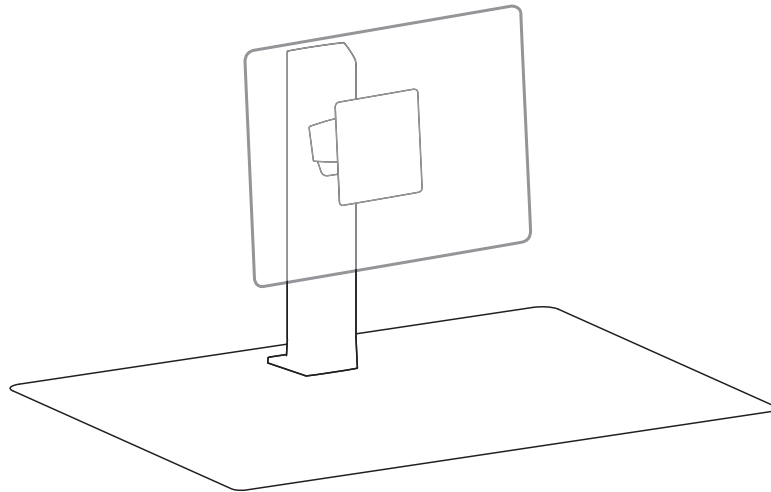
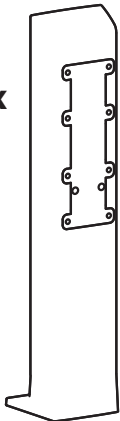
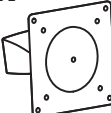

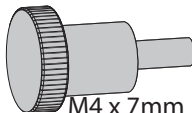






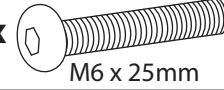


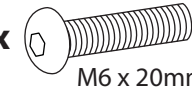




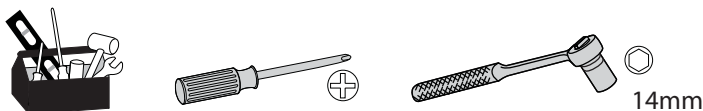
## WorkFit™ Single HD Monitor Kit

for WorkFit-T, TL, TLE, TX, and Corner Desk Converters



	A	B	C	D	E
1		<b>1x</b> 	<b>1x</b> 	<b>4x</b> 	<b>1x</b>  M3 x 6mm
2		<b>1x</b> 	<b>4x</b>  M4 x 7mm	<b>1x</b>  M5 x 8mm	
3		<b>4x</b> 	<b>4x</b>  M4 x 10mm	<b>4x</b>  M6 x 25mm	
4		<b>2x</b> 	<b>4x</b>  M6 x 7mm	<b>4x</b>  M6 x 20mm	
5		<b>1x</b>  4mm	<b>6x</b> 		

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For the latest User Installation Guide please visit: [www.ergotron.com](http://www.ergotron.com)







User's Guide - English  
 Guía del usuario - Español  
 Manuel de l'utilisateur - Français  
 Gebruikersgids - Deutsch  
 Benutzerhandbuch - Nederlands  
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 ✉ [japansupport@ergotron.com](mailto:japansupport@ergotron.com)

# Hazard Symbols Review

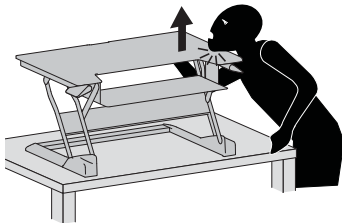
These symbols alert users of a safety condition that demands attention. All users should be able to recognize and understand the significance of the following Safety Hazards if encountered on the product or within the documentation. Children who are not able to recognize and respond appropriately to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

