

ERGOTRON®

WorkFit-A, Platinum

Sit-stand height adjustable workstation
with Suspended Keyboard



ENGLISH



Maximum total weight (including monitor, keyboard and mouse) not to exceed 24 lbs (10.89 kg)

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

User's Guide - English

Guía del usuario - Español

Manuel de l'utilisateur - Français

Gebruikersgids - 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

USA 1-800-888-8458

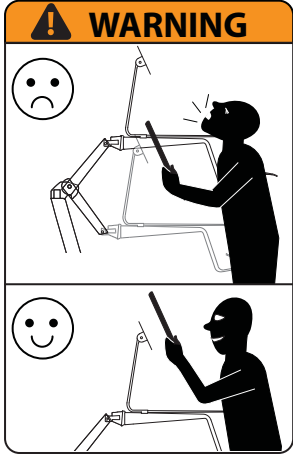
Europe +31 (0)33-45 45 600

China 400-120-3051

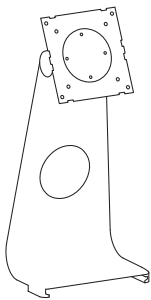
For local customer care phone numbers visit: <http://contact.ergotron.com>

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.

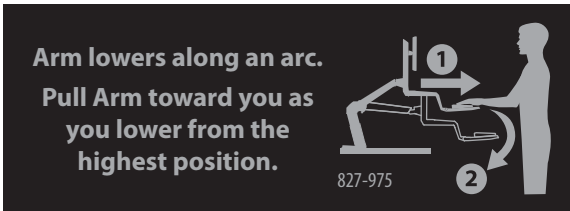


WARNING! Stored Energy Hazard: The arm mechanism is under tension and will move up rapidly, on its own, as soon as attached equipment is removed. For this reason, **DO NOT** remove equipment unless the arm has been moved to the highest position! Failure to follow this instruction may result in serious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



Warning: This component is only to be used with the WorkFit-A product as shown in this manual. Do not use as a standalone monitor stand. Failure to follow these instruction may result in personal injury and/or equipment damage!

ENGLISH

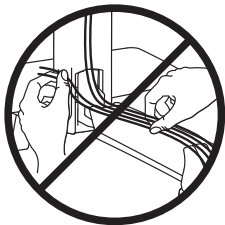


Arm lowers along an arc. Pull arm towards you as you lower from the highest position.



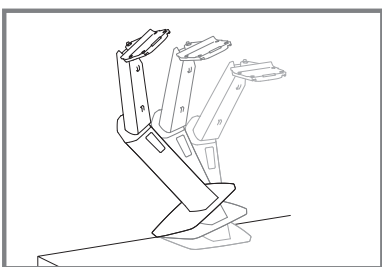
Caution:

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.



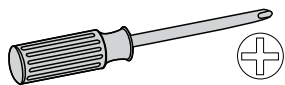
CAUTION! Tipping Hazard. Support the stand until the clamp is securely tightened. Failure to follow these instructions may result in the stand tipping over causing possible equipment damages and or personal injury.

Components

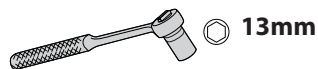
	A	B	C	D
1				
2				
3				<p>4x M6 x 14 mm 2x M5 x 16 mm</p>
4		<p>4x</p>	<p>4 mm</p> <p>4 mm</p>	<p>4x</p> <p>M4 x 25mm</p>
5			<p>8 mm</p>	<p>4x</p> <p>M4 x 10 mm</p> <p>4x</p> <p>M4 x 10 mm</p>

ENGLISH

Tools Needed

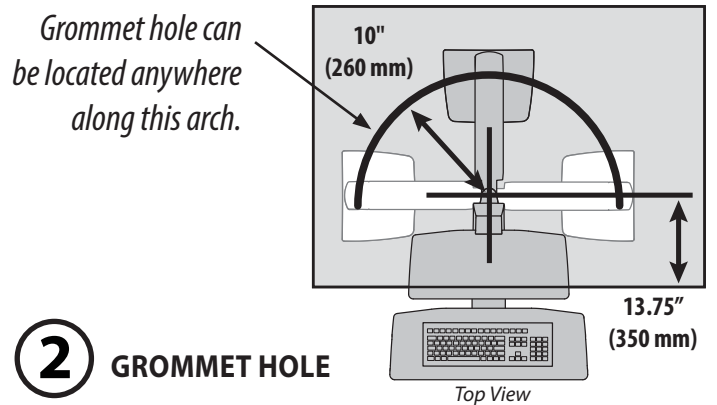
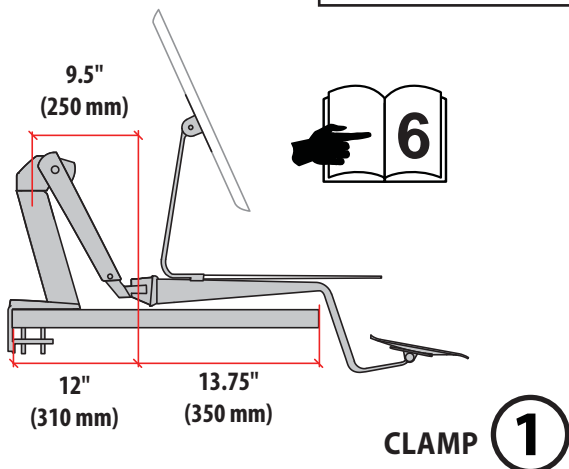
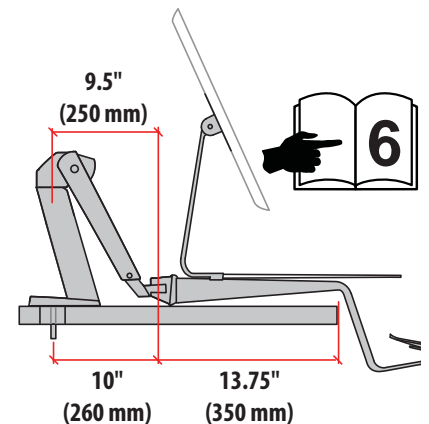
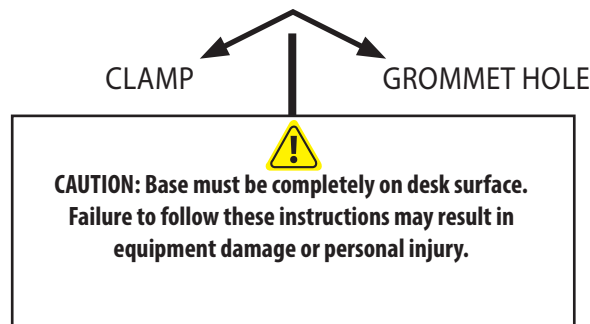


Optional for Pan Adjustment



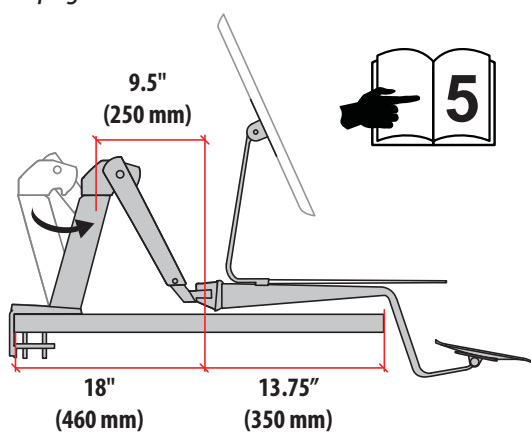
1 Arm Extension and Desk Size:

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:



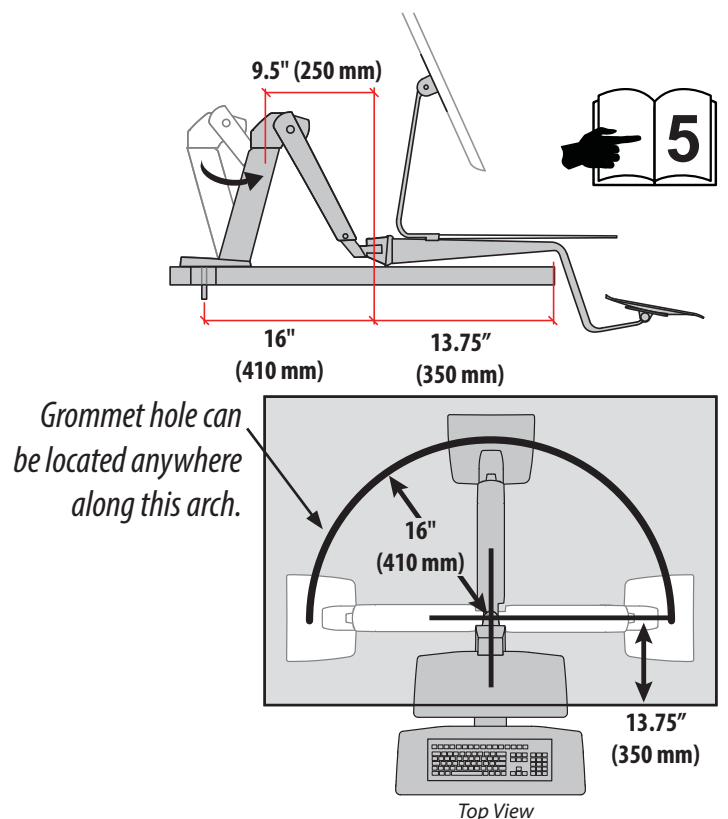
CLAMP ③ With Expanded Arm Extension

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

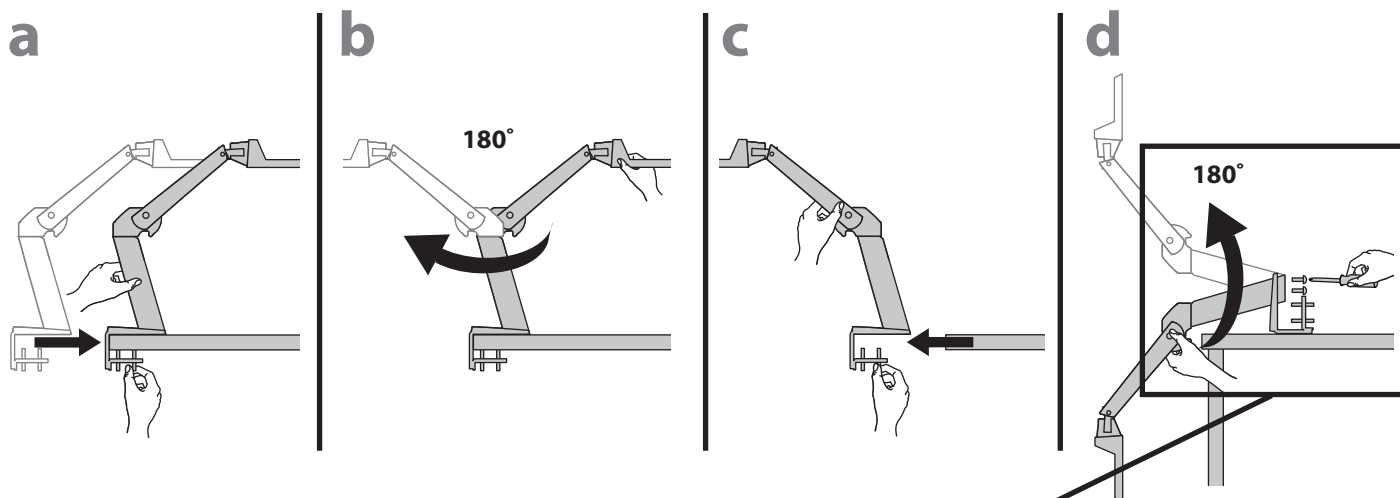


④ GROMMET HOLE With Expanded Arm Extension

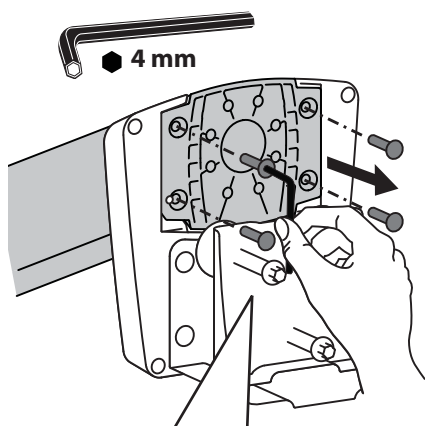
To expand the arm extension, follow instructions on next page.



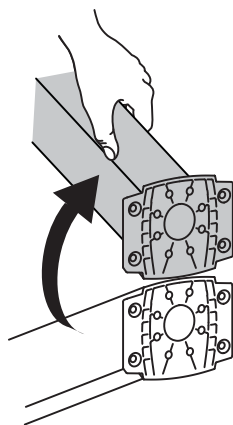
How to expand the arm extension.



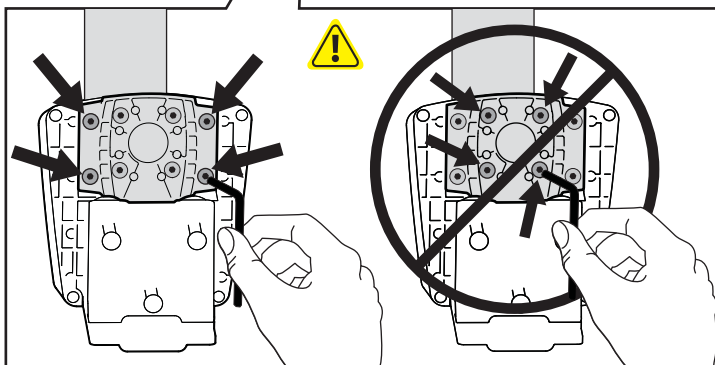
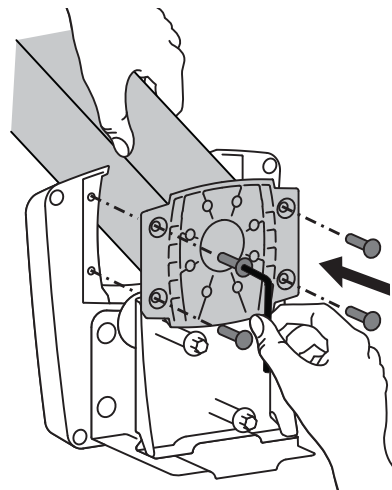
d1 Remove the 4 screws at the base using the provided 4mm hex wrench.



d2 Flip the base around (turn 180 degrees).



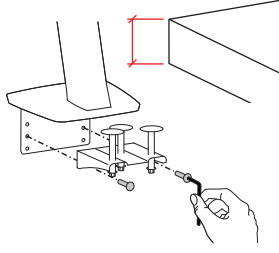
d3 Re-insert the 4 screws and tighten with the 4mm hex wrench.



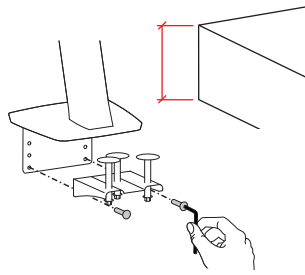
2

Clamp configurations for different desk thickness

0.78"-1.78" (20-45mm)



1.70"-2.56" (43-65mm)



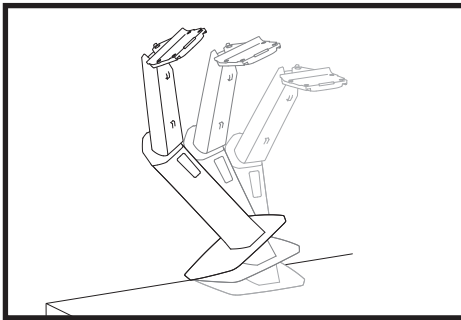
Warning: Because mounting surface materials can vary widely, it is imperative that you make sure mounting surface is strong enough to handle mounted product and equipment.

Mount arm to desk.

