖緊 (3-1) (步驟 3)，並鎖上剩餘四顆螺絲⑧。並將中橫桿一端洞孔套入左支撐架的凸點螺絲再用螺母固定鎖緊 (3-2)，再把中橫桿另一端套入右支撐架的凸點螺絲並用螺母鎖緊 (3-2)。接著將右傾仰五金嵌入大桌板①下方右側的螺絲縫裡後鎖緊 (3-3)，並鎖上剩餘四顆螺絲⑧。

(注意!! 請依照索引小心安裝，並全程扶穩，避免傾仰五金部件滑落)

Turn the monitor on its legs. Place the left side hinge on the screws you left 5mm of space on. Then take the Bar from the Keyboard Mechanism and place it between the left and right side hinges. Once fitted to each side then take the right side hinge and screw into the Desktop, repeat for the left side. Now take the bar and add the nuts to the bolt ends. Tighten all screws and bolts.



6

使用螺絲⑦將小桌板②固定於傾仰五金上③。

Fasten each side of the Keyboard ② to the hinges of the Keyboard Mechanism using screws ⑦.



組裝完畢後，檢查大小桌板是否保持平行，如須調整，可將傾仰五金左右兩側的螺母放鬆，下壓或上推傾仰五金兩側的支撐架，調整至水平後再將兩側的螺母鎖緊即可。

Once this is done you may wish to check the Keyboard surface is level with the Monitor surface. To do this simply pull up the Keyboard surface by pulling it straight up or push it down by tilting the front of the surface downwards. Once you get the Keyboard surface at the same level as the Monitor surface you can then check to see if they are level with each other. If they are not then simply loosen the large bolts on the Keyboard mechanism and lift or push down one side or the other until the surfaces are level then tighten the large bolts.

小桌板升降操作說明 Usage Of Keyboard Surface

上升 Up

將小桌板向上扳至所需高度。(一扳升高、一放停止)

To move the keyboard surface up simply pull it up to its desired location.



下降 Down

將小桌板向前壓另一手向上扳變為傾斜狀，即可下降。

To move the keyboard surface down you must tilt the inner surface slightly down first then the entire surface will move down.



○ N3-K 組裝說明 Assembly Instruction

組裝流程
Assembly Steps

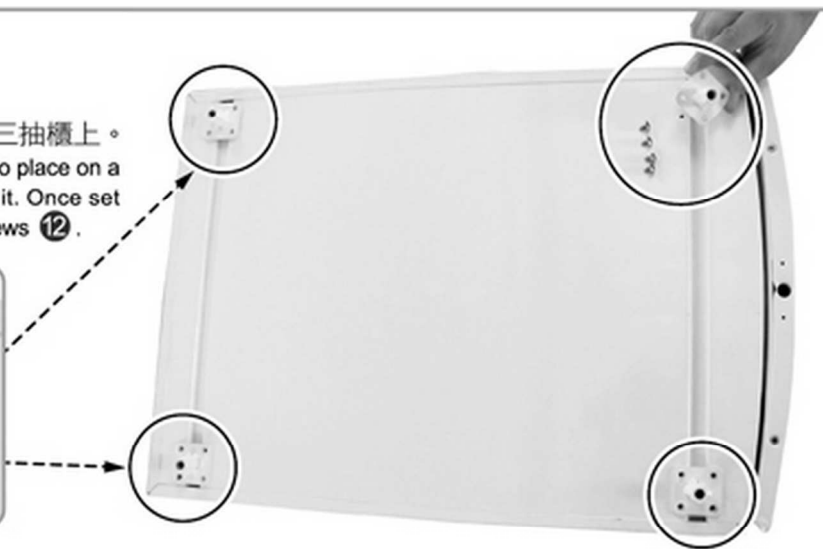


零件明細
Parts Breakdown



1 →

將三抽櫃 ⑥ 底部朝上。
將四個四角鐵底座 ⑧ 用螺絲 ⑫ 鎖在三抽櫃上。
Turn the 3 drawer unit upside down. Be sure to place on a clean smooth surface so you don't scratch it. Once set then screw in all 4 square base parts using screws ⑫.



