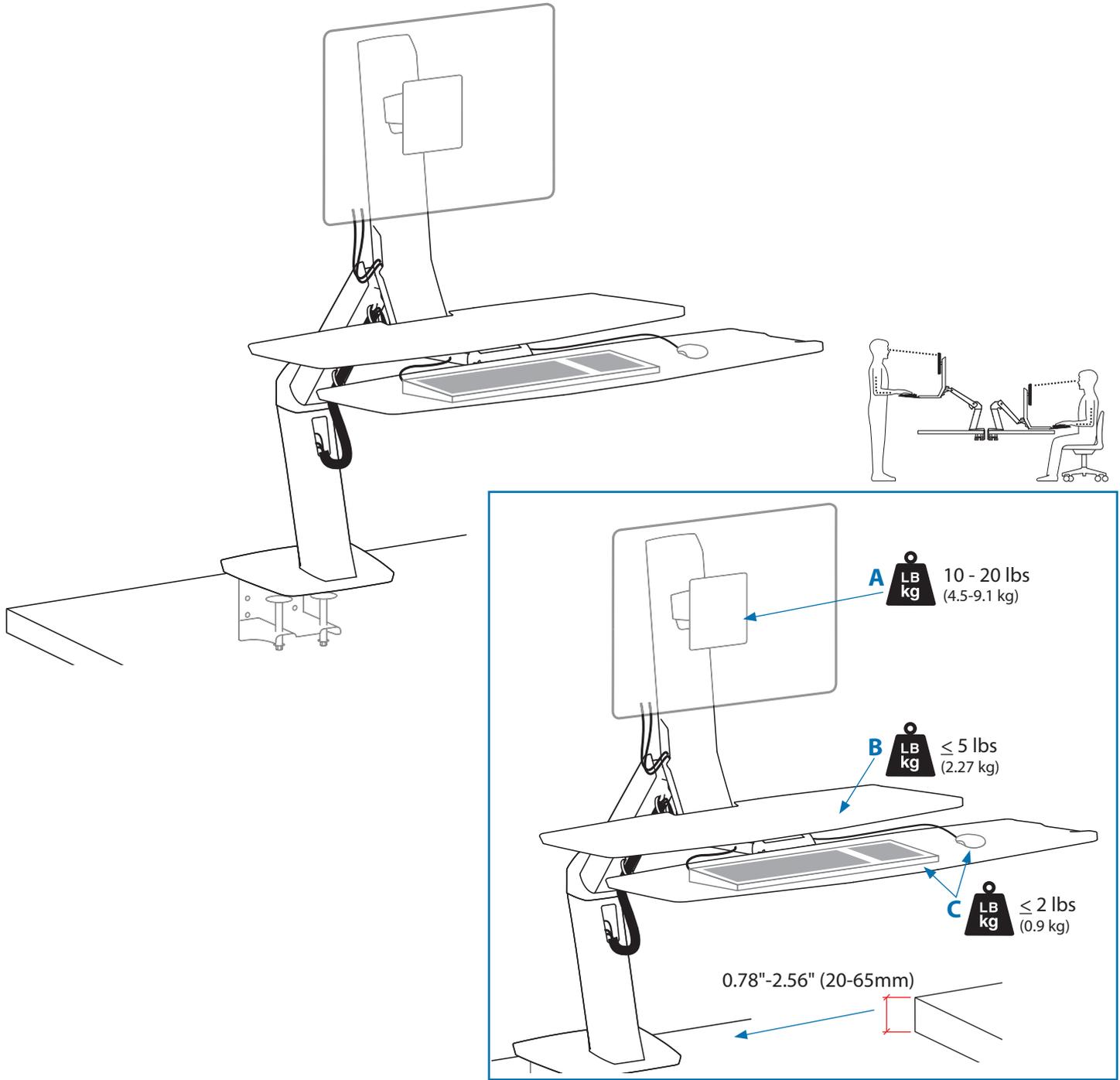


## WorkFit-A, Single LCD Mount, HD



ENGLISH

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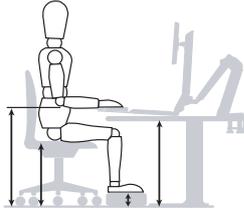
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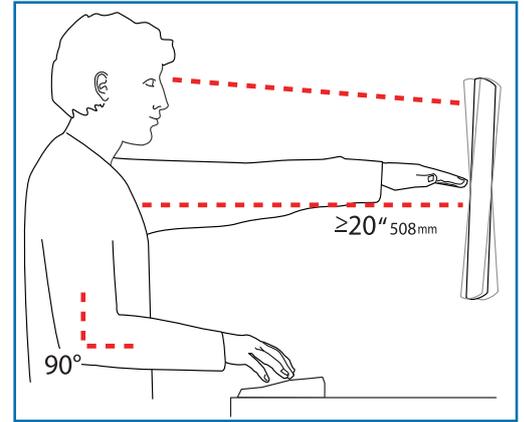
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## Set Your Workstation to Work For YOU!



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.

## 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.

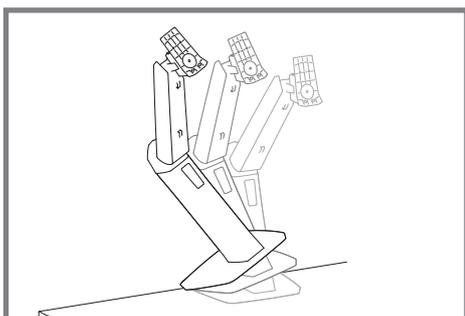
**Warning:** Because mounting surface materials can vary widely, it is imperative that you make sure mounting surface is strong enough to handle mounted product and equipment.

