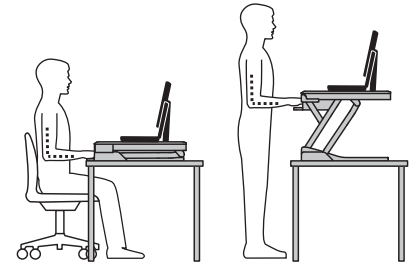
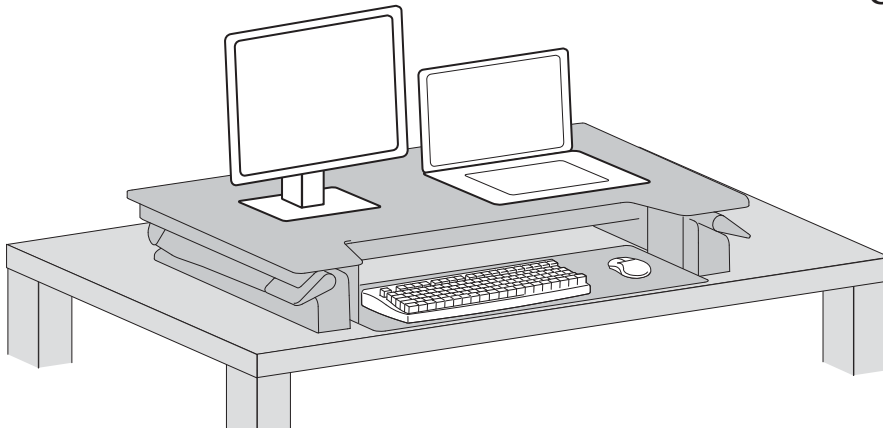
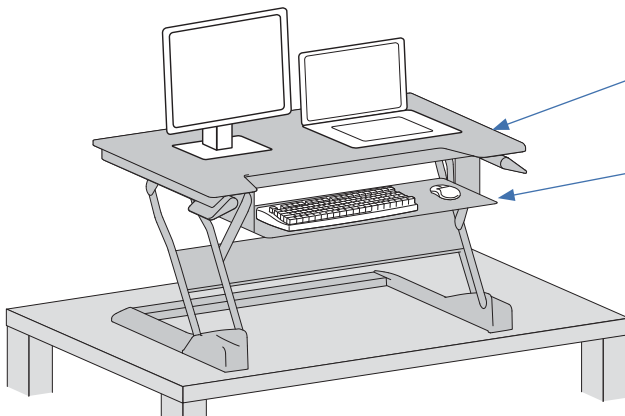
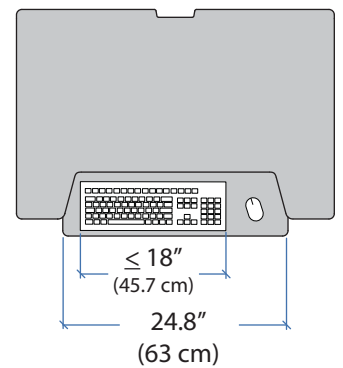
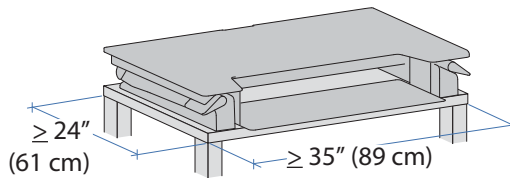
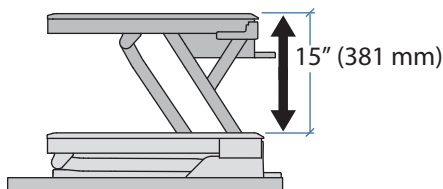


# WorkFit-T

## Sit-Stand Desktop Workstation



### Features & Specifications



**A** **LB kg** 10 - 35 lbs  
(4.5 - 15.88 kg)

**B** **LB kg** ≤ 5 lbs  
(2.27 kg)

**LB kg**

**A+B= 10 - 35 lbs (4.5-15.9 kg)**

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

ENGLISH

### Components



	A	B	C	D
1				

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  
 Gebruikersgids - Deutsch  
 Benutzerhandbuch - Nederlands  
 Guida per l'utente - Italiano  
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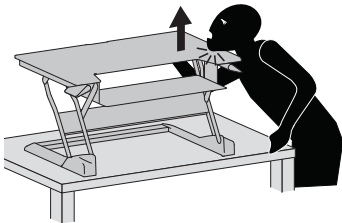
Europe +31 (0)33-45 45 600

