

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

Safety



WARNING: Because surfaces vary widely and the ultimate mounting method is out of Ergotron's control, it is imperative that you consult with appropriate engineering, architectural or construction professional to ensure that your Ergotron mounting solution is mounted properly to handle applied loads.

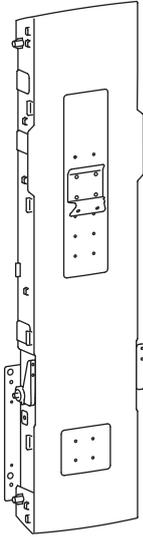
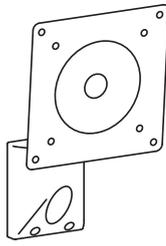
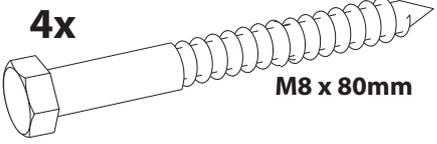
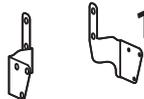
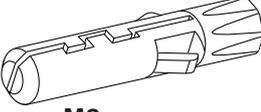
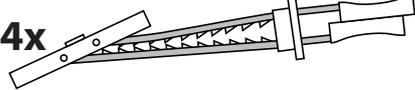
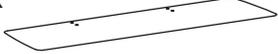
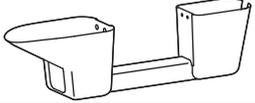
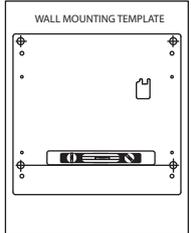
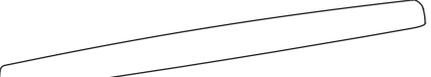
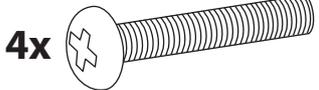
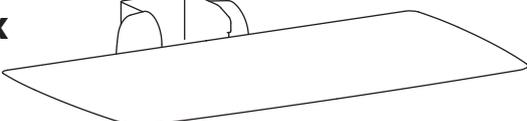
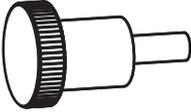


CAUTION: Make sure the wall mount bracket is level, flush and snug to the wall surface. **DO NOT OVERTIGHTEN THE BOLTS.**

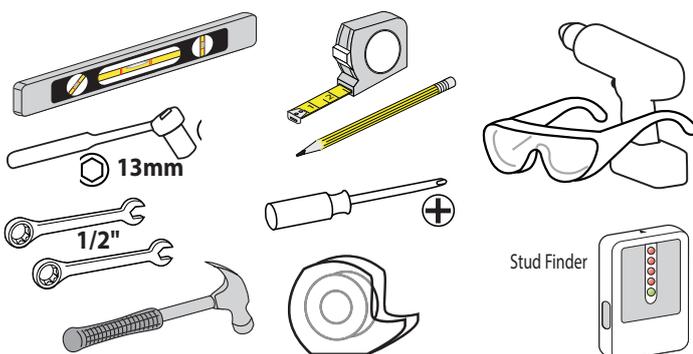


Important! You will need to adjust this product after installation is complete. Make sure all your equipment is properly installed on the product before attempting adjustments. This product should move smoothly and easily through the full range of motion and stay where you set it. If movements are too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

Components

	A	B	C	D
1		1x 		4x  M8 x 80mm
2		1x 		4x  M8
3		1x  1x 		4x 
4		1x 		4x  2x 
5		1x 		1x 
6	1x 	10x  M3 x 5mm	4x  1/4-20 x 1.5"	
7	1x 	2x 	4x  M4 x 10mm	
8	2x 	4x 	1x 	

Tools Needed



HOLLOW WALL
 Ø 1/2" (13 mm)

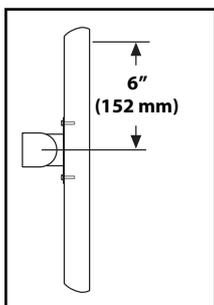
WOOD
 Ø 7/32" (5.5 mm)
 Ø 1/2" (13 mm)

CONCRETE
 Ø 3/8" (9.5 mm)

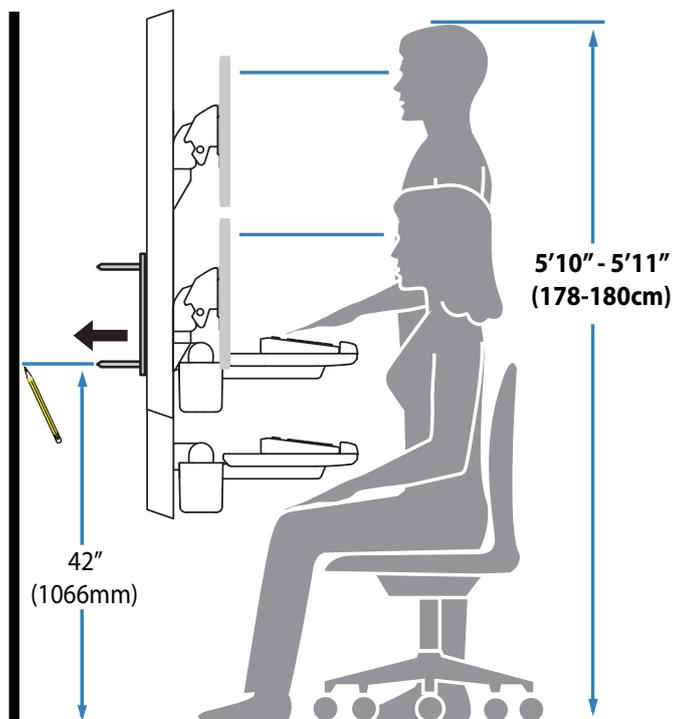
Mounting Height for Ergonomic Workstation

This mounting height is a recommendation for an ergonomic workstation that accommodates user heights of 5'10"-5'11" (178-180cm).

If user heights are different than this, you should change mounting height to accommodate user heights. (Change mounting height one inch for every one inch difference in user heights).

