

	A	B	C	D	E
1	1x	2x	8x M4 x 10mm	2x M3 x 6mm	2x
2			8x M4 x 10mm	1x M5 x 6mm	4x
3		1x 2x	1x 4mm	1x 2.5mm	

For the latest User Installation Guide please visit: www.ergotron.com



User's Guide - English
 Guía del usuario - Español
 Manuel de l'utilisateur - Français
 Gebrauchersgids - Deutsch
 Benutzerhandbuch - Nederlands
 Guida per l'utente - Italiano
 Användarhandbok - svenska
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Hazard Symbols Review

These symbols alert users of a safety condition that demands attention. All users should be able to recognize and understand the significance of the following Safety Hazards if encountered on the product or within the documentation. Children who are not able to recognize and respond appropriately to Safety Alerts should not use this product without adult supervision!

Symbol	Signal Word	Level of Hazard
	NOTE	A NOTE indicates important information that helps you make better use of this product.
	CAUTION	A CAUTION indicates either potential damage to hardware or loss of data and tells you how to avoid the problem.
	WARNING	A WARNING indicates either potential for property damage, personal injury, or death.
	ELECTRICAL	An Electrical indicates an impending electrical hazard which, if not avoided, may result in personal injury, fire and/or death.

Safety

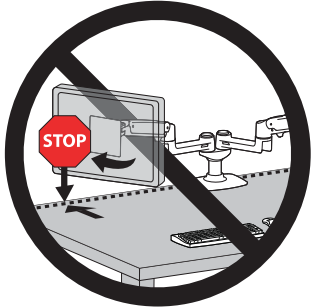
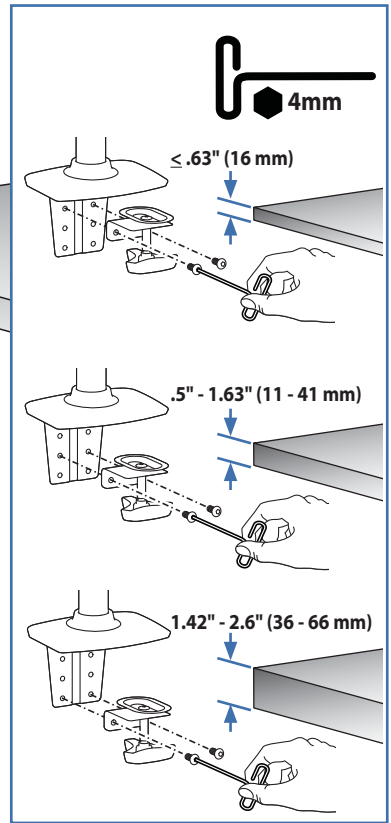
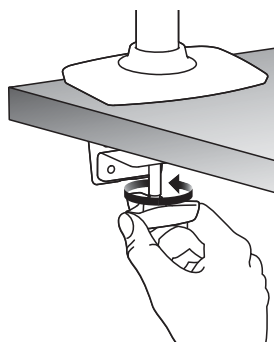
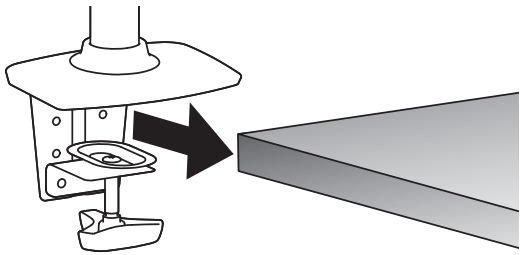


Important! You will need to adjust this product after installation is complete. Make sure all your equipment is properly installed on the product before attempting adjustments. This product should move smoothly and easily through the full range of motion and stay where you set it. If movements are too 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.

 **Warning:** Because mounting surface materials can vary widely, it is imperative that you make sure mounting surface is strong enough to handle mounted product and equipment.

 **Caution:** To avoid the potential to pinch cables it is important to follow the cable routing instructions in this manual. Failure to follow these instructions may result in equipment damage or personal injury.