China 86-769-86018920

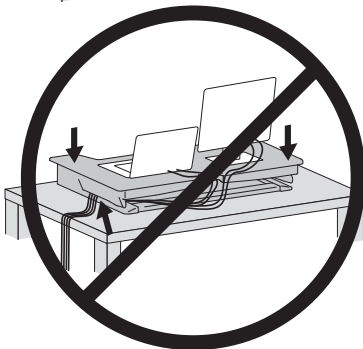
# Safety

**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.

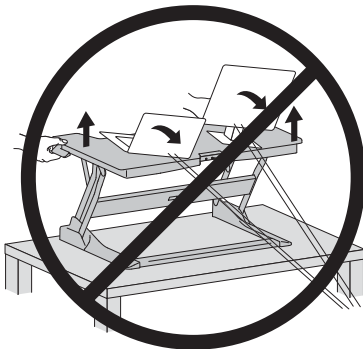
<b>! WARNING</b>	 <small>828-100</small>
<b>PINCH POINT</b> DO NOT place hands on or near support bars. Pinch points are created during lifting and lowering the worksurface. Failure to follow these instructions may result in serious personal injury.	



**Warning: Impact Hazard! Moving Parts can Crush and Cut.**  
Raise worksurface to top of vertical adjustment **BEFORE** removing equipment.  
Failure to heed this warning may result in serious personal injury and or property damage!



**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.



**Caution:**  
Leave enough slack in cable to allow for full range of vertical motion (15" / 38 cm). Failure to heed this warning may result in property damage and or personal injury.

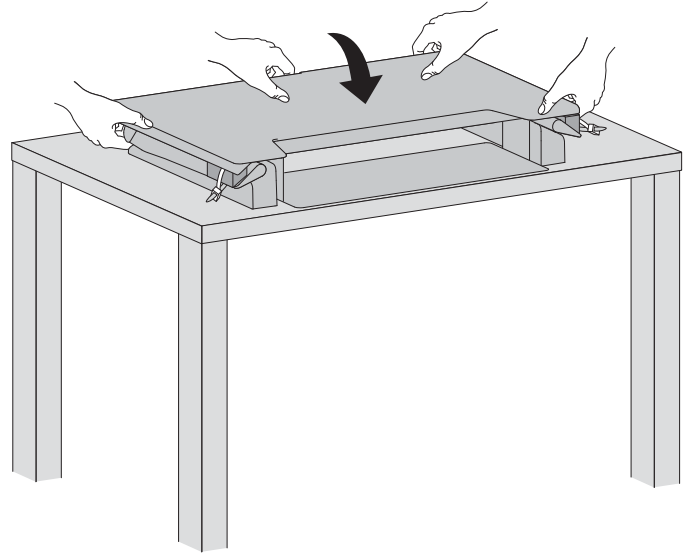
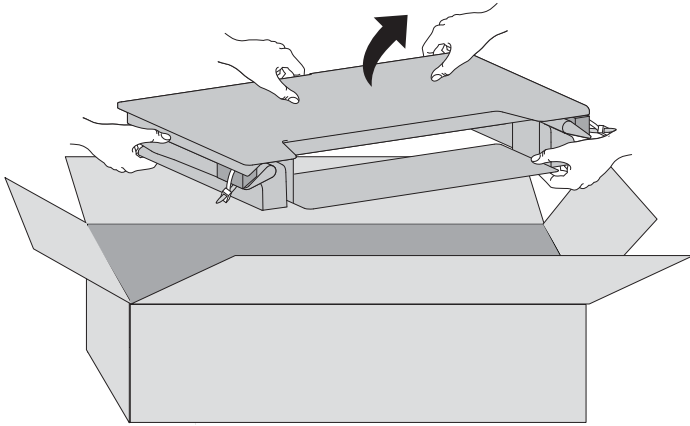
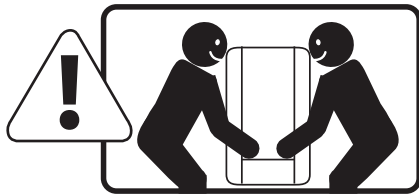


**Caution:**  
Keep monitor and laptop base fully on the worksurface. Allowing any part of base or stand to hang off the edge may result in property damage and or personal injury.