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

**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.

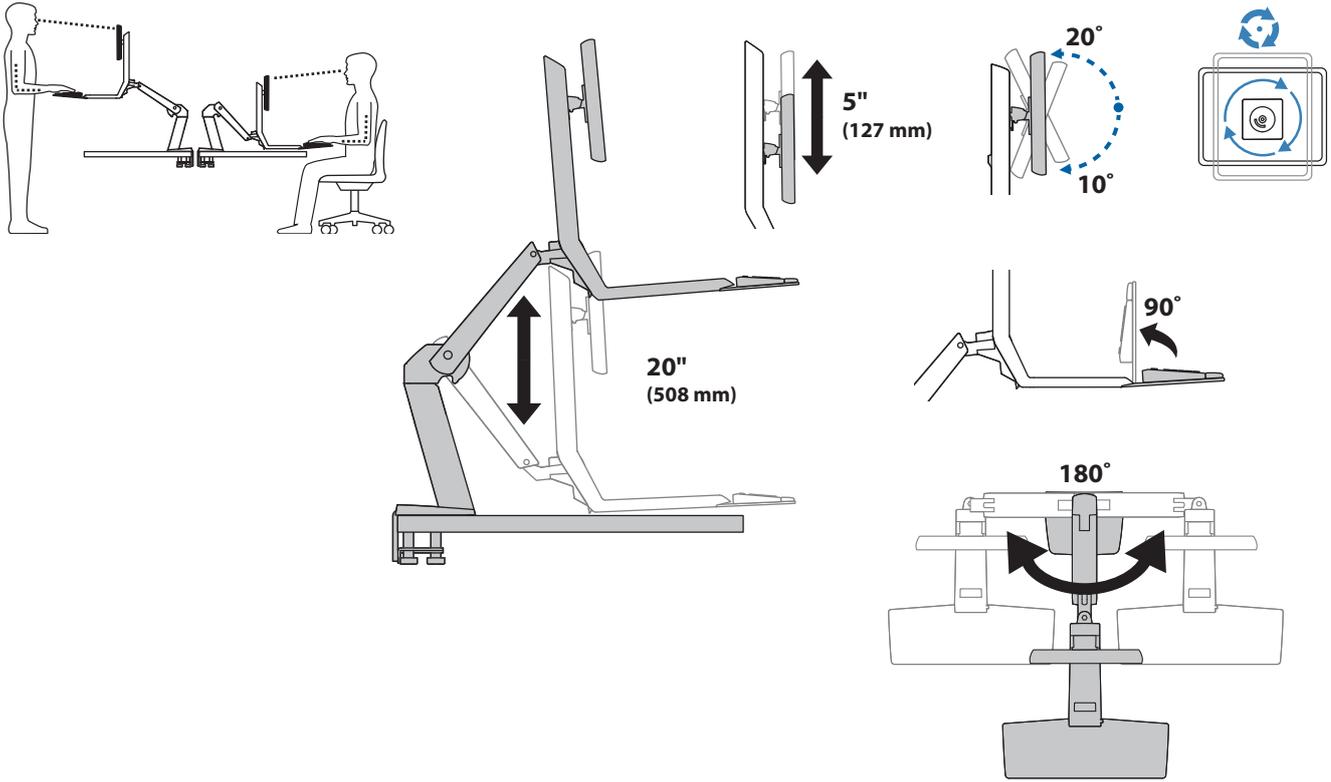


**Caution:** DO NOT route cables on top of arm. Failure to follow these instructions may result in equipment damage and/or personal injury.

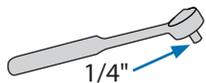


**CAUTION! Tipping Hazard.** Support the stand until the clamp is securely tightened. Failure to follow these instructions may result in the stand tipping over causing possible equipment damages and or personal injury.

# Features & Specifications



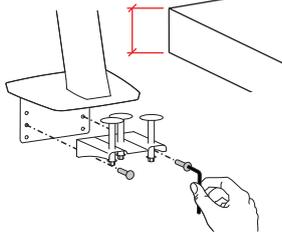
	A	B	C	D	E	F
1	1x	1x	1x	1x	1x	4x
2	1x	8x			1x	4x
3	1x		1x	2x	1x	
4		4x	2x	4x		
5	1x	8x	4x		1x	
6	1x			1x		



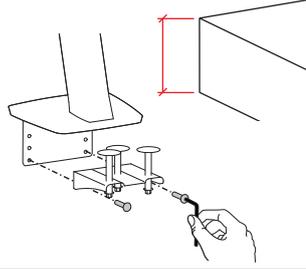
1

### Clamp configurations for different desk thickness

0.78"-1.78" (20-45mm)



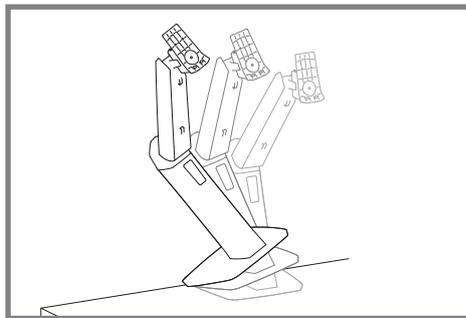
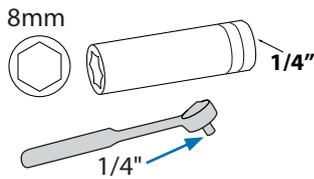
1.70"-2.56" (43-65mm)



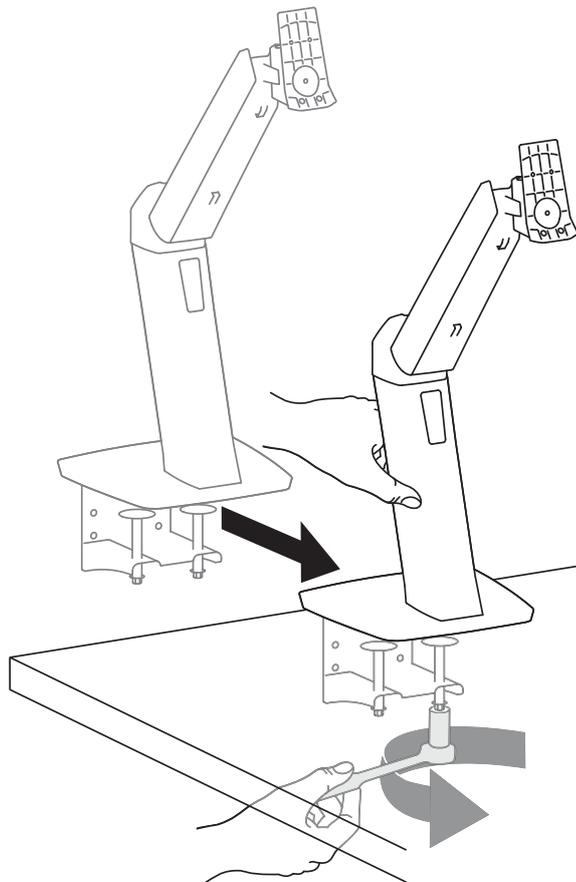
**Warning:** Because mounting surface materials can vary widely, it is imperative that you make sure mounting surface is strong enough to handle mounted product and equipment.

