



WorkFit-P

ENGLISH



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User's Guide - English

Guía del usuario - Español

Manuel de l'utilisateur - Français

Gebruikersgids - Nederlands

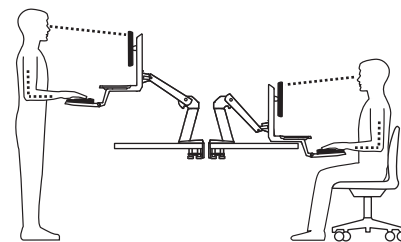
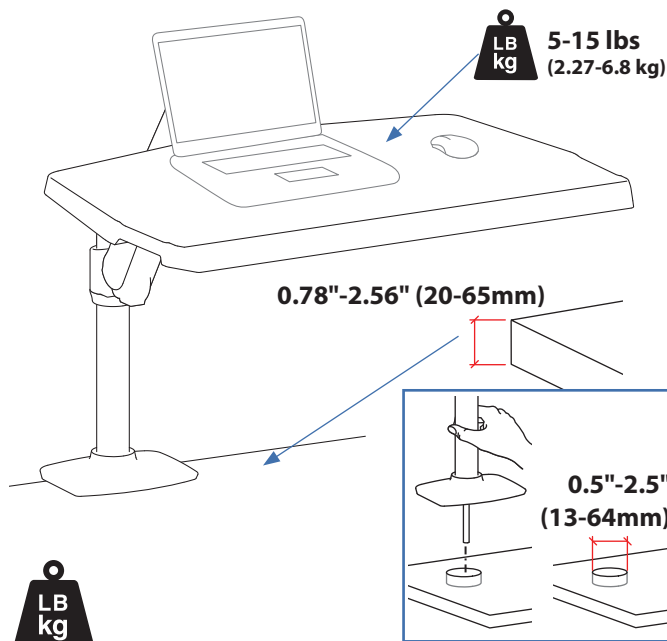
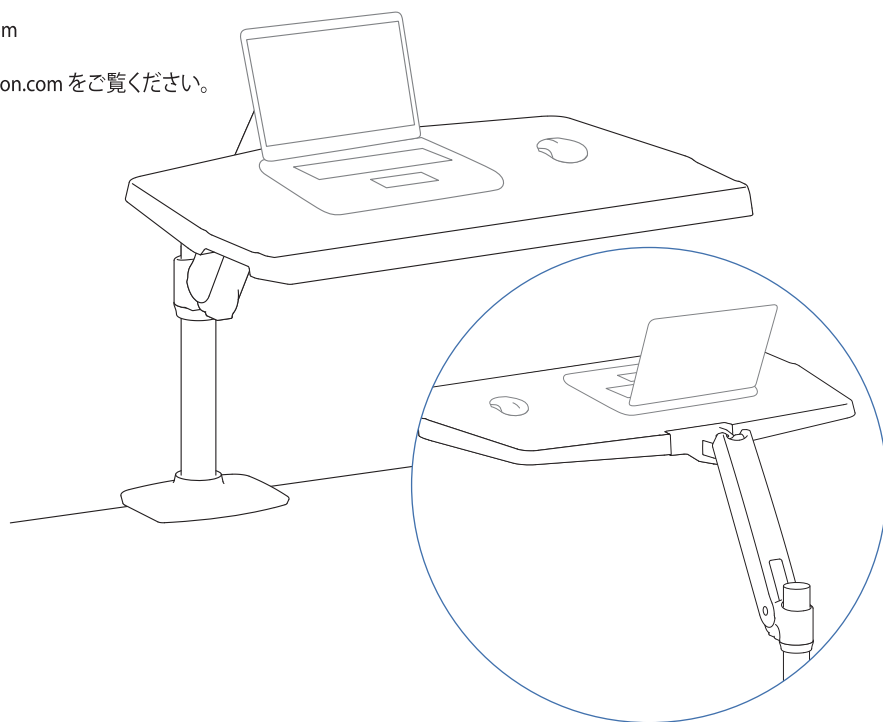
Benutzerhandbuch - Deutsch

Guida per l'utente - Italiano

Användarhandbok - svenska

ユーザーガイド: 日本語

用戶指南: 汉语



Important!

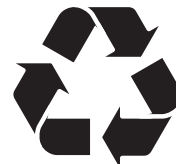
You will need to adjust this product after installation is complete.

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.



