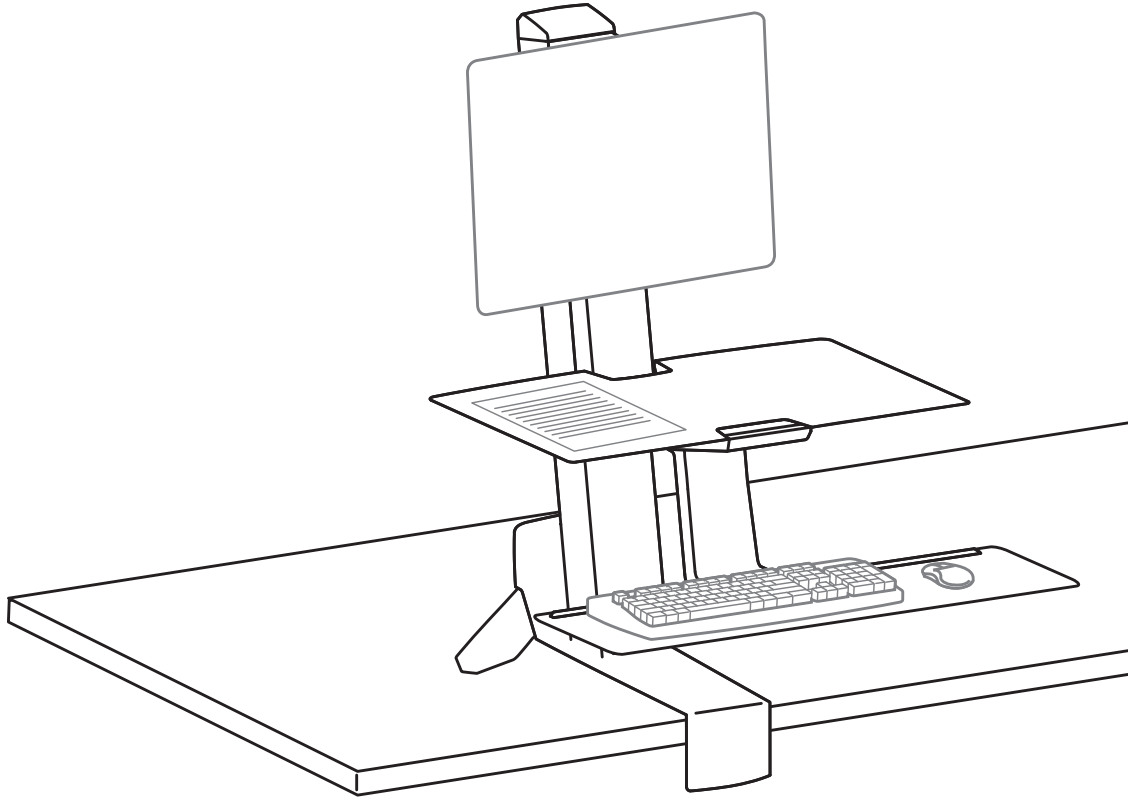


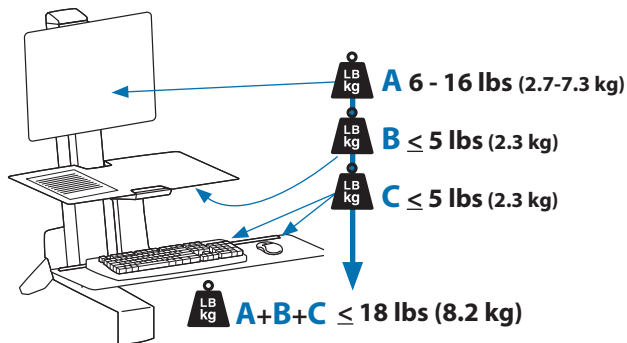
WorkFit-S, Single LCD Mount, LD



ENGLISH



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



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



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 Manuel de l'utilisateur - Français
 Gebruikersgids - Deutsch
 Benutzerhandbuch - Nederlands
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 Användarhandbok - svenska
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 用户指南 : 汉语



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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



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.