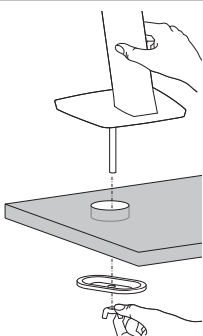
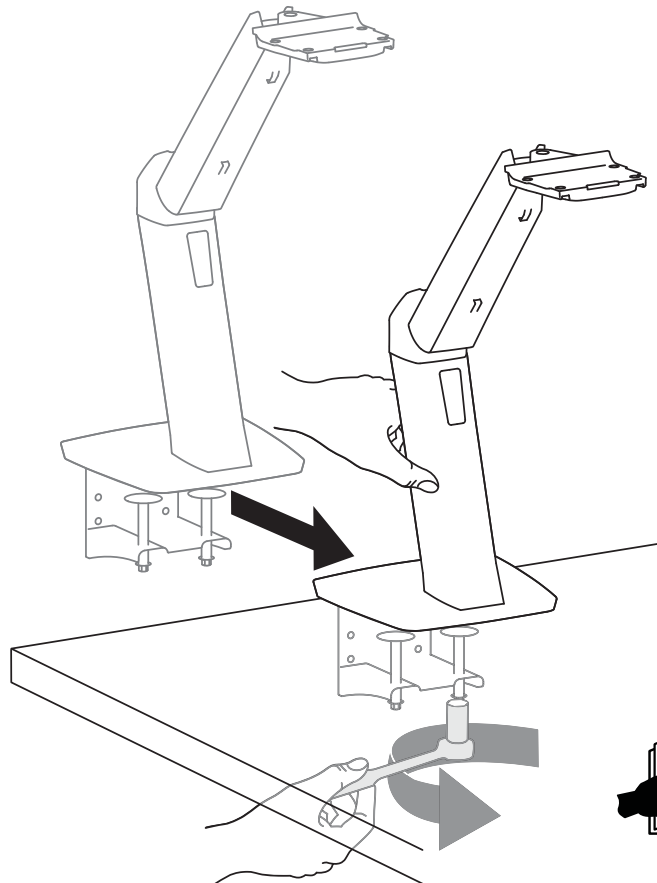
Tighten the bolts with the provided 8 mm wrench.



8 mm



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.



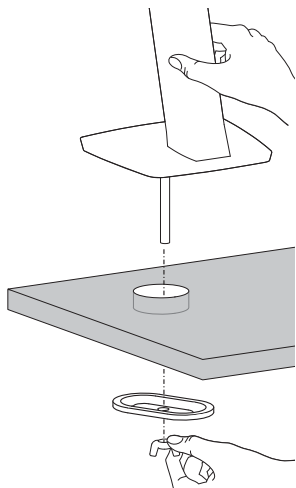
OPTIONAL GROMMET HOLE MOUNT

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

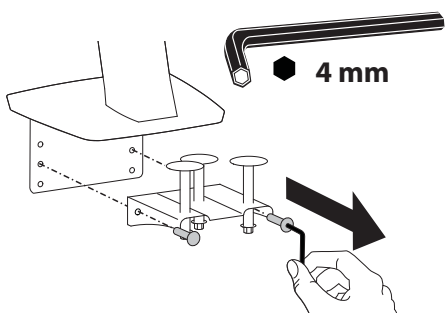


OPTIONAL GROMMET HOLE MOUNT

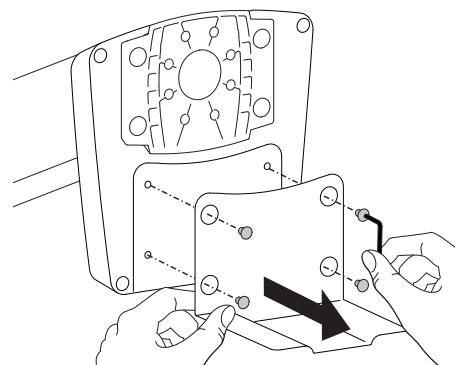
- Follow these instructions if you want to change your clamp to a grommet hole mount.



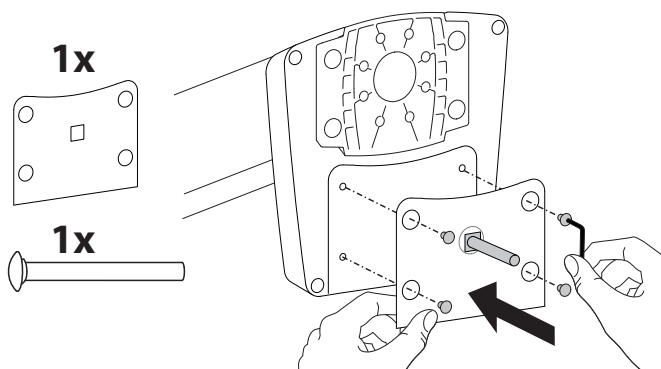
a Remove clamp bracket screws with 4mm hex wrench.



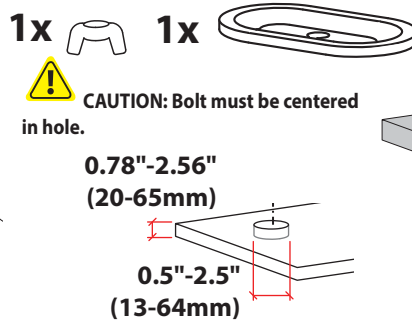
b Remove clamp plate screws with 4mm hex wrench. Retain screws.



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

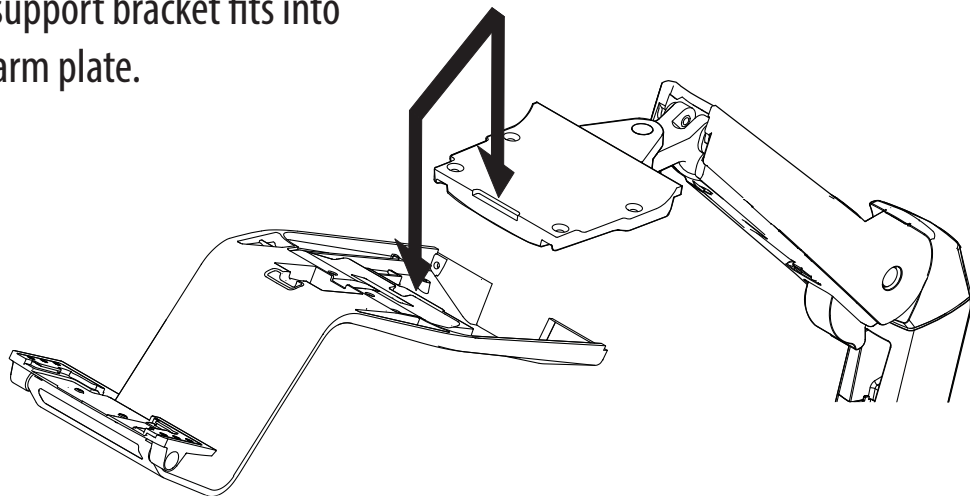


d Position arm with attached grommet plate over grommet hole (make sure bolt is centered in hole). Thread grommet bracket and wing nut onto bolt and tighten.