Max weight 5-15 lbs (2.27-6.8 kg)

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



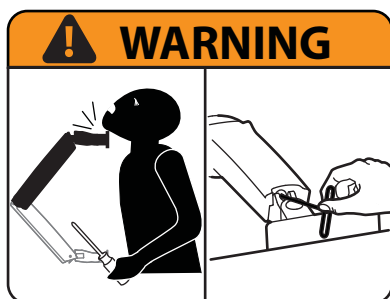
Reduce.Reuse.Recycle

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! 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!

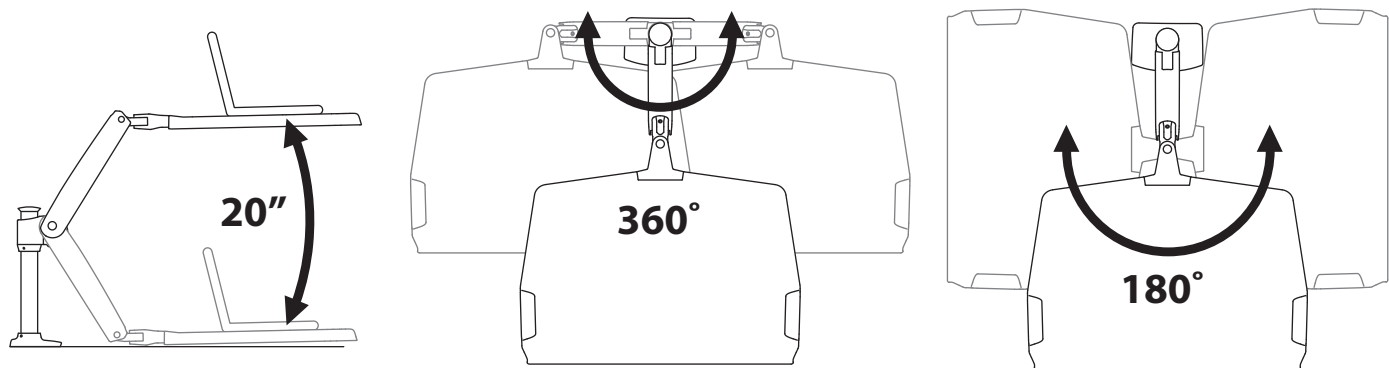


Warning: Because mounting surface materials can vary widely, it is imperative that you make sure mounting surface is strong enough to handle mounted product and equipment.



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.

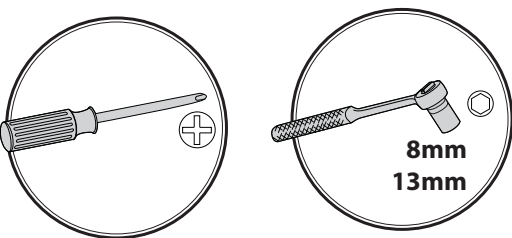
Features



Components

	A	B	C	D	E
1					
2					
3		 			
4					
5					
6					

Tools Needed



Set-up Steps

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.

Advertencia: Dado que los materiales de la superficie de montaje pueden variar enormemente, es imprescindible que se cerciore de que la superficie sea lo suficientemente resistente como para sostener el equipo y el producto montados.

Avertissement : Dans la mesure où les matériaux des surfaces de montage varient, vous devez impérativement vous assurer que la surface est suffisamment solide pour supporter le produit et l'équipement monté.

Warnung: Weil die Materialien der Befestigungsflächen stark variieren können, müssen Sie unbedingt gewährleisten, dass die Befestigungsfläche stark genug ist, um das montierte Produkt und die Ausrüstung zu tragen.

Waarschuwing: Omdat materiaal voor de oppervlakken van bevestigingsstukken nogal verschillend kan zijn, is het van het grootste belang dat u ervoor zorgt dat het oppervlak van het bevestigingsstuk sterk genoeg is om daarop gezette producten en apparatuur te behandelen.