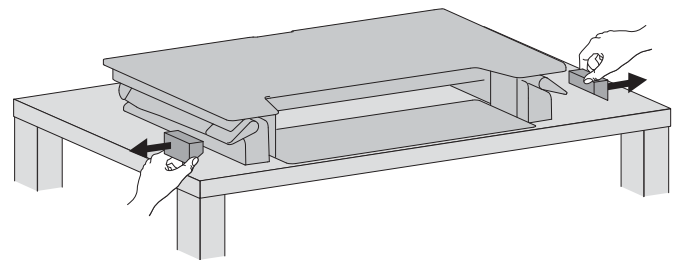
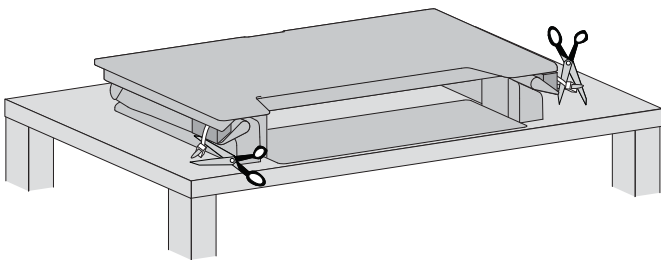


**Caution:**  
Raise worksurface slowly. Raising worksurface too fast may create an unstable situation resulting in property damage and or personal injury.

1

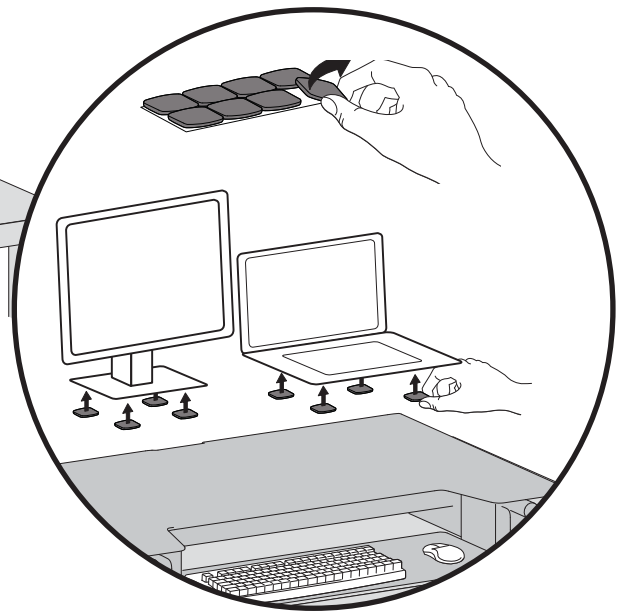
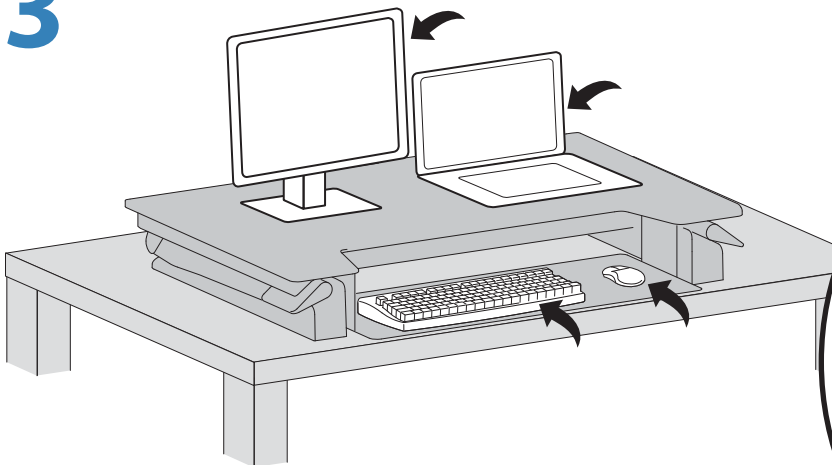