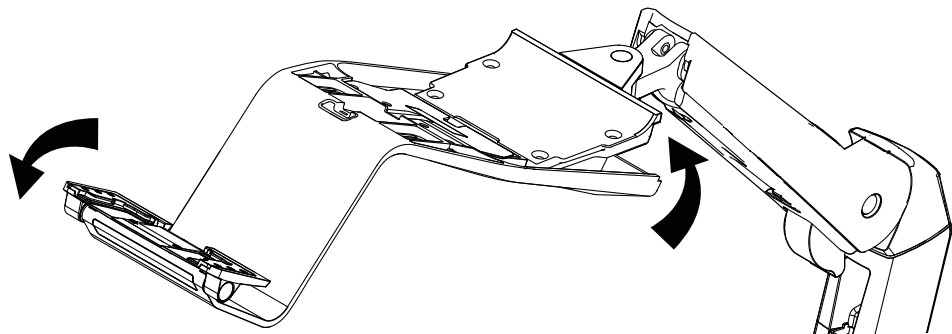


3 Attach the support bracket to the arm.

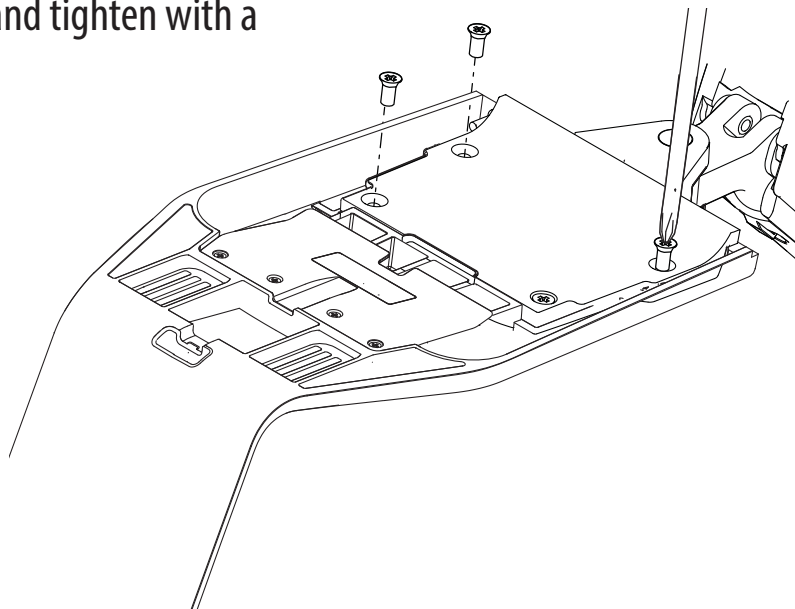
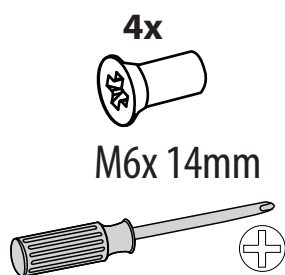
- a** A tab on the support bracket fits into a slot on the arm plate.



- b** Tilt the top of the support bracket down and slide forward until the tab meets the slot.

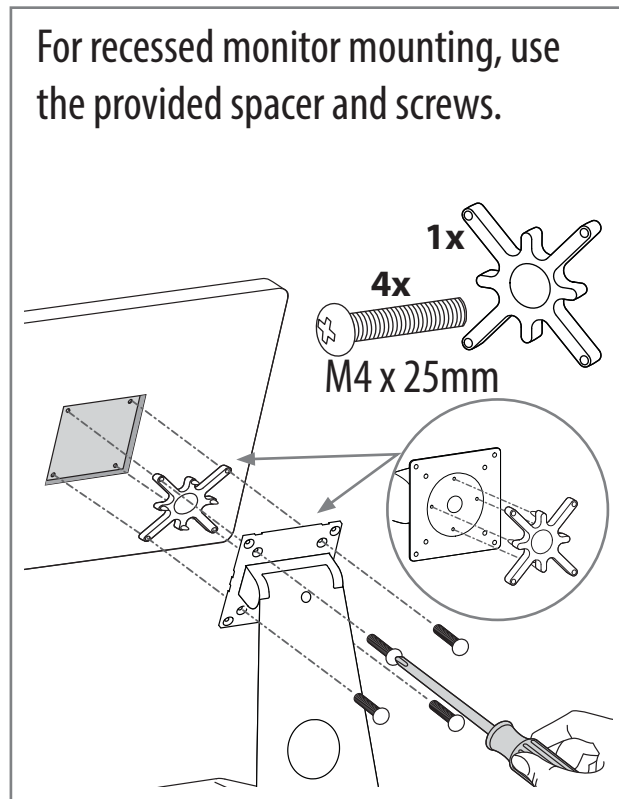
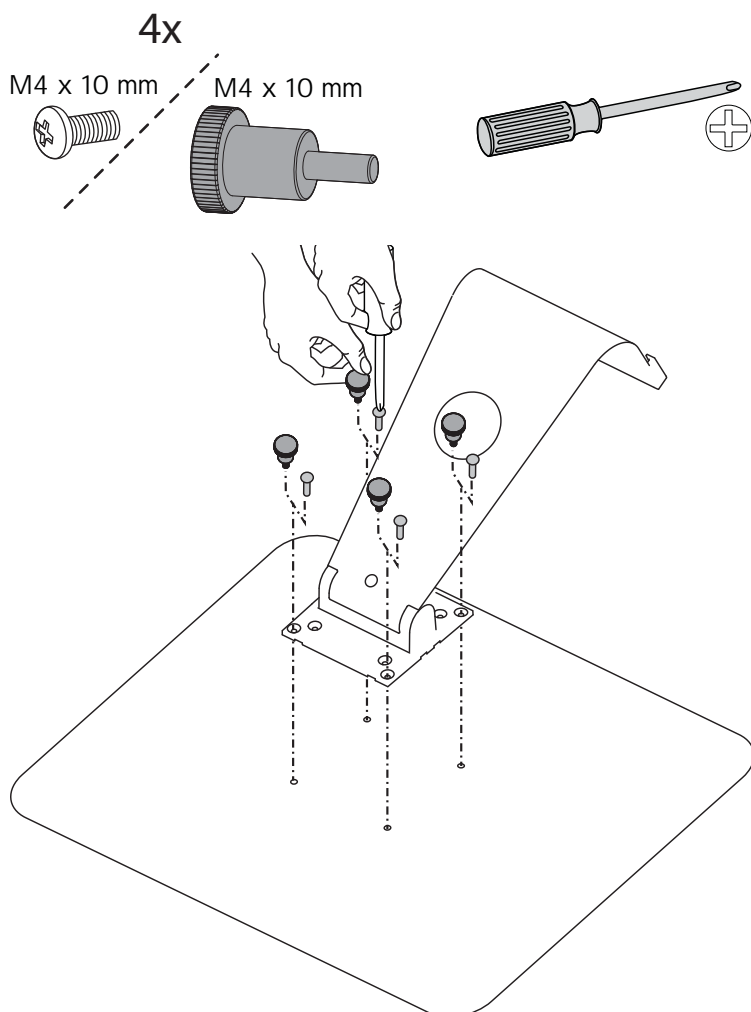


- c** Insert the four provided M6 x 14mm Phillips screws into the platform and tighten with a Phillips screwdriver.

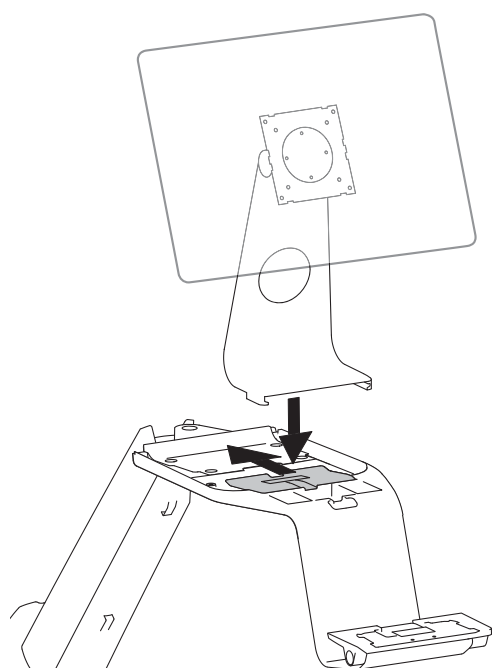


4 Attach your display to the display stand.

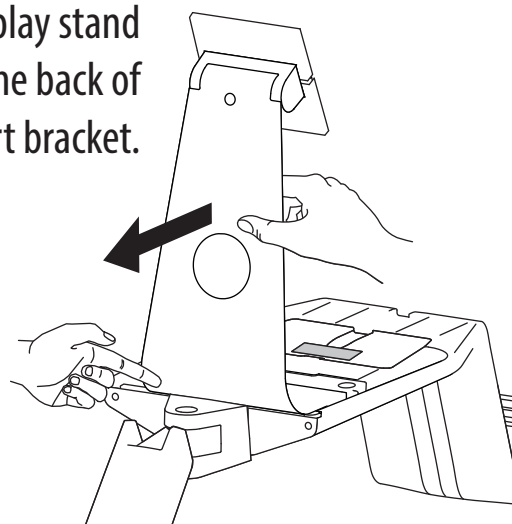
Use either four thumb screws or the provided M4 x 10mm Phillips screws.



