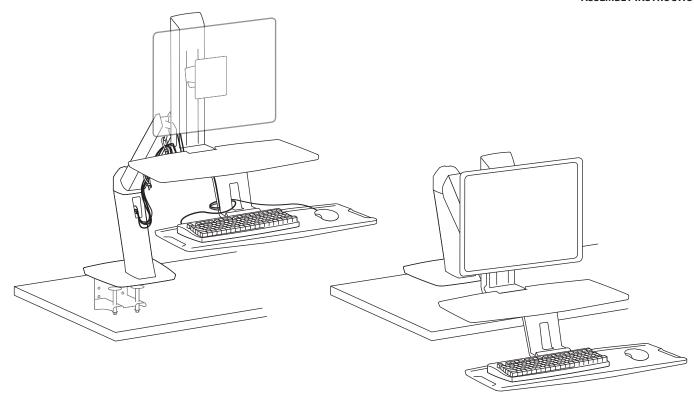


WorkFit-A, Single LCD Mount, LD

ASSEMBLY INSTRUCTIONS



Set Your Workstation to Work For YOU!



Learn more about ergonomic computer use at: www.computingcomfort.org

Height Position top of screen slightly below eye level.

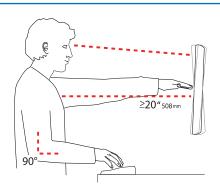
Position keyboard at about elbow height with wrists flat.

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.

For Warranty visit: www.ergotron.com/warranty

For Service visit: www.ergotron.com

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

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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.

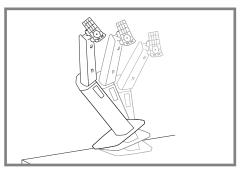


Adjust the height of your desk (or chair and footrest) to allow the keyboard to lower to your sitting elbow height for ergonomic computing.





Arm lowers along an arc. Pull arm towards you as you lower from the highest position.





CAUTION! Tipping Hazard. Support the stand until the clamp is securely tightened. Failure to follow these instructions may result in the stand tipping over causing possible equipment damages and or personal injury.



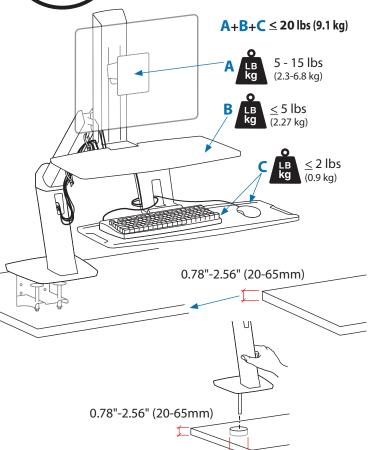
Caution:

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.

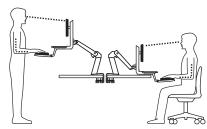




DO NOT route cables on top of arm. Failure to follow these instructions may result in equipment damage and/or personal injury.

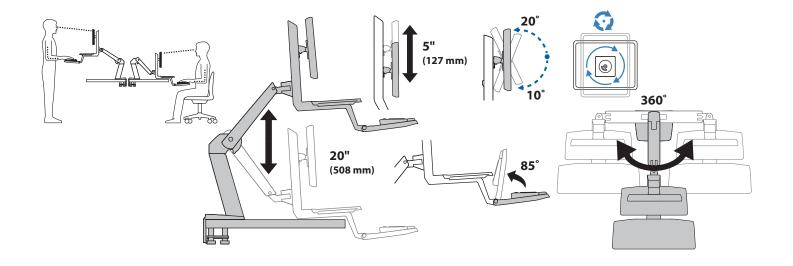


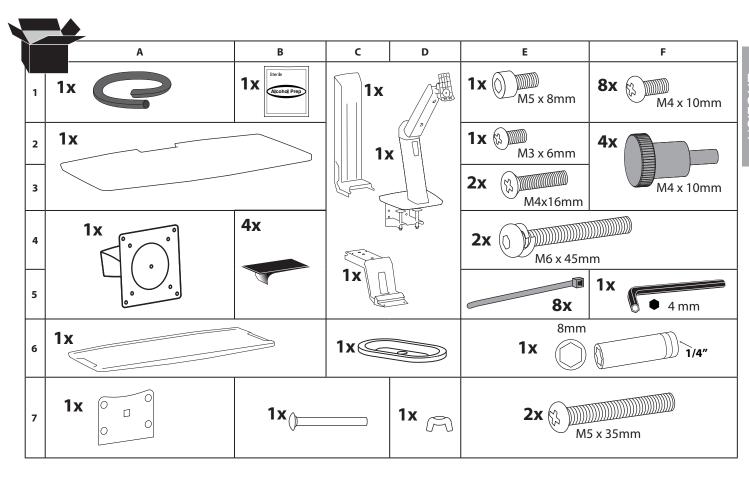
0.5"-2.5" (13-64mm)