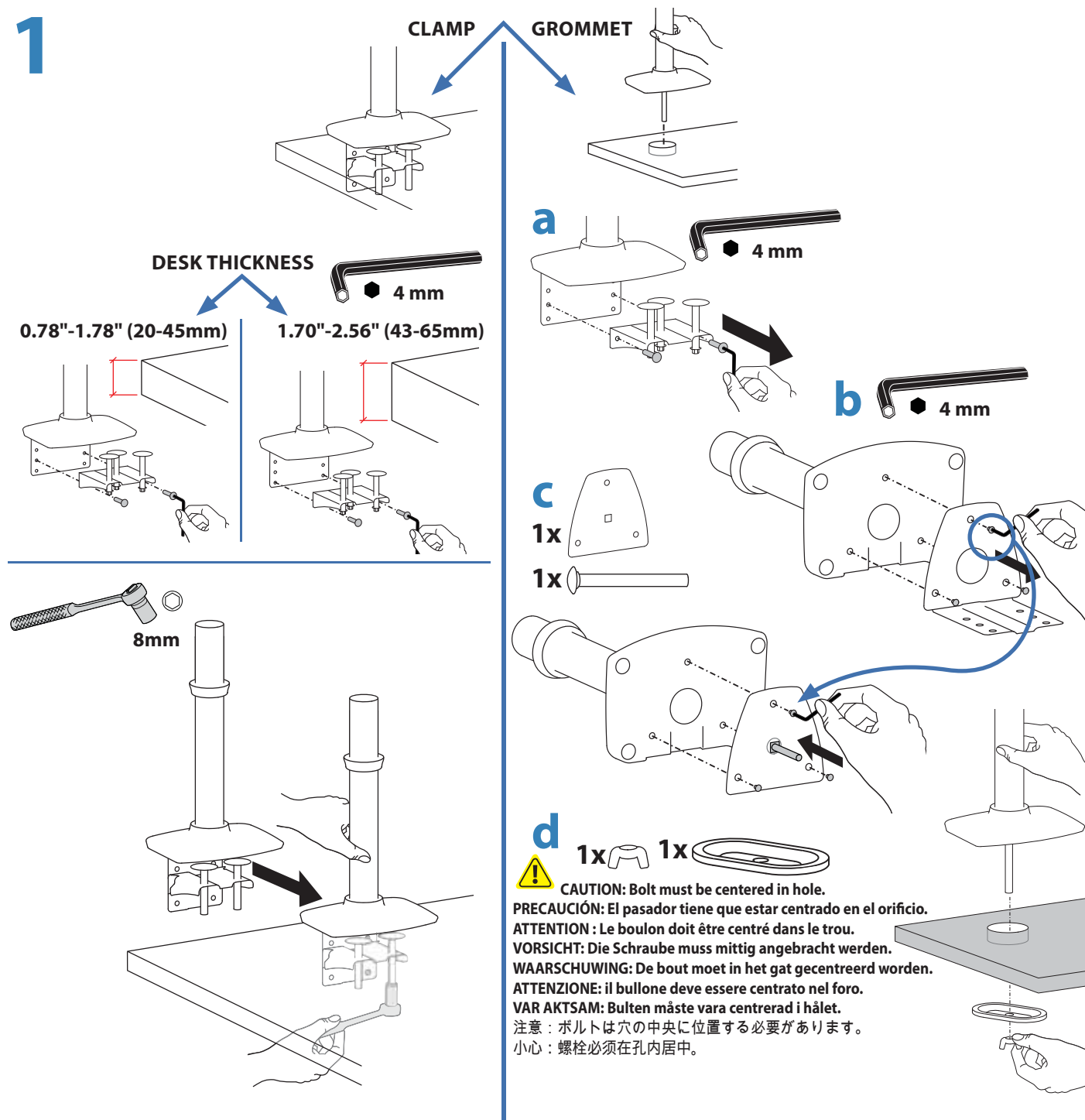
Avvertenza: poiché i materiali delle superfici di montaggio possono variare enormemente, è essenziale accertarsi che la superficie di montaggio sia abbastanza forte da poter sostenere il prodotto e l'apparecchiatura montati.

Varning: Eftersom monteringsytans material kan variera väldigt mycket, så är det nödvändigt att du ser till att monteringsytan är tillräckligt stark för att kunna hantera monterade produkter och utrustning.