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

## Safety



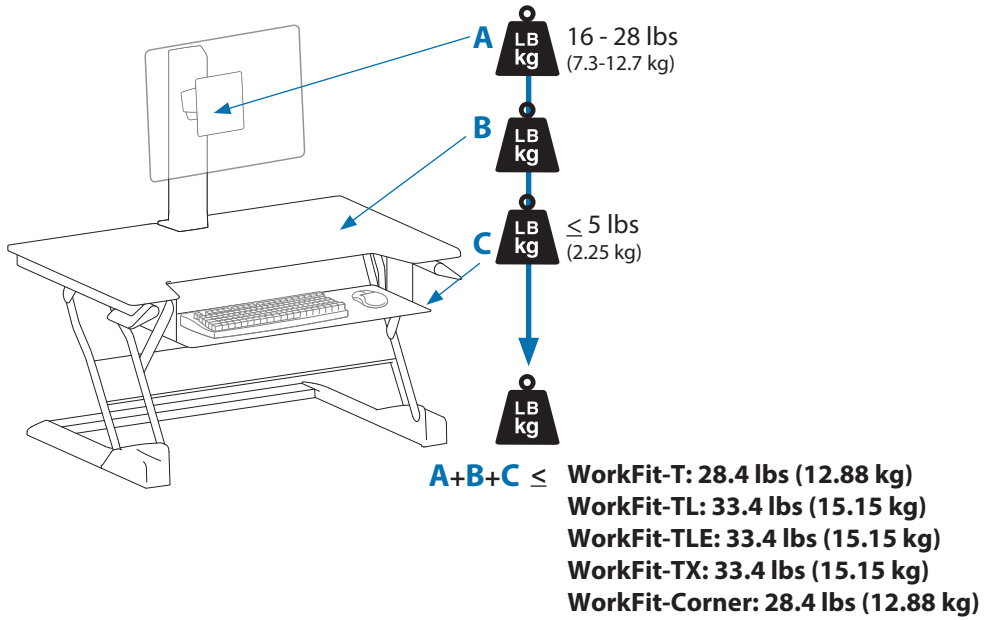
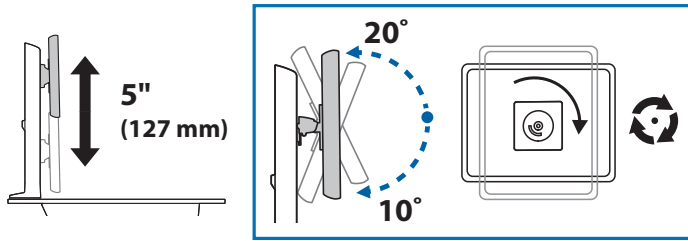
Important! You will need to adjust this product after installation is complete. Make sure all your equipment is properly installed on the product before attempting adjustments. This product should move smoothly and easily through the full range of motion and stay where you set it. If movements are too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

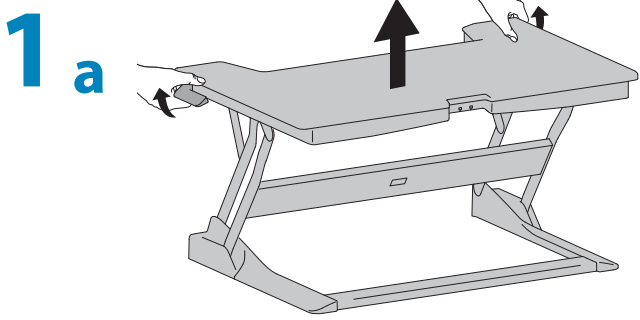


 **Warning: Impact Hazard! Moving Parts can Crush and Cut.**  
 Raise worksurface to top of vertical adjustment **BEFORE** removing equipment.  
 Failure to heed this warning may result in serious personal injury and or property damage!