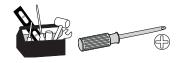


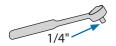
Important! You will need to adjust this product after installation is complete. Make sure all your equipment is properly installed on the product before attempting adjustments. This product should move smoothly and easily through the full range of motion and stay where you set it. If movements are too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

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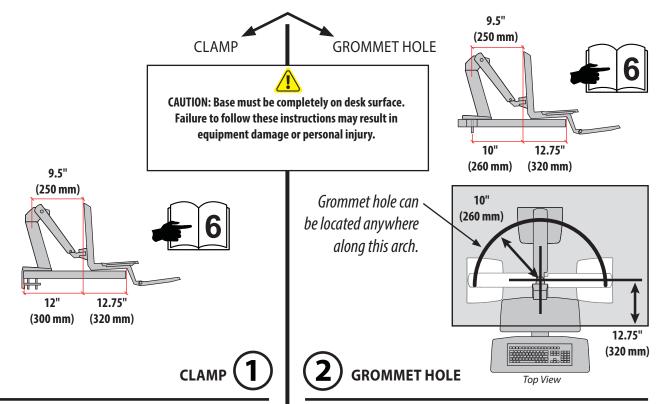




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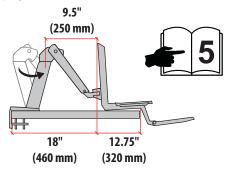
Arm Extension and Desk Size:

The keyboard tray is designed to extend over the edge of your desk. You can expand the extension of the arm if you need to based on your desk size. To determine if you need to expand your arm extension, refer to the 4 desk dimensions below:



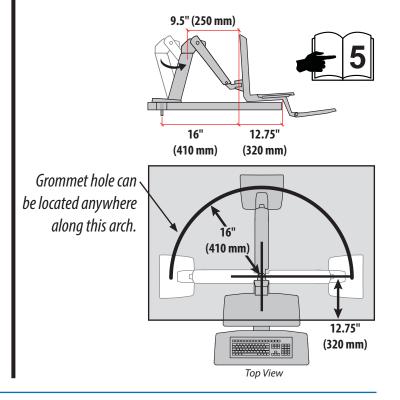
CLAMP With Expanded Arm Extension

To expand the arm extension, follow instructions on next page.



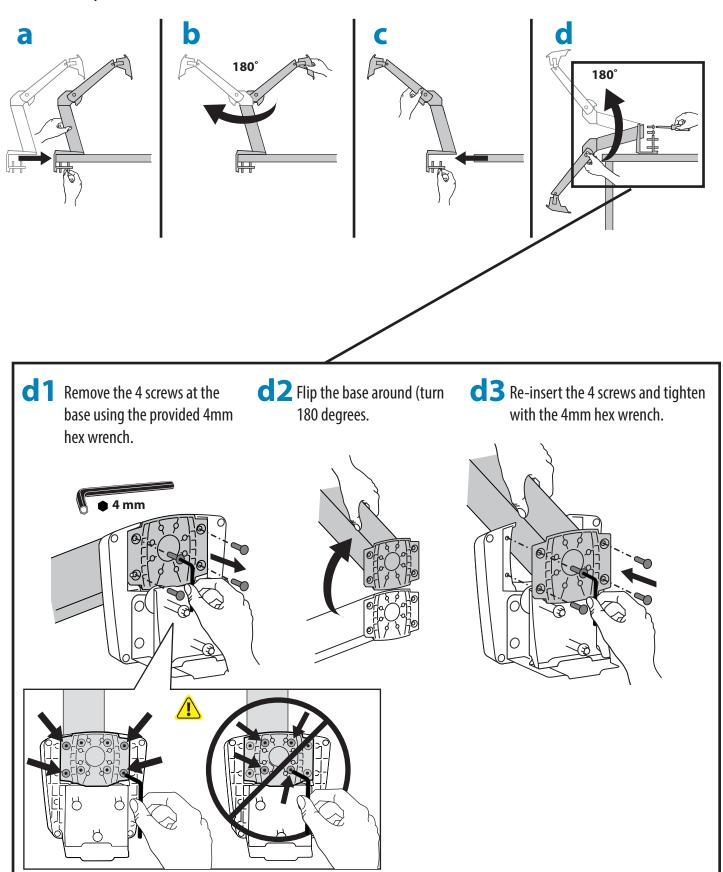
GROMMET HOLE With Expanded Arm Extension

To expand the arm extension, follow instructions on next page.