① 大桌板 Desk top



② 小桌板 Desk top



③ 傾仰五金
Keyboard Mechanism



④ 桌腳
Desk leg



⑤ 整線槽 Wire organizer



⑥ 三抽櫃 3-Drawer unit



⑦ 短鐵管 Fastener



⑧ 四角底座 Square base



⑨ L 鐵 L-shape steel



⑩ 調整腳 Levelers



⑪ 螺絲+蓋子
Screws + Caps × 8
(for Part No.9)



⑫ 螺絲
Screws × 16
(for Part No.8)



⑬ 大桌板螺絲
Screws × 32
(for Part No.1)



⑭ 小桌板螺絲
Screws × 6
(for Part No.2)



⑮ 開口板手
Open end wrench



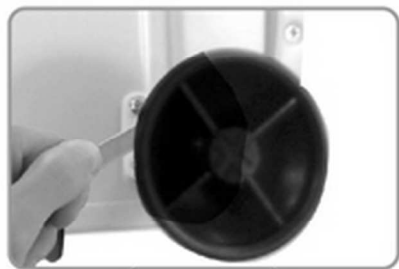
⑯ 六角板手 Allen keys



2 ➡

將四顆調整腳 ⑩ 裝於四腳底座 ⑧ 上。
(工具：開口板手 ⑮)

Take the levelers and screw into the square base units.
You can use the open end wrench if necessary.



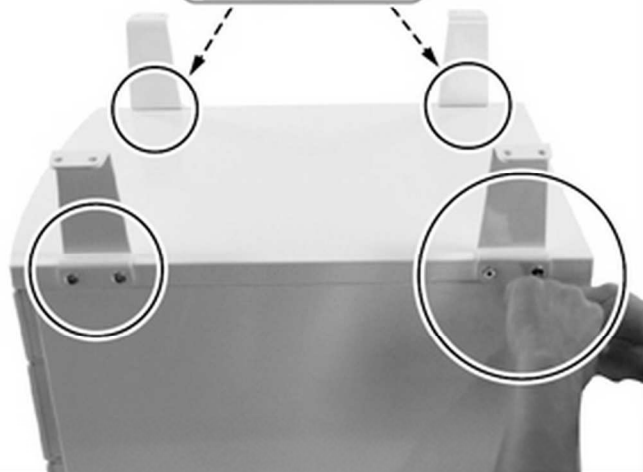
3 ➡

將上述 2 組合好之三抽櫃翻正。
Stand the unit on its legs.



將四個 L 鐵 ⑨ 用螺絲 ⑪ 固定於三抽櫃上，
並將螺絲蓋 ⑪ 裝上。(工具：六角板手 ⑯)

Fasten the 4 L shaped steel brackets to the top of the 3 drawer unit as shown in photo. Use the ⑪ screws with caps for this.