 **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.



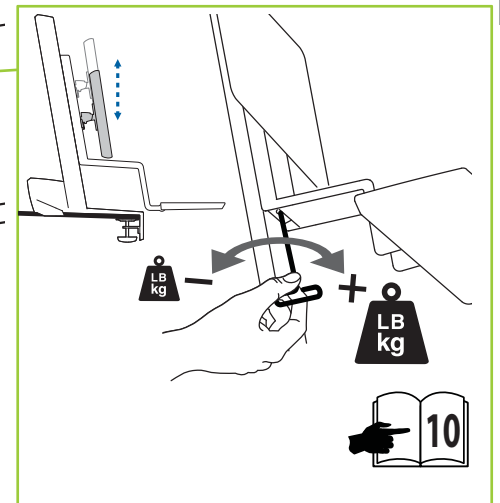
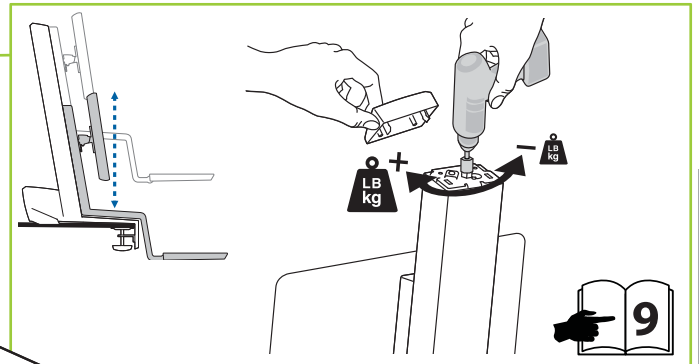
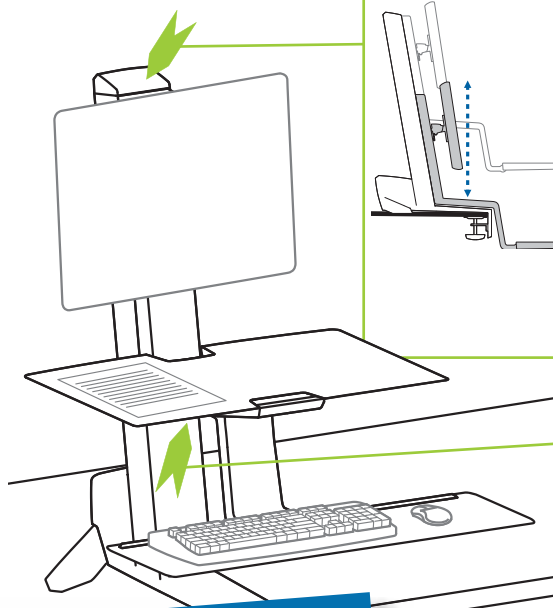
Important! You will need to adjust this product after installation is complete. Make sure all your equipment is properly installed on the product before attempting adjustments. This product should move smoothly and easily through the full range of motion and stay where you set it. If movements are too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

GREEN ARROWS MARK IMPORTANT ADJUSTMENT POINTS

1 Follow Steps 1 - 7 for Installation

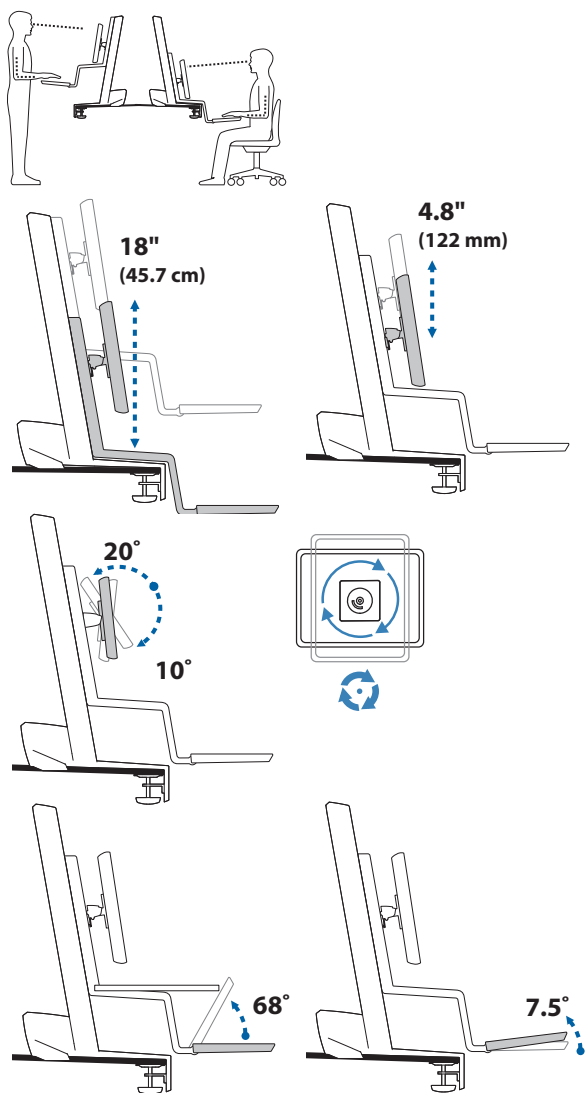


2 After installation, adjust product to properly handle added weight.

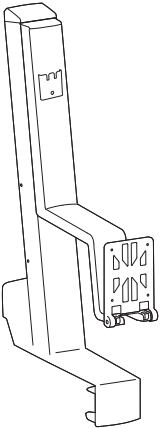
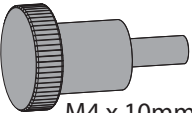
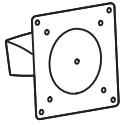
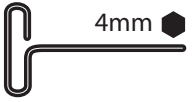
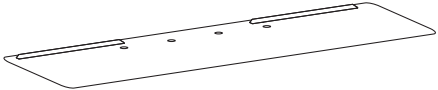
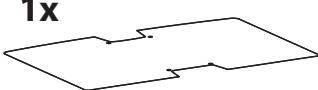