5 Slide the display stand with display onto the support bracket.

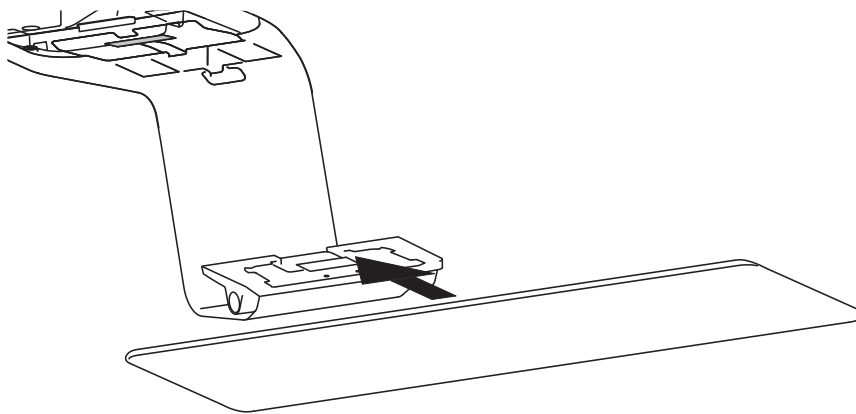


NOTE: Push display stand all the way to the back of the support bracket.

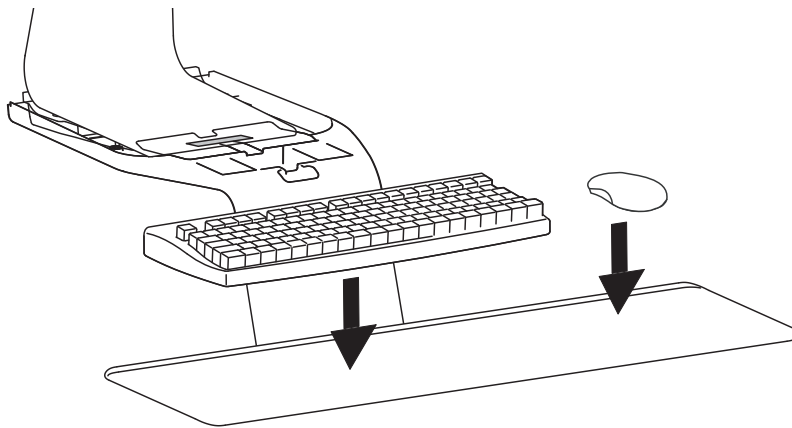


6 Attach the keyboard tray to the support bracket.

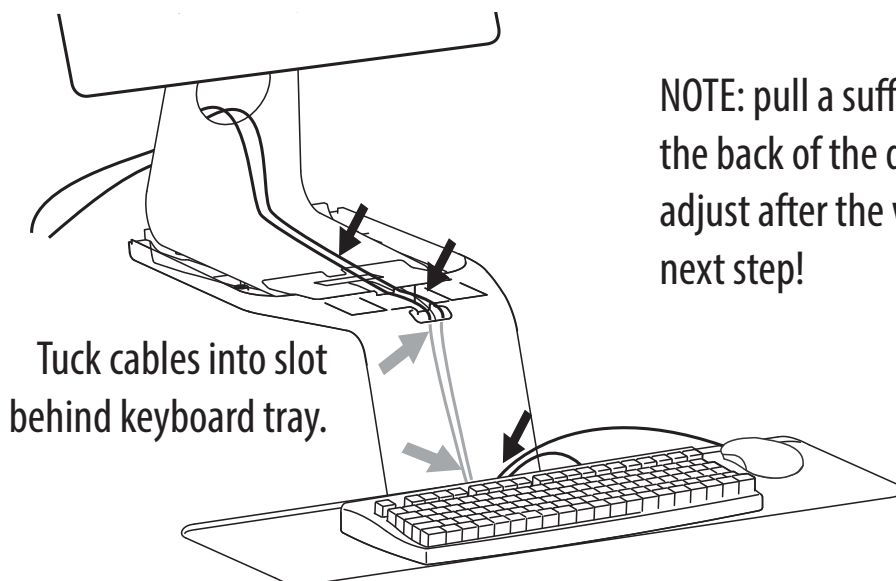
Slide the keyboard tray onto the support bracket until it “clicks” into place.



7 Set your keyboard and mouse on top of the keyboard tray.



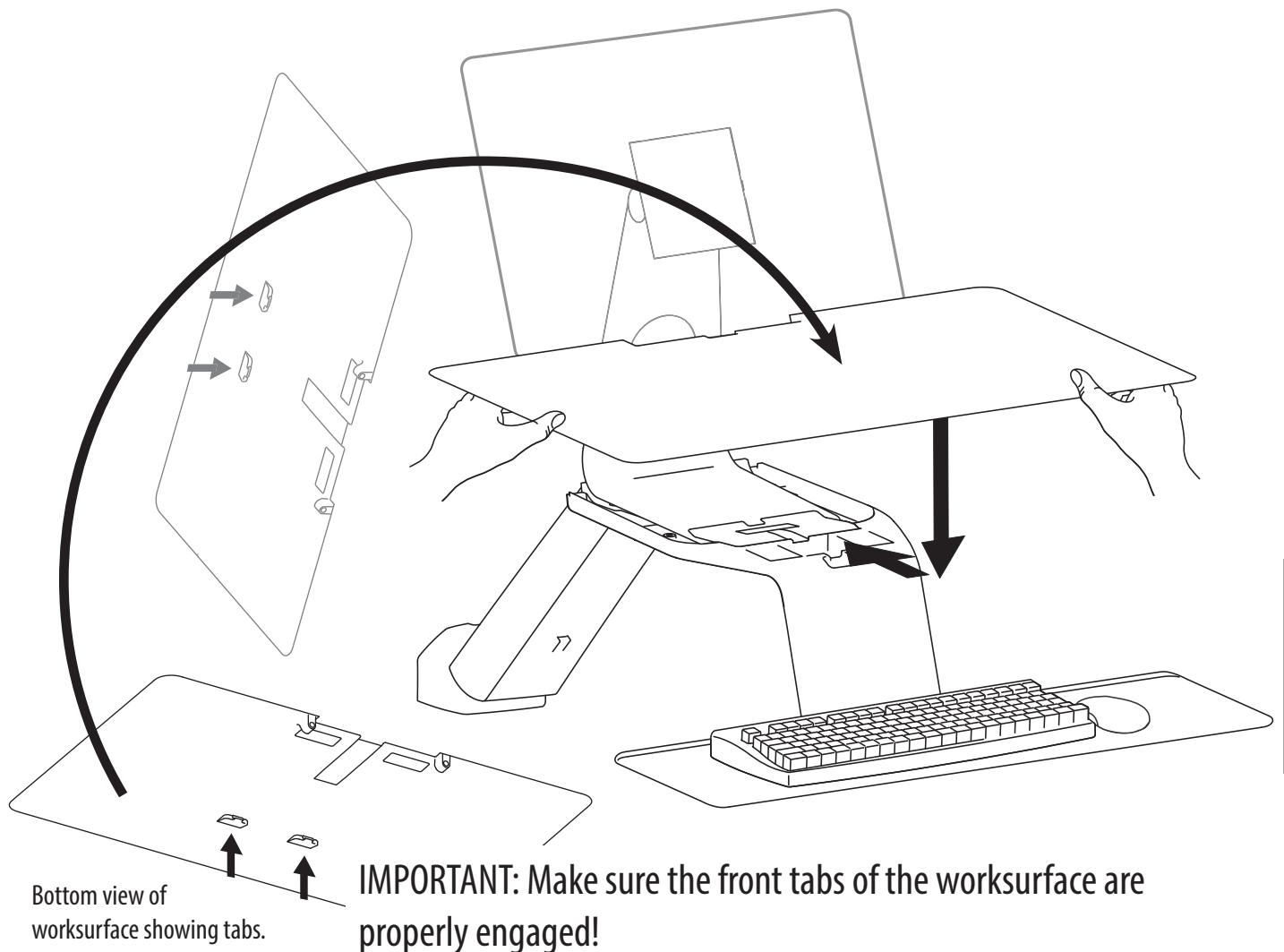
Route the keyboard and mouse cables through the slots and over the support bracket platform.