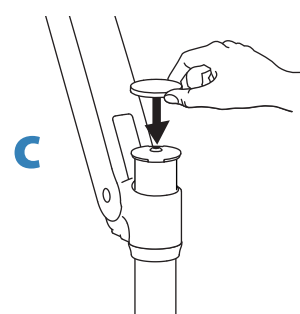
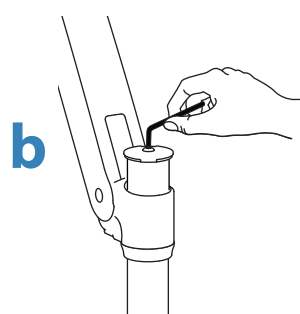
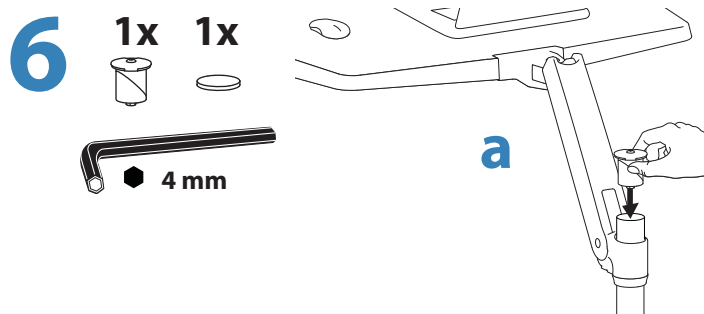
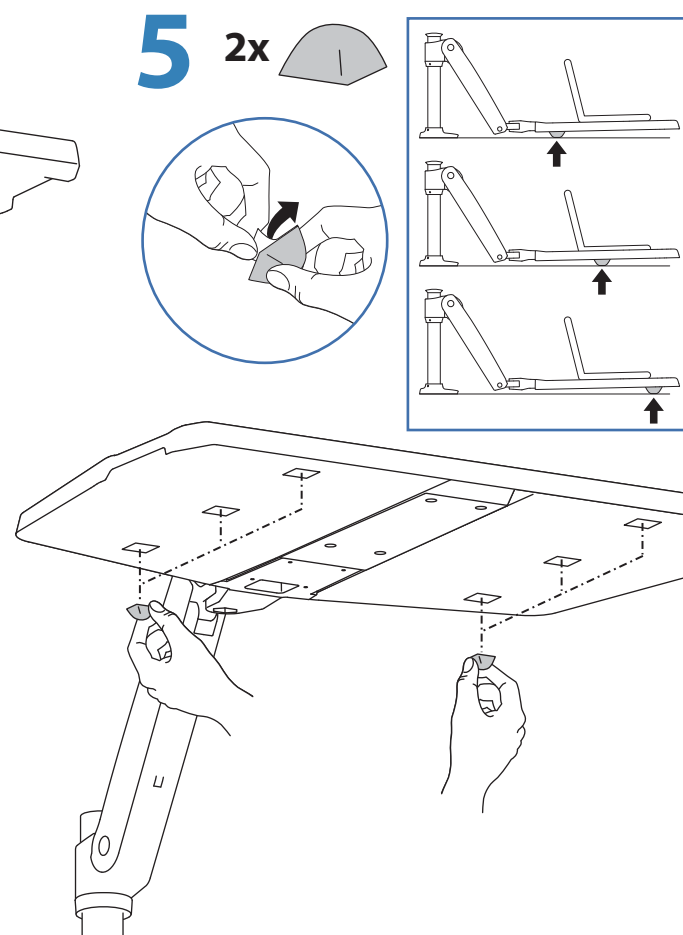