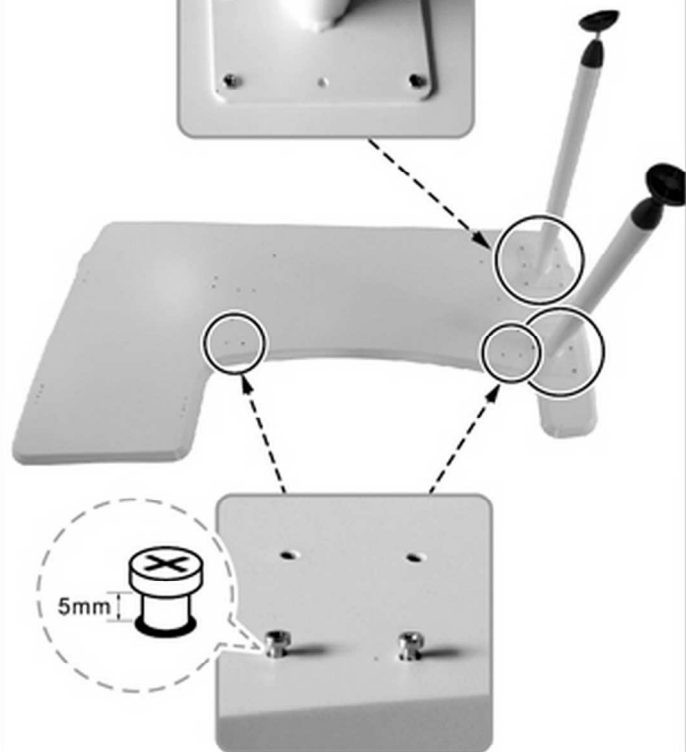


4 ➡

將大桌板 ① 朝下平放，孔洞朝上。將兩支桌腳 ④
用螺絲 ⑬ 鎖於桌板上，再將四支螺絲 ⑬ 鎖於大
桌板 ① 上。

(注意：螺絲不能完全鎖緊需離桌板約 5mm)。

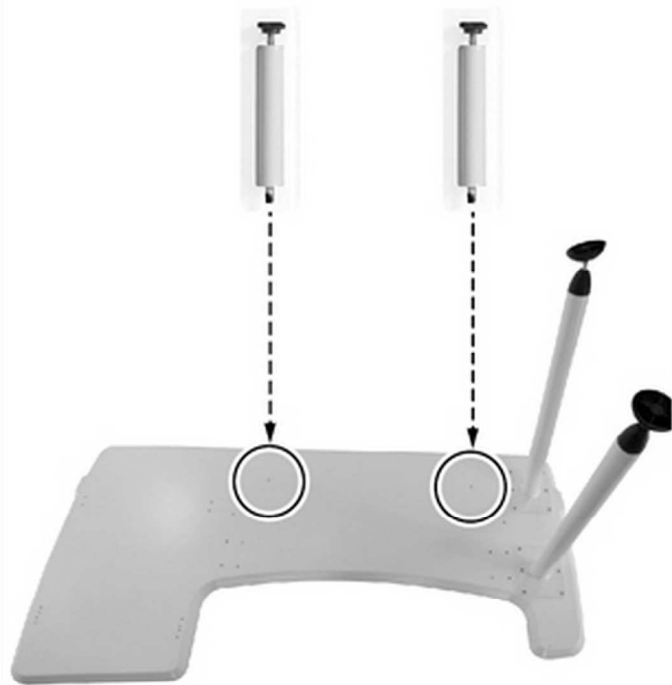
Place the desktop on the floor with the bottom of it facing upward. Be sure to place on a clean surface to avoid scratching/harming the desktop. Then take the ⑬ screws and screw the legs onto the surface, be sure the legs are set at the proper angle tilted outwards a little. Then take the ⑬ screws and screw them into the remaining desktop holes leaving a 5mm gap so you can slide the hinges on them for step 8.



5 ➡

將大桌板 ① 鑽孔面朝上，並將短鐵管 ⑦ 鎖緊於大桌板。

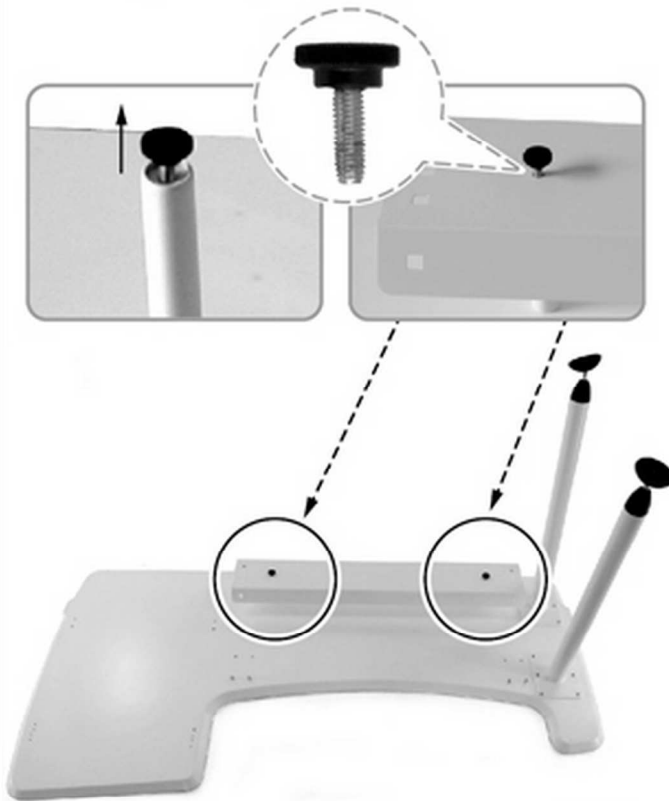
Take the ⑦ fasteners and screw them into the holes in desktop as shown in photo.



6 ➡

將短鐵管 ⑦ 上方的固定螺絲取下，並放上整線槽 ⑤ 再將固定螺絲鎖上。

Remove the black ends of the ⑦ fasteners and place the wire organizer over the fasteners. Be sure the cupped side of the organizer is facing down. Replace the black ends to hold the organizer in place.



