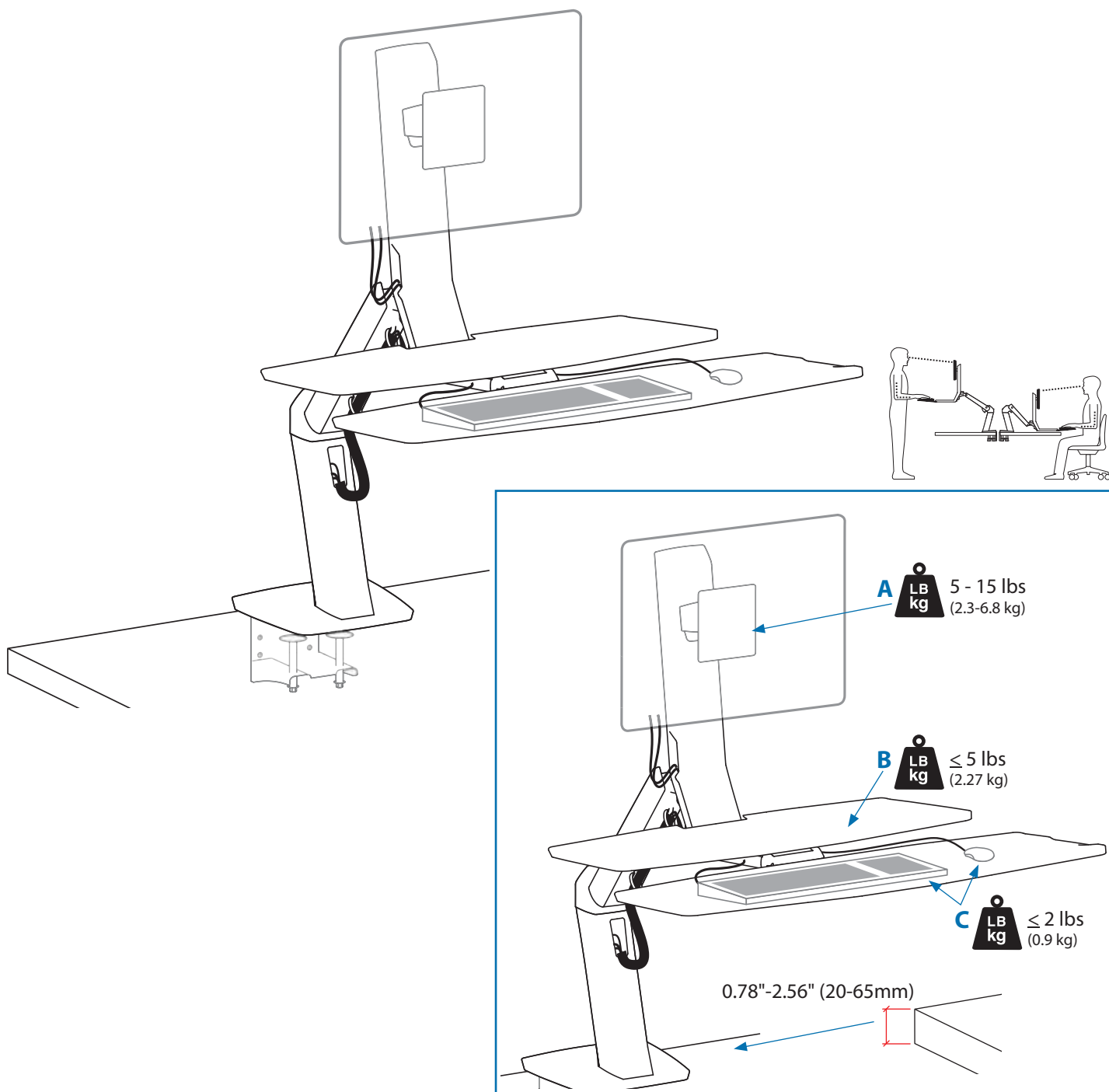


WorkFit-A, Single LCD Mount, LD



ENGLISH

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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



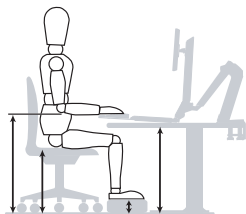
Important! You will need to adjust this product after installation is complete. Make sure all your equipment is properly installed on the product before attempting adjustments. This product should move smoothly and easily through the full range of motion and stay where you set it. If movements are too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

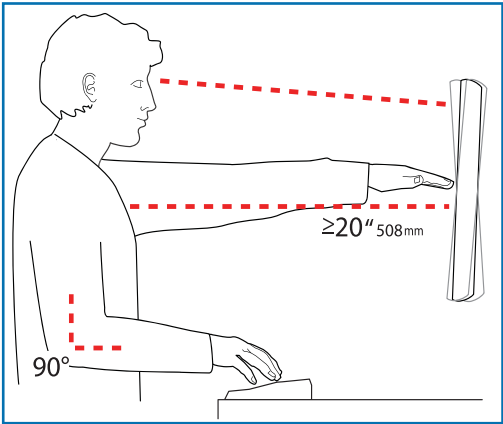
 Adjust the height of your desk (or chair and footrest) to allow the keyboard to lower to your sitting elbow height for ergonomic computing.

 **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.

Set Your Workstation to Work For YOU!



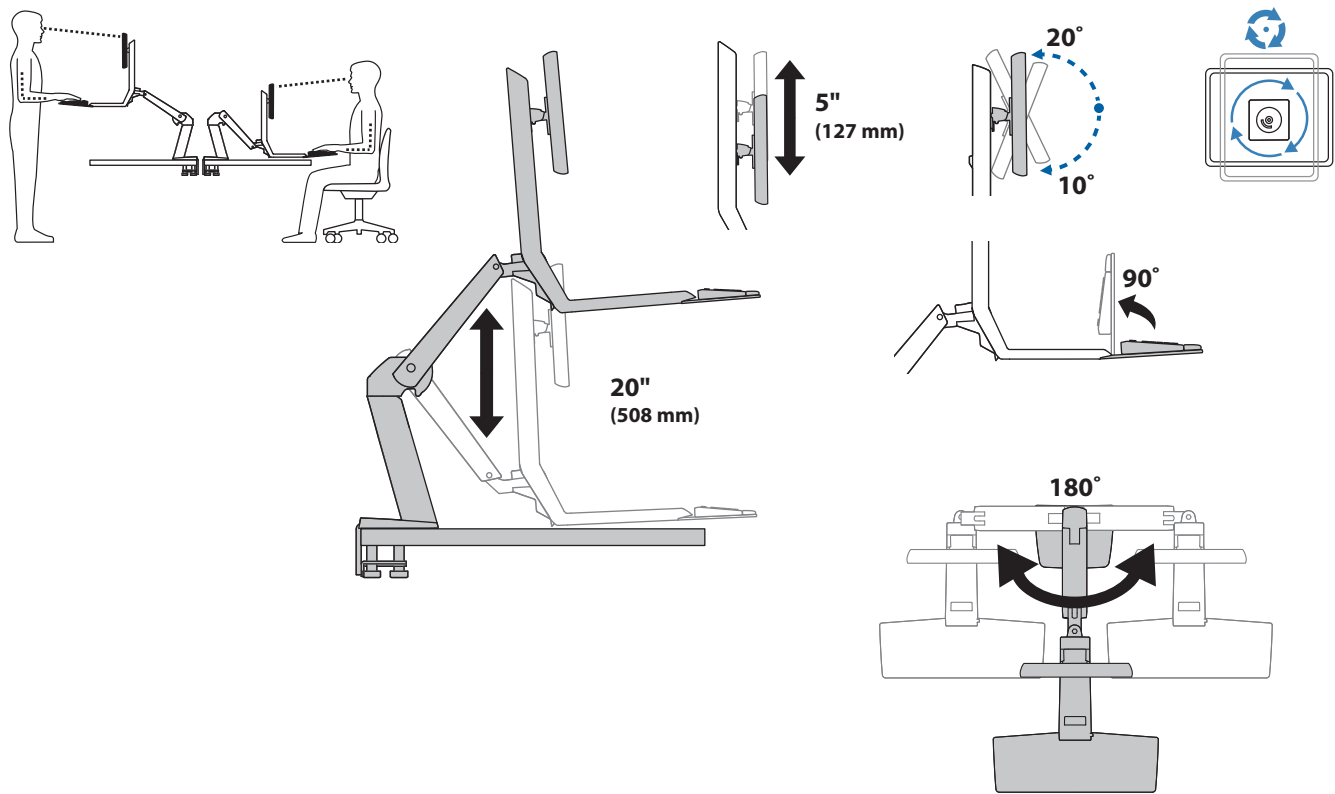
Learn more about ergonomic computer use at:
www.computingcomfort.org



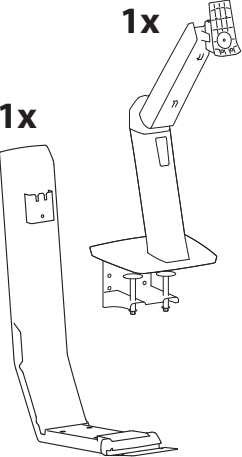


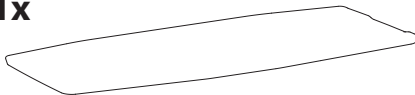

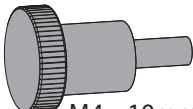
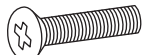
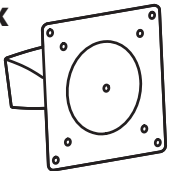



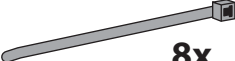

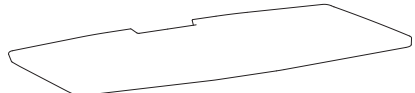

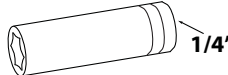


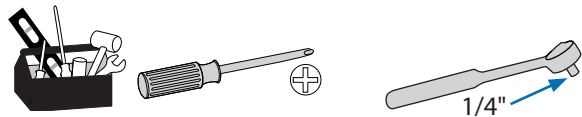
- Height** Position top of screen slightly below eye level.
Position keyboard at about elbow height with wrists flat.
- Distance** Position screen an arm's length from face—at least 20" (508mm).
Position keyboard close enough to create a 90° angle in elbow.
- Angle** Tilt screen to eliminate glare.
Tilt the keyboard back 10° so that your wrists remain flat.

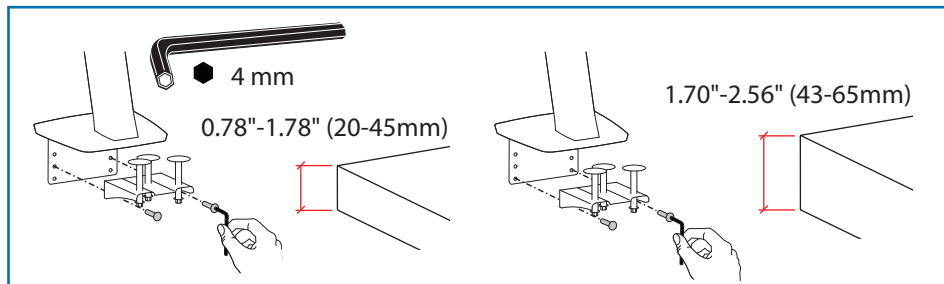
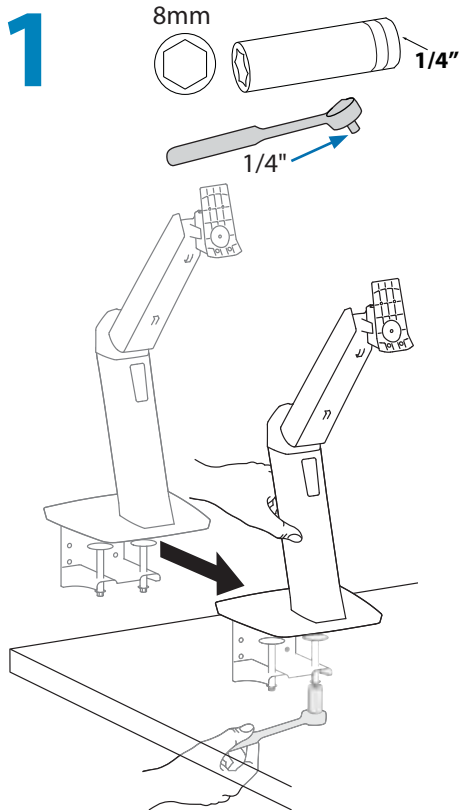
To Reduce Fatigue
Breathe - Breathe deeply through your nose.
Blink - Blink often to avoid dry eyes.
Break - 2 to 3 minutes every 20 minutes
• 15 to 20 minutes every 2 hours.

Features & Specifications

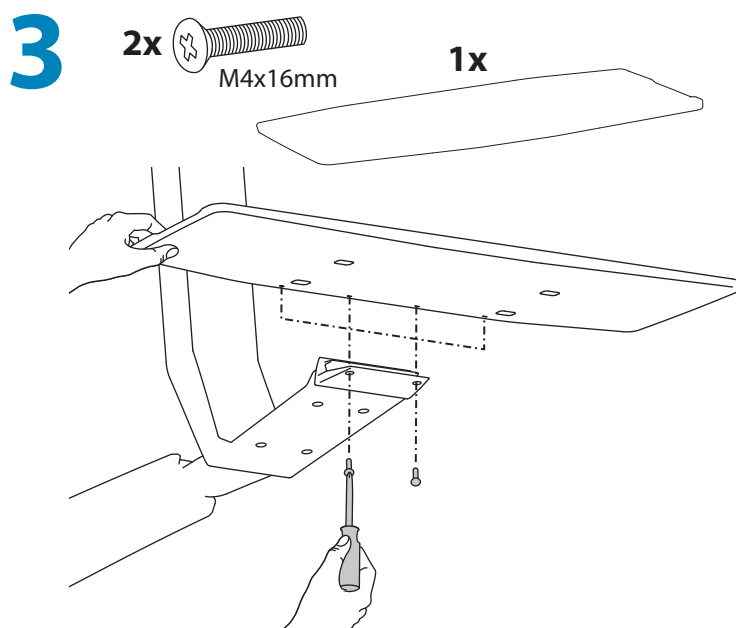
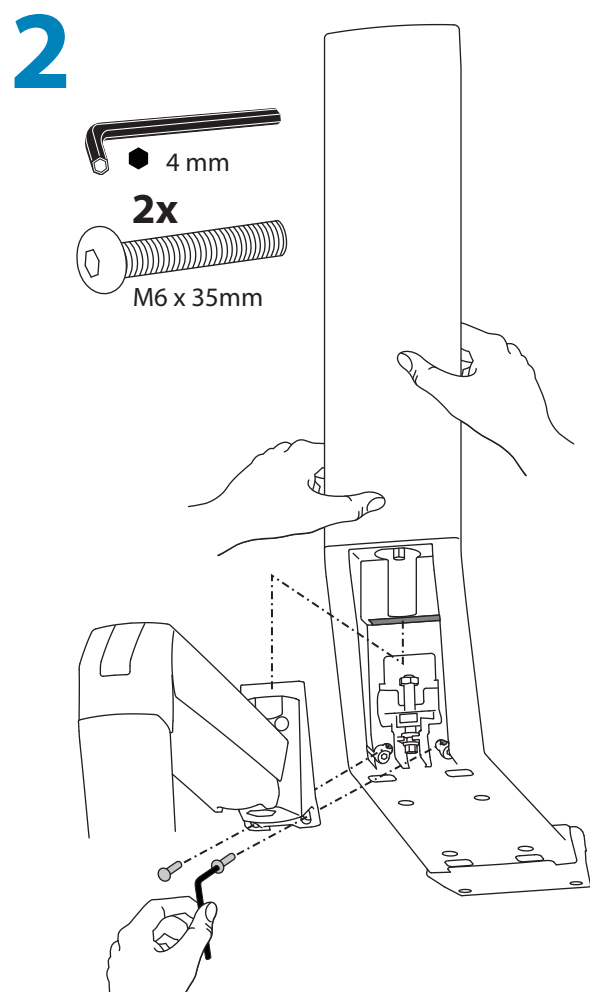


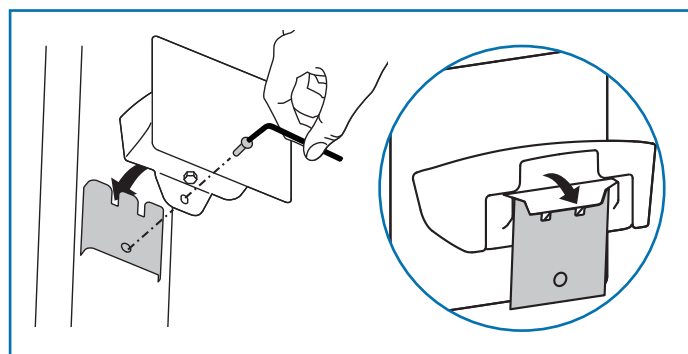
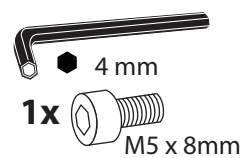
A		B	C	D	E	F
1	1x 	1x 			1x  M5 x 8mm	4x  M4 x 10mm
2	1x 				1x  M3 x 6mm	4x  M4 x 10mm
3					2x  M4x16mm	
4	1x 	4x 			2x  M6 x 35mm	1x  4 mm
5					 8x	4x  M4x12mm
6	1x 				8mm 1x  1/4" 	



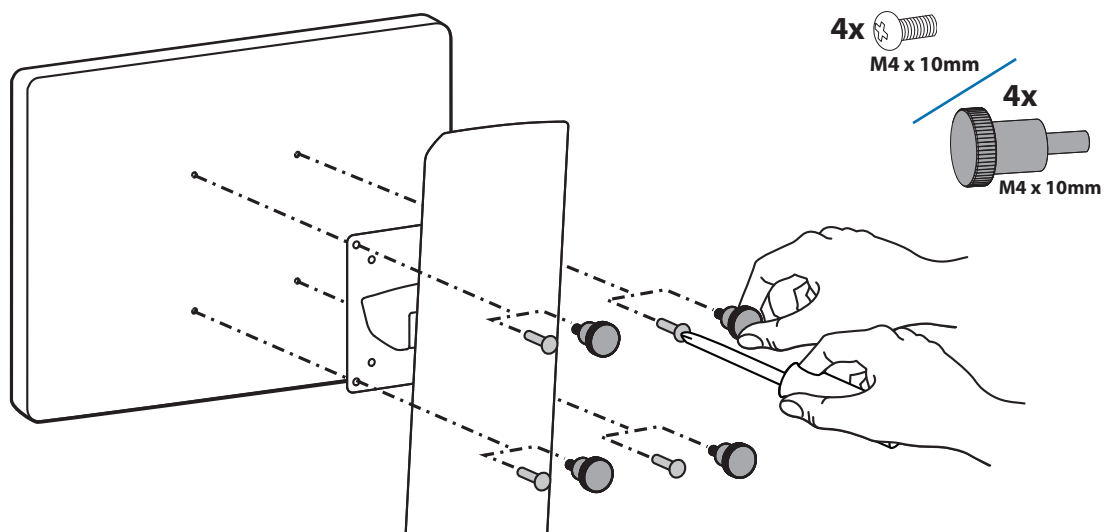
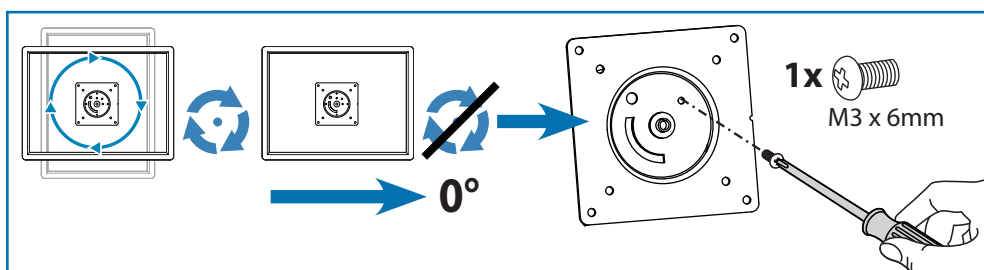


Warning: Because mounting surface materials can vary widely, it is imperative that you make sure mounting surface is strong enough to handle mounted product and equipment.

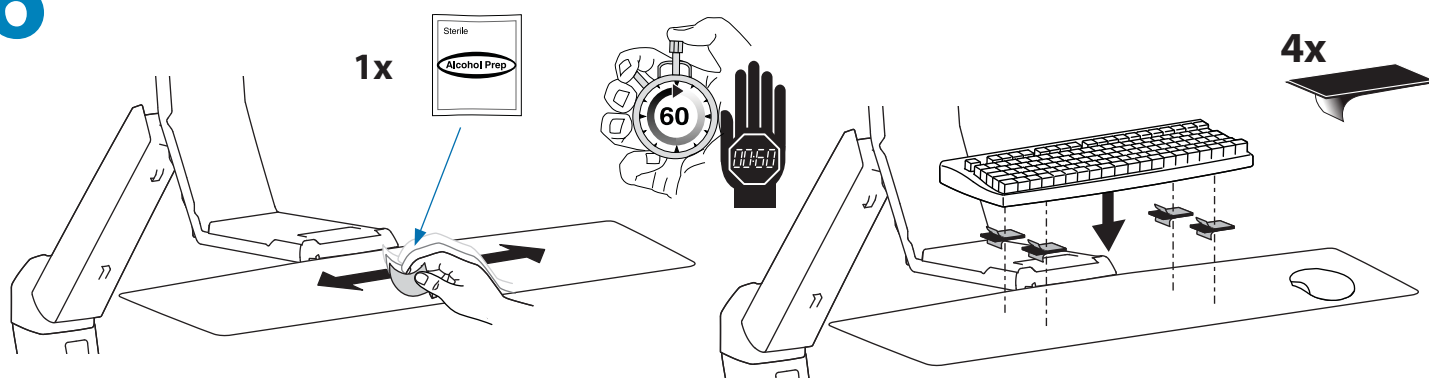




5



6

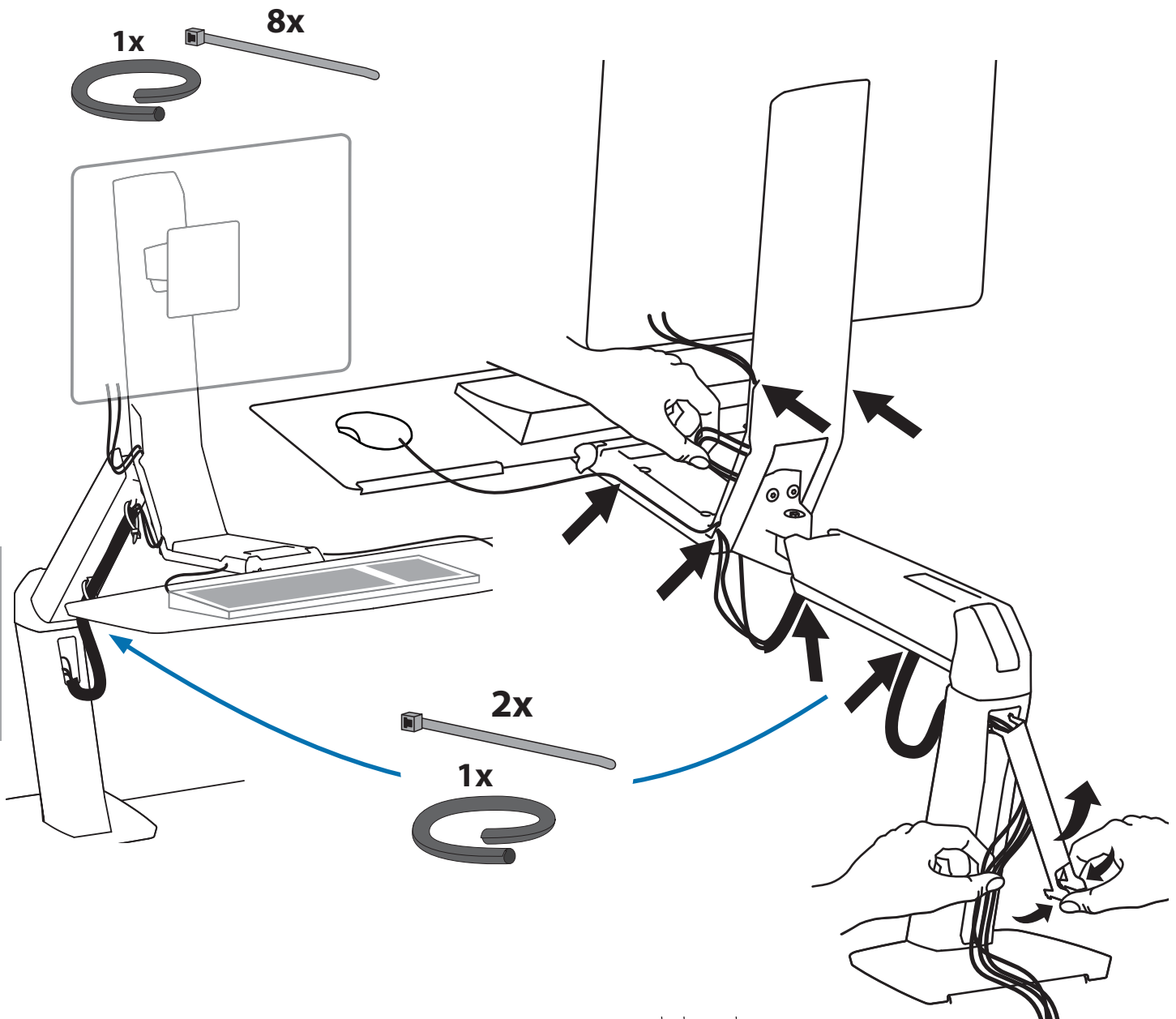


7



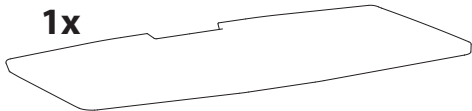
NOTE: Leave enough slack in cable to allow full range of motion.

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

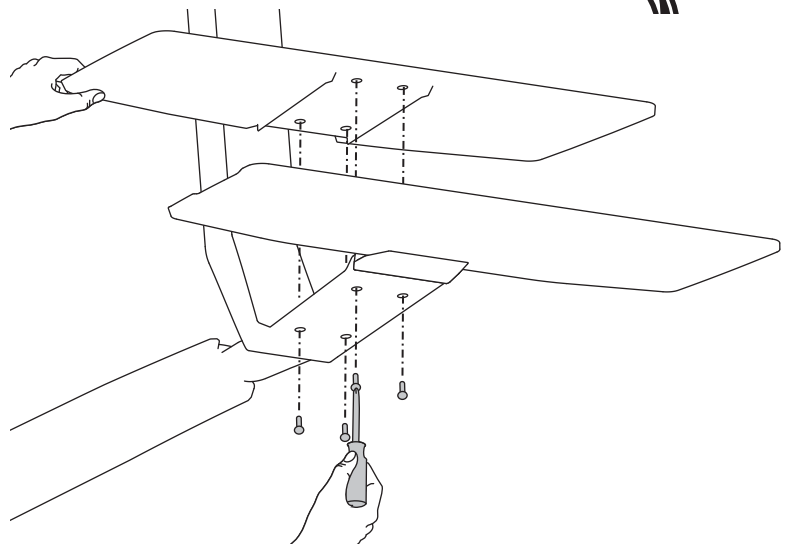
1x



4x



M4x12mm

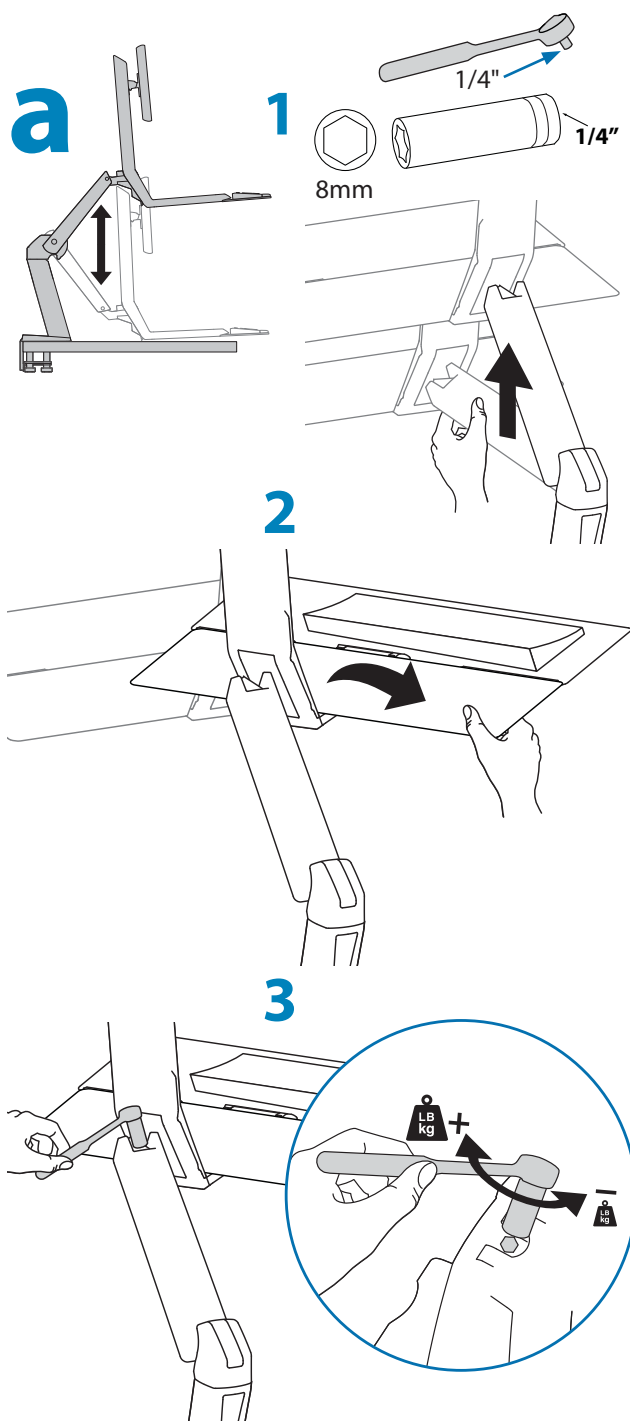


9



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.



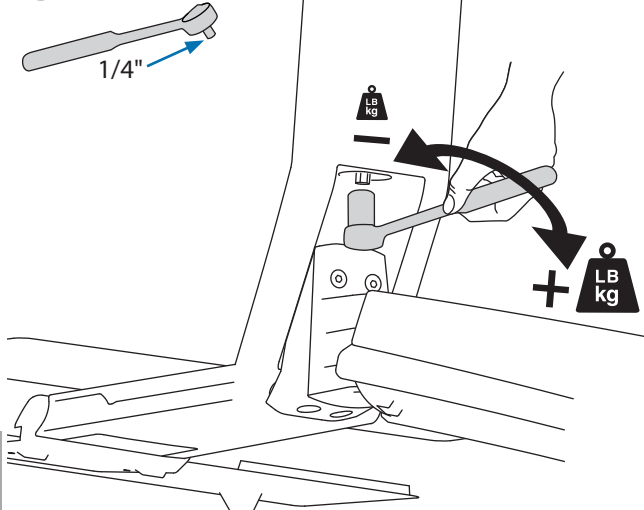
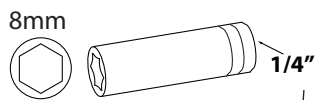
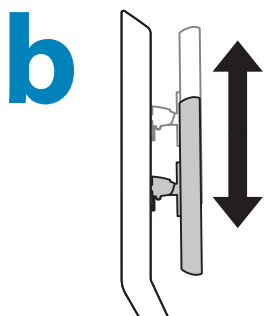
Increase Lift Strength

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:



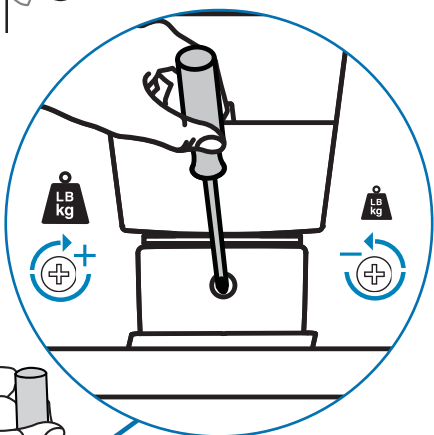
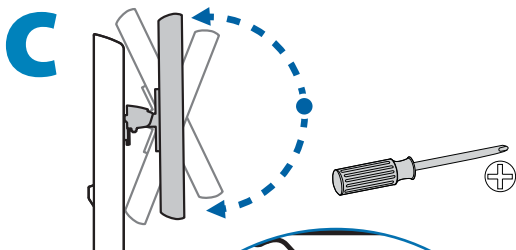
Increase Lift Strength

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:



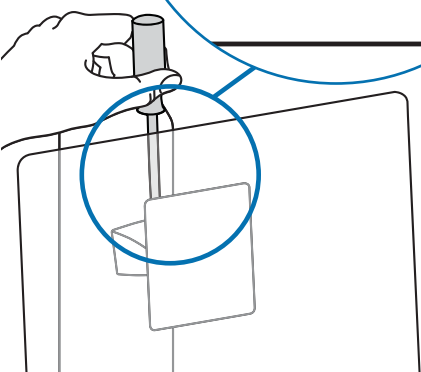
Increase Lift Strength

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

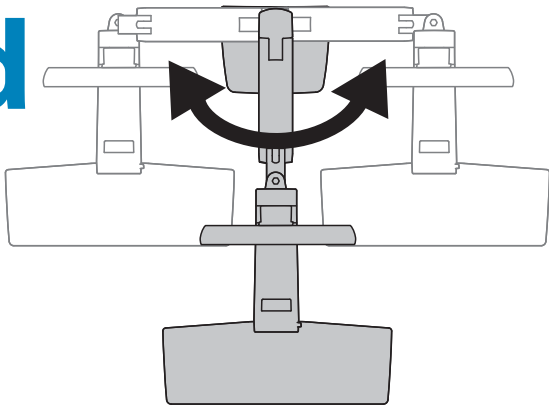


Decrease Lift Strength

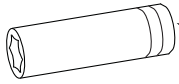
If the mounted weight is too light or this product does not stay down when lowered, then you'll need to decrease Lift Strength:



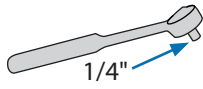
d



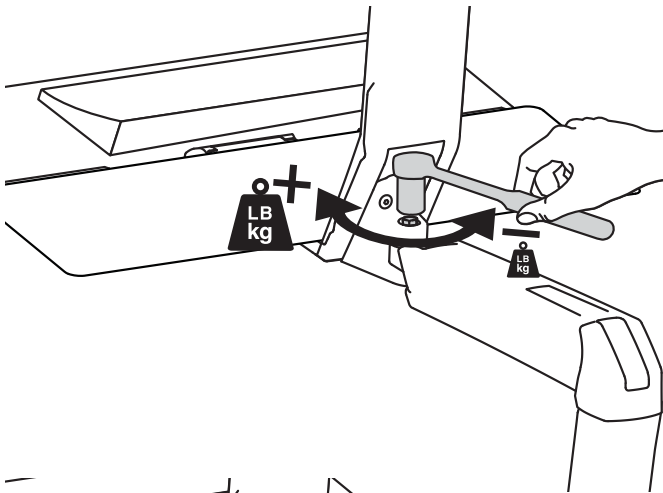
8mm



1/4"



1/4"



+



Increase Friction

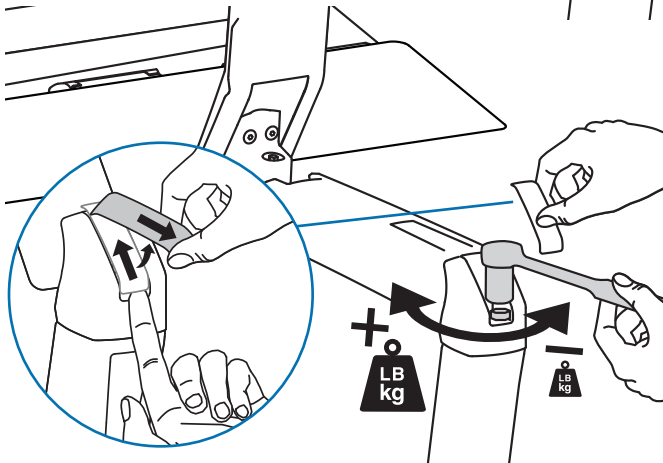
If this product moves too easily from side-to-side, then you'll need to increase friction:

-



Decrease Friction

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



+



Increase Friction

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

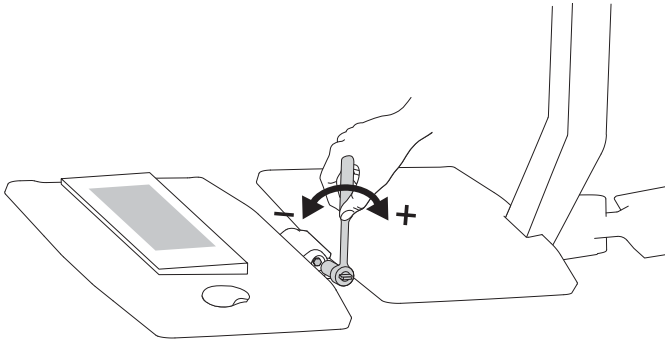
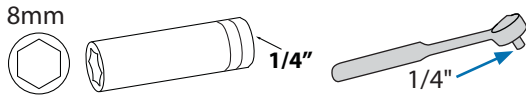
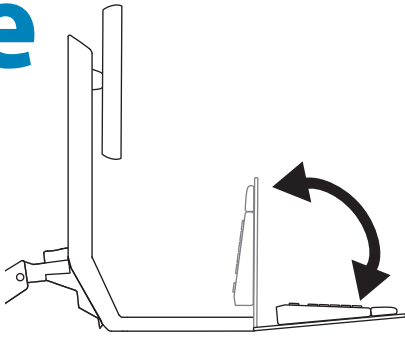
-



Decrease Friction

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

e



Increase Friction

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

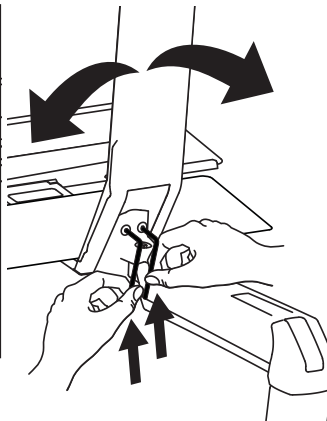
