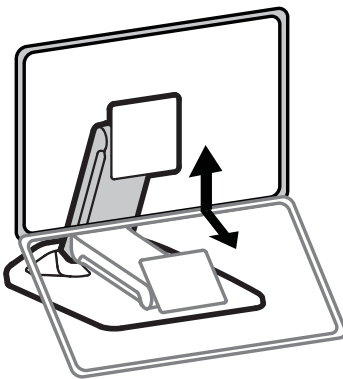
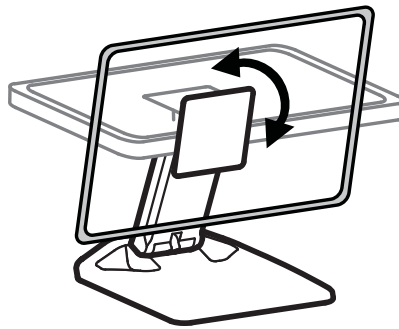


14–23.7 lbs.  
(6.5–10.8 kg)

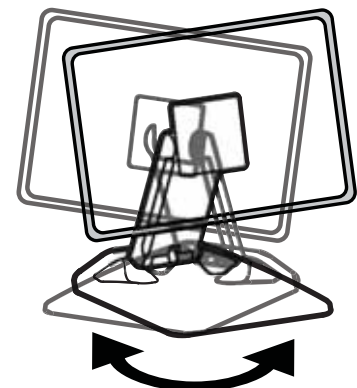
CAUTION: DO NOT EXCEED MAXIMUM LISTED WEIGHT CAPACITY. SERIOUS INJURY OR PROPERTY DAMAGE MAY OCCUR!




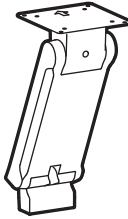


6.5"  
(165mm)



115°  
(-25° – 90°)



360°

	A	B	C
1	1x 	1x 	4x  1x 

For the latest User Installation Guide please visit: [www.ergotron.com](http://www.ergotron.com)



**User's Guide - English**  
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**Manuel de l'utilisateur - Français**  
**Gebbruikersgids - Deutsch**  
**Benutzerhandbuch - Nederlands**  
**Guida per l'utente - Italiano**  
**Användarhandbok - svenska**  
 ユーザーガイド: 日本語  
 用户指南: 汉语



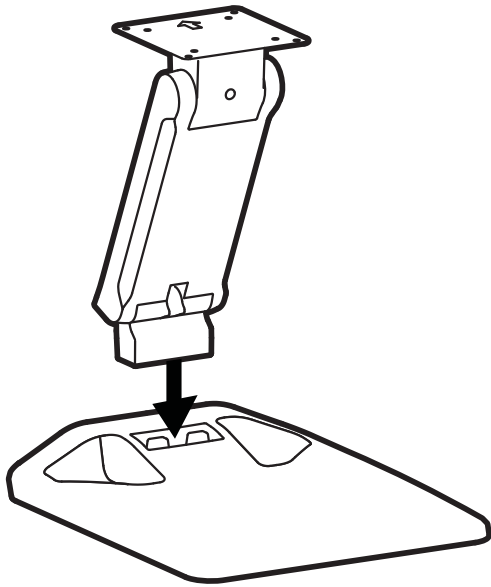
[www.ergotron.com](http://www.ergotron.com)