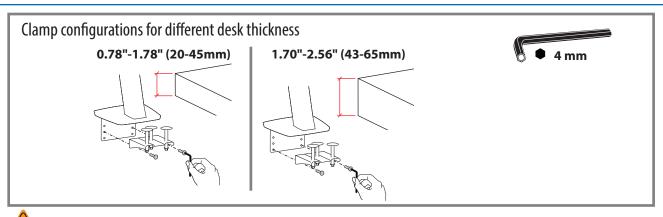


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How to expand the arm extension.



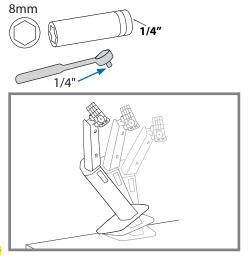
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Warning: Because mounting surface materials can vary widely, it is imperative that you make sure mounting surface is strong enough to handle mounted product and equipment.

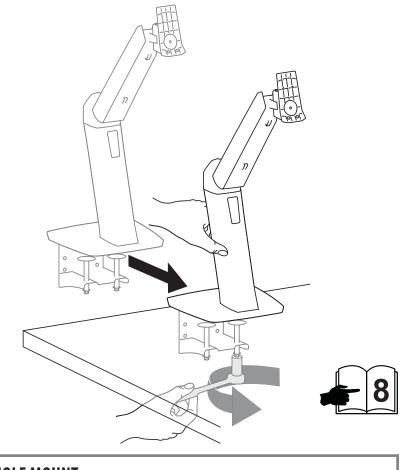
Mount arm to desk.

Tighten the bolts with the provided 8 mm wrench.





CAUTION! Tipping Hazard. Support the stand until the clamp is securely tightened. Failure to follow these instructions may result in the stand tipping over causing possible equipment damages and or personal injury.





OPTIONAL GROMMET HOLE MOUNT

- Follow these instructions if you want to change your clamp to a grommet hole mount.

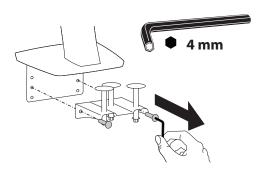




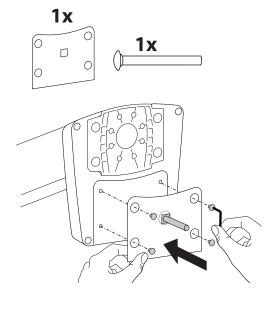
OPTIONAL GROMMET HOLE MOUNT

- Follow these instructions if you want to change your clamp to a grommet hole mount.

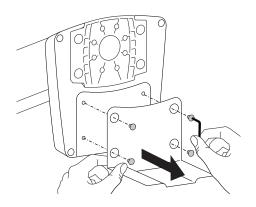
Remove clamp bracket screws with 4mm hex wrench.



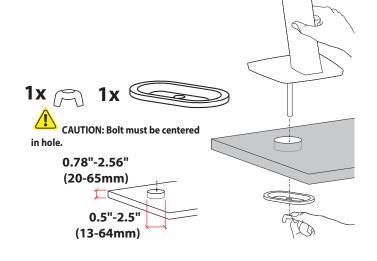
Insert provided bolt into provided grommet plate. Attach grommet plate with 4 mm hex wrench and screws removed in step b.