To view a video on this adjustment procedure, go to
install.ergotron.com

Features & Specifications



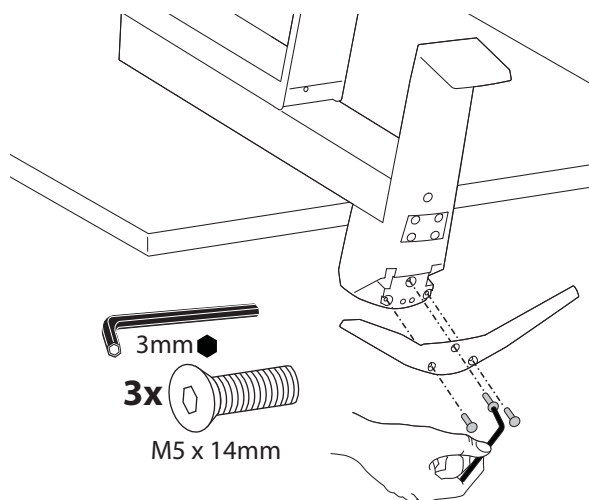
Components

A		B
1	1x 	3x  M5 x 14mm
2		1x  M5 x 8mm
3		2x  M5 x 12mm
4		1x  M3 x 6mm
		8x  M4 x 10mm
5	1x 	4x  M4 x 10mm
6	3x 	
7	1x 	4x  M4x12mm
		1x  3mm
8	1x 	1x  4mm
9	1x  2x 	3x 
10	1x 	
11	1x 	1x  1x 

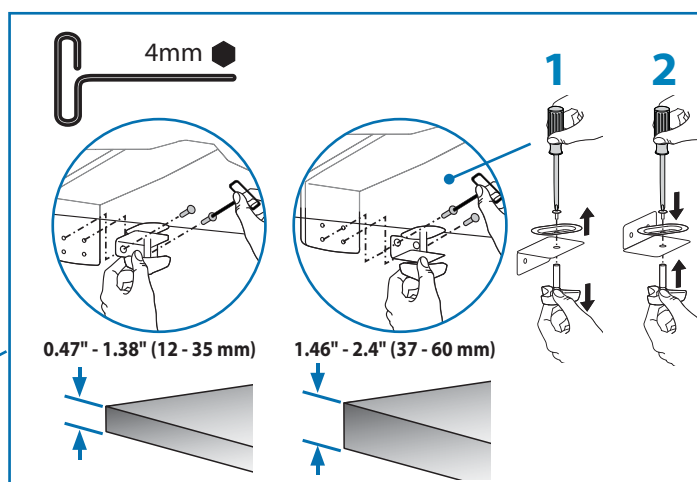
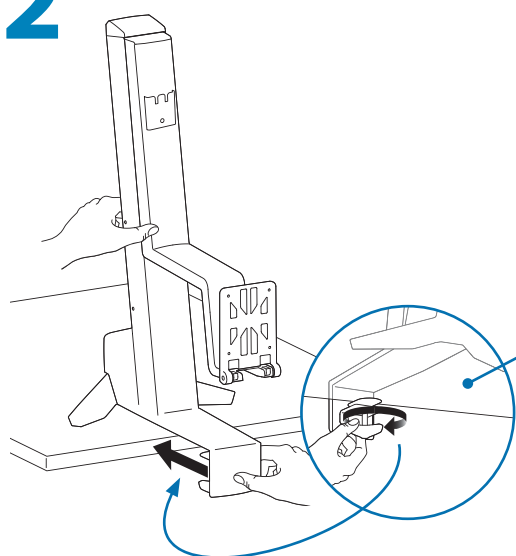
Tools Needed