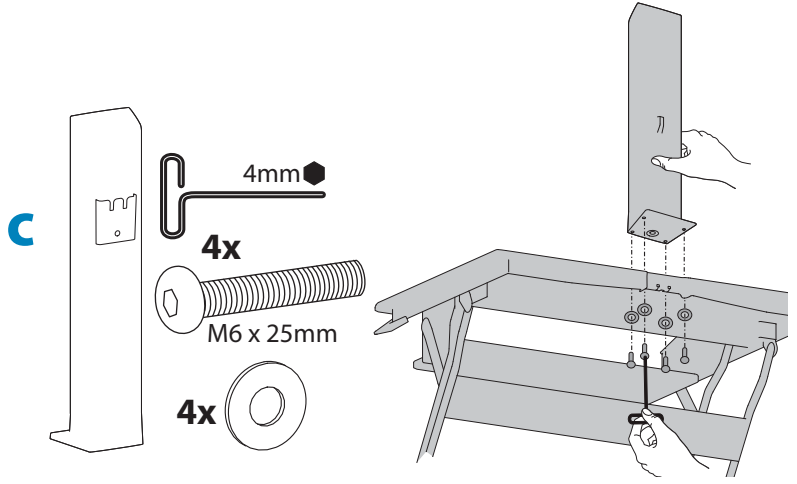
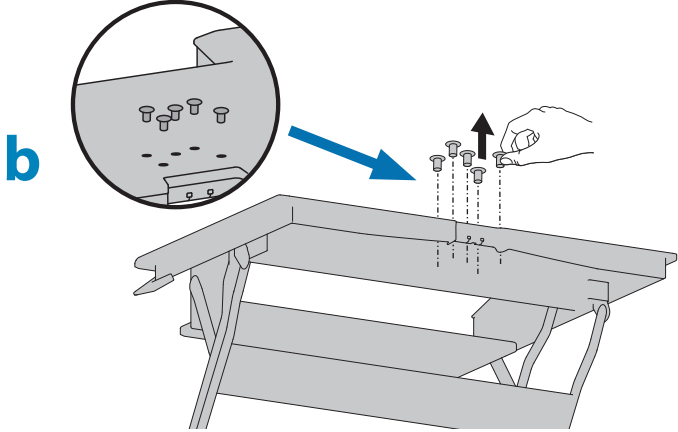


 **Warning: Impact Hazard! Moving Parts can Crush and Cut.**  
 Raise monitor to top of vertical adjustment before removing.

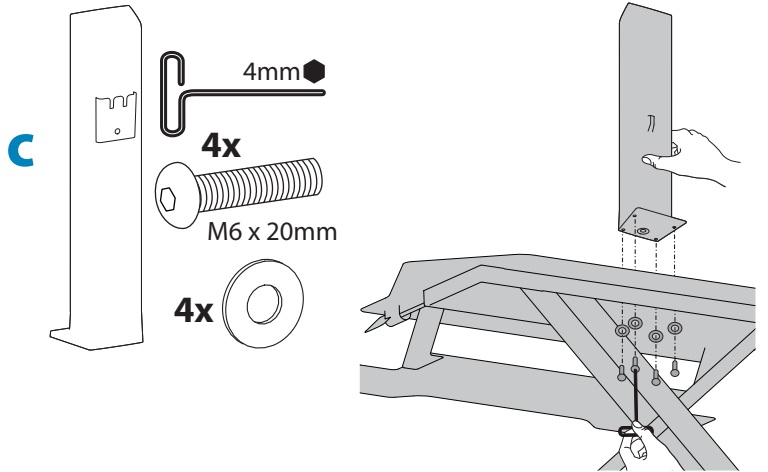
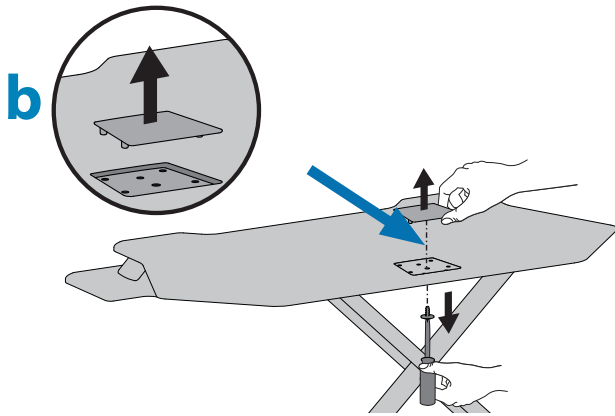