2



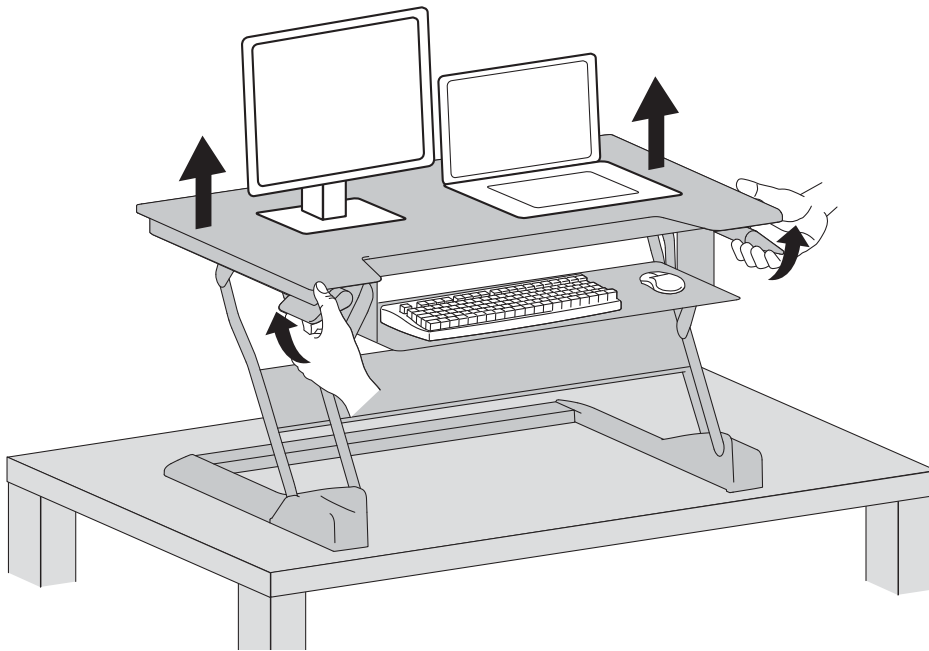
ENGLISH

3

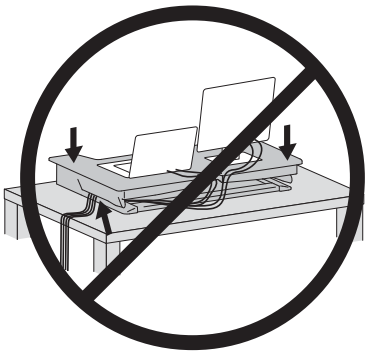


**Caution:** Keep monitor and laptop base fully on the worksurface. Allowing any part of base or stand to hang off the edge may result in property damage and or personal injury.