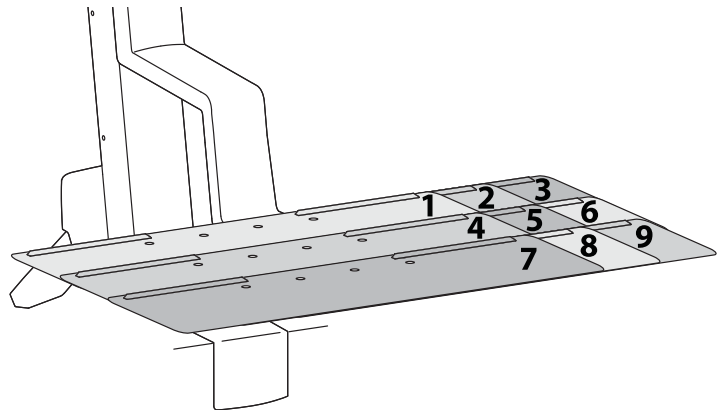
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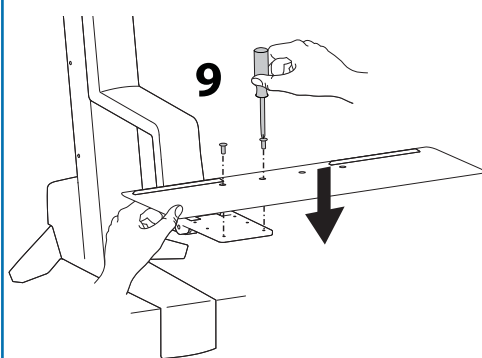
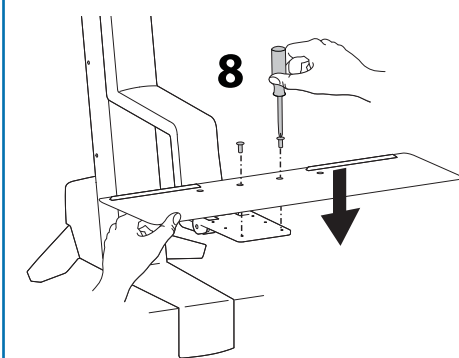
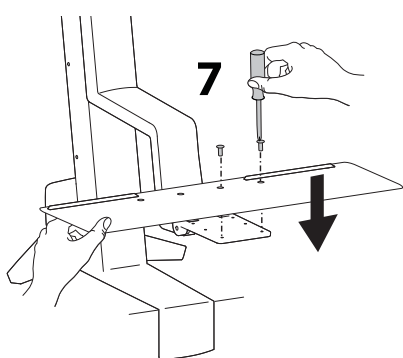
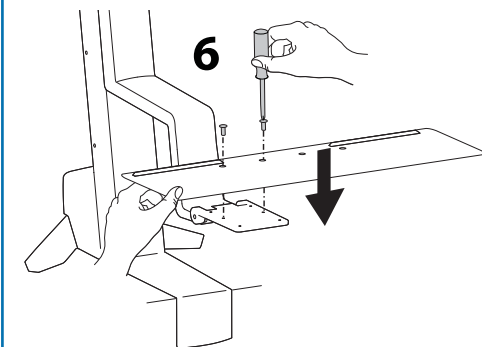
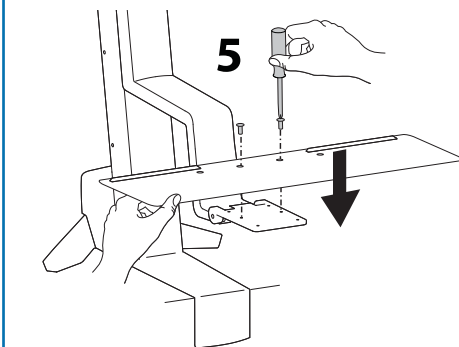
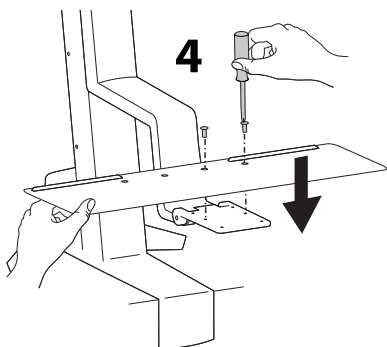
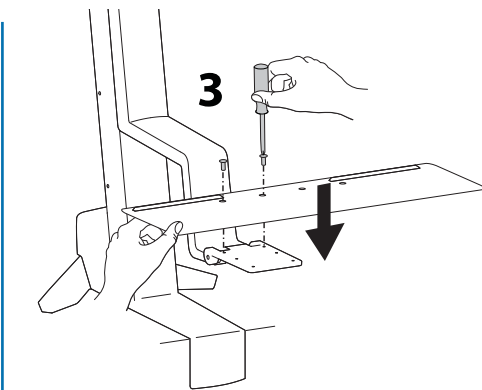
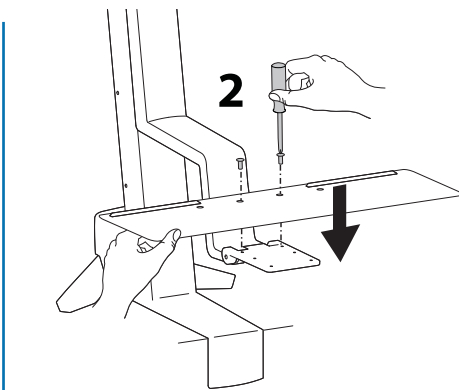
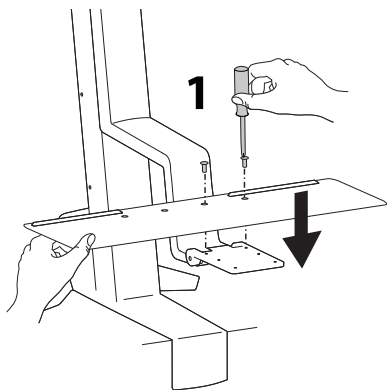
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3



2x  M5 x 12mm

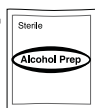


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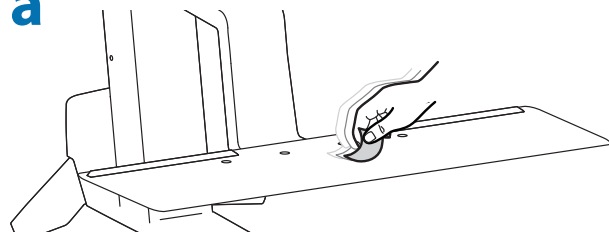
2x