## Mount arm to desk.

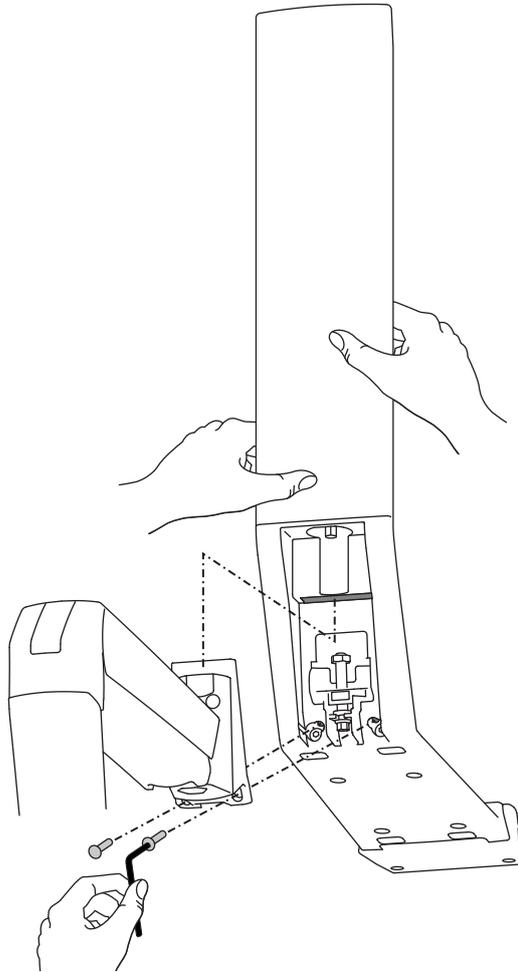
Tighten the bolts with the provided 8 mm wrench.



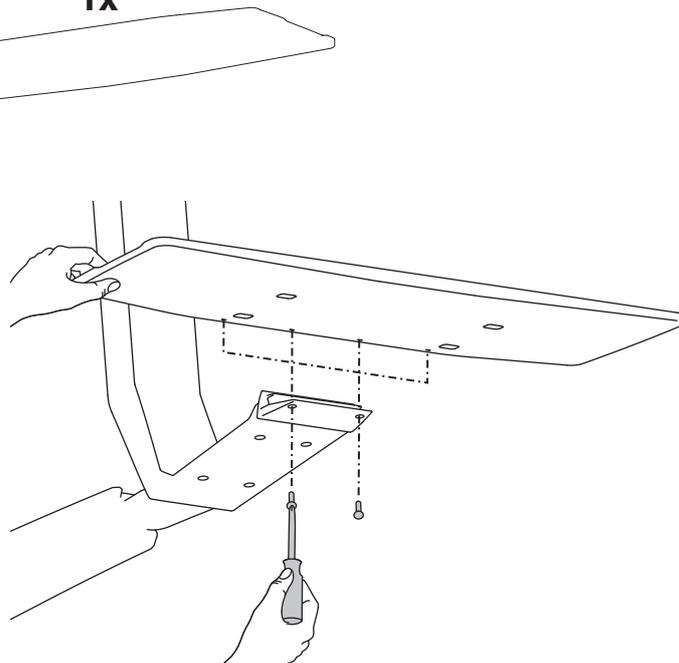
**CAUTION! Tipping Hazard.** Support the stand until the clamp is securely tightened. Failure to follow these instructions may result in the stand tipping over causing possible equipment damages and or personal injury.



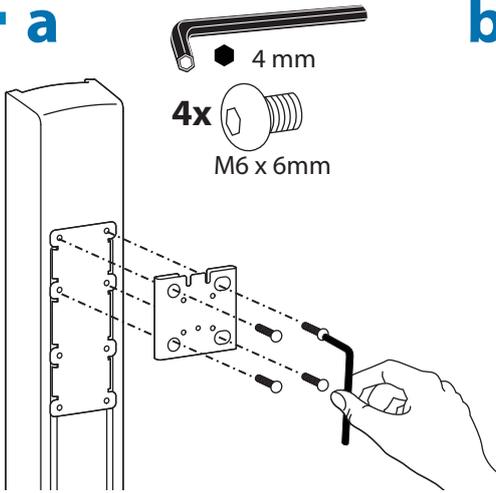
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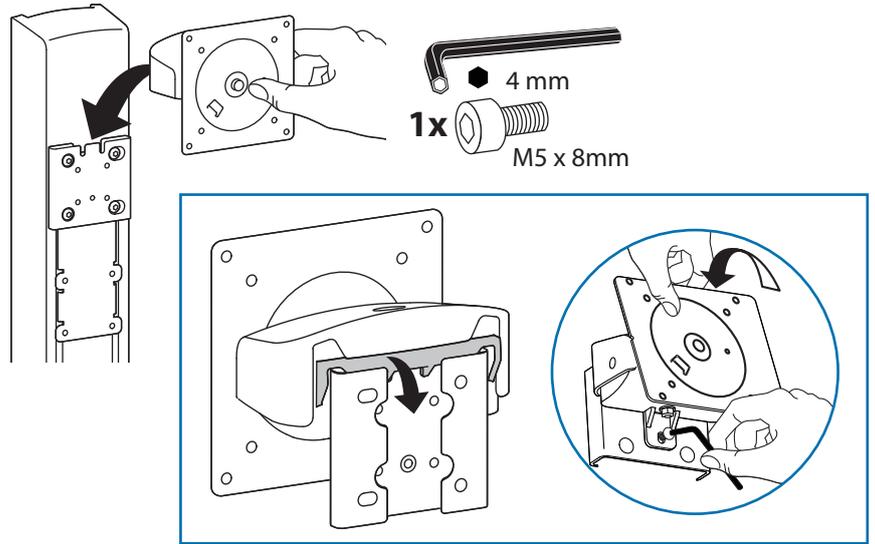
3