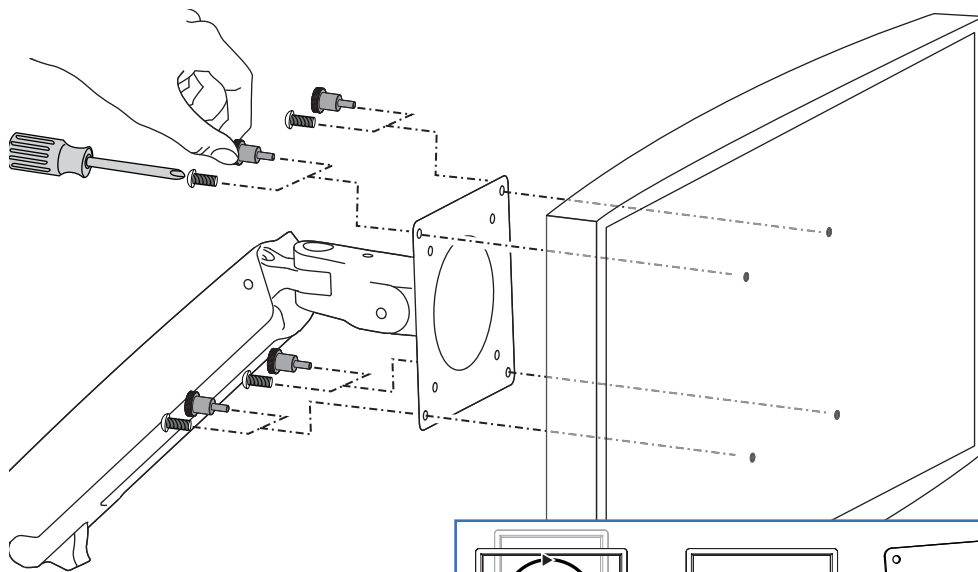
1



CAUTION: For Desk Clamp installations: Do Not rotate display past edge of desk

2

Attach Display

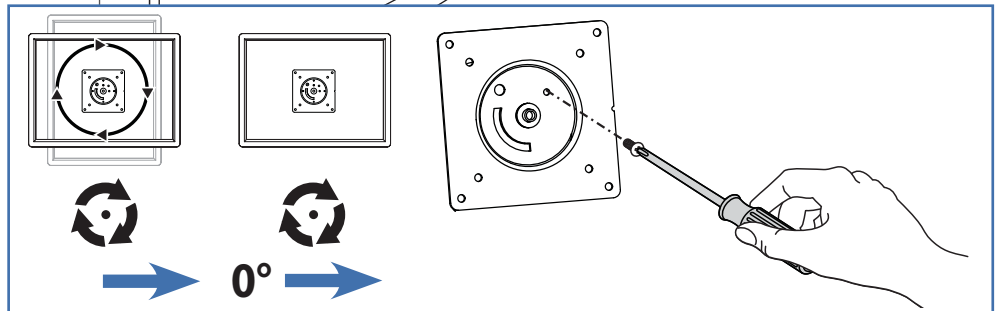


4x

M4 x 10mm

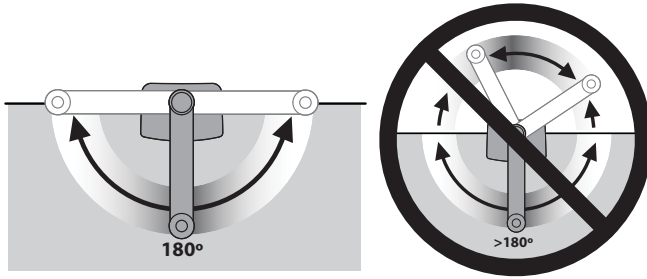
4x

M4 x 10mm

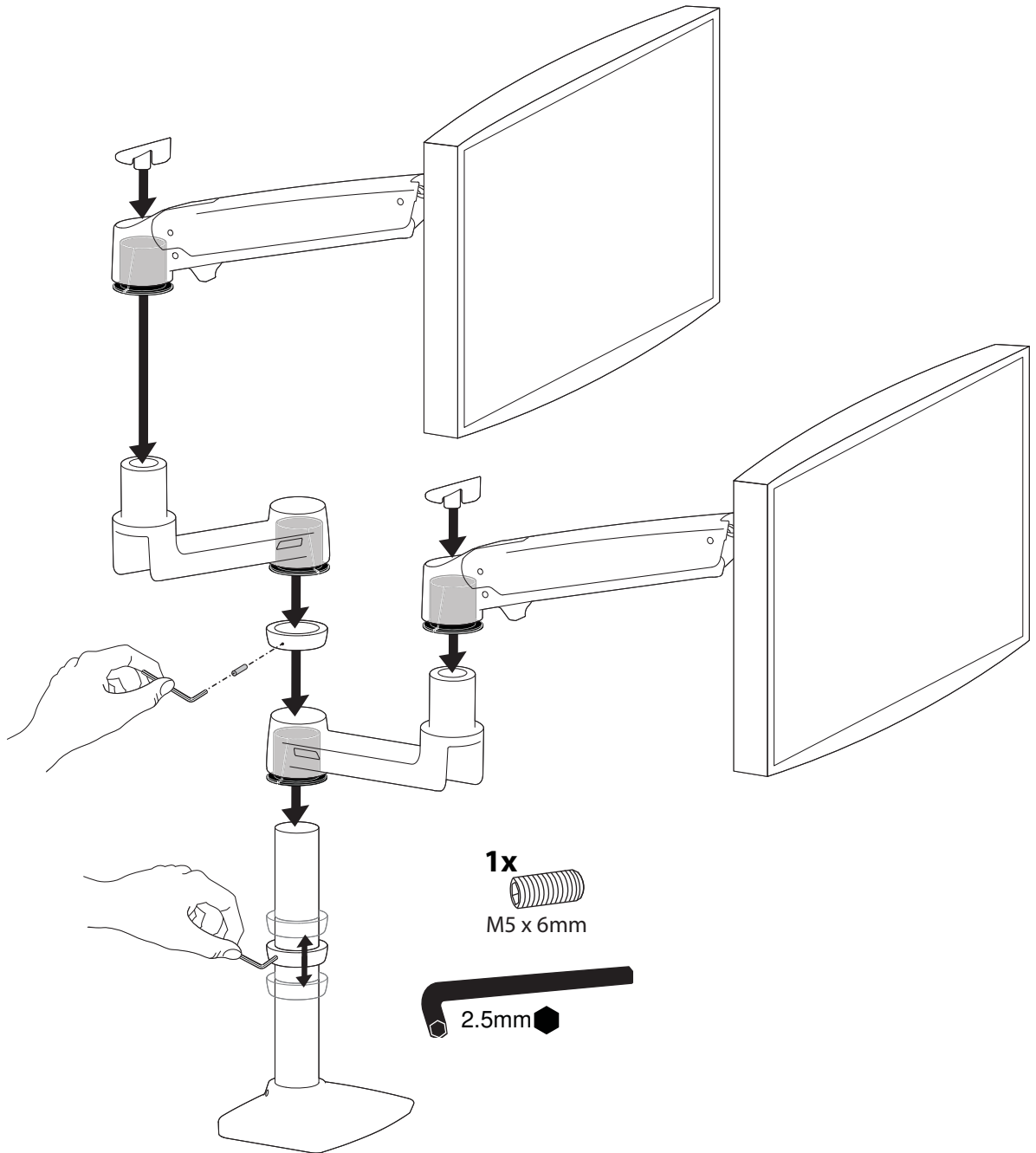


WARNING! Stored Energy Hazard: The arm mechanism is under tension and will move up rapidly, on its own, as soon as attached equipment is removed. For this reason, DO NOT remove equipment unless the arm has been moved to the highest position! Failure to follow this instruction may result in serious personal injury and/or equipment damage!

3



⚠ WARNING: Desk Clamp Installations: The range of motion (side-to-side) for two Extensions/Arms on one pole mounted with the Desk Clamp option is limited to 180° forward (over front of desk clamp base). **NOTE: Grommet Mount Installations:** The range of motion (side-to-side) for two Extensions/Arms on one pole mounted with the Grommet Mount option is 360°