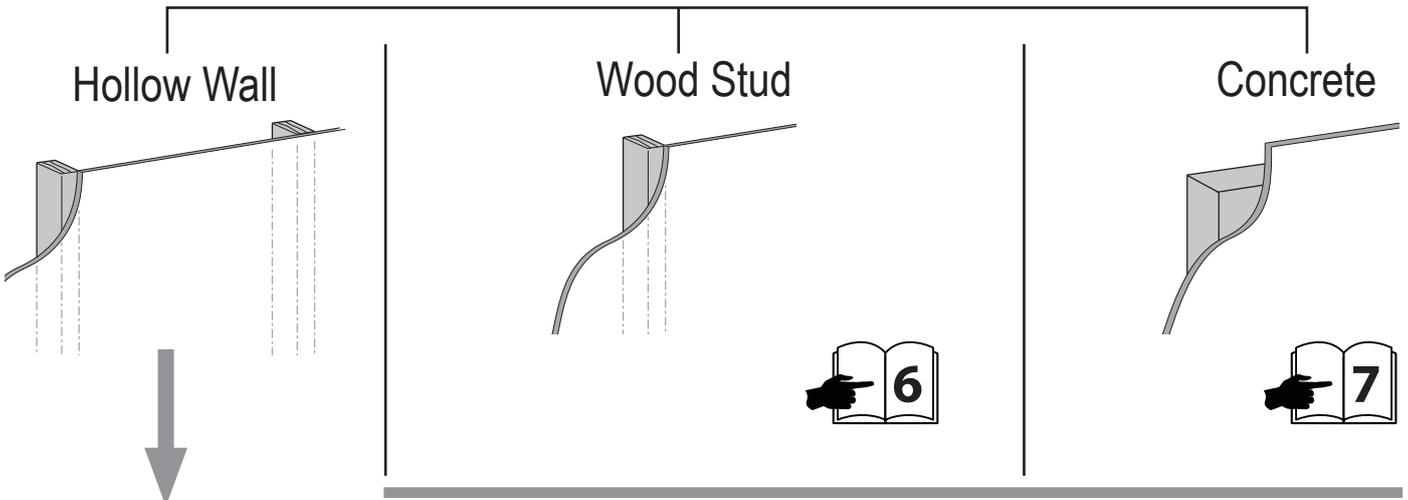


Mounting height assumes there is a 6" (152 mm) distance between the center of your monitor mounting holes and the top of the screen. If your distance is smaller, you should increase mounting height accordingly, if your distance is larger, you should decrease your mounting height accordingly.

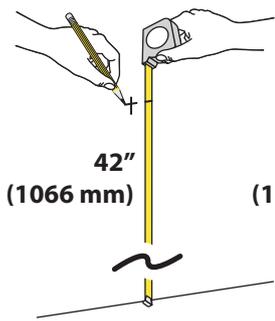


Set-up Steps

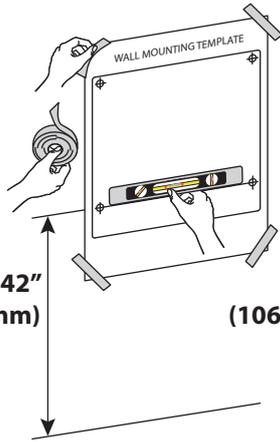
3 Mounting Options



1 a



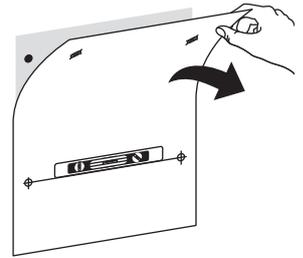
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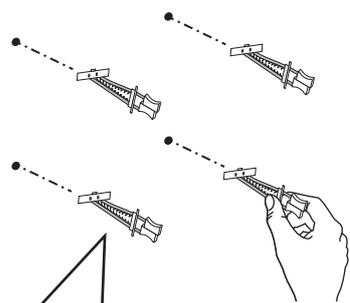
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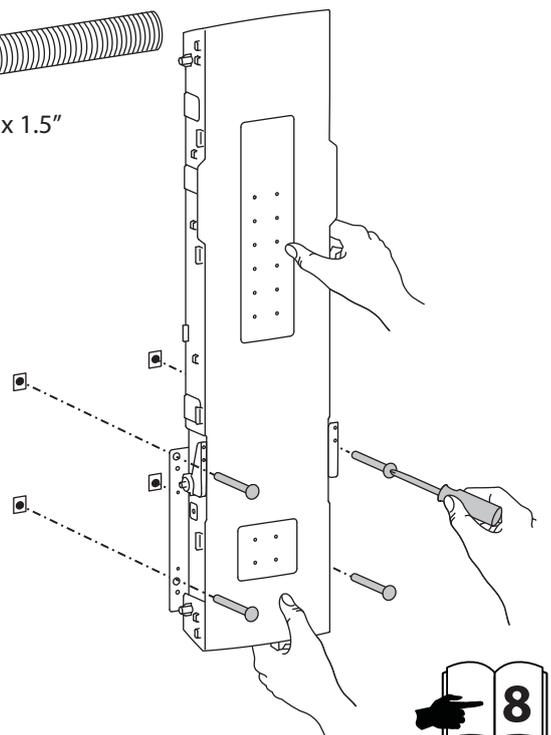
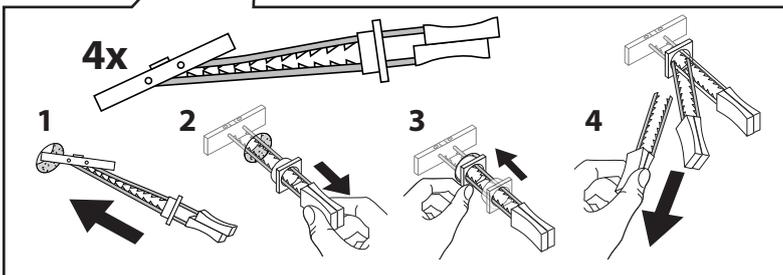
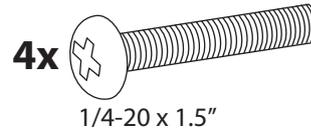
d