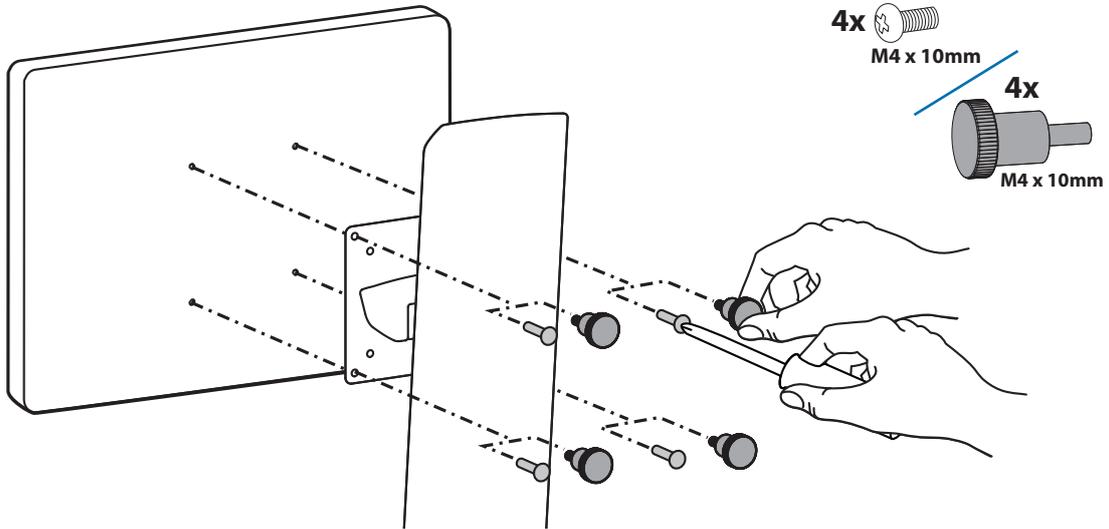
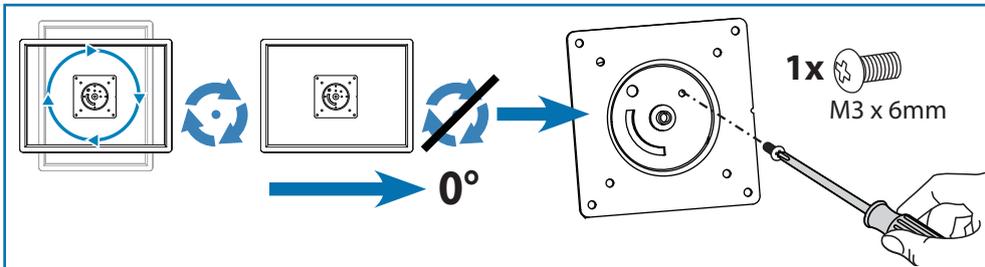
# 4 a