USA 1-800-888-8458

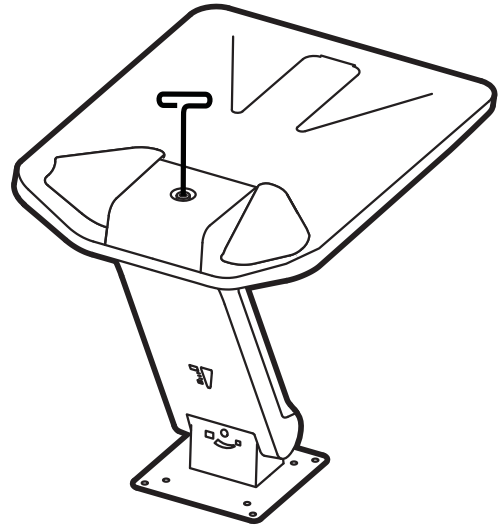
Europe +31 (0)33-45 45 600

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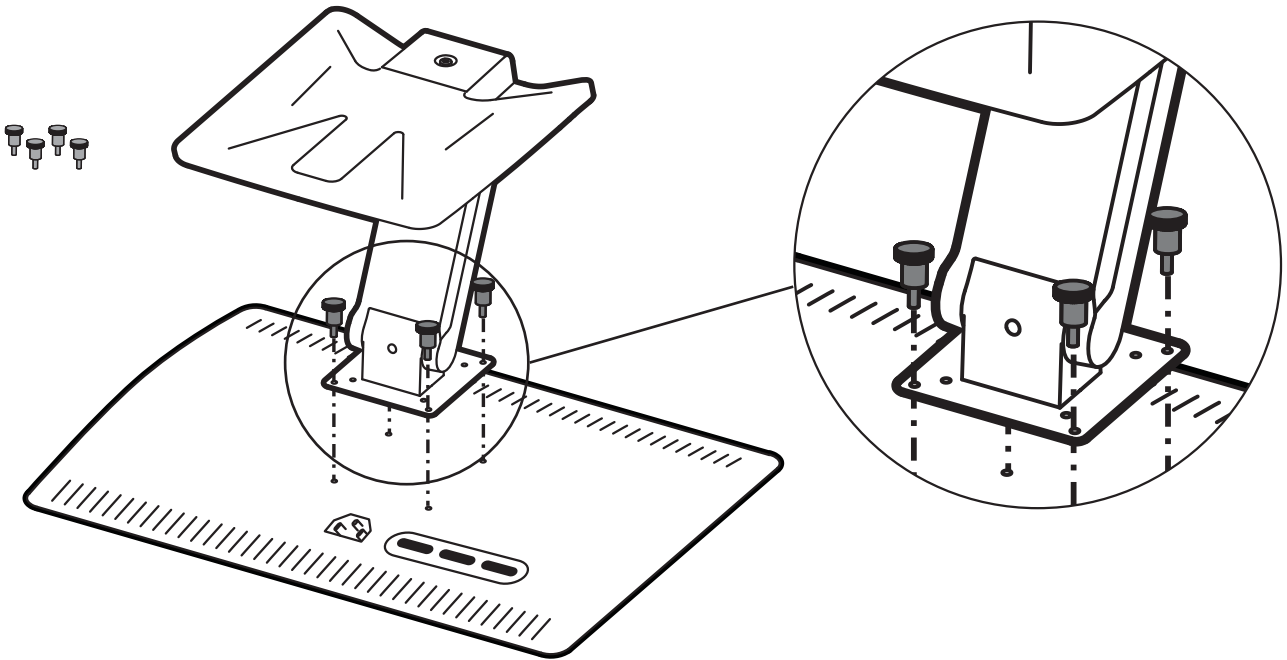
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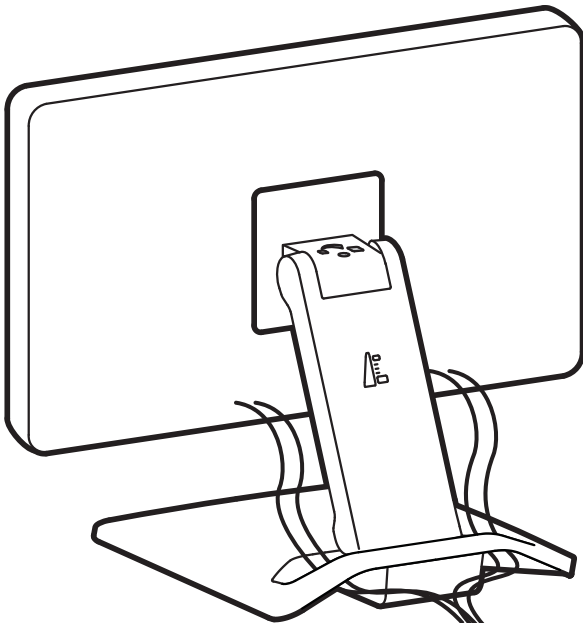
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3




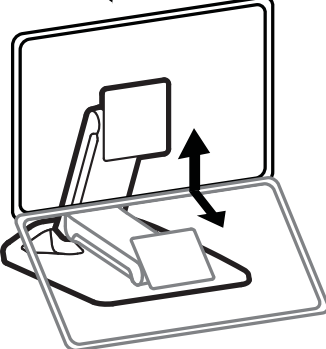
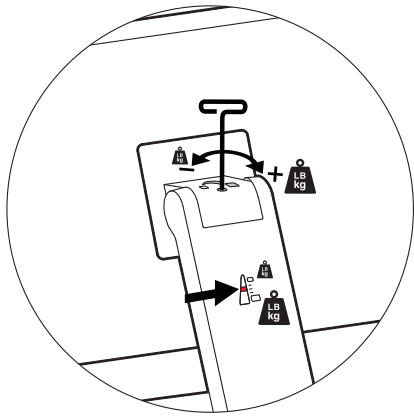
4





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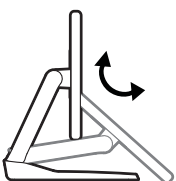
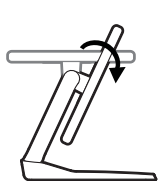
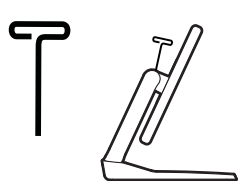
# 5 Adjustment Step