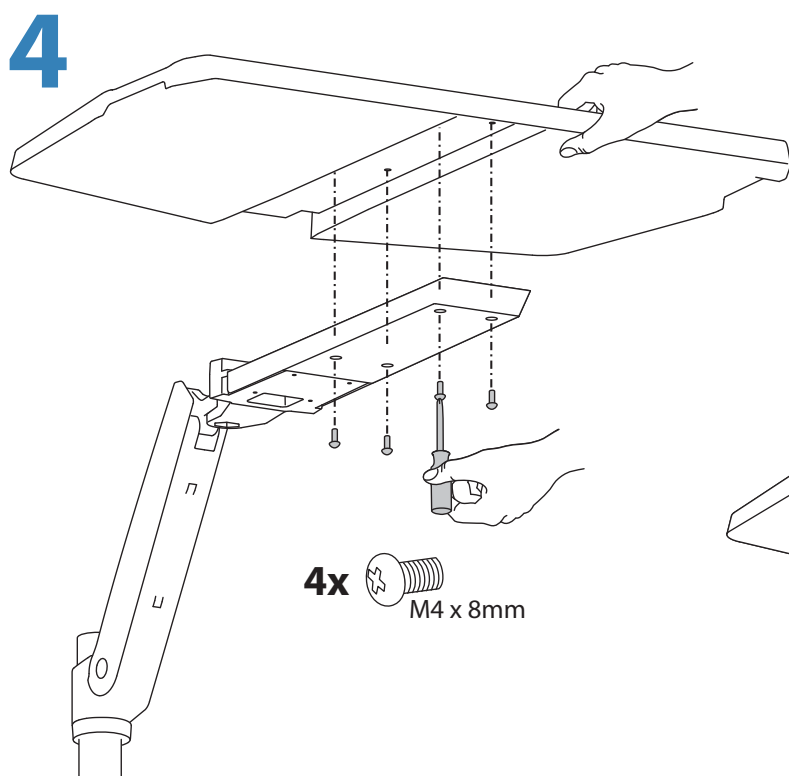
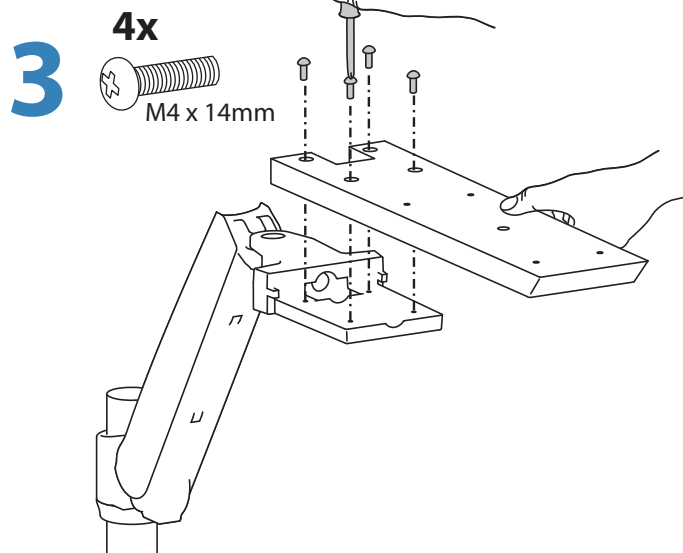
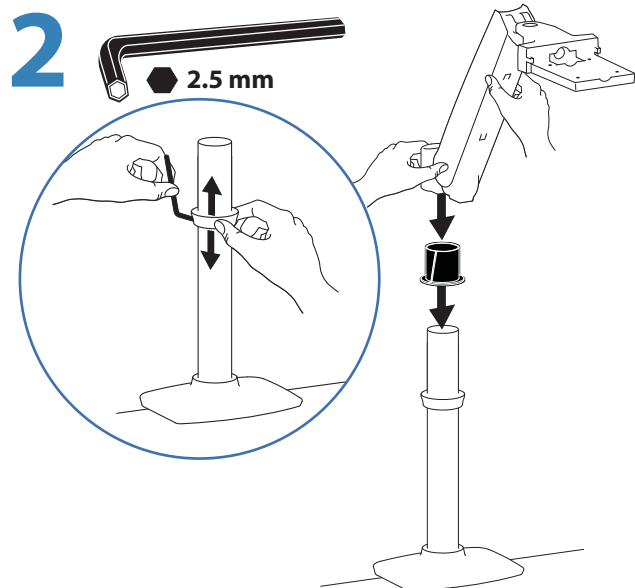
警告：取り付け表面の材質にはさまざまな種類があるため、取り付け表面が取り付け製品や器具に対応した強さであることを必ず確認してください。