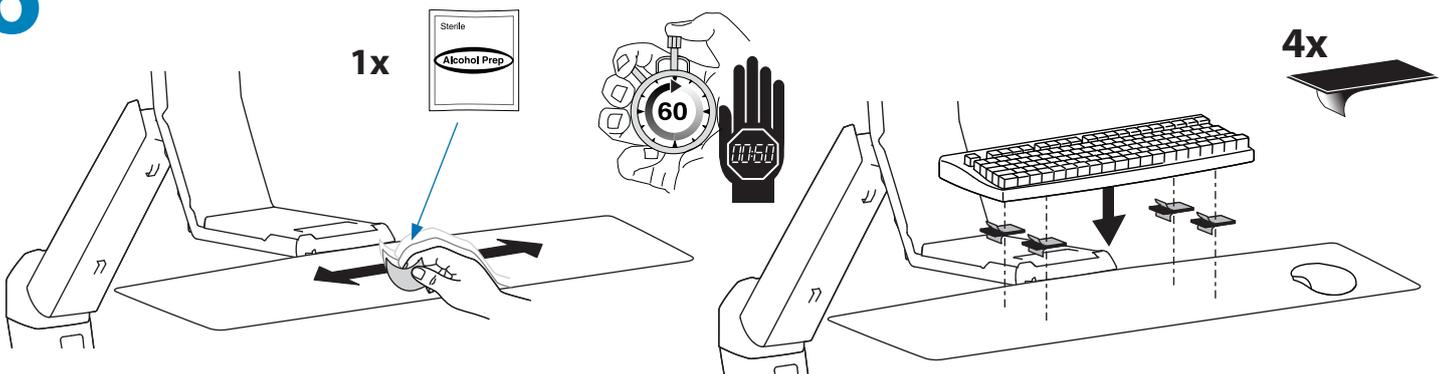
# b



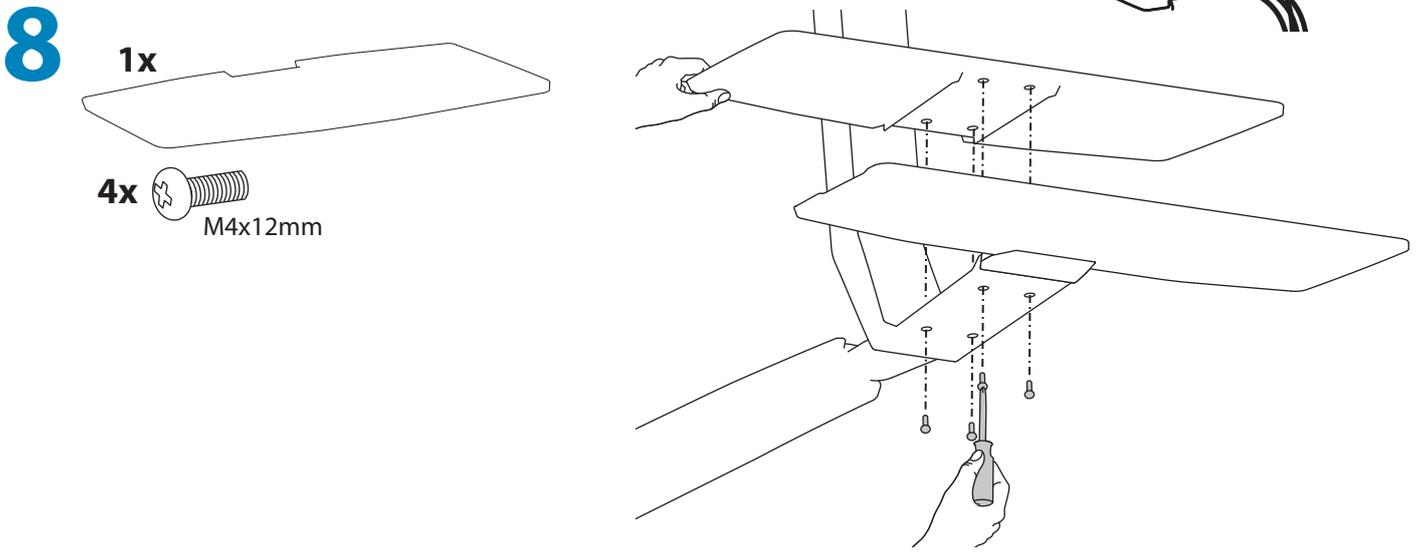
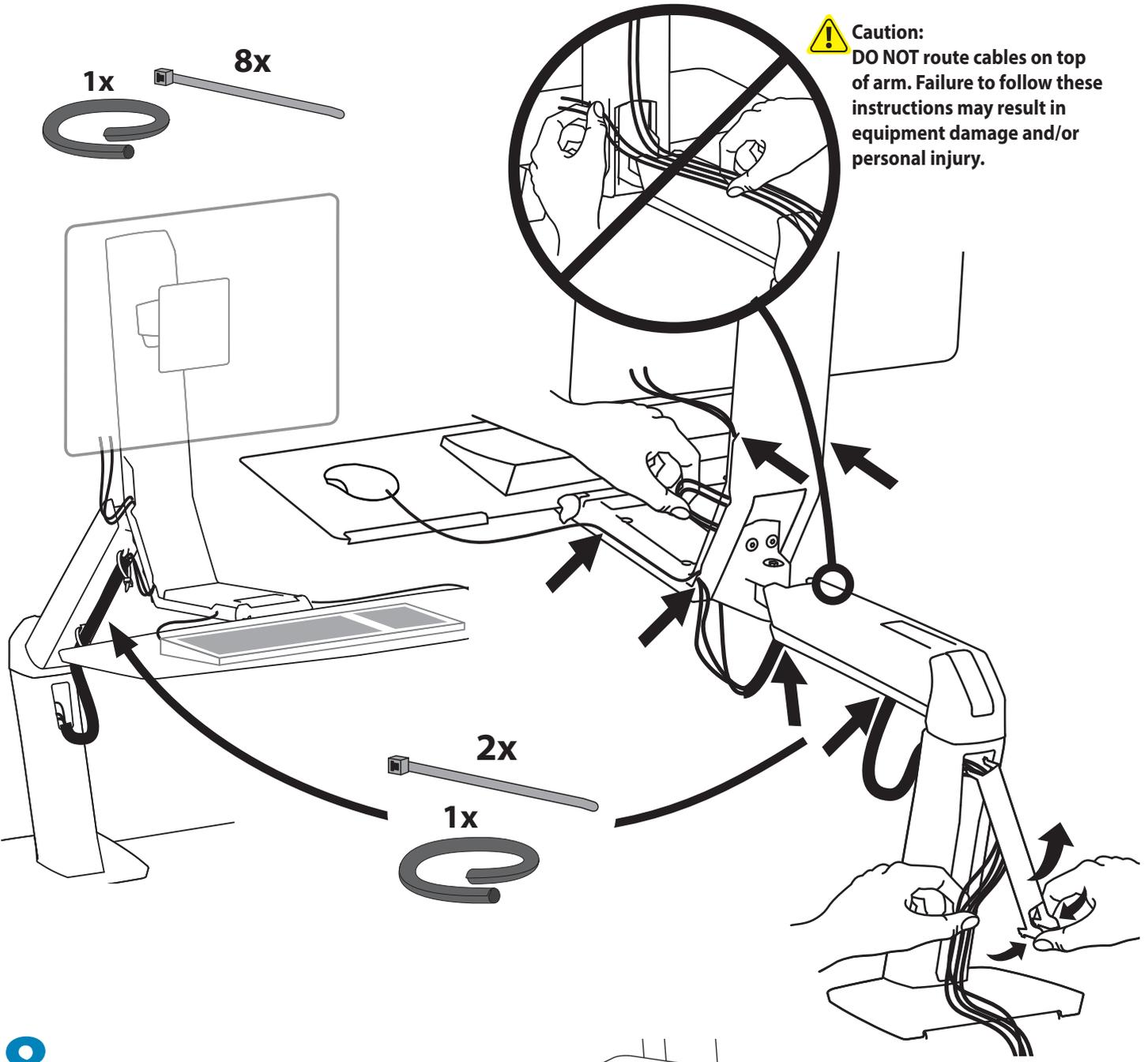
# 5



# 6



**7**  **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.

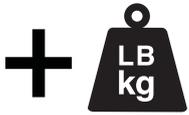
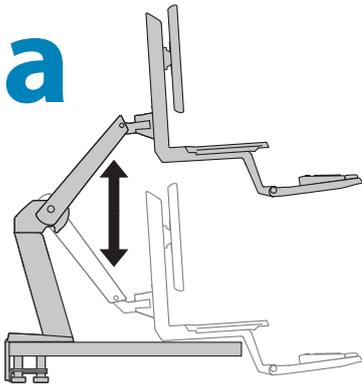