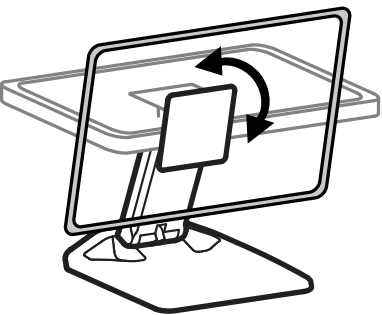
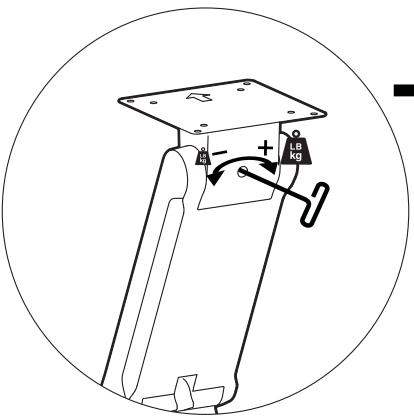
Important! You will need to adjust this product after installation is complete. Make sure all your equipment is properly installed on the product before attempting adjustments. This product should move smoothly and easily through the full range of motion and stay where you set it. If movements are too easy or difficult or if product does not stay in desired positions, follow the adjustment instructions to create smooth and easy movements. Depending on your product and the adjustment, it may take many turns to notice a difference. Any time equipment is added or removed from this product, resulting in a change in the weight of the mounted load, you should repeat these adjustment steps to ensure safe and optimum operation.







**+**  **LB kg** **Increase Lift Strength**  
If the mounted weight is too heavy or this product does not stay up when raised, then you'll need to increase Lift Strength:

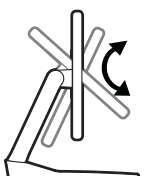
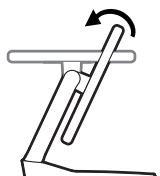
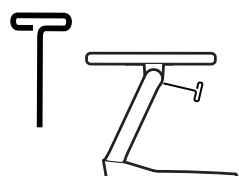
**-**  **LB kg** **Decrease Lift Strength**  
If the mounted weight is too light or this product does not stay down when lowered, then you'll need to decrease Lift Strength:

**a**  **b**  **c** 

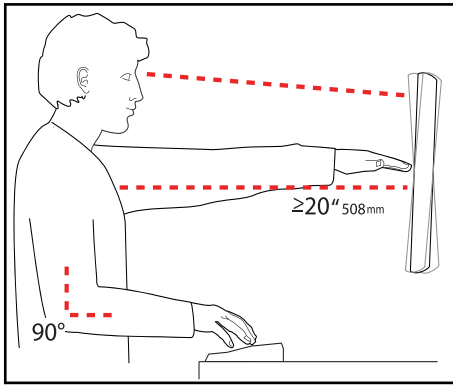




**+**  **LB kg** **Increase Lift Strength**  
If the mounted weight is too heavy or this product does not stay up when raised, then you'll need to increase Lift Strength:

**-**  **LB kg** **Decrease Lift Strength**  
If the mounted weight is too light or this product does not stay down when lowered, then you'll need to decrease Lift Strength:

**a**  **b**  **c** 

## Set Your Workstation to Work For YOU!



Learn more about ergonomic computer use at:  
[www.computingcomfort.org](http://www.computingcomfort.org)

- Height** Position top of screen slightly below eye level.  
Position keyboard at about elbow height with wrists flat.
- Distance** Position screen an arm's length from face—at least 20" (508mm).  
Position keyboard close enough to create a 90° angle in elbow.
- Angle** Tilt screen to eliminate glare.  
Tilt the keyboard back 10° so that your wrists remain flat.

**To Reduce Fatigue**  
**Breathe** - Breathe deeply through your nose.  
**Blink** - Blink often to avoid dry eyes.  
**Break** • 2 to 3 minutes every 20 minutes  
• 15 to 20 minutes every 2 hours.

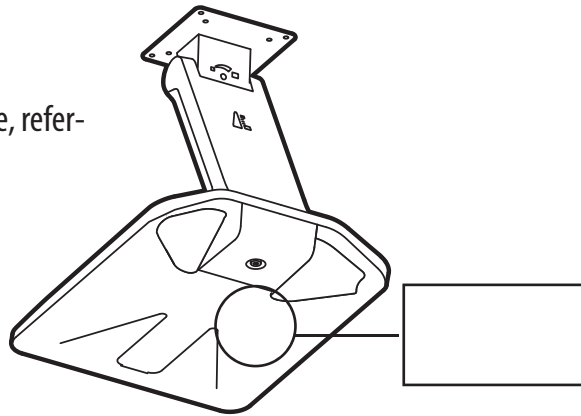
## Service and Warranty

For service and warranty visit [www.ergotron.com](http://www.ergotron.com)

For local customer care phone numbers visit: <http://contact.ergotron.com>



**NOTE:** When contacting customer service, reference the serial number.



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