# 4

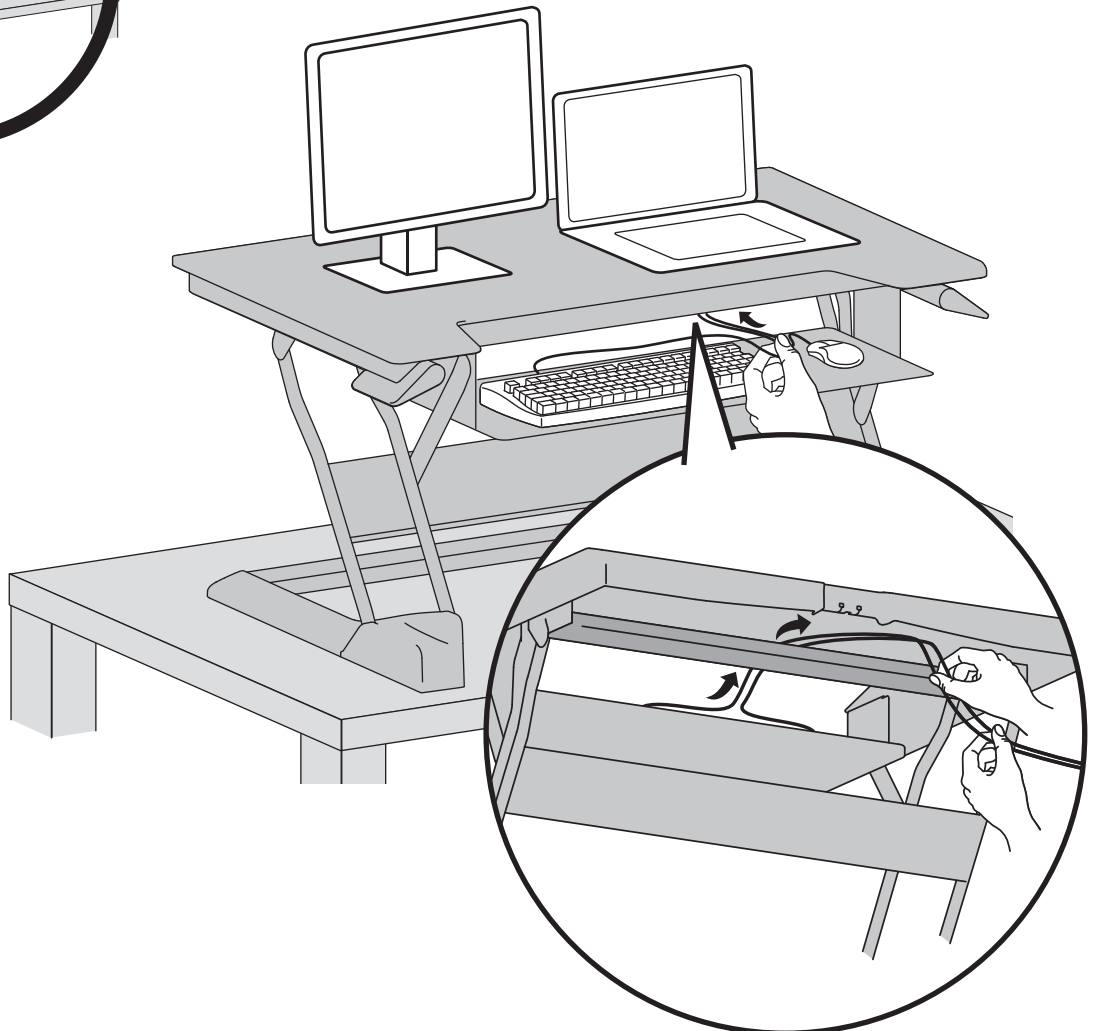


# 5

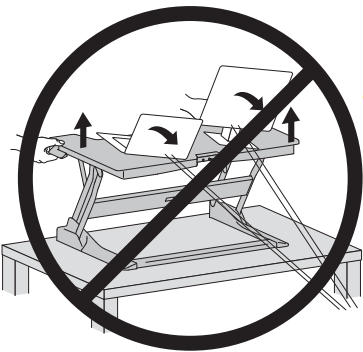
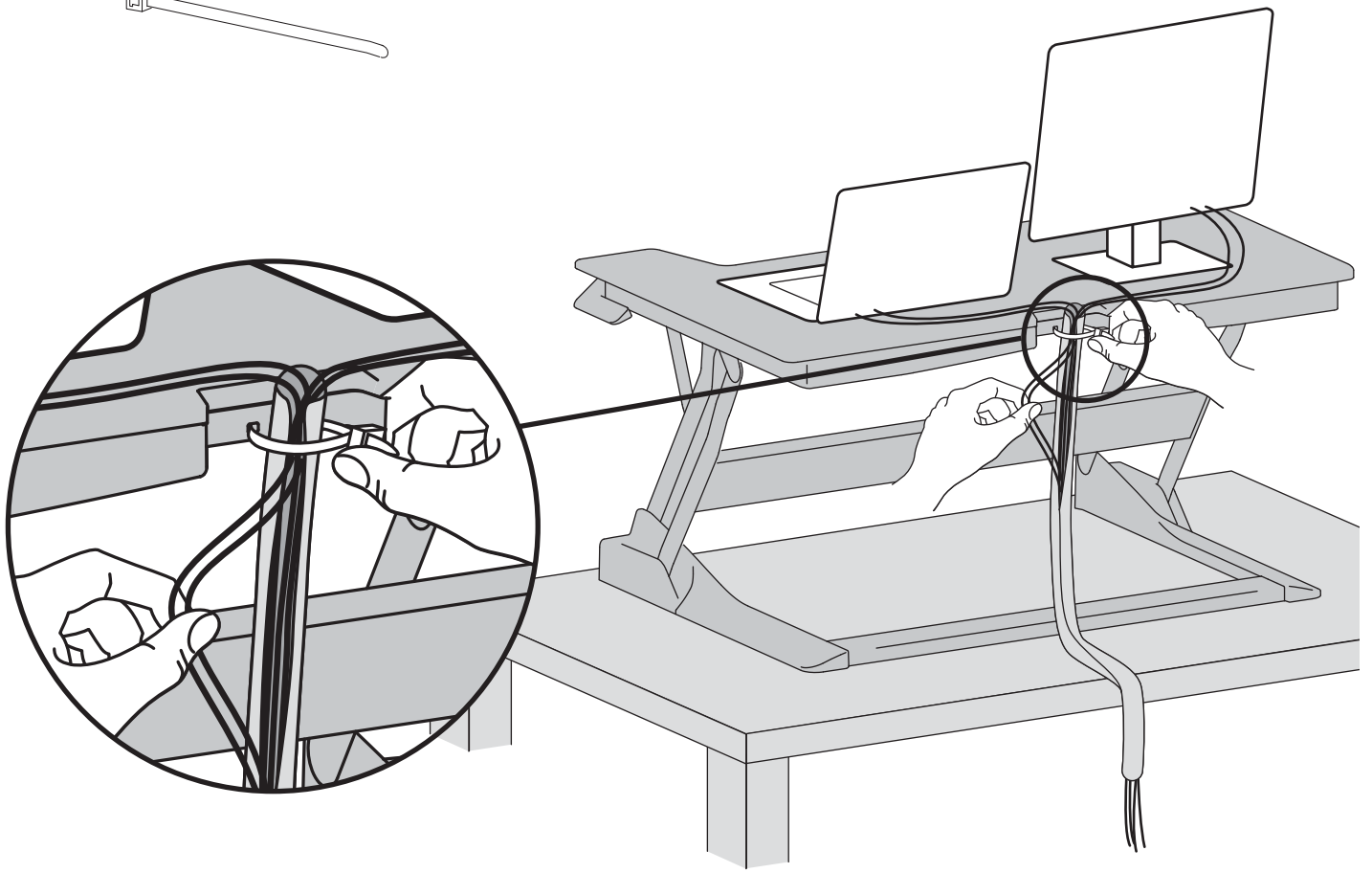
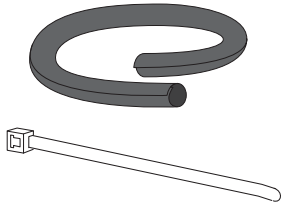