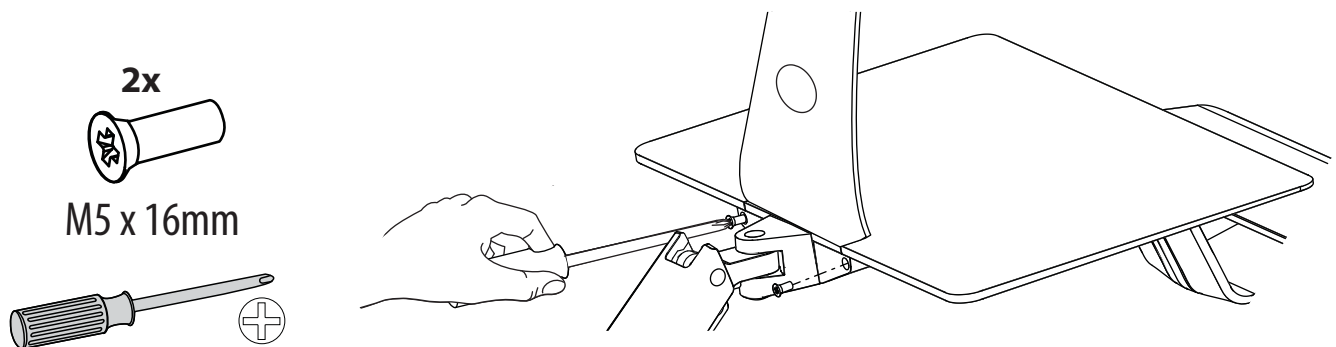
NOTE: pull a sufficient length of cable to reach the back of the display since it will be difficult to adjust after the worksurface is attached in the next step!

8 Attach the worksurface to the support bracket.

- a Slide the worksurface down and back onto the support bracket.



- b Insert the provided M5 x 16mm Phillips screws and tighten with a Phillips screwdriver.



CAUTION: Do not overtighten screws.

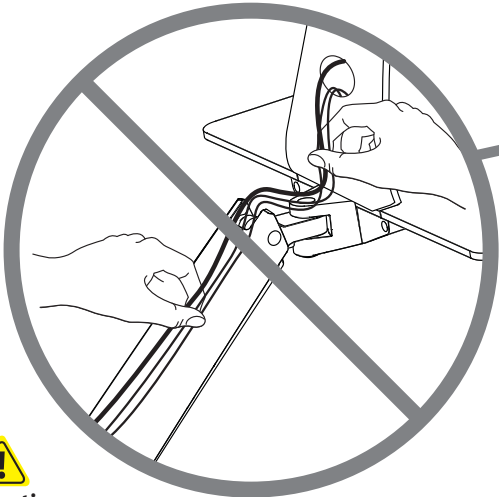
9 Route display cables and secure with cable ties.



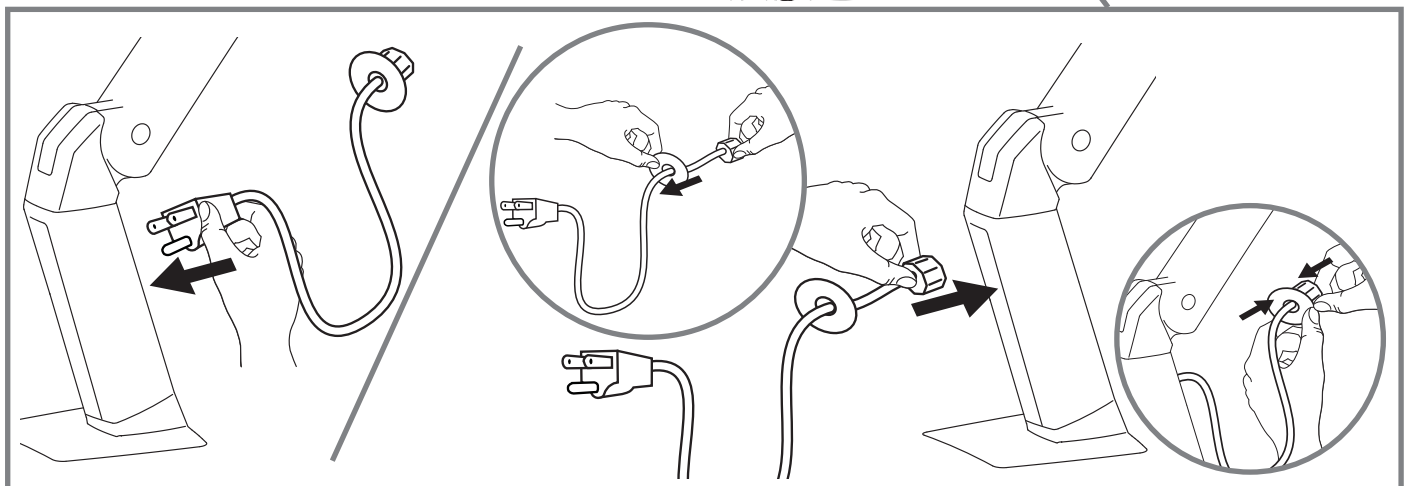
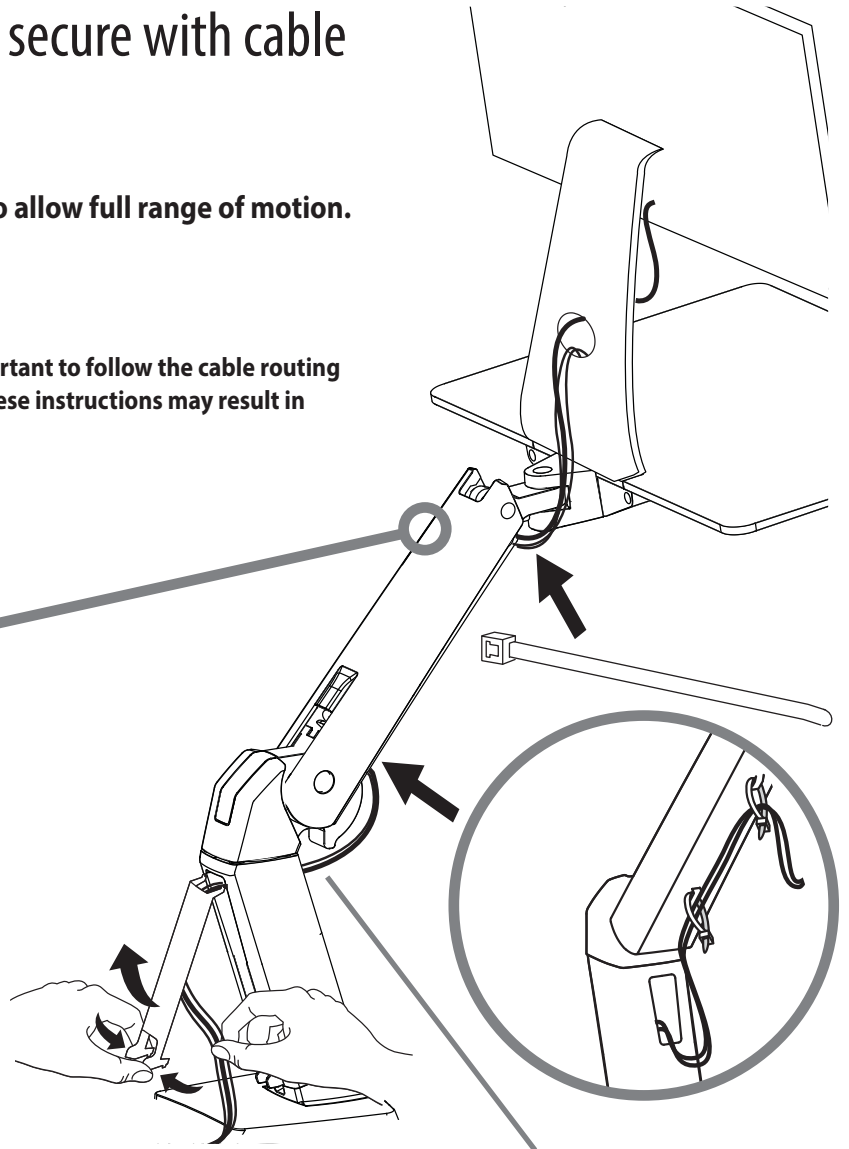
NOTE: Leave enough slack in cable to allow full range of motion.



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.