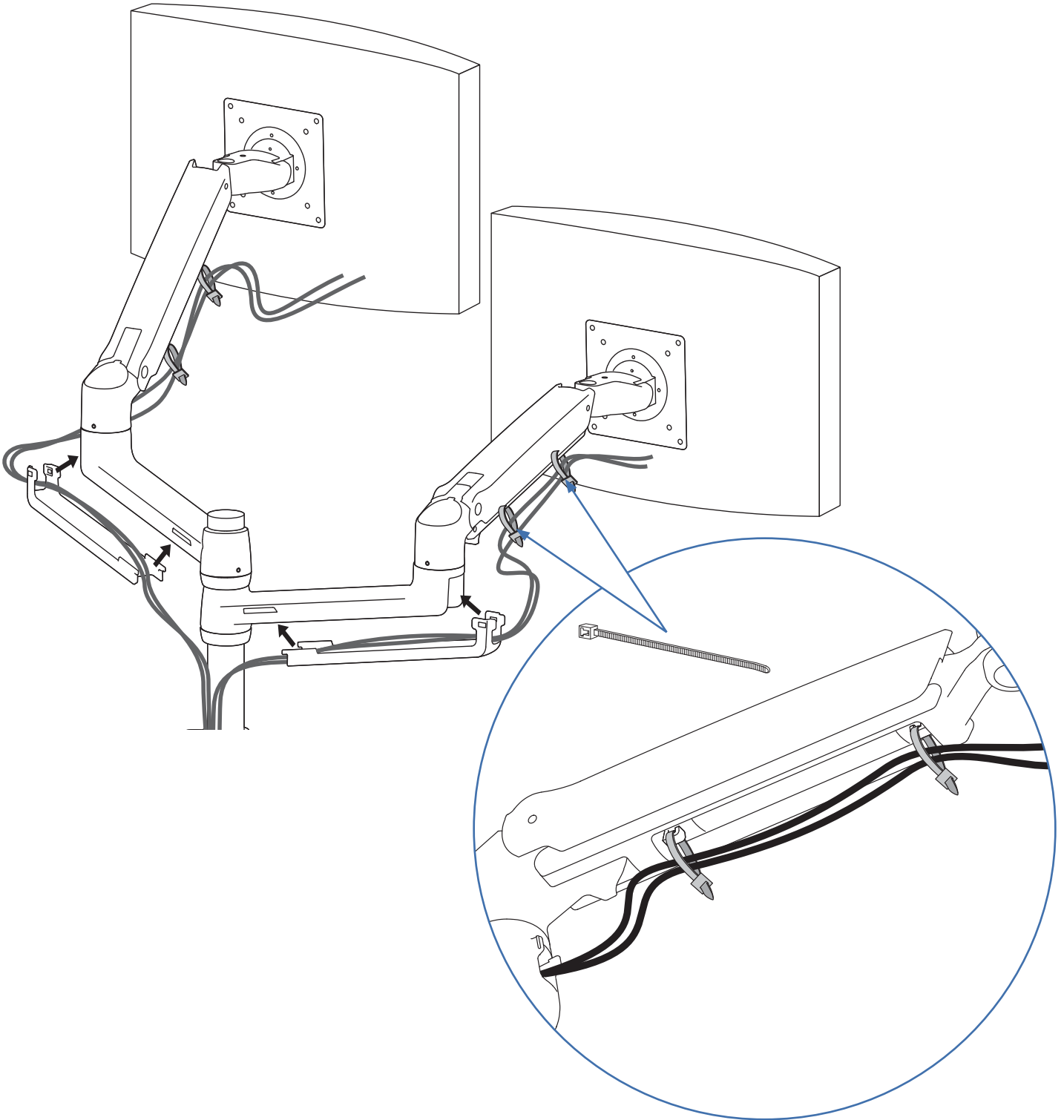
4



NOTE: Leave enough slack in cable to allow full range of motion.

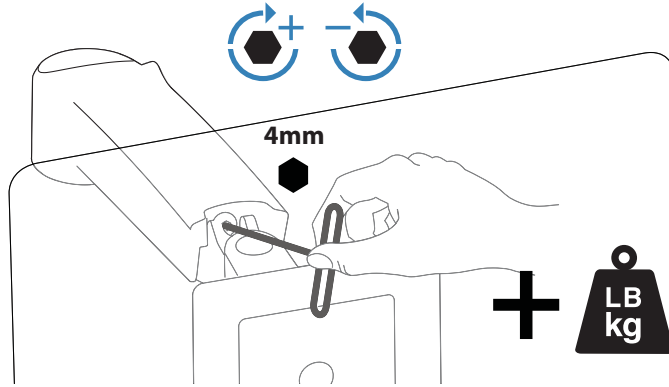
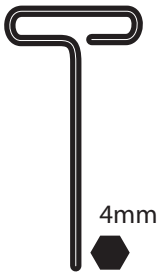
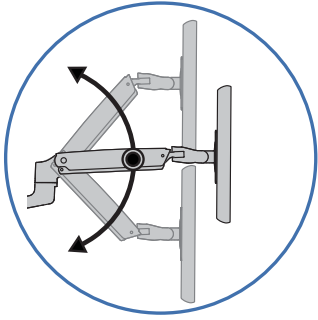


Caution: To avoid the potential to pinch cables it is important to follow the cable routing instructions in this manual. Failure to follow these instructions may result in equipment damage or personal injury.