**Caution:**

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.

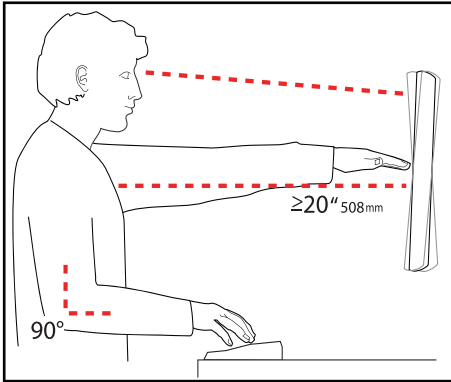


6



**Caution:** Leave enough slack in cable to allow for full range of vertical motion (15" / 38 cm). Failure to heed this warning may result in property damage and or personal injury.

## 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.

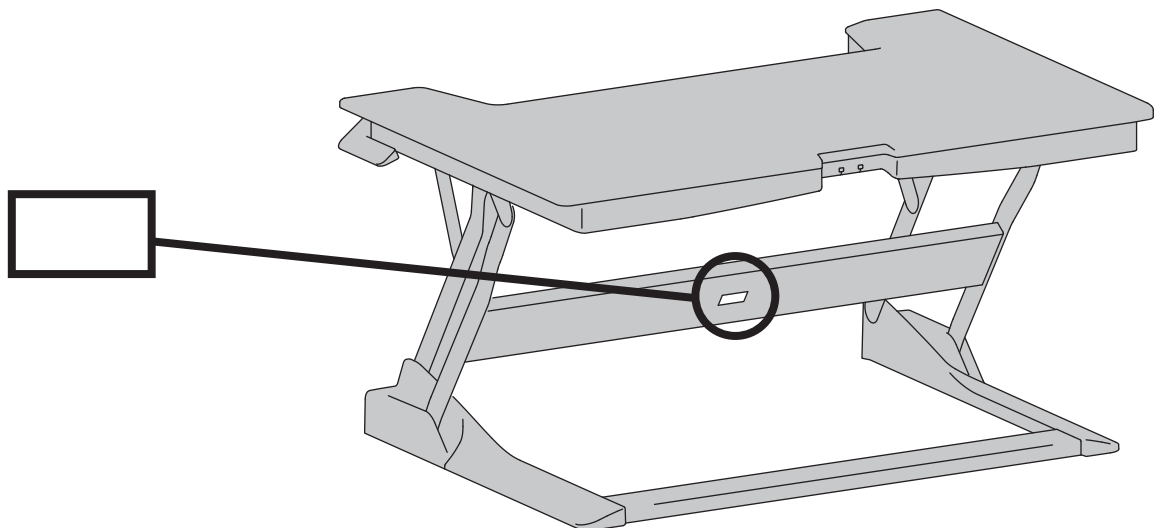
To Reduce Fatigue  
Breathe - Breathe deeply through your nose.  
Blink - Blink often to avoid dry eyes.  
Break • 2 to 3 minutes every 20 minutes  
• 15 to 20 minutes every 2 hours.

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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