警告：由于安装表面材质差异很大，必须确保安装表面足以支撑所安装的产品和设备。

1



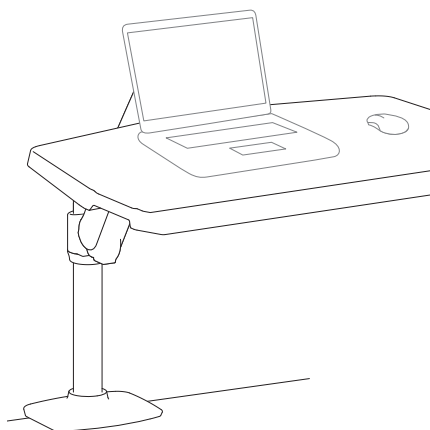
Set-up Steps



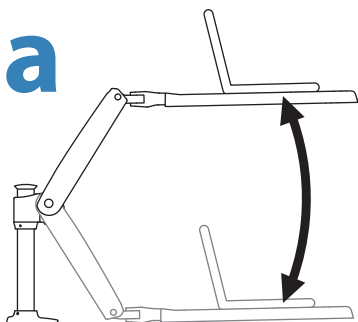
7



Adjustment Step



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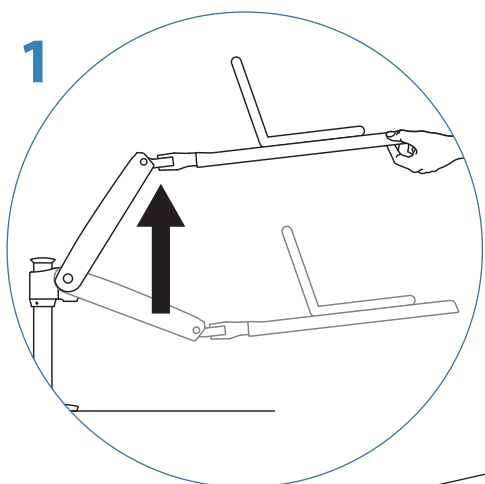
**Increase Lift Strength**

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

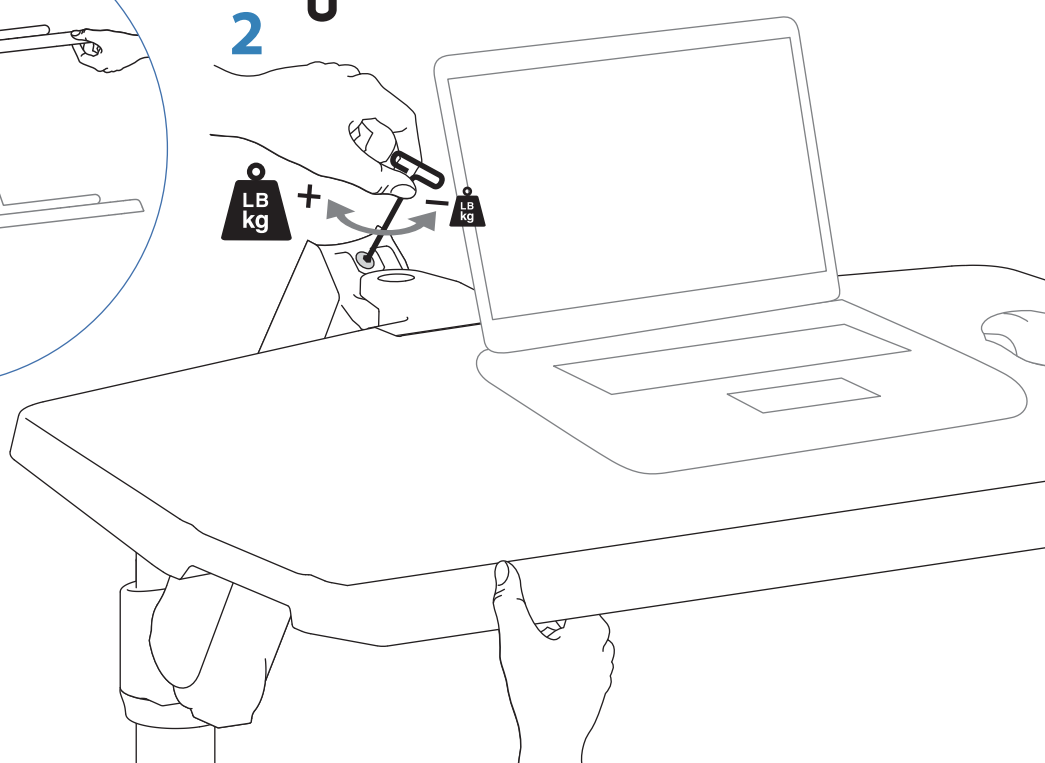
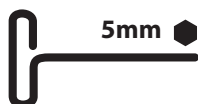
**Decrease Lift Strength**

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

1

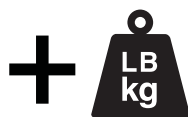
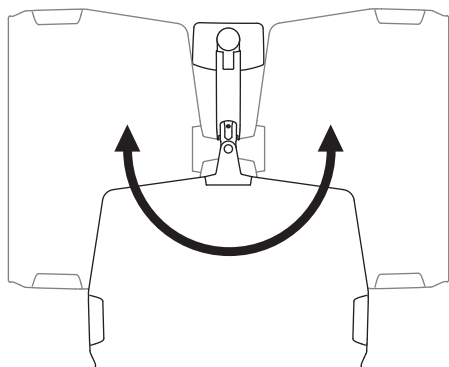