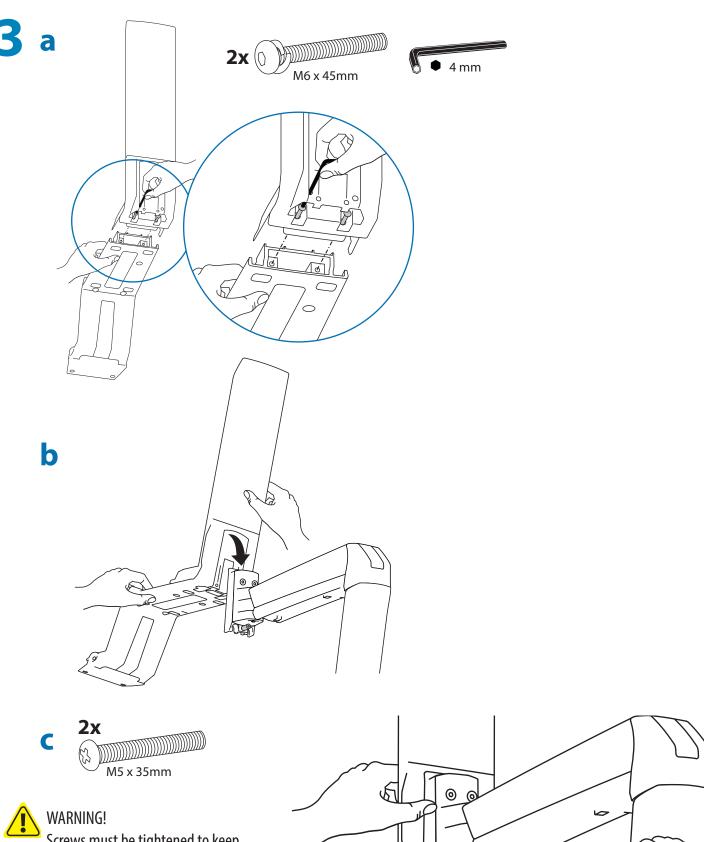
Remove clamp plate screws with 4mm hex wrench. Retain screws.



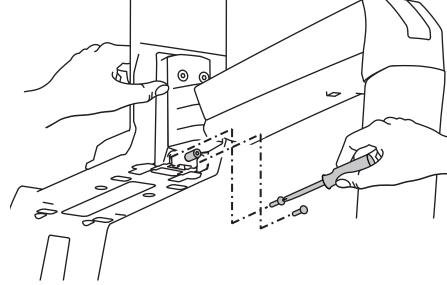
Position arm with attached grommet plate over grommet hole (make sure bolt is centered in hole). Thread grommet bracket and wing nut onto bolt and tighten.

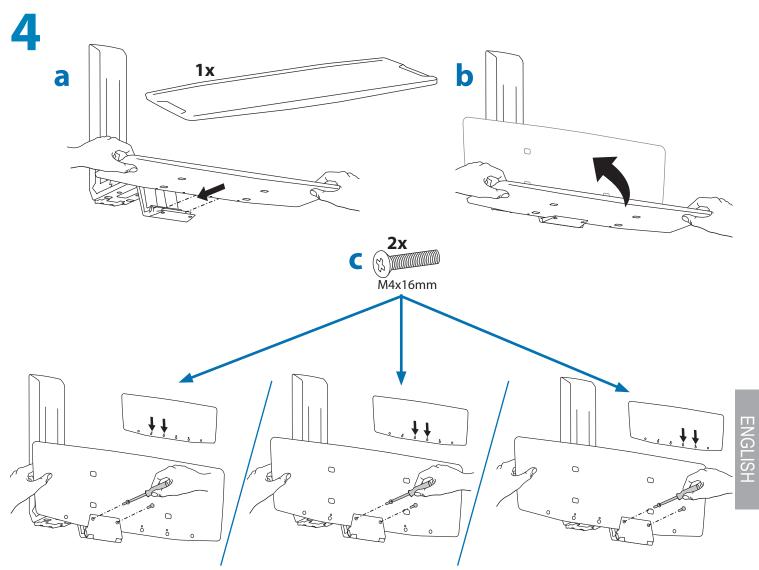


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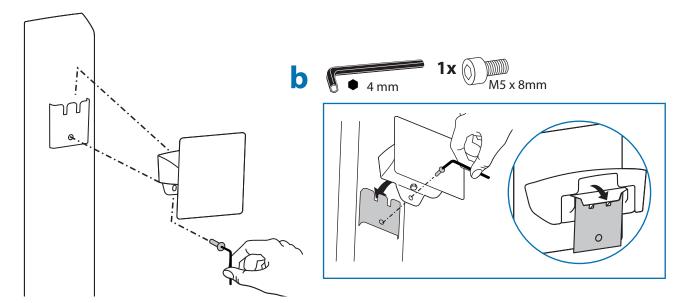


Screws must be tightened to keep product secure. Failure to follow these instructions will create an unstable situation and may result in equipment damage or personal injury.