1x



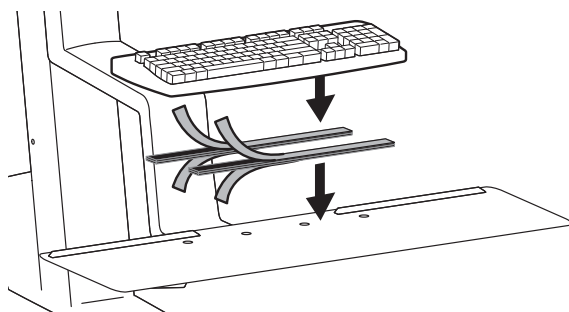
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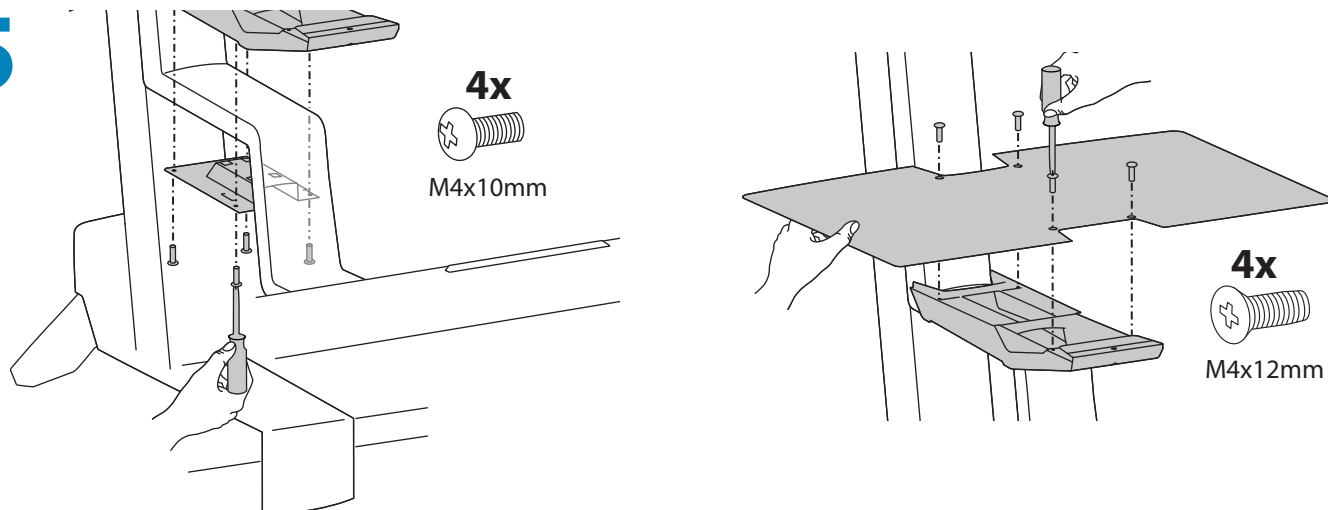
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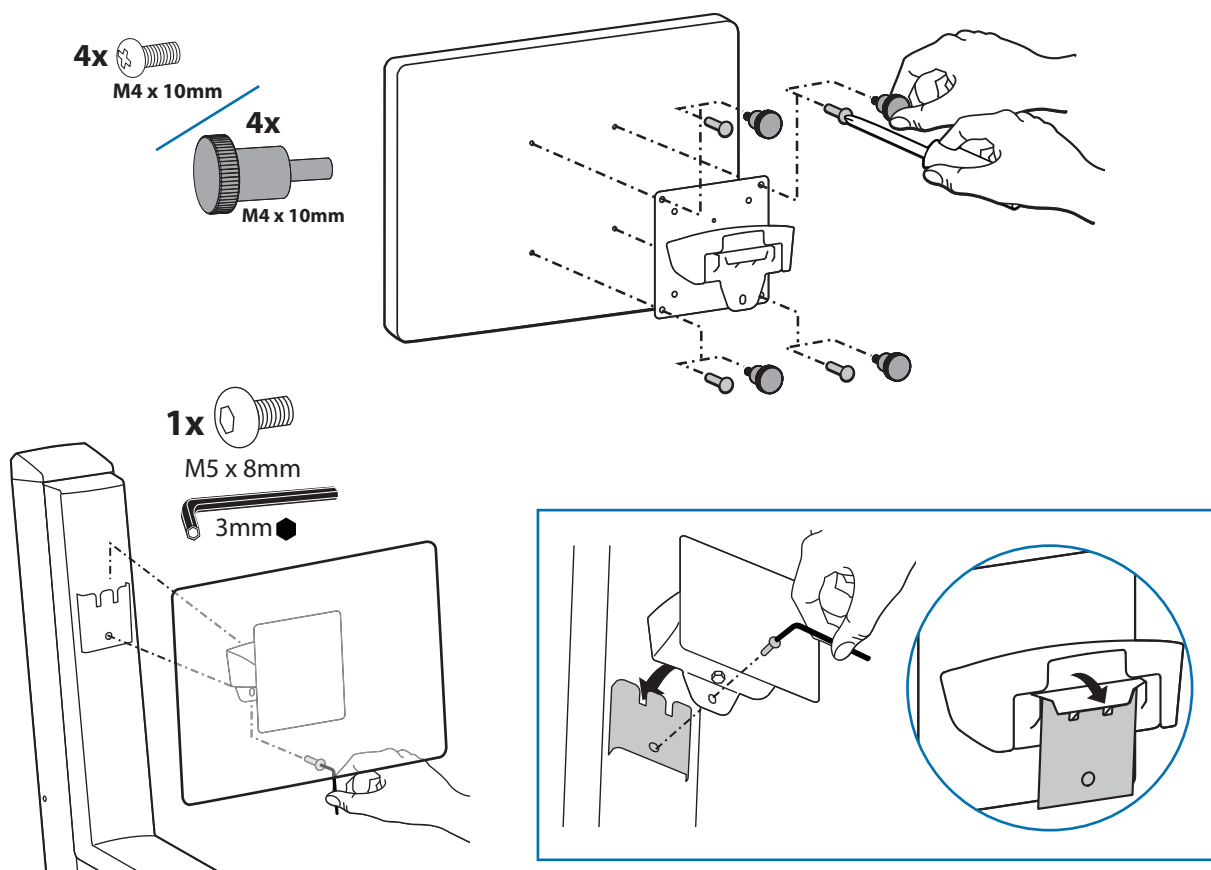
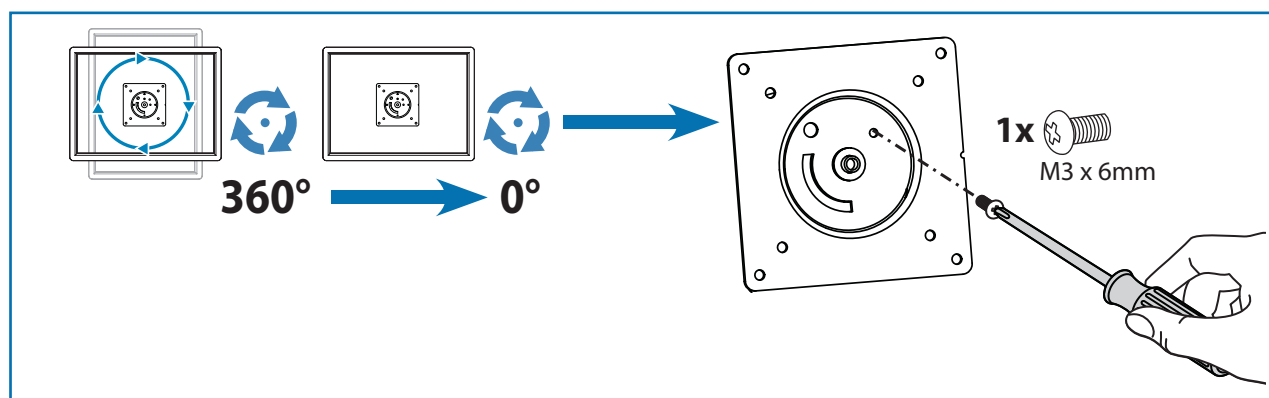
c



5



6



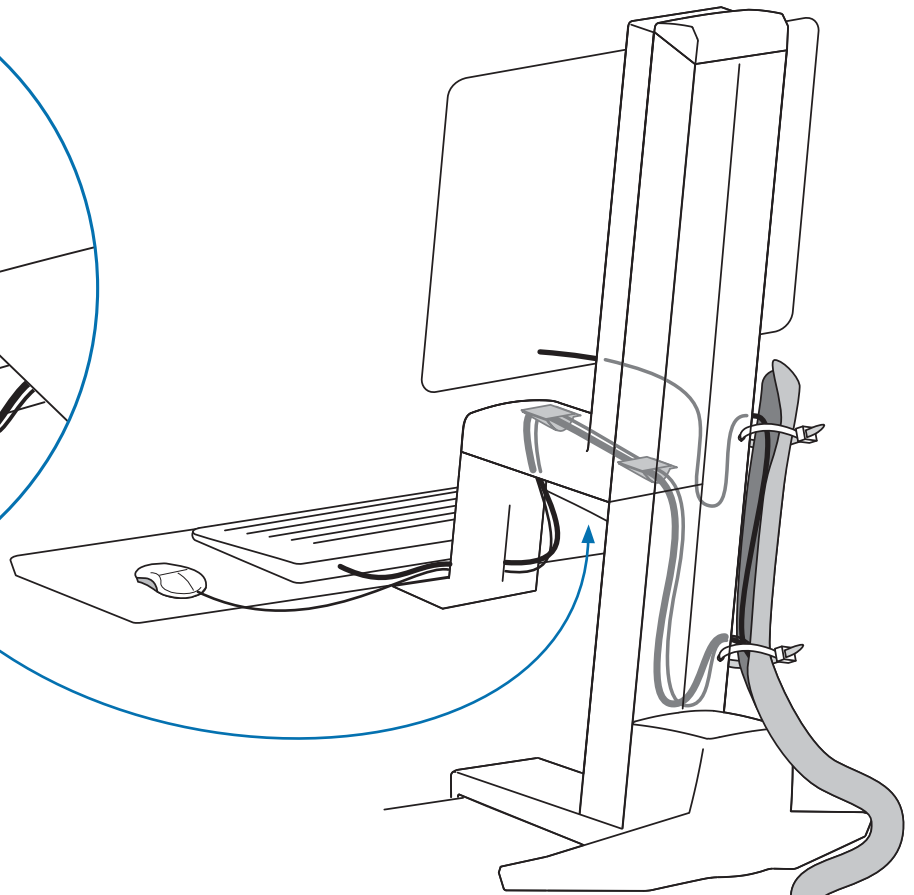
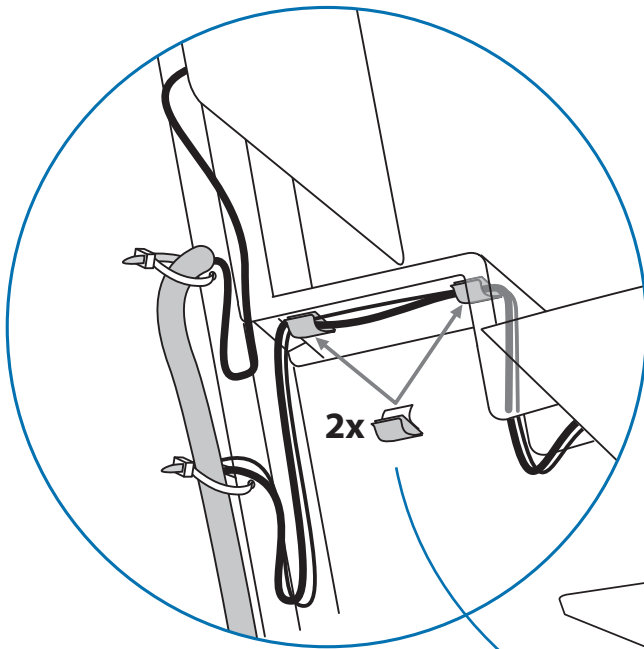
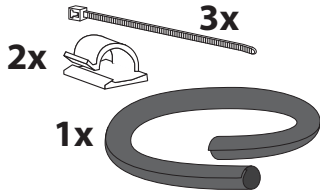
ENGLISH



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.

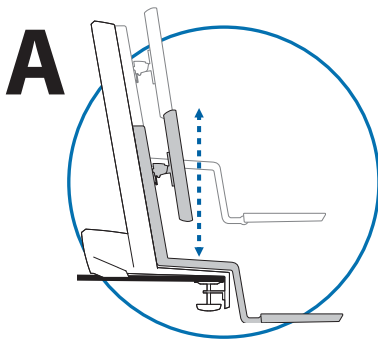


8

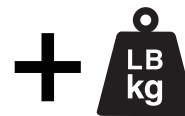
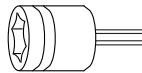


Adjustment Step

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.



14mm



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:

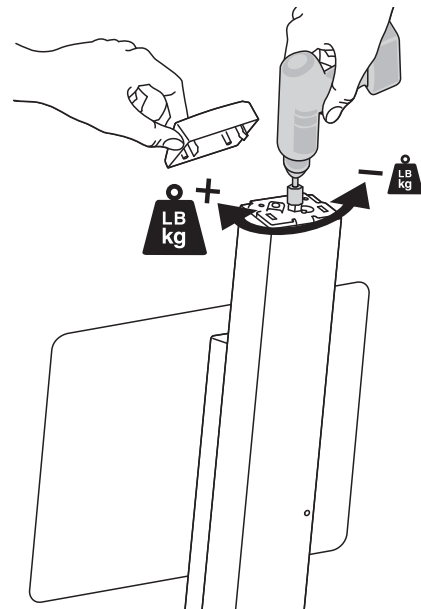
! WARNING

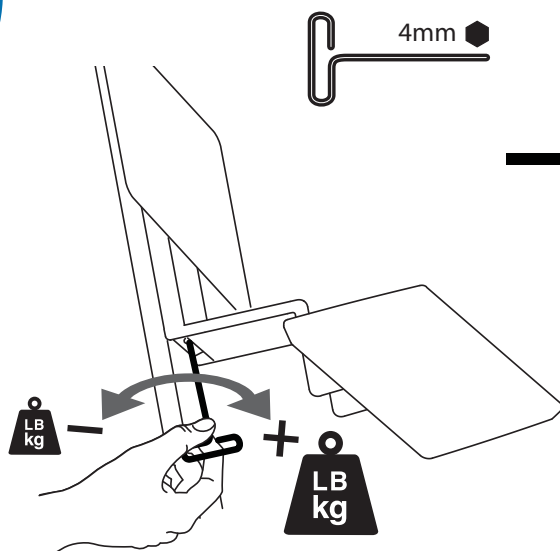
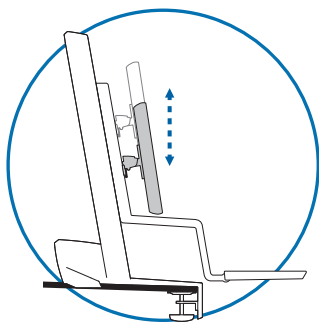
STORED ENERGY HAZARD!
DO NOT OPEN TOWER OR REMOVE SAFETY GUARD!

A primary mechanism within the tower is under tension and can be hazardous to people exposed to it under certain extreme conditions. DO NOT open the tower; DO NOT attempt to service the cart/stand. DO NOT remove safety guards or labels designed to protect or inform of possible hazards. Only Ergotron-approved installers may service or otherwise modify cart/stand. Failure to heed this Warning may result in serious Personal Injury and Damage both to the cart/stand and equipment.

822-959-00

Adjustment may take up to: 72 full 360° revolutions



B

Adjustment may take up to: 115 full 360° revolutions



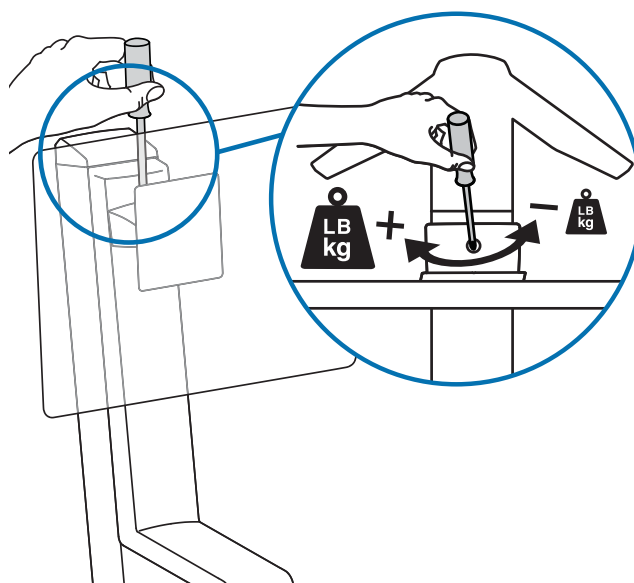
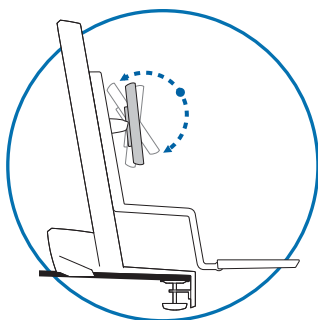
Increase Lift Strength

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:

C

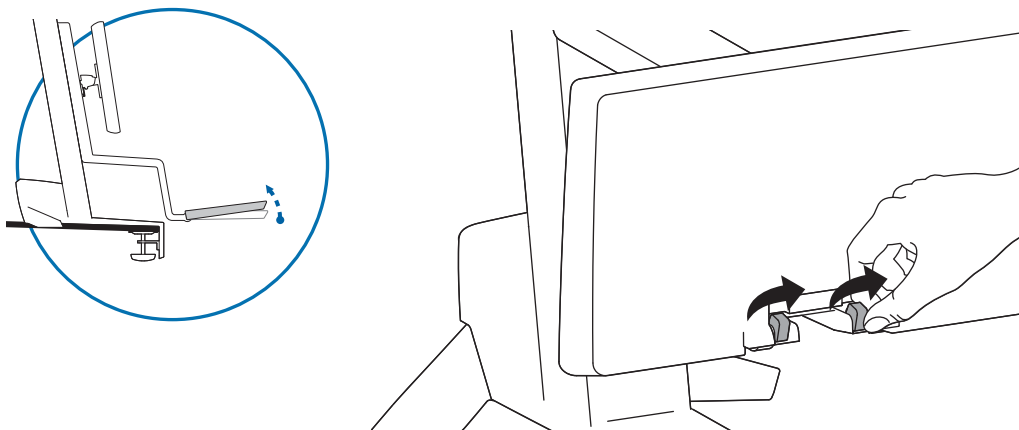
Increase Lift Strength

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

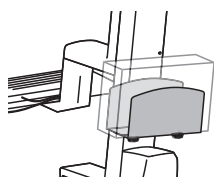
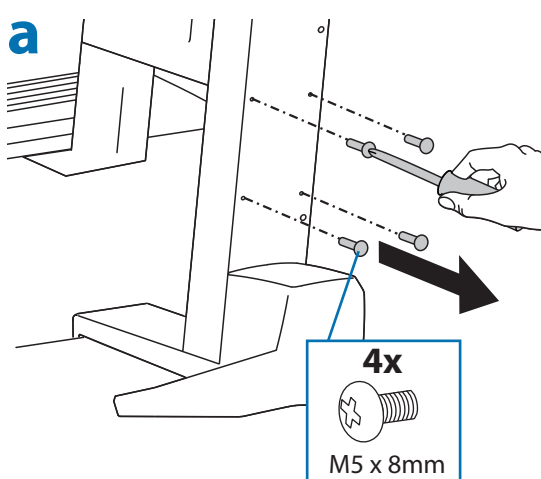
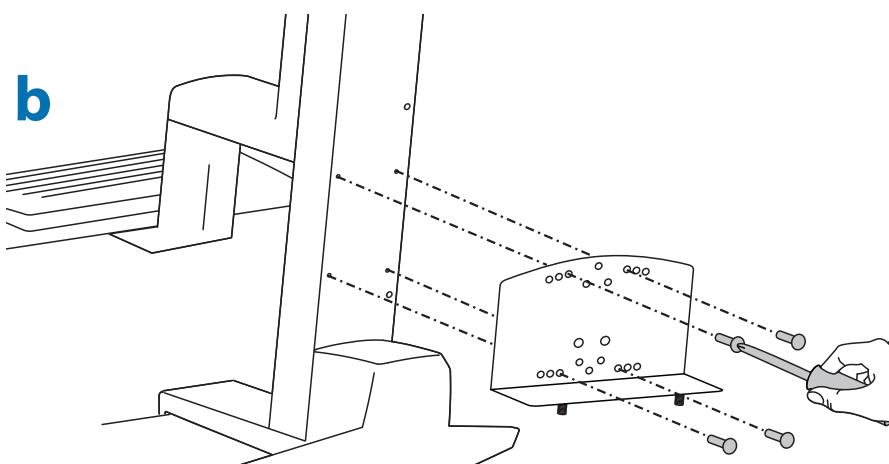


Decrease Lift Strength

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

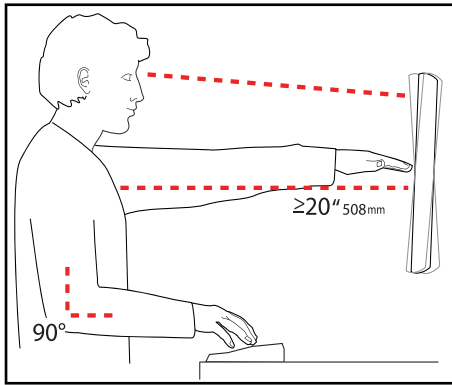
D**9**

How to attach optional CPU holder ordered separately

**a****b**

ENGLISH

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.

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