7 ➡

將上述 6 組合好之桌板翻正並放在上述 3 的三抽櫃上。(如圖示的位置)用八支螺絲 ⑬ 將桌板 ① 與三抽櫃 ⑥ 鎖緊固定。

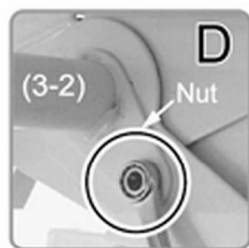
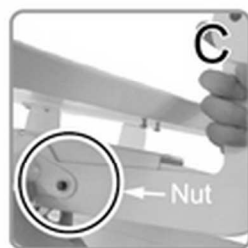
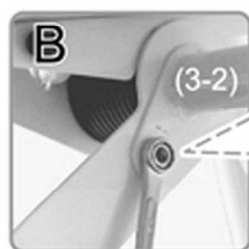
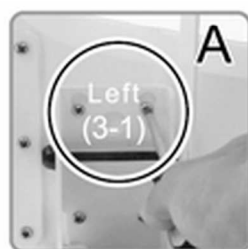
Stand the desktop on its legs. Slide the 3 drawer unit under the desktop and align the holes for the L shaped brackets. Attach the L shape brackets to the desktop using ⑬ screws.



8 ➡

用六支螺絲 13 將傾仰五金 3 的左支撐架鎖於大桌板 1 下方 (3-1)，把中橫桿一端的洞孔套入左支撐架的凸點螺絲 (3-2) 並用螺母固定鎖緊，再將傾仰五金右支撐架凸點螺絲套入中橫桿另一端的洞孔 (3-2) 並用螺母固定鎖緊，最後用六支螺絲 13 將傾仰五金的右支撐架鎖於大桌板 1 下方 (3-3)。

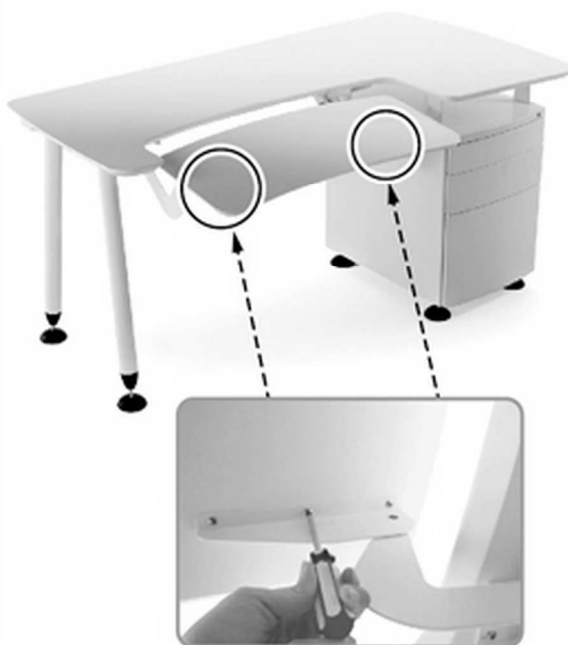
Slide the Keyboard Mechanism onto the screws you left 5mm space on under the desktop. Insert the bolt onto the horizontal shaft and tighten the left side first then tighten the right side. You can now tighten the 4 screws on each side of the Keyboard Mechanism.



9 ➡

將傾仰五金左邊支撐架調整水平後，放上小桌板 2。並用六支螺絲 14 固定鎖緊。

Attach the Keyboard 2 to the hinges on the Keyboard Mechanism using 14 screws.



注意：小桌板左右邊若無法與大桌板水平時，可將傾仰五金左右兩邊的螺母放鬆，下拉或上推傾仰五金兩邊的支撐架，調整後再將兩邊的螺母鎖緊。

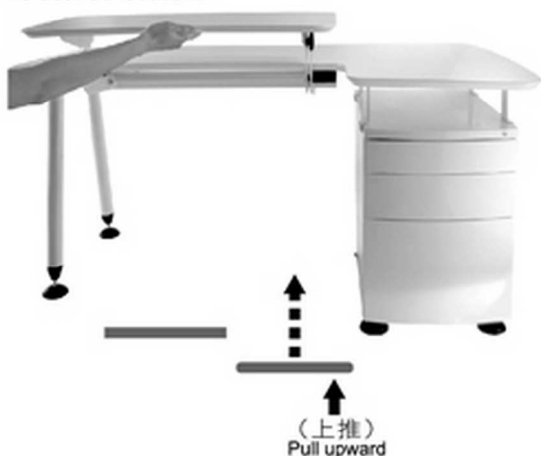
(Note: When the keyboard surface cannot be on the same level with the monitor surface, you can release the bolts on 2 arms of keyboard mechanism for pulling down or lifting up, then fasten the bolts tightly).