2



Adjustment Step

b



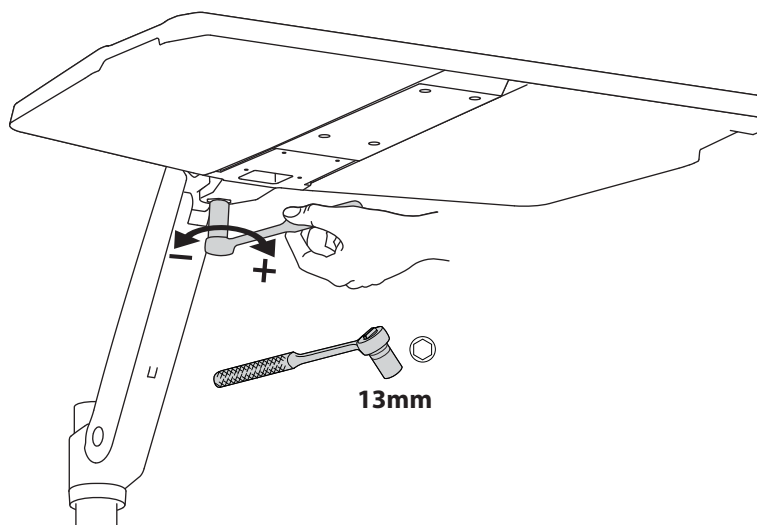
Increase Friction

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:



Set Your Workstation to Work For YOU!

Configure su estación de trabajo para que trabaje para USTED.

Ajustez votre station de travail en fonction de VOS besoins!

Richten Sie Ihren Arbeitsplatz so ein, dass er für SIE arbeitet!

Stel uw workstation zo in dat het voor U werkt!

Approntare la stazione di lavoro nella posizione ergonomica ottimale.

一人ひとりにピッタリのワークステーション!

按照您自身的需要设置工作站!

Learn more about ergonomic computer use at:

Más información sobre el uso ergonómico de ordenadores:

Apprenez-en plus sur l'utilisation ergonomique d'un ordinateur sur:

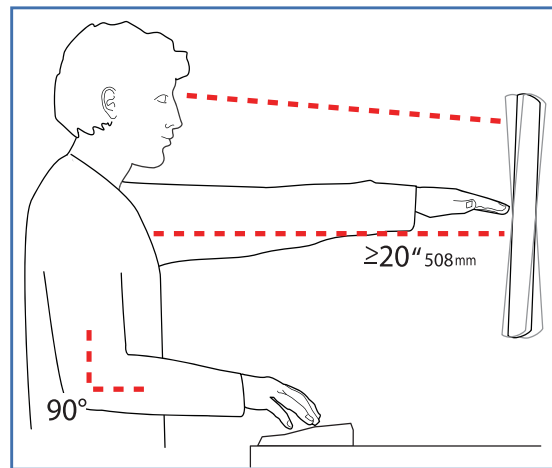
Weitere Informationen zur ergonomischen Computernutzung finden Sie unter:

Leer meer over ergonomisch computergebruik op:

Per ulteriori informazioni sull'uso ergonomico del computer:

人間工学的なコンピュータの使用法については次のサイトを参照してください

想进一步了解以符合人体工程学的方式使用计算机的知识, 请访问:

www.computingcomfort.org

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.

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.

Altura	Coloque el borde superior de la pantalla ligeramente por debajo de la altura de sus ojos.
	Coloque el teclado aproximadamente a la altura de los codos con las muñecas planas.
Distancia	Coloque la pantalla a una distancia de un brazo desde la cara, esto es, unos 50 cm (20 pulgadas).
	Coloque el teclado lo suficientemente cerca para que el codo forme un ángulo de 90°.
Ángulo	Incline la pantalla para eliminar los reflejos.
	Incline el teclado 10° hacia atrás para que las muñecas sigan en posición plana.

Para reducir la fatiga

Respirar - Respire hondo por la nariz.

Parpadear - Parpadee a menudo para que no se sequen los ojos.

Descansar • 2 o 3 minutos cada 20 minutos

• 15 o 20 minutos cada 2 horas.

Hauteur	Positionnez l'écran du haut légèrement en dessous du niveau du regard.
	Positionnez le clavier à peu près à la même hauteur que vos coudes, pour que vos poignets soient à plat.
Distance	Positionnez l'écran à un bras de distance de votre visage, à au moins 508 mm (20 pouces).
	Positionnez le clavier assez près pour que vos coudes forment un angle de 90°.
Angle	Inclinez l'écran pour ne pas être ébloui.
	Inclinez le clavier vers l'arrière de 10° pour que vos poignets soient à plat.

Pour réduire la fatigue

Respirez - Respirez profondément par votre nez.