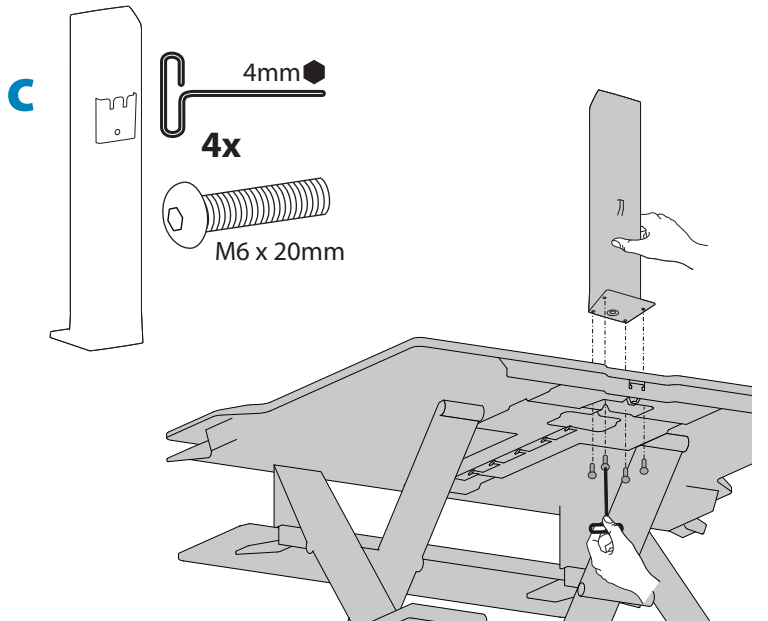
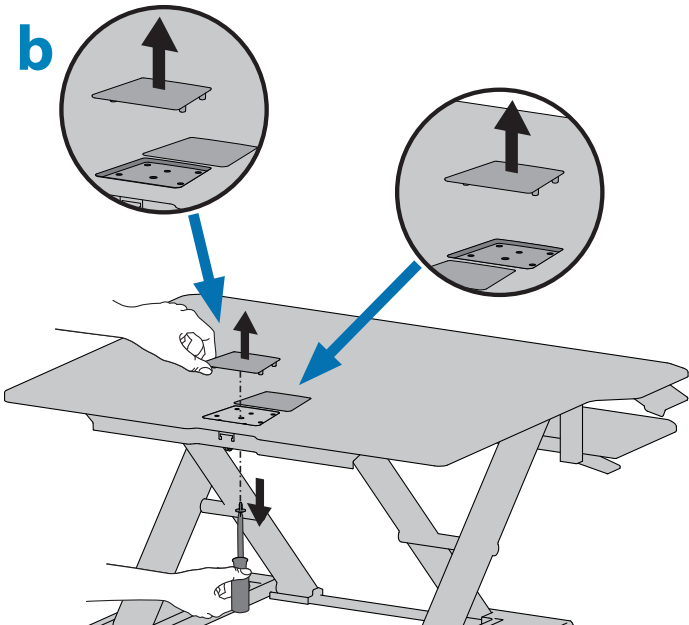
WorkFit -T, TL, TLE