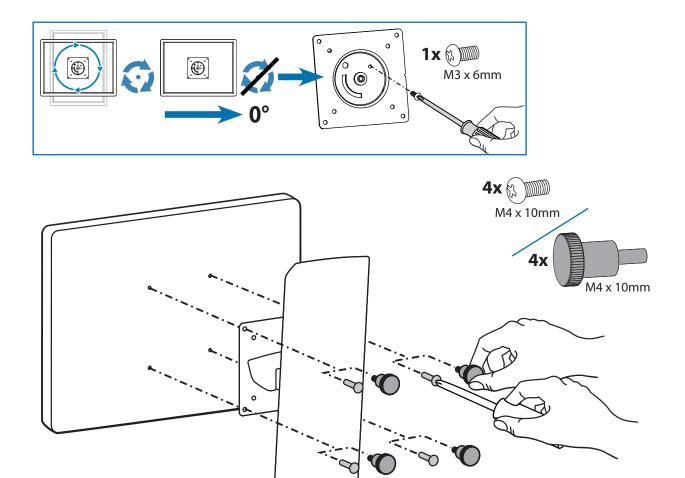




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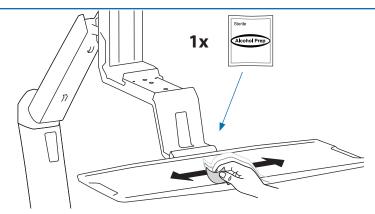
6



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7

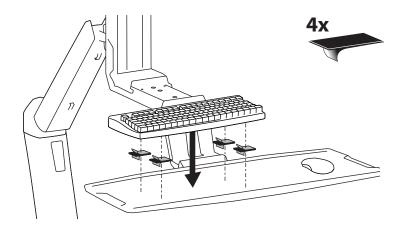
a



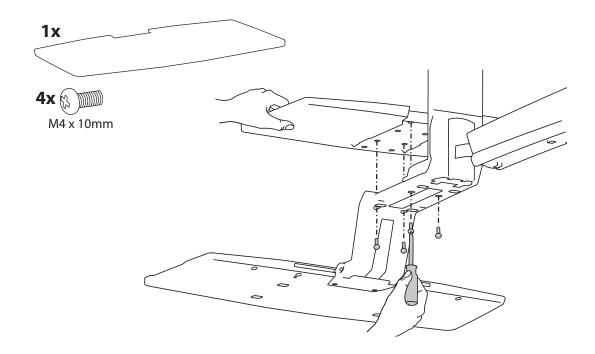
b



C



8



NGLISH



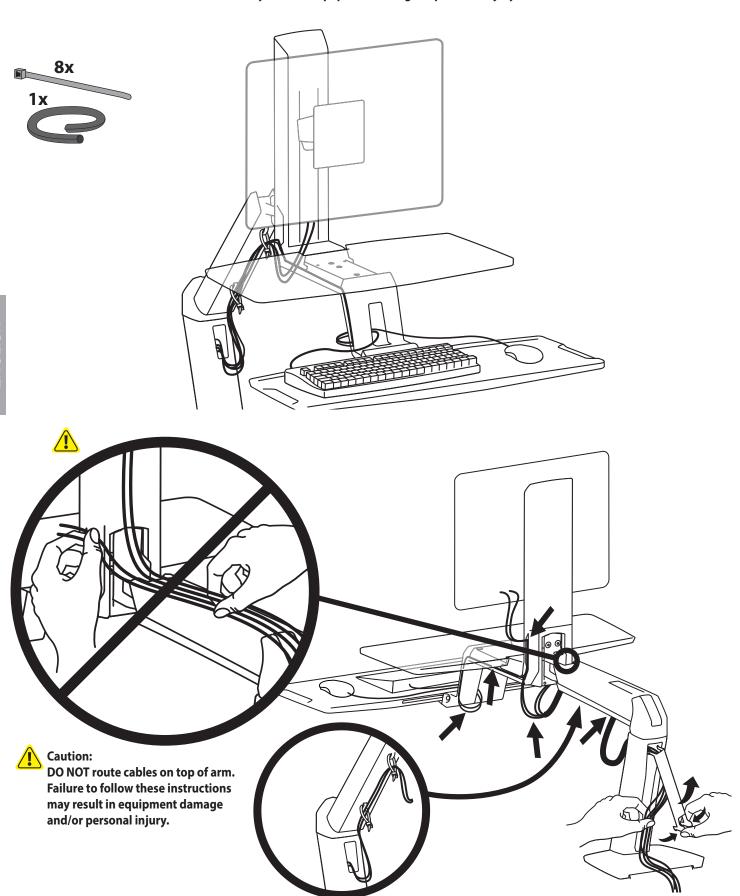


NOTE: Leave enough slack in cable to allow full range of motion.