You are now ready to use the N3. To adjust the height of the Keyboard simply pull upward to go UP and to go DOWN tilt the rear of the Keyboard down while gently pushing to the height you desire.

小桌板升降操作說明 Usage Of Keyboard Surface

上升 Up

將小桌板向上扳至所需高度。(一扳升高、一放停止)
To move the keyboard surface up simply pull it up to its desired location.



下降 Down

將小桌板向前壓另一手向上扳變為傾斜狀，即可下降。
To move the keyboard surface down you must tilt the inner surface slightly down first then the entire surface will move down.



○ 疑難排除 Trouble Shooting

剛組裝好就無法順利調整升降？

The desk height cannot be adjusted up & down smoothly upon completion of assembly?

請先檢查桌面是否放物品？是否只放在某一個地方（重心會偏離）？

若是時，請先將桌面清空或將東西移到較中間位子，讓重心移至中間，桌面較呈水平，即可正常調整，再將物品移至原來位子即可。

若無時，請先使用水平尺或圓形物體檢查地面與桌面是否呈水平狀態。

若未呈水平，請將所有螺絲鬆開一半，然後做升降的動作，2-3 次後壓到底，鎖緊即可正常升降；若已呈水平狀卻無法升降，請填寫維修單，傳回公司，公司將會盡快處理。

Did you place any unusual heavy weight on the desk or place weight on a single side?

If yes, please remove all things from the desk or move them to the center of desk.

When the desk became balance, you can easily adjust your desk again.

If no, please check whether floor level is balance or not by using horizontal scale or round ball.

If the floor is not level, release halfway for all screws on the desk.

Follow by adjusting the height up & down 2-3 times then tighten all screws again.

If you still encounter difficulties, please contact your local agent for further technical supports.

桌面傾斜至一定角度時而無法固定時？

Having difficulties to secure/lock the desired angle of desktop?

請使用老虎鉗在無法固定處稍微夾緊即可。

如有異聲，請加潤滑油及可消除聲音。

Clip unfixed position with slight force on the tilt angles mechanism by using vise.

If noises produced, may apply small amount of lubricant to affected area.

使用一段時間桌子無法升降？

The height of desk cannot be adjusted after a long period of time?

請先檢查桌面是否放物品？是否只放在某一個地方（重心會偏離）？

若是時，請先將桌面清空或將物品移到較中間位子，讓重心移至中間。

若無時，將桌面先往下調整再用手往上支撐，如此循環幾次，即可正常調整；

若桌子已在最低點，則直接用手往上撐。

調整至所需要高度鎖緊把手後，再將物品移至原來位子即可。

Did you place any unusual heavy weight on the desk or place weight on a single side?

If yes, please remove all things from the desk or move them to the center of desk.

When the desk became balance, you can easily adjust your desk again.

If no, force the desk downward and raise the desk upwards by assistance of your hands with few times procedure and then it should able to operate smoothly in adjustment.

If desk already at the lowest position, just raise it up by assistance of your hands.

Adjust the desk to your desired height and tighten the adjusting knobs, follow by moving all your items back to desk.



○ 清潔保養 Cleaning Maintenance

塑合板的保養 Maintenance for MFC

一般桌面保養，可使用科技棉沾水擦拭可常保桌面乾淨；
桌面若有鉛筆、原子筆痕跡，可使用橡皮擦拭去即可；
奇異筆、水彩等油性筆痕跡，則需使用去漬油擦拭即可。
為了避免顏色滲進桌板中，如發現污漬請盡速擦拭。

Manufacturer suggested using Nano-sponge for daily clearance.

If there is mark of ink from ball pen/pencil, you can use soft eraser to clean off.

If the ink is from permanent marking pen or oil based ink, you can use the cleaning Naptha.

鋼琴烤漆桌板的保養 Maintenance for MFC

一般桌面保養，可使用乾抹布擦拭可常保桌面乾淨；
較深污漬可使用一般清潔劑擦拭即可
(非可溶性物質，像松香水、香蕉水不得使用)。

Manufacturer suggested using damp cloth to clean the desk top. If there is a heavy stain, you can use normal cleaning chemical (non-solubility chemical like Resin or Banana oil is prohibited)

桌腳保養 Maintenance for legs

可使用乾抹布擦拭即可。

Manufacturer suggested using damp cloth to clean the desk frames.





氣壓棒十年，整體結構五年，損耗品一年的完整保固



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