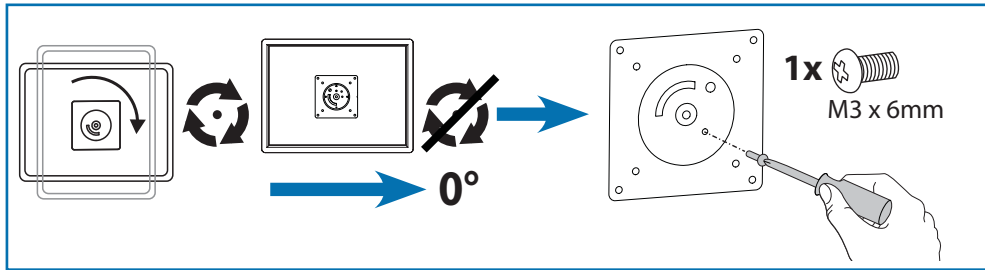
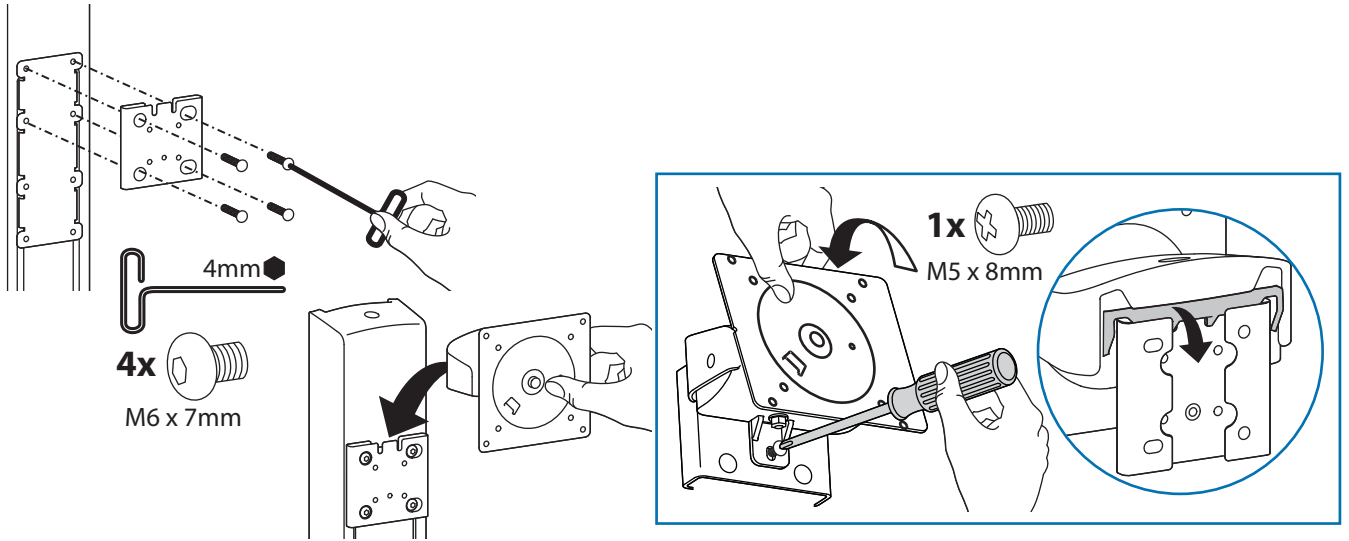
WorkFit -T Corner