Caution:

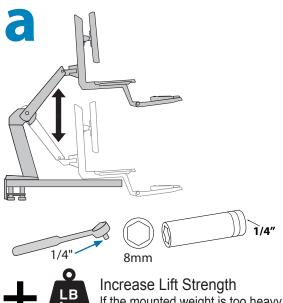
To avoid the potential to pinch cables it is important to follow the cable routing instructions in this manual. Failure to follow these instructions may result in equipment damage or personal injury.



10 @

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.

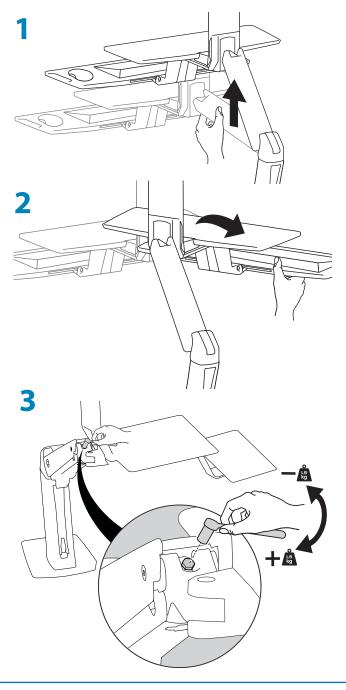


If the mounted weight is too heavy or this product does not stay up when raised, then you'll need to increase

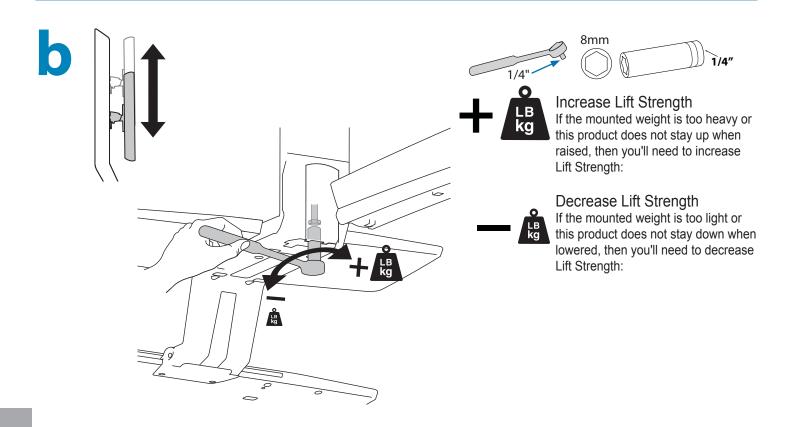
Lift Strength:

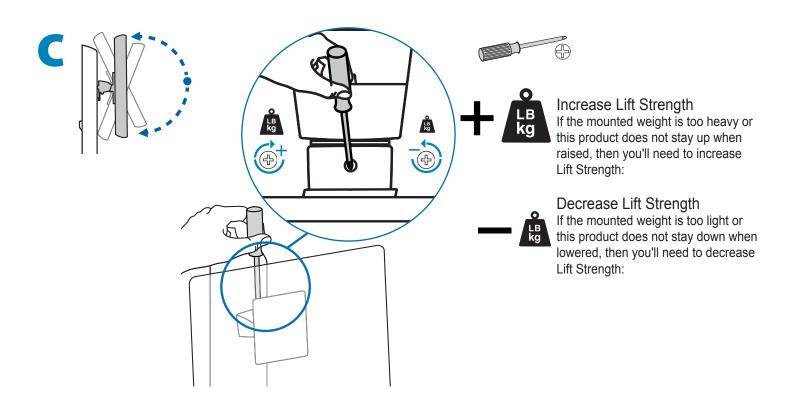


Decrease Lift Strength
If the mounted weight is too light or
this product does not stay down when
lowered, then you'll need to decrease
Lift Strength:



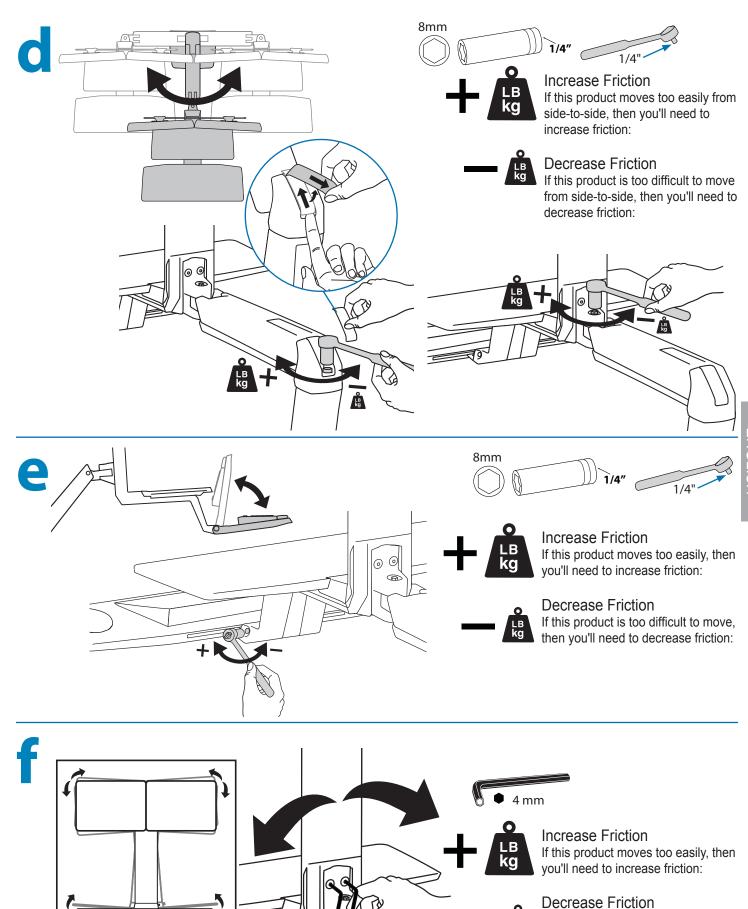
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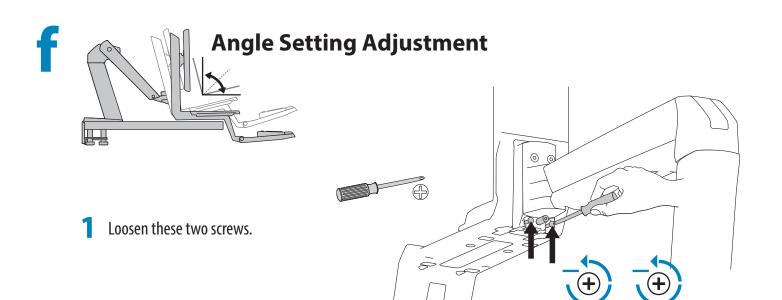


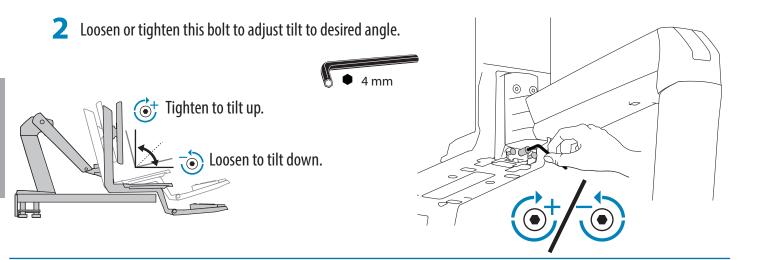


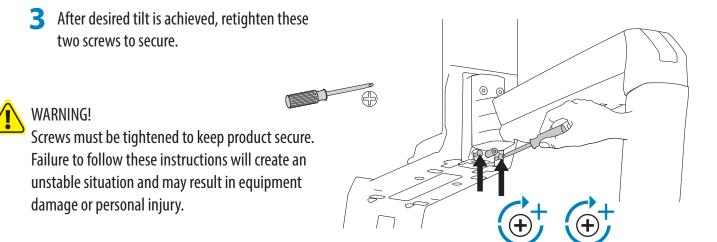
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If this product is too difficult to move, then you'll need to decrease friction:









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