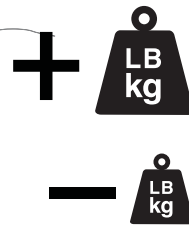


5 Important! You will need to adjust this product after installation is complete. Make sure all your equipment is properly installed on the product before attempting adjustments. This product should move smoothly and easily through the full range of motion and stay where you set it. If movements are 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.

a Lift – Up and down



CAUTION: DO NOT overtighten fasteners. Overtightening may cause damage to your equipment.



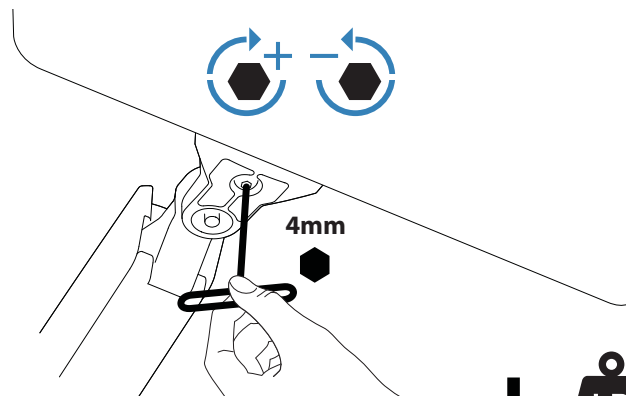
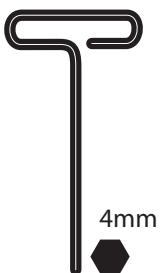
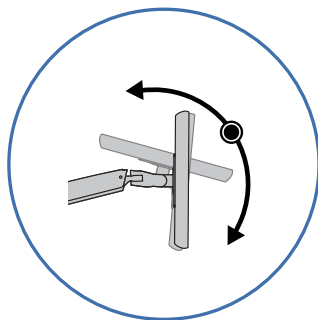
Increase Lift Strength

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

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:

b Tilt – Forward and Backward



CAUTION: DO NOT remove screw. Removing screw may cause damage to equipment.



Increase Friction

If this product moves too easily, then you'll need to increase friction:

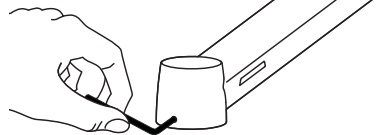
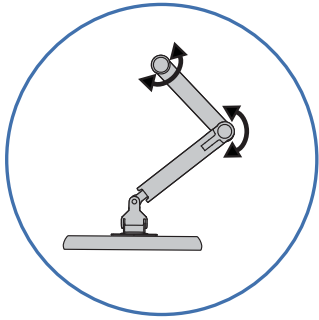


Decrease Friction

If this product is too difficult to move, then you'll need to decrease friction:



C Tilt – Forward and Backward



Increase Friction

If this product moves too easily, then you'll need to increase friction:



CAUTION: DO NOT remove screw. Removing screw may cause damage to equipment.

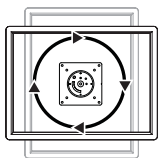


Decrease Friction

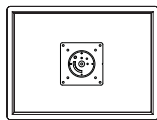
If this product is too difficult to move, then you'll need to decrease friction:



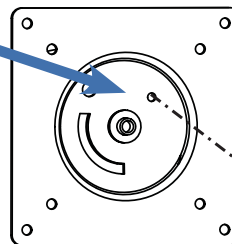
d Rotate – Portrait/Landscape



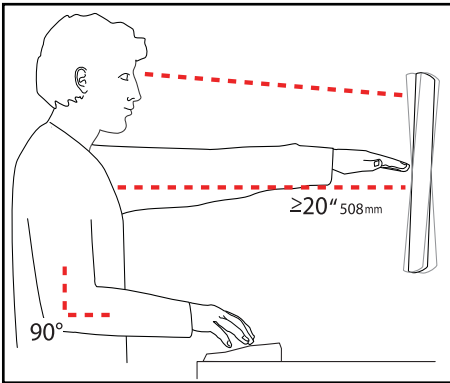
360°



0°



M3 x 6mm



Learn more about ergonomic computer use at:
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.

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