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

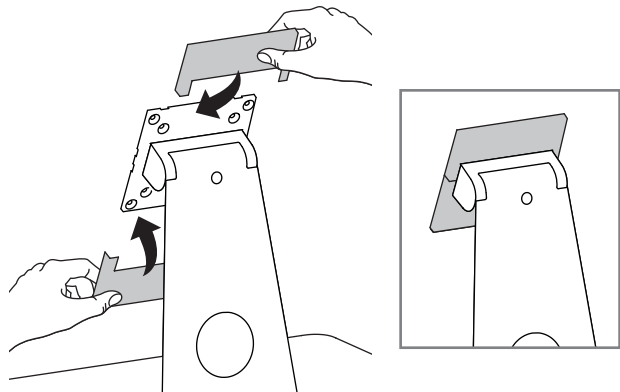


10 Attach pivot covers.

1x



1x

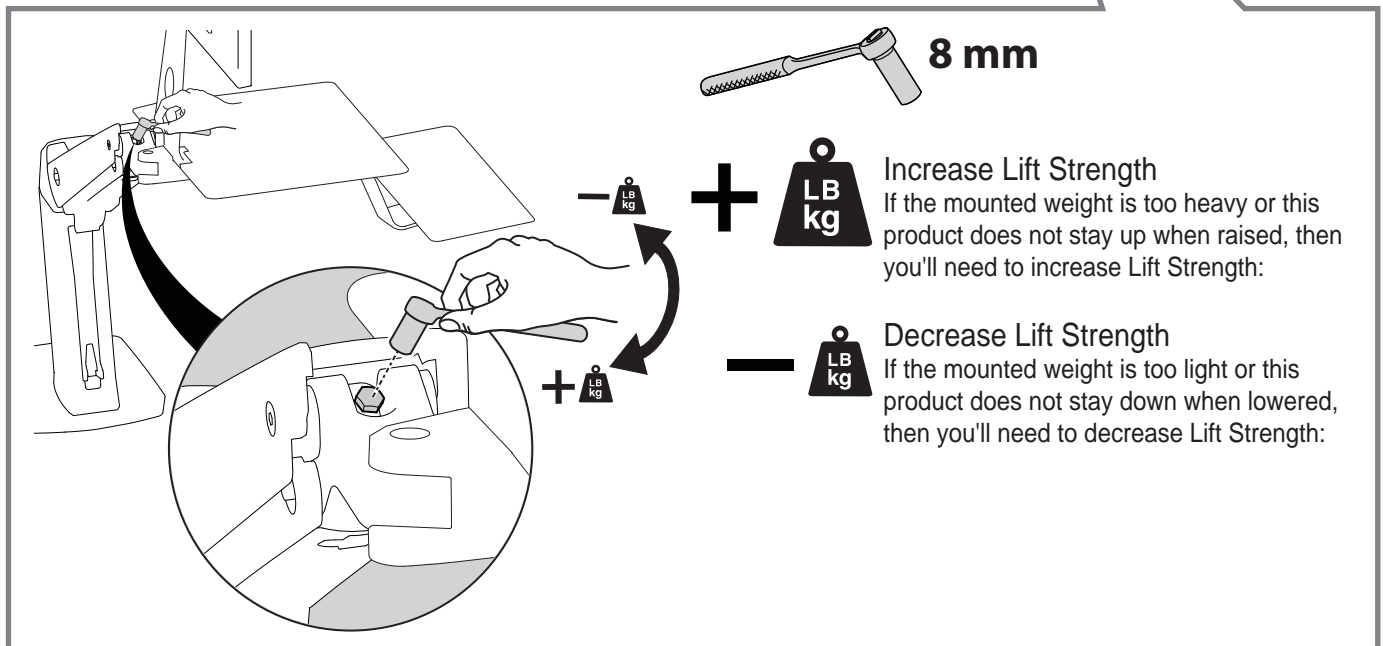
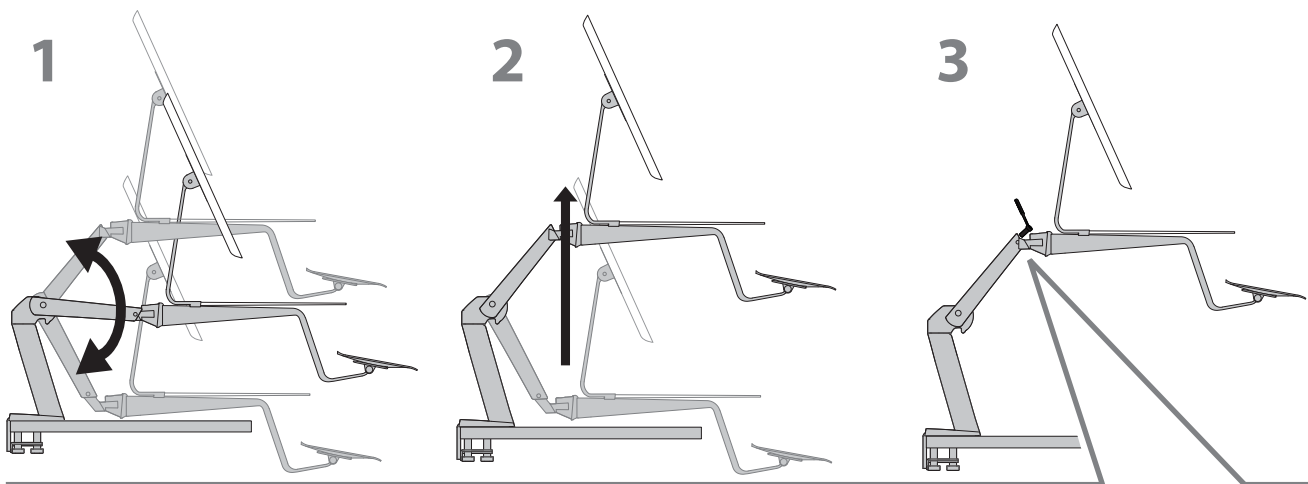


11 Adjustment Step

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.

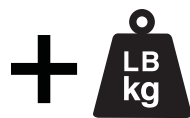
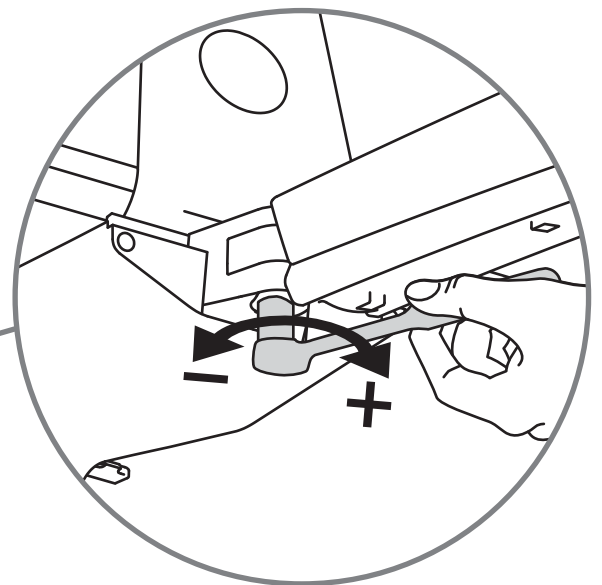
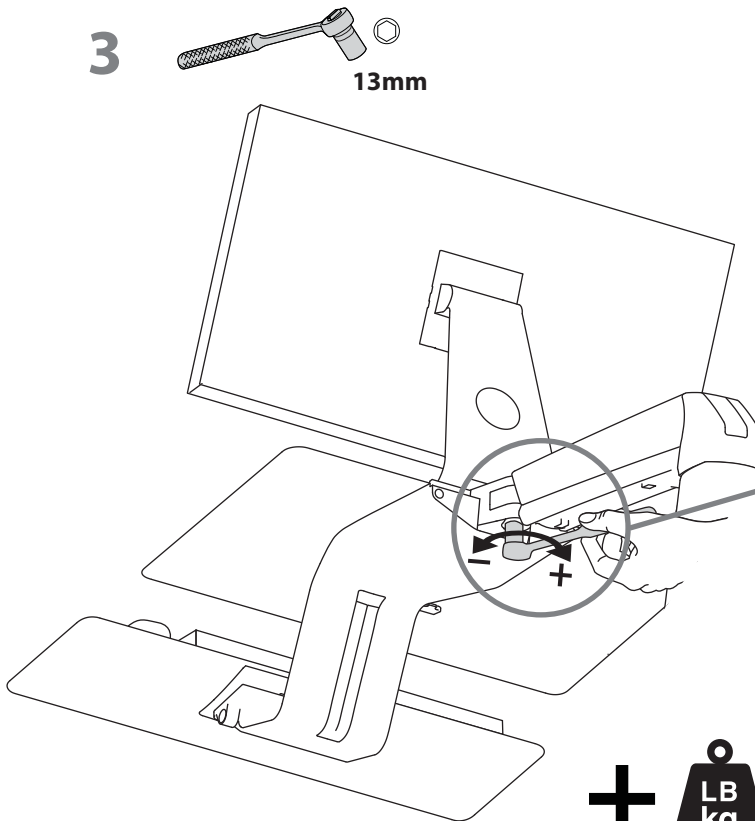
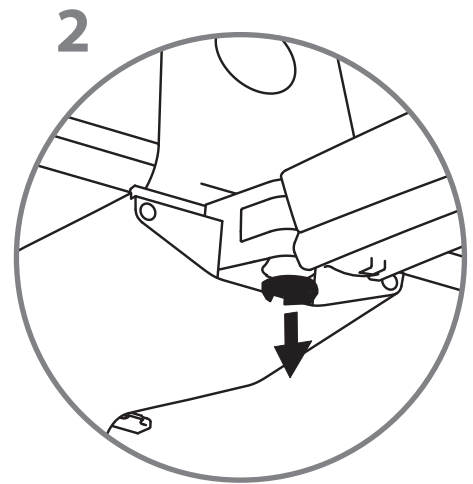
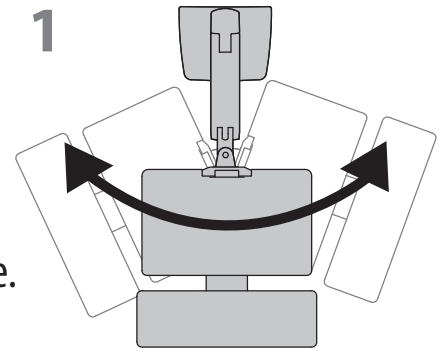
a Up-and-down Adjustment