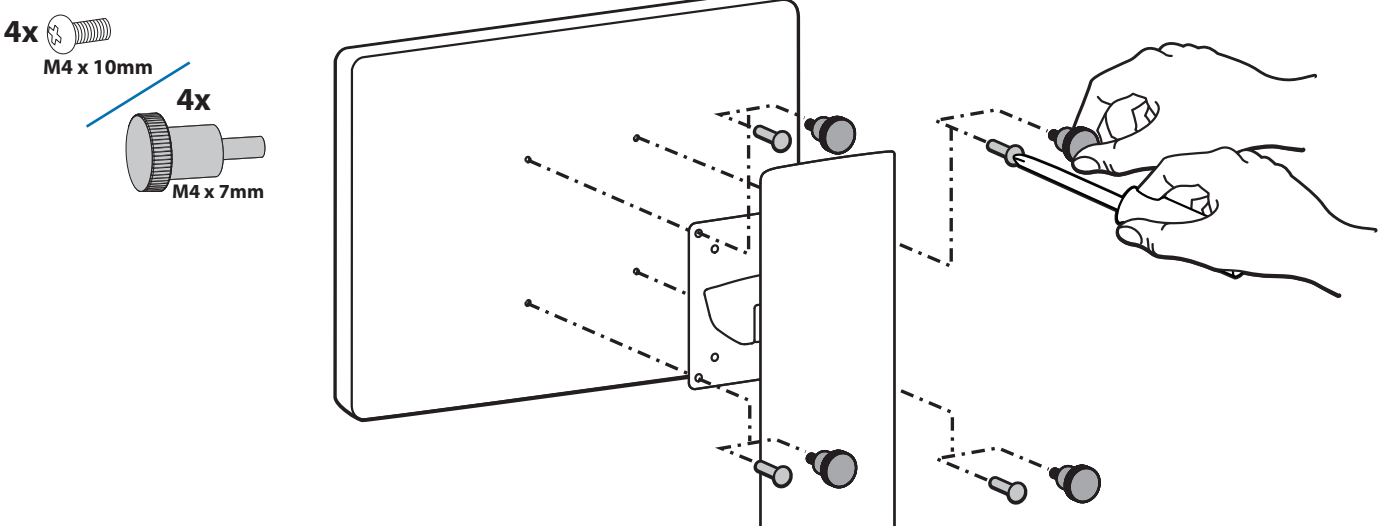
WorkFit - TX



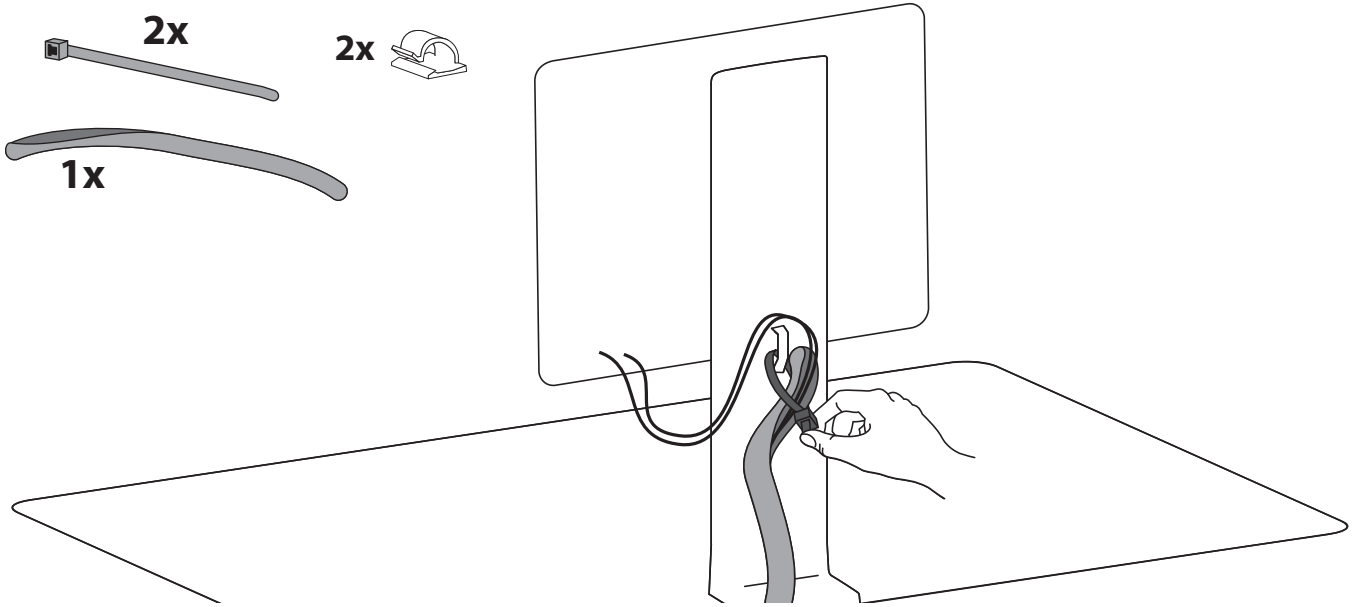
2



3



4

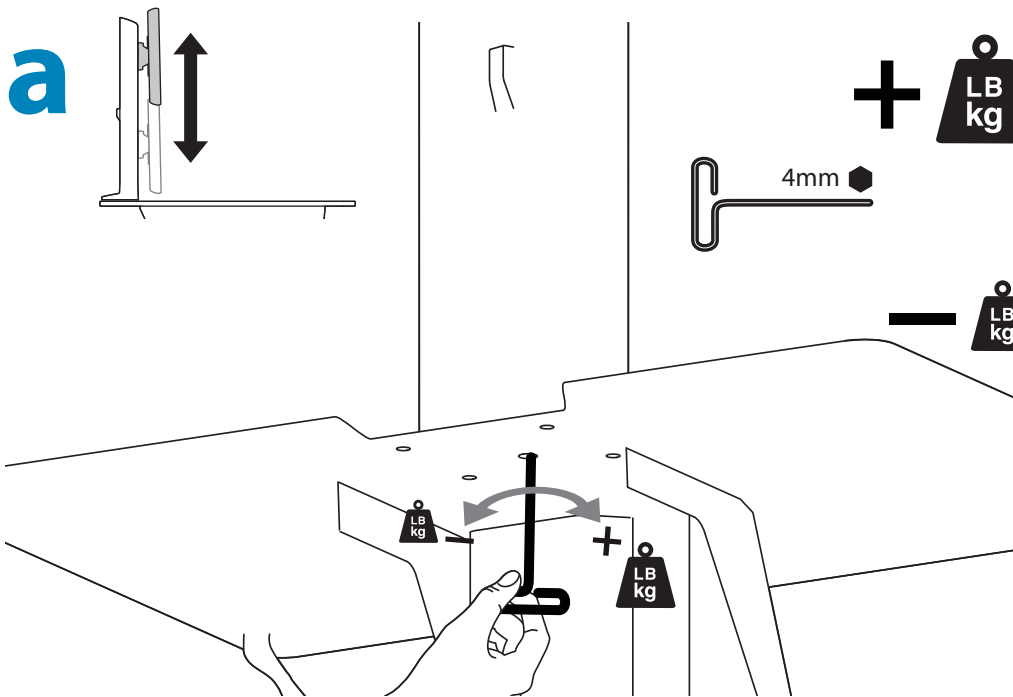


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# 5 Adjustment Step

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.

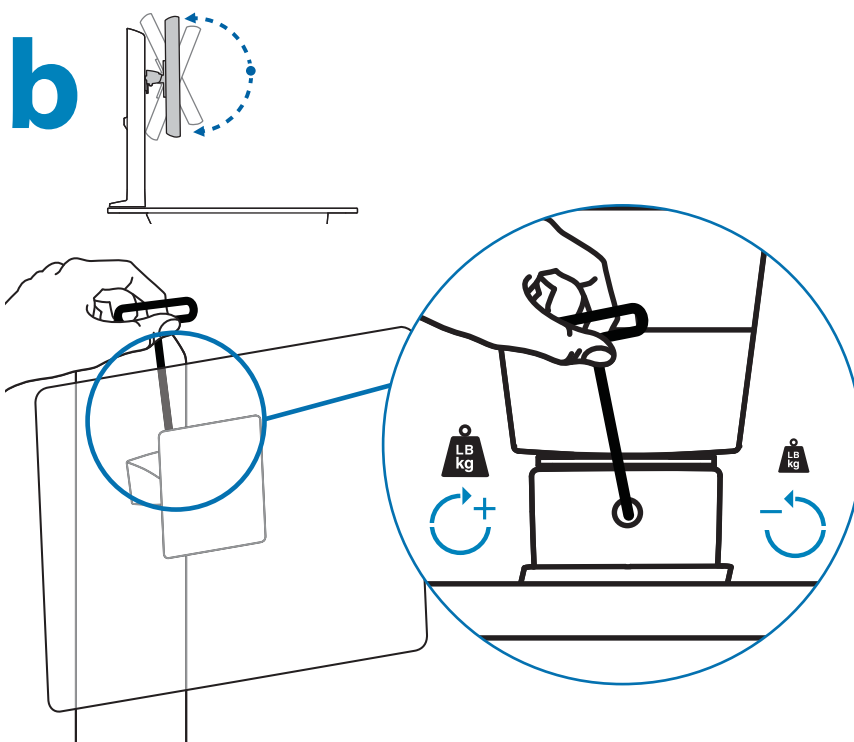
**a**



**+** **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:

**b**

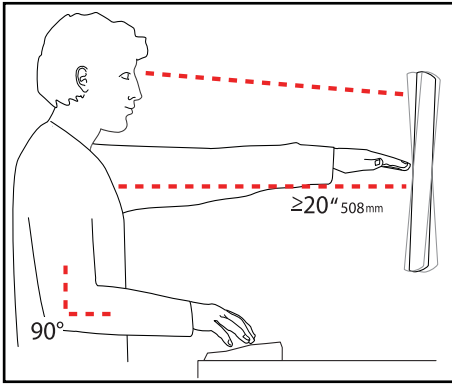


**+** **LB kg**  
**Increase Friction**  
If this product moves too easily, then you'll need to increase friction:

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

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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.

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