Clignez des yeux - Clignez souvent des yeux pour ne pas avoir les yeux secs.

Faites des pauses • 2 à 3 minutes toutes les 20 minutes

• 15 à 20 minutes toutes les 2 heures.

Höhe	Positionieren Sie die obere Kante des Bildschirms knapp unter Augenhöhe.
	Positionieren Sie die Tastatur bei flach aufgelegten Handgelenken auf Ellenbogenhöhe.
Abstand	Positionieren Sie den Bildschirm mindestens eine Armlänge (50 cm) von Ihrem Gesicht entfernt.
	Positionieren Sie die Tastatur nahe genug, um einen Ellenbogenwinkel von 90° zu ermöglichen.
Winkel	Neigen Sie den Bildschirm so, dass ein Spiegeleffekt vermieden wird.
	Neigen Sie die Tastatur um 10° nach hinten, sodass Ihre Handgelenke flach aufliegen.

Vermeiden von Ermüdungserscheinungen

Atmen - Atmen Sie tief durch die Nase ein und aus.

Blinzeln - Blinzeln Sie so oft wie möglich, um trockene Augen zu vermeiden.

Pausen • Machen Sie alle 20 Minuten eine Pause von 2-3 Minuten

• Machen Sie alle 2 Stunden eine Pause von 15-20 Minuten.

Hoogte	Zet de bovenkant van het scherm iets boven ooghoogte.
	Plaats het toetsenbord op ongeveer ellebooghoogte met de polsen plat.
Afstand	Plaats het scherm op een armlengte van uw gezicht — op ten minste 508 mm (20 in).
	Zet uw toetsenbord zo dichtbij dat u een hoek van 90° in de ellebogen hebt.
Hoek	Kantel het scherm om weerspiegeling te elimineren.
	Kantel het toetsenbord 10° naar achteren, zodat uw polsen plat blijven liggen.

Om vermoeidheid te verminderen

Ademen - Adem diep door uw neus in en uit.

Knippen - Knipper regelmatig om droge ogen te vermijden.

Pauzes nemen • 2 tot 3 minuten elke 20 minuten

• 15 tot 20 minuten elke 2 uur.

Altezza	Posizionare la parte superiore dello schermo leggermente sotto il livello degli occhi.
	Posizionare la tastiera circa all'altezza dei gomiti, in modo che i polsi siano piatti.
Distanza	Posizionare lo schermo a un braccio di distanza dal viso, almeno a 20" (508 mm) di distanza.
	Posizionare la tastiera affinché sia abbastanza vicina da costringere i gomiti a un angolo di 90°.
Angolazione	Inclinare lo schermo in modo da eliminare i riflessi.
	Inclinare la tastiera indietro di 10° in modo che i polsi rimangano piatti.

Per ridurre l'affaticamento

Respirazione - Respirare profondamente dal naso.

Battito delle palpebre - Battere spesso le palpebre per evitare che gli occhi si asciughino.

Pause • Fare una pausa di 2 - 3 minuti ogni 20 minuti

• Fare una pausa di 15 - 20 minuti ogni 2 ore.

高さ	スクリーンの上端が目よりわずかに下に来るようにします。
	キーボードが、手首を水平に伸ばした状態でひじとほぼ同じ高さに来るようにします。
距離	スクリーンを顔から腕の長さ分(少なくとも508mm)離します。
	ひじが直角になる位置にキーボードを置きます。
角度	反射光をなくすようにスクリーンの角度を調整します。
	キーボードを後方に10°傾けて、手首が水平になるようにします。

疲れを軽減する方法

呼吸 - 鼻から深く呼吸します。

まばたき - 目の乾燥を防ぐために頻繁にまばたきしてください。

休憩 • 20分ごとに2~3分

• 2時間ごとに15~20分

高度	屏幕顶端的位置要稍低于视线高度。
	将键盘放置在大约肘部的高度并且手腕要能放平。
距离	将屏幕摆放在距离面部一臂长的位置——至少 508mm (20")。
	键盘的位置要够近, 以使肘部形成直角。
角度	倾斜屏幕以消除眩光。
	将键盘向后倾斜 10 度, 使手腕能保持放平。

为了减轻疲劳

呼吸 - 通过鼻子深呼吸。

眨眼 - 经常眨眼可避免眼睛干涩。

休息 • 每隔 20 分钟休息 2 至 3 分钟

• 每隔 2 小时休息 15 至 20 分钟。

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