1. Lift up and down to test tension.
2. If adjustment is needed, move to highest level.
3. Use the provided 8mm wrench to adjust the tension.



b Side-to-side Adjustment (*Optional*)

1. Turn the worksurface side to side to test tension.
2. If adjustment is needed, remove the cap below the worksurface.
3. Use a 13mm wrench to adjust the tension.
4. Replace the cap when adjustment is complete.



Increase Friction

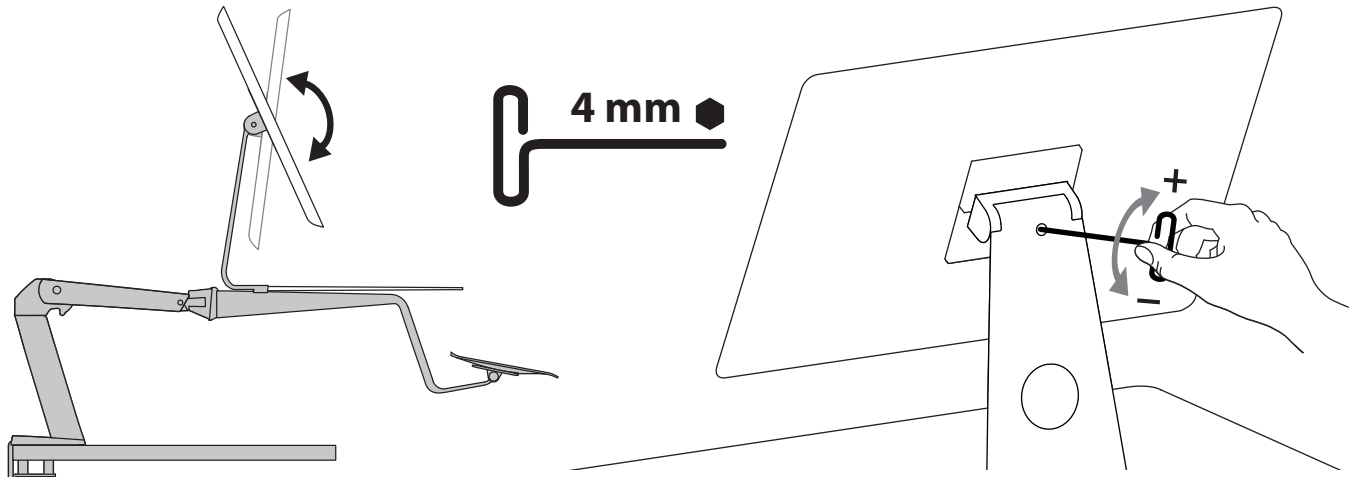
If this product moves too easily from side-to-side, then you'll need to increase friction:





Decrease Friction

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

C Tilt Adjustment (Optional)

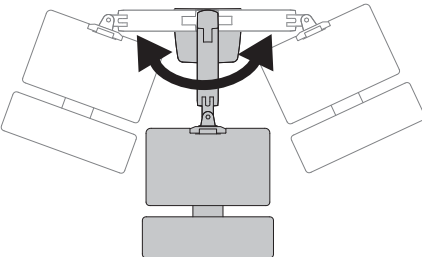




+  **LB kg** **Increase Lift Strength**
If the mounted weight is too heavy or this product does not stay up when raised, then you'll need to increase Lift Strength:

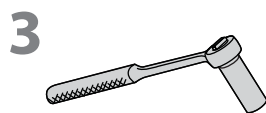
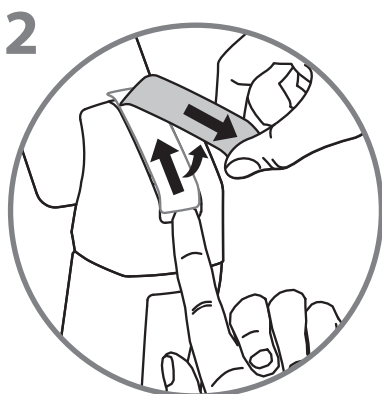
-  **LB kg** **Decrease Lift Strength**
If the mounted weight is too light or this product does not stay down when lowered, then you'll need to decrease Lift Strength:

d Swing Adjustment (Optional)

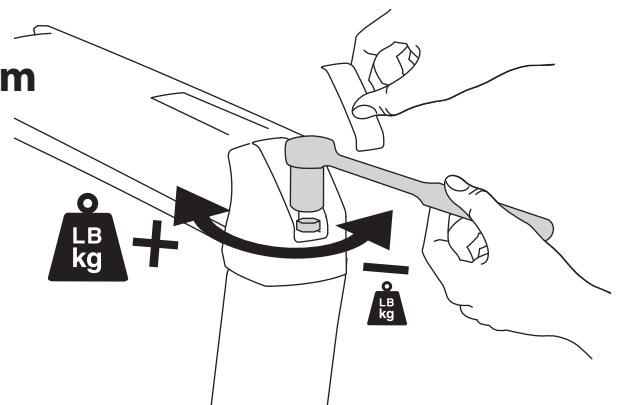
1. Swing arm side-to-side to test the friction.
2. If adjustment is needed, remove the cap at the top of the arm.
3. Use the provided 8mm wrench to adjust the friction.
4. Replace the cap when adjustment is complete.

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

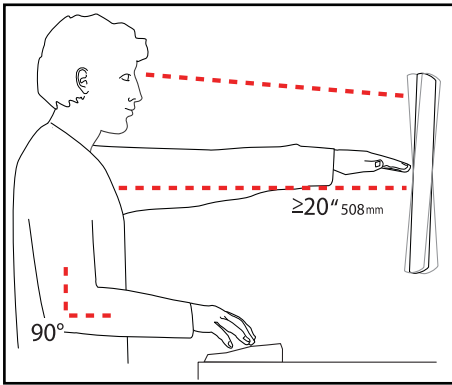
-  **LB kg** **Decrease Friction**
If this product is too difficult to move from side-to-side, then you'll need to decrease friction:



8 mm



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.

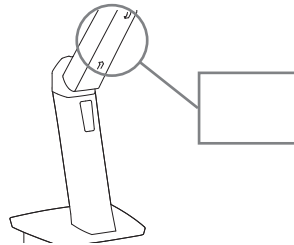
For Warranty visit: www.ergotron.com/warranty

For Service visit: www.ergotron.com

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



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



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