2 a

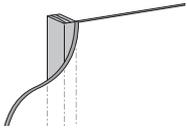


b

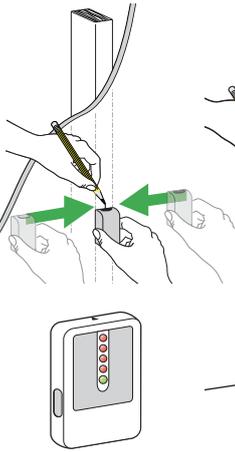


Set-up Steps

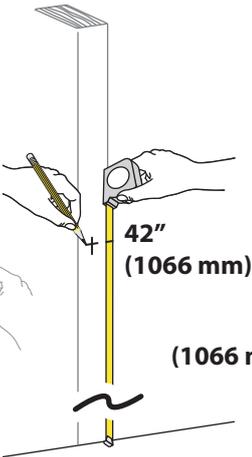
Wood Stud



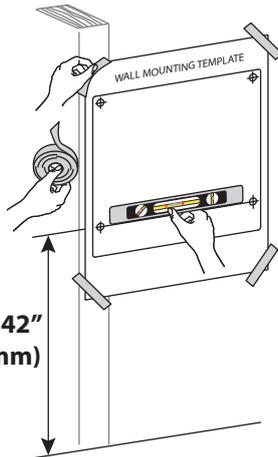
1 a



b



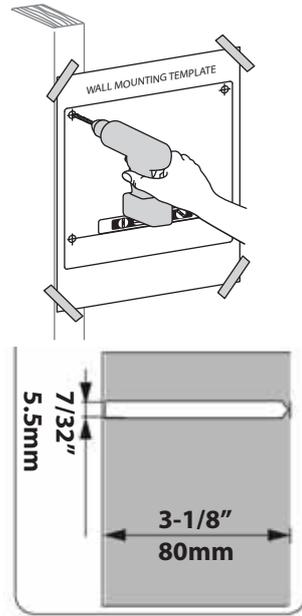
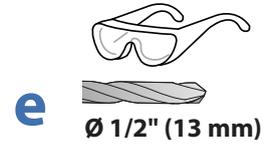
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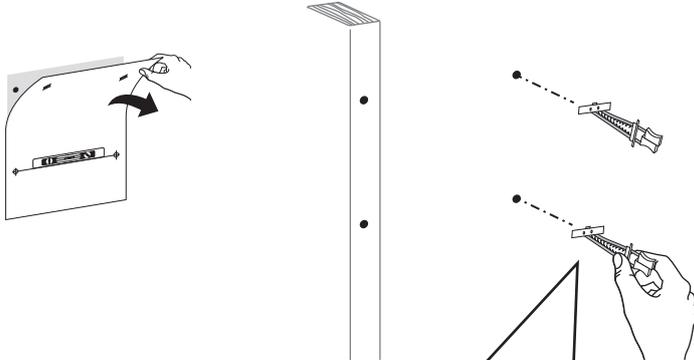
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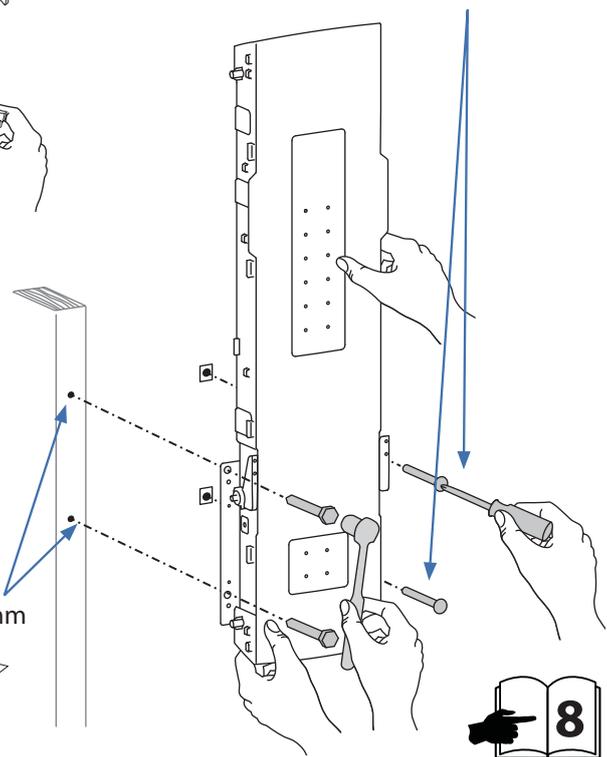
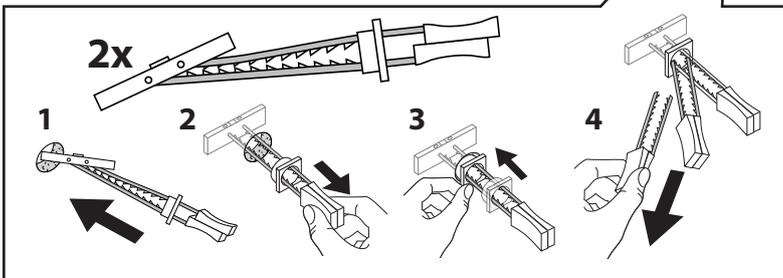
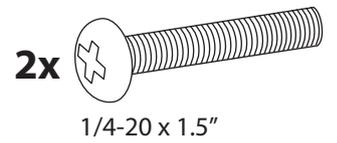
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2 a

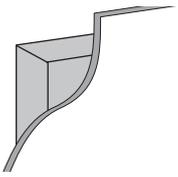


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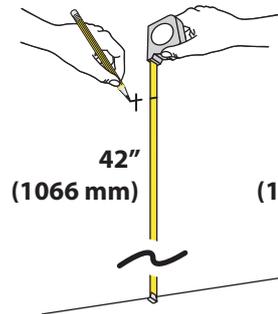


Set-up Steps

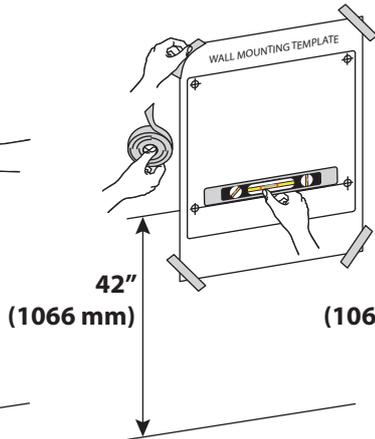
Concrete



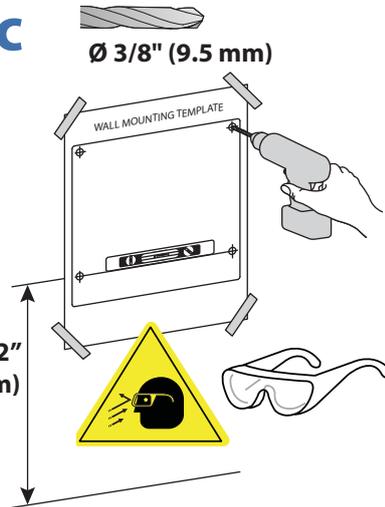
1 a



b

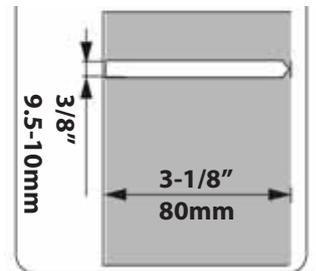


c

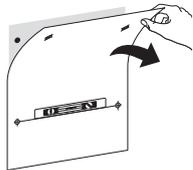


WARNING:

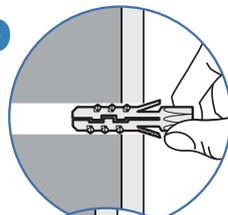
Mounting holes must be at least 3-1/8" (80mm) deep and must be located within solid concrete, not mortar or covering material. If you drill into an area of concrete that is not solid, reposition mounting holes until both anchors can be fully inserted into solid concrete!



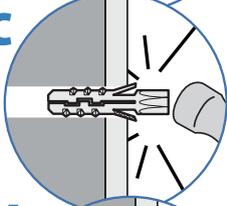
2 a



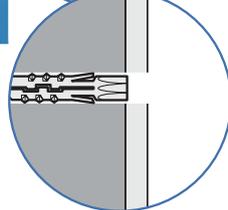
b



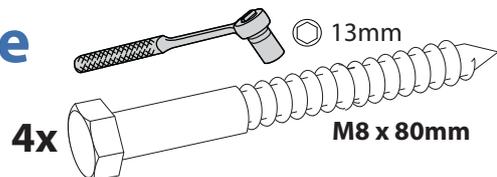
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d

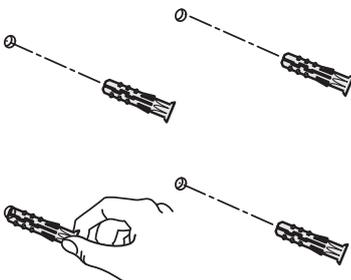


e



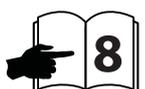
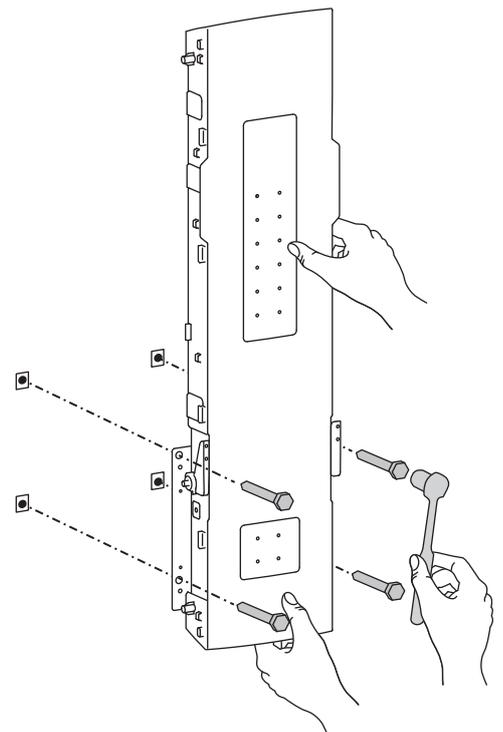
4x

M8



WARNING:

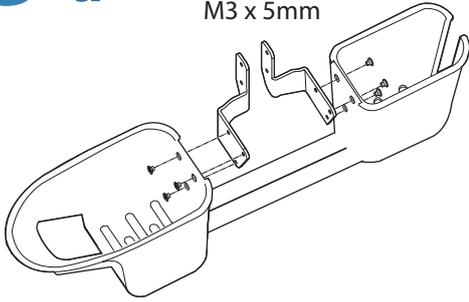
Anchors that are not fully set in solid concrete will not support the applied load resulting in an unstable, unsafe condition which could lead to personal injury and/or property damage. Consult a construction professional if you have any doubt about what this means in regard to your particular situation.



Set-up Steps

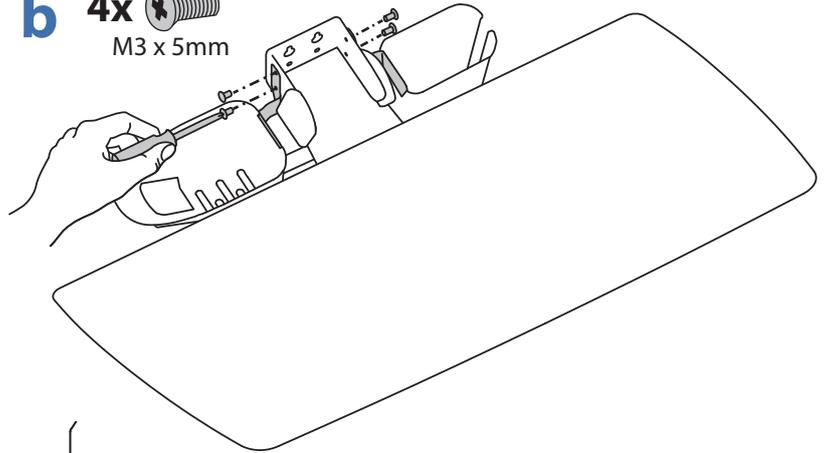
3 a

6x 
M3 x 5mm



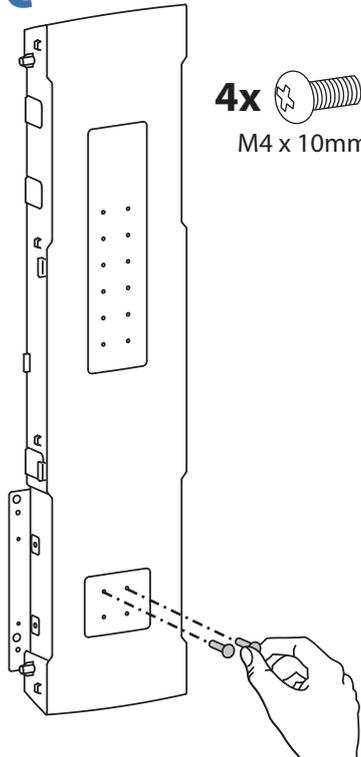
b

4x 
M3 x 5mm

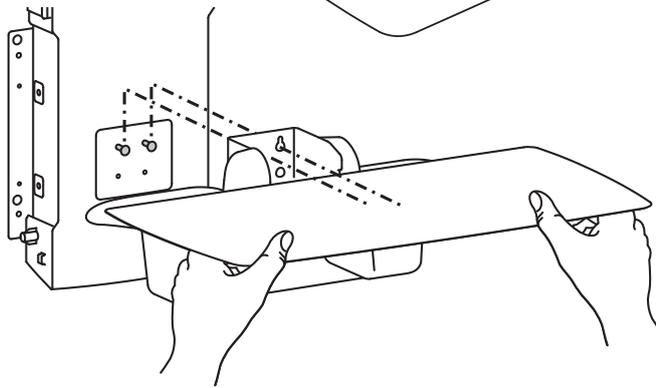


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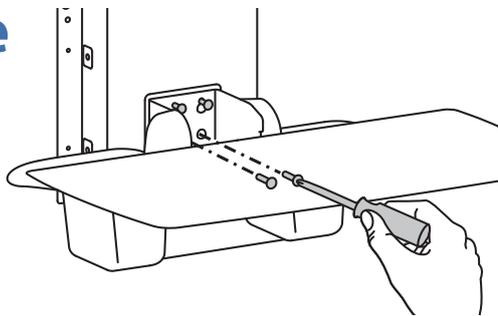
4x 
M4 x 10mm



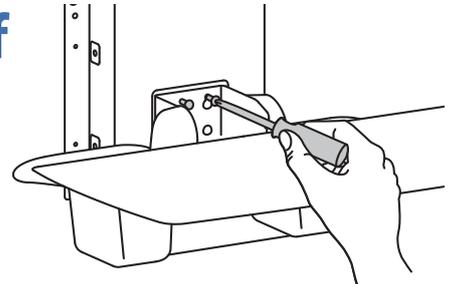
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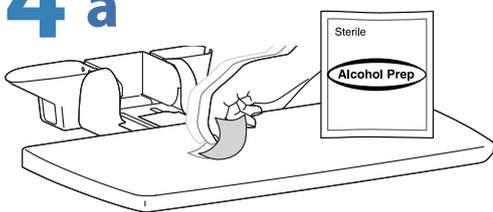
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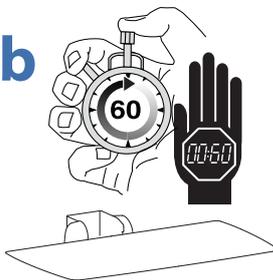
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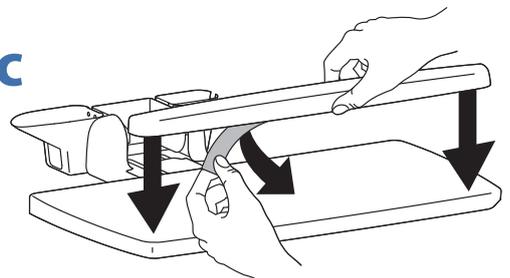
4 a



b

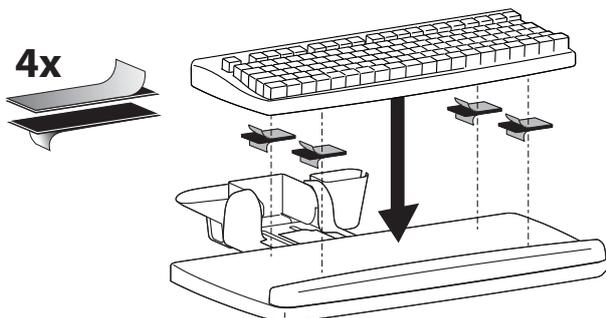


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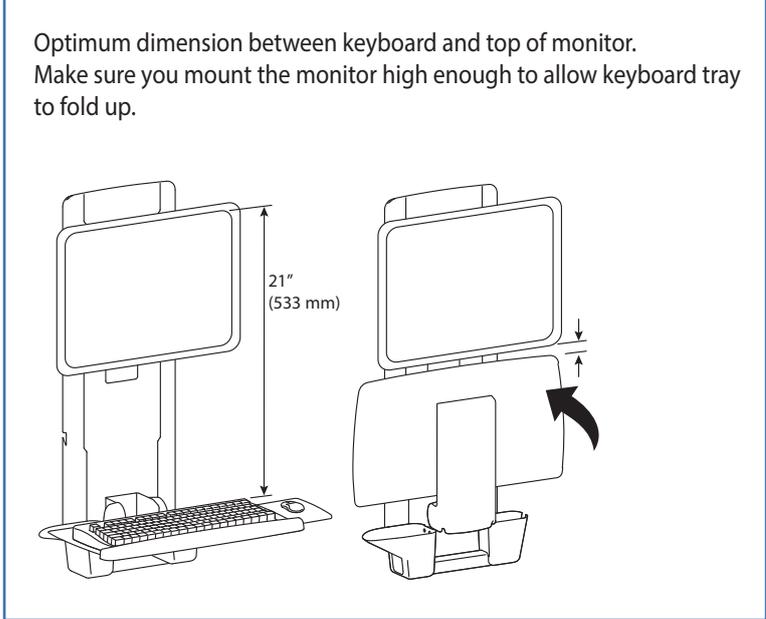
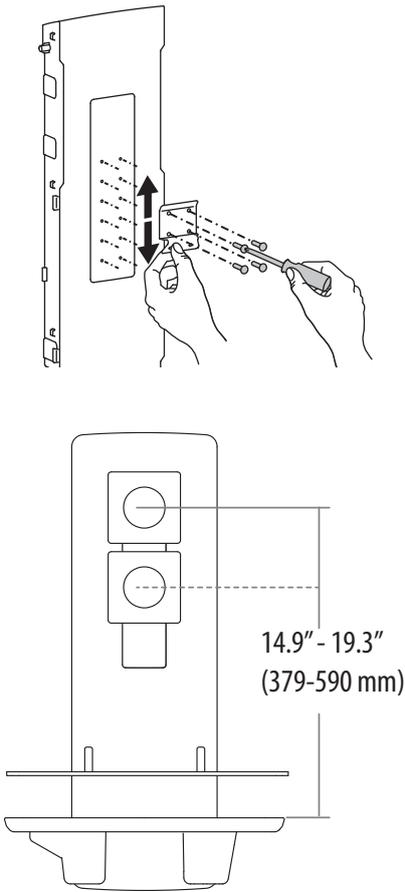
d

4x

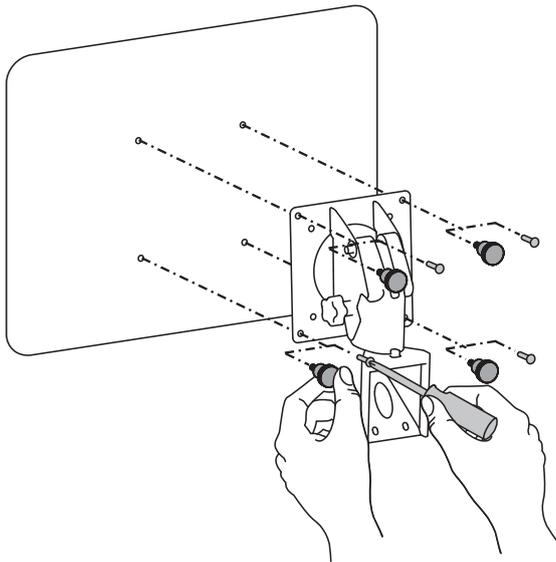
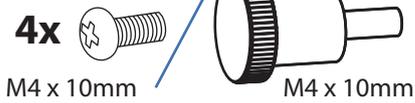


Set-up Steps

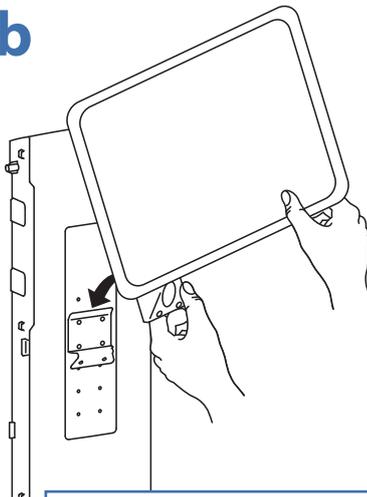
5



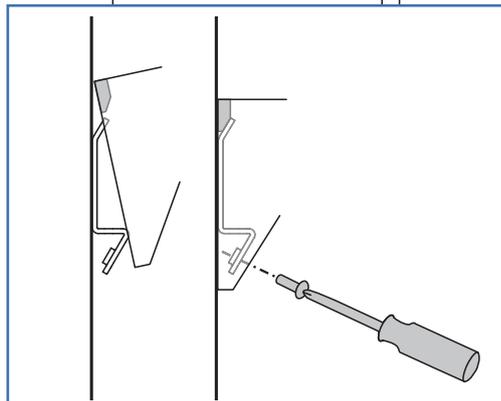
6 a



b



c



Set-up Steps

7

4x

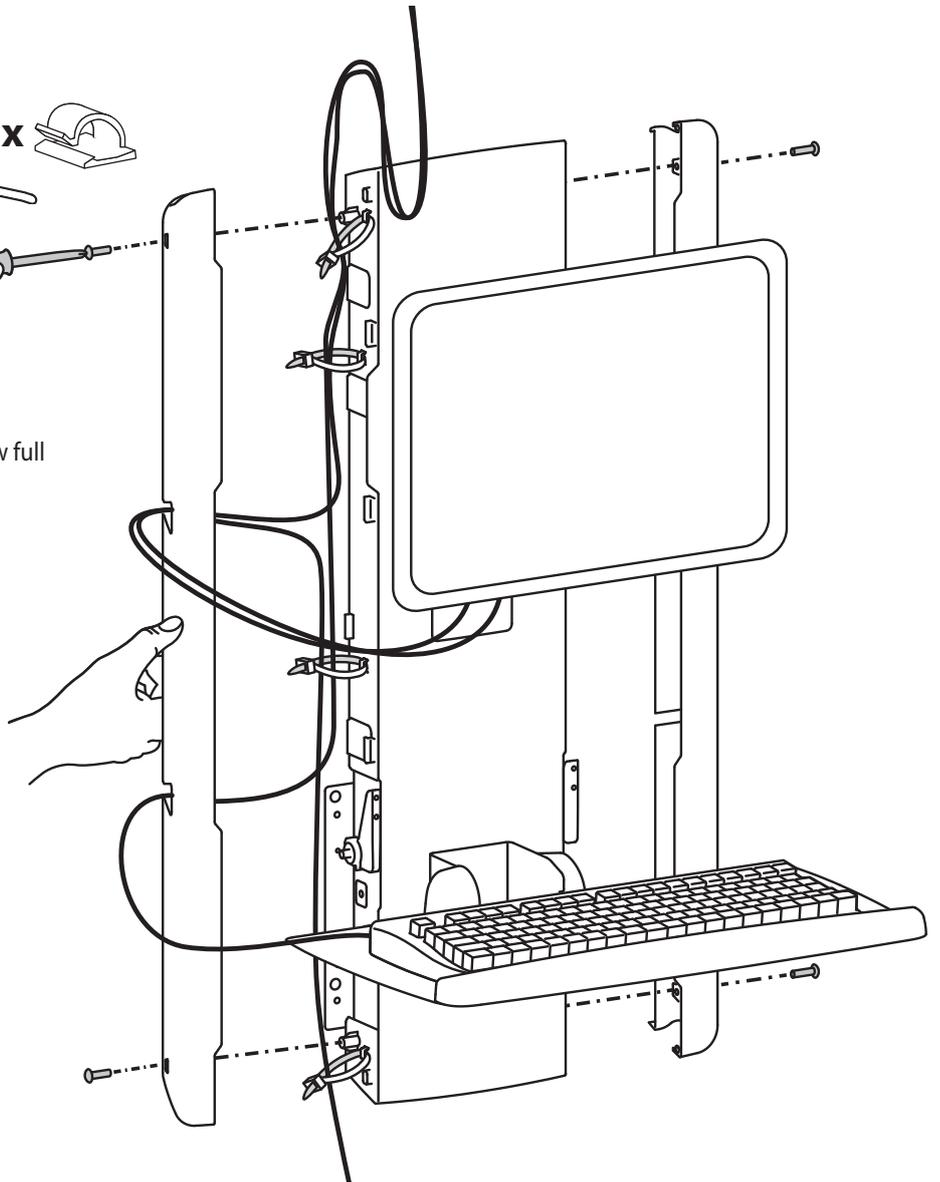
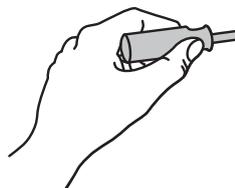


M4 x 10mm

4x



2x



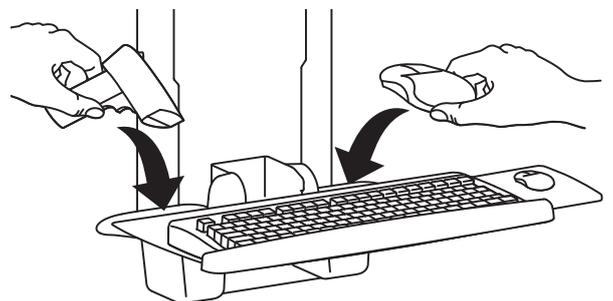
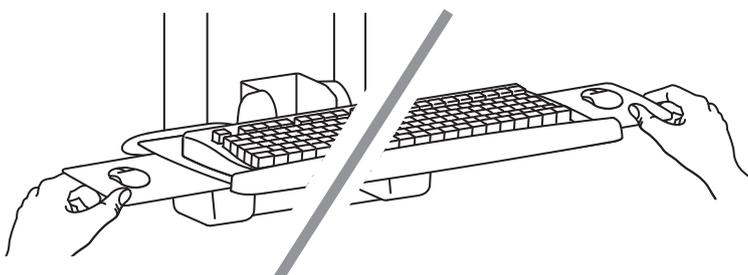
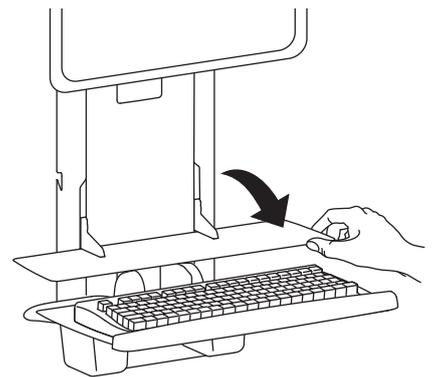
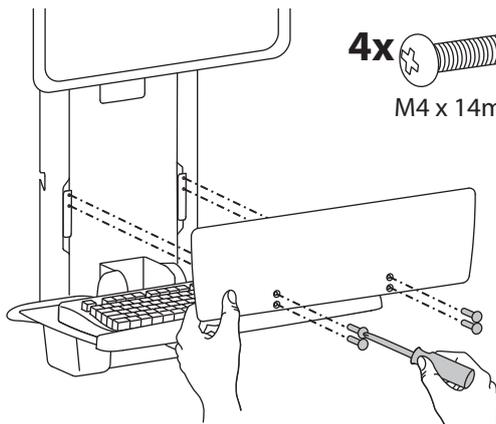
Leave enough slack in cable to allow full range of up-down motion.

8

4x

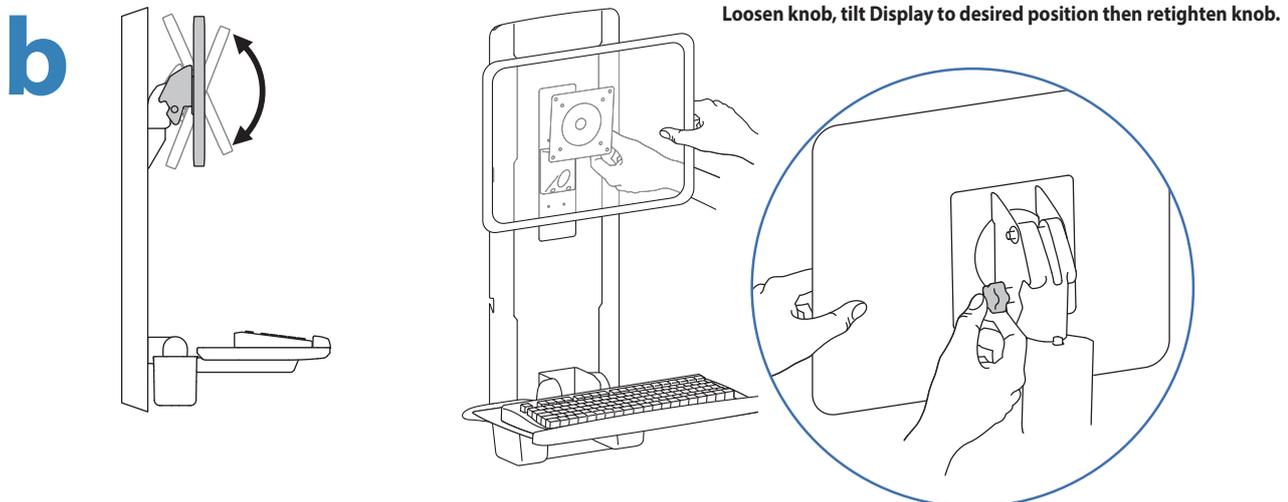
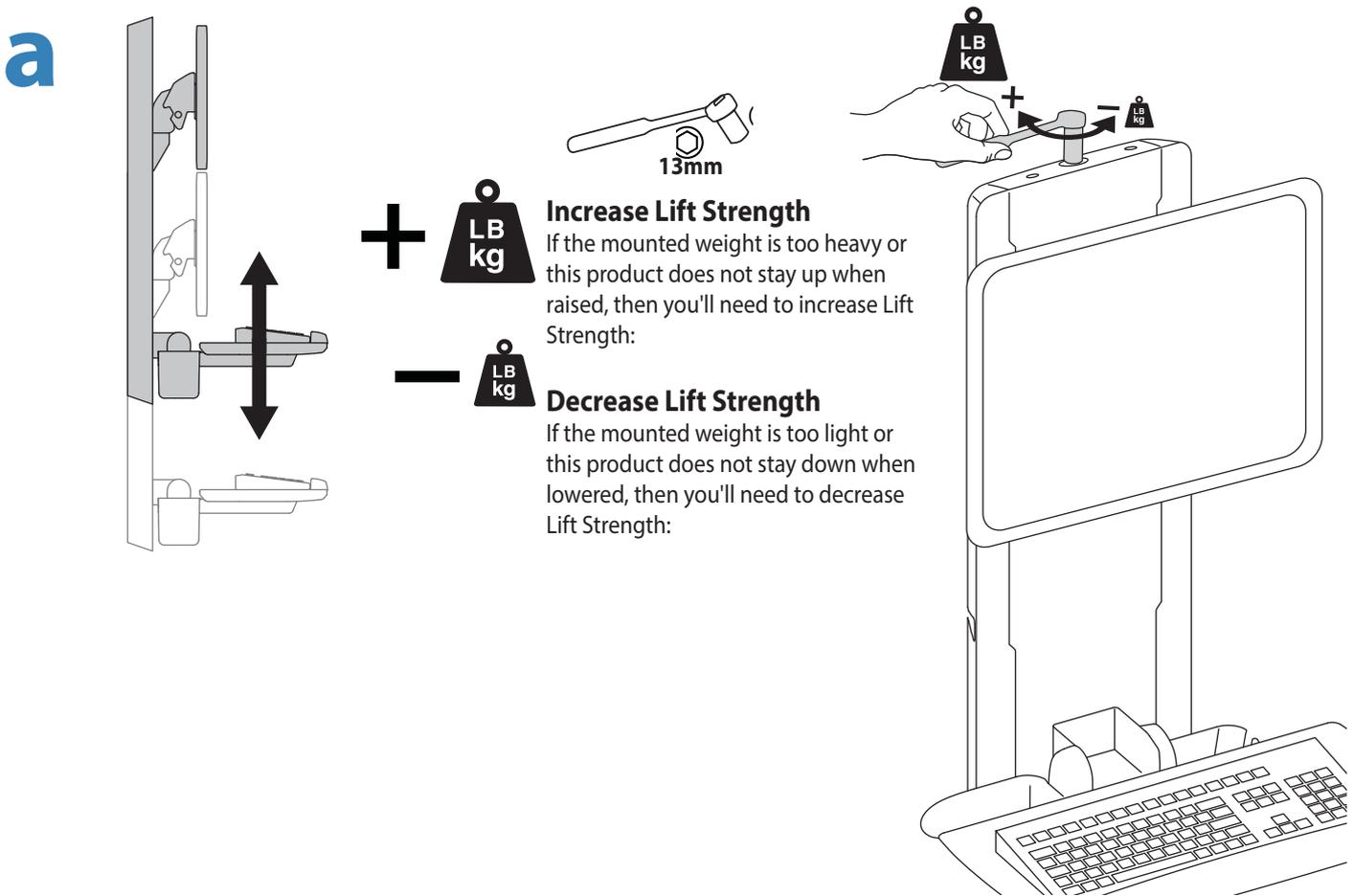


M4 x 14mm



9 Adjustment Step

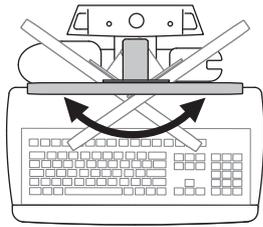
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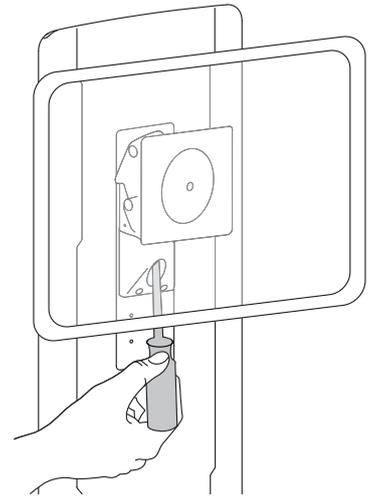
Adjustment Step

c

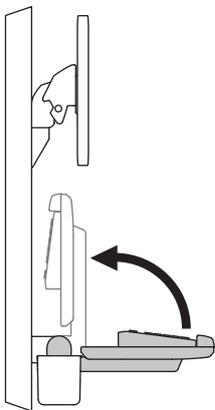


Increase Friction
If this product moves too easily, then you'll need to increase friction:

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

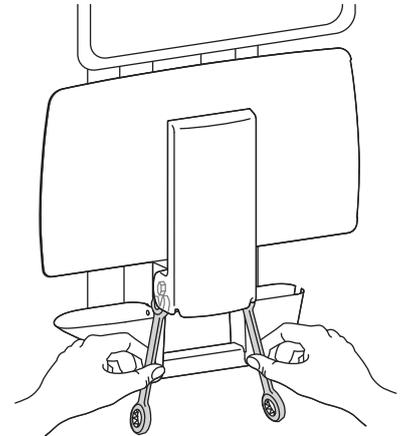


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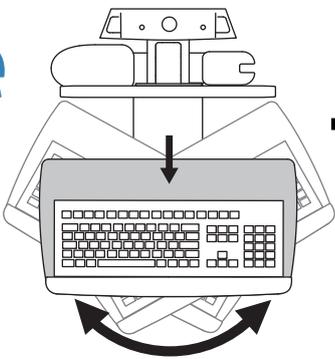


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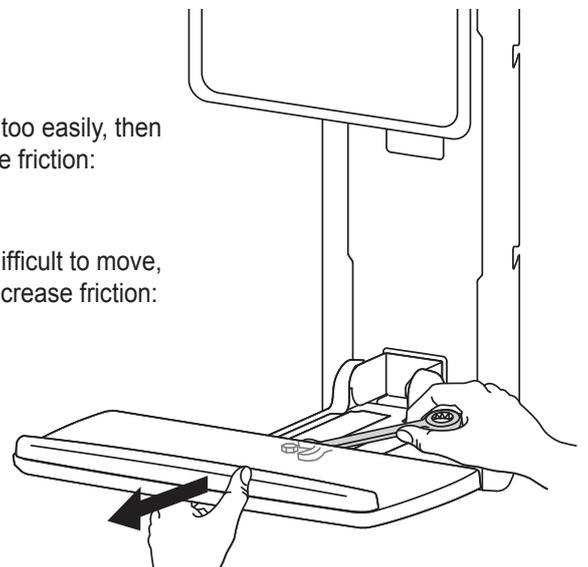


e

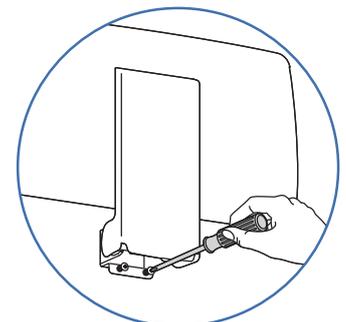
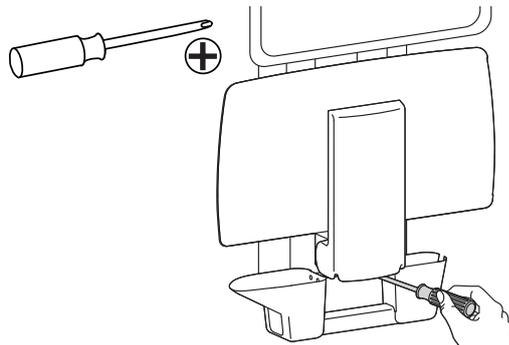
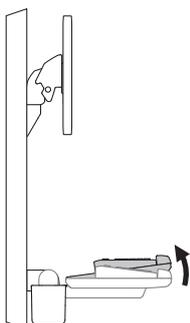


Increase Friction
If this product moves too easily, then you'll need to increase friction:

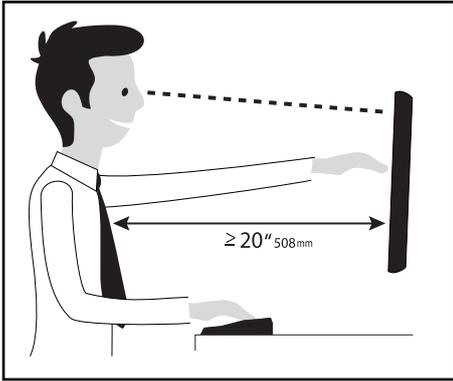
Decrease Friction
If this product is too difficult to move, then you'll need to decrease friction:



f



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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