# 9



## 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.

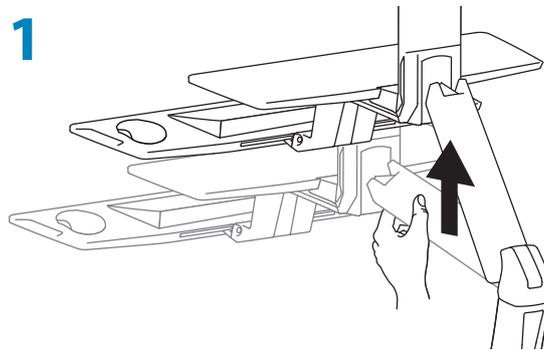


**Increase Lift Strength**  
If the mounted weight is too heavy or this product does not stay up when raised, then you'll need to increase Lift Strength:

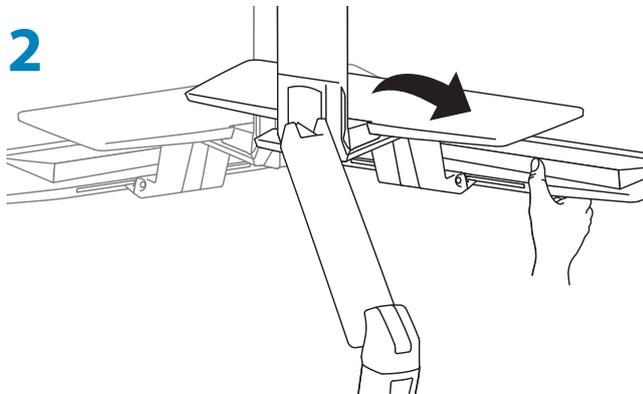


**Decrease Lift Strength**  
If the mounted weight is too light or this product does not stay down when lowered, then you'll need to decrease Lift Strength:

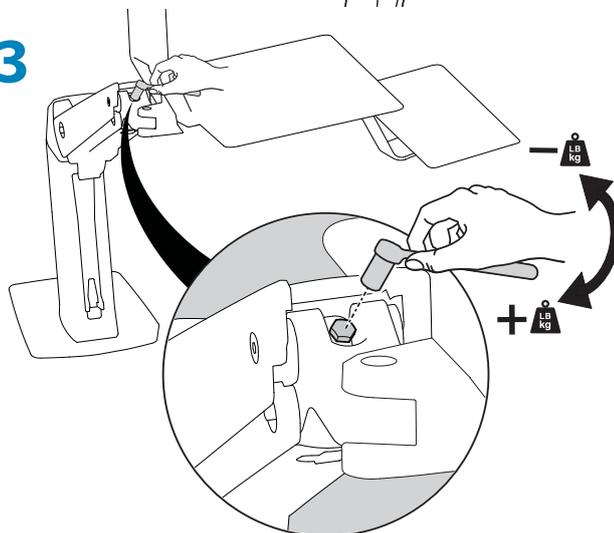
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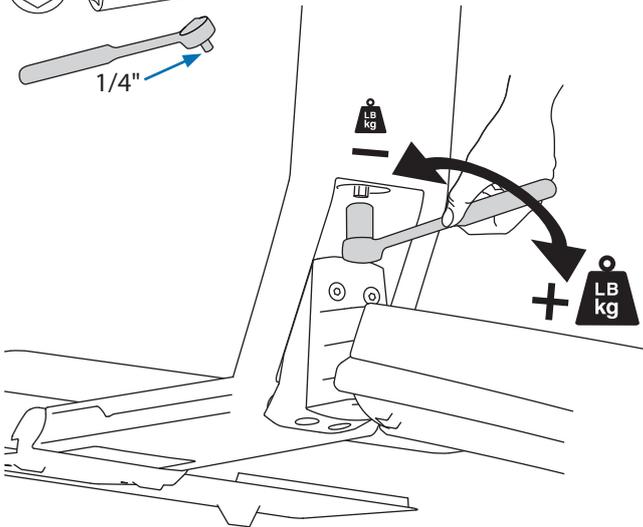
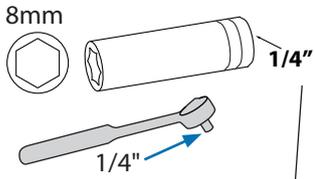
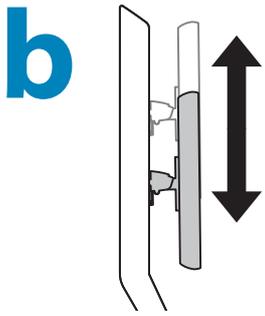


2



3

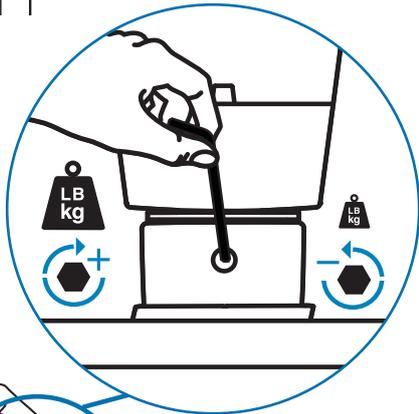
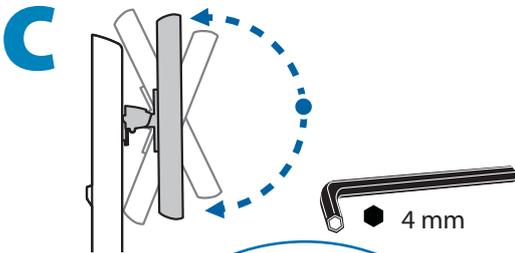




**Increase Lift Strength**  
If the mounted weight is too heavy or this product does not stay up when raised, then you'll need to increase Lift Strength:



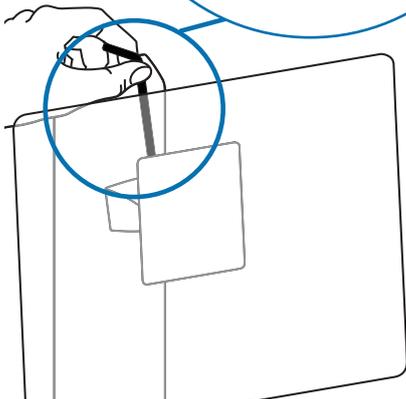
**Decrease Lift Strength**  
If the mounted weight is too light or this product does not stay down when lowered, then you'll need to decrease Lift Strength:



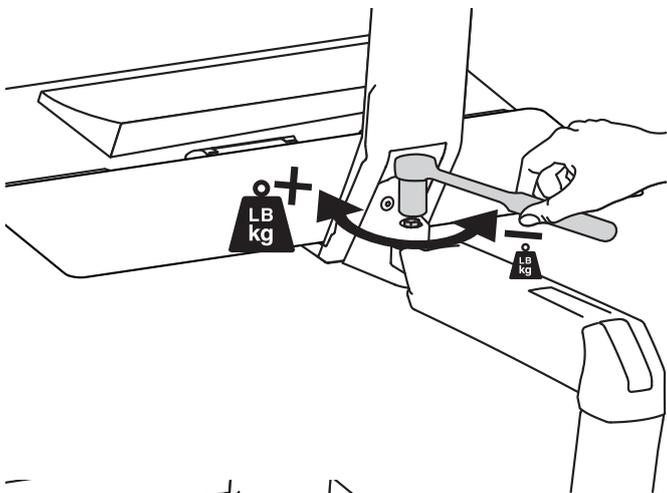
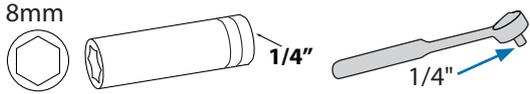
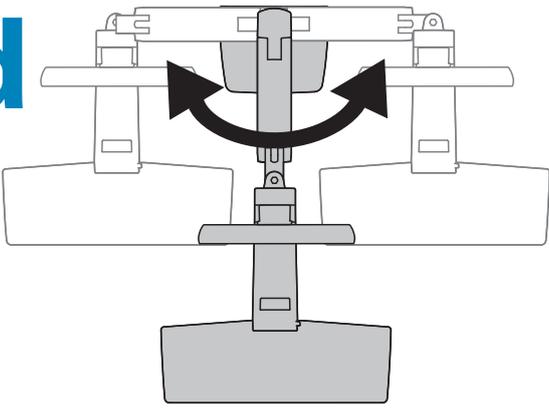
**Increase Lift Strength**  
If the mounted weight is too heavy or this product does not stay up when raised, then you'll need to increase Lift Strength:



**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:

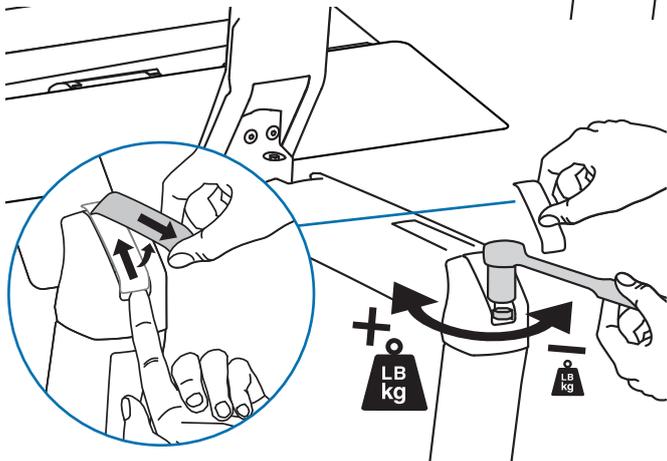


d



**+**  **LB kg**  
**Increase Friction**  
 If this product moves too easily from side-to-side, then you'll need to increase friction:

**-**  **LB kg**  
**Decrease Friction**  
 If this product is too difficult to move from side-to-side, then you'll need to decrease friction:

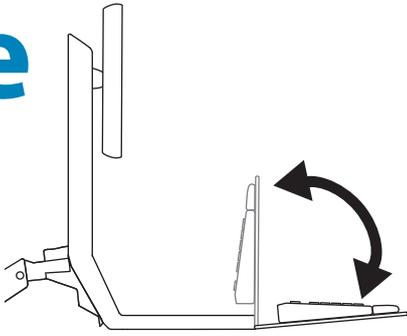


**+**  **LB kg**  
**Increase Friction**  
 If this product moves too easily from side-to-side, then you'll need to increase friction:

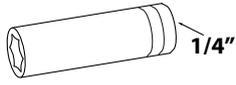
**-**  **LB kg**  
**Decrease Friction**  
 If this product is too difficult to move from side-to-side, then you'll need to decrease friction:

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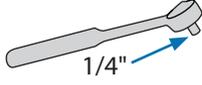
e



8mm



1/4"



1/4"



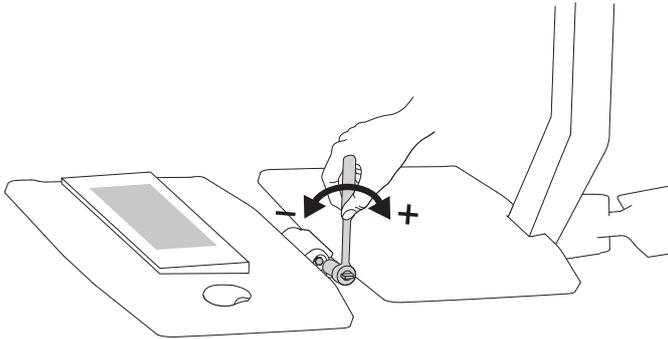
**Increase Friction**

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



**Decrease Friction**

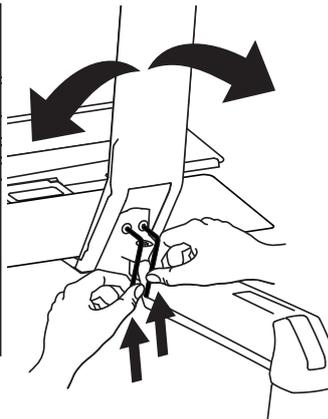
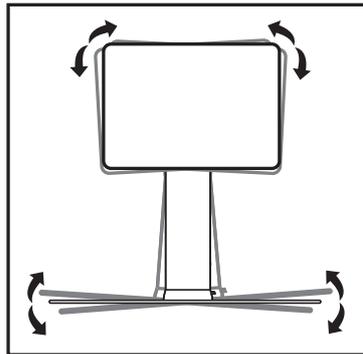
If this product is too difficult to move, then you'll need to decrease friction:



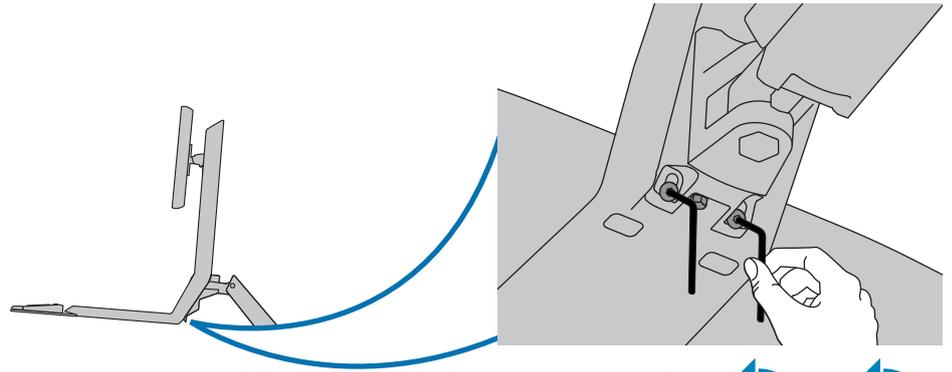
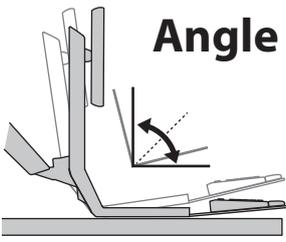
f



4 mm



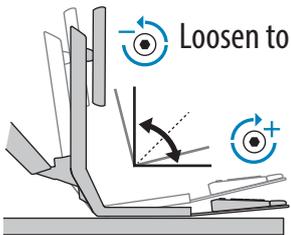
# g Angle Setting Adjustment



1 Loosen these two screws.

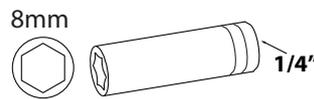
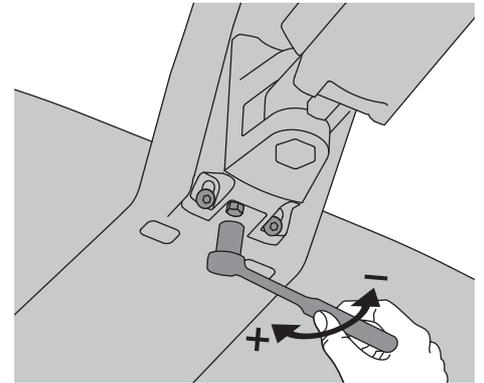


2 Loosen or tighten this bolt to adjust tilt to desired angle.

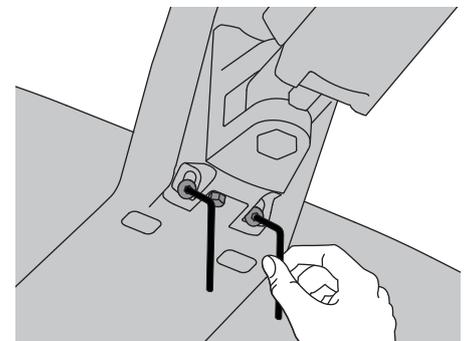


Loosen to tilt up.

Tighten to tilt down.



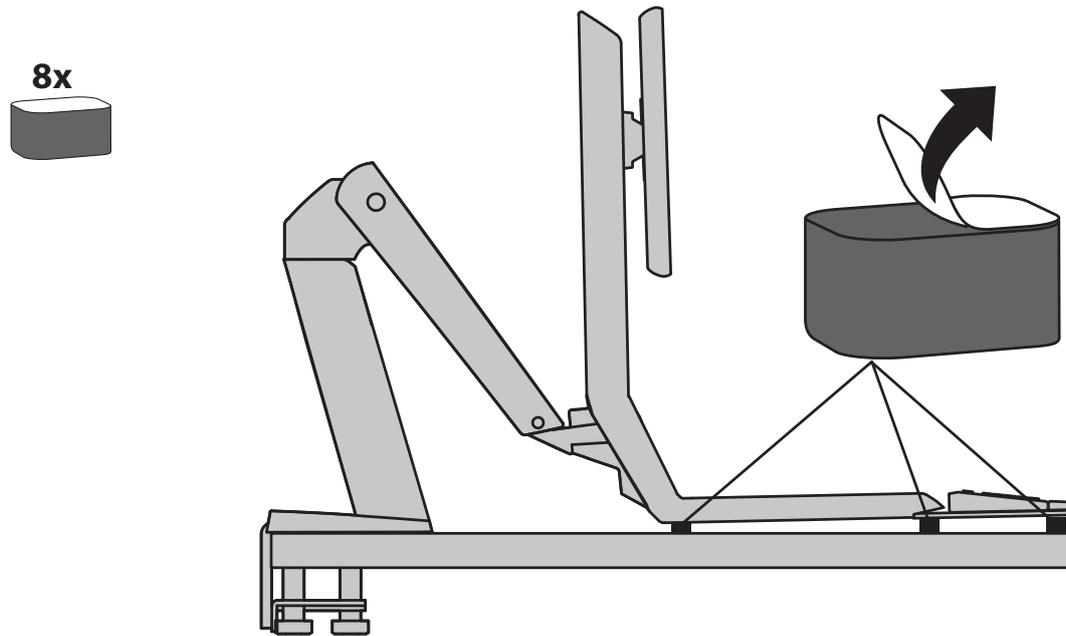
3 After desired tilt is achieved, retighten these two screws to secure.



## WARNING!

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.

Use pads if needed to fill space between desk and bottom of product to improve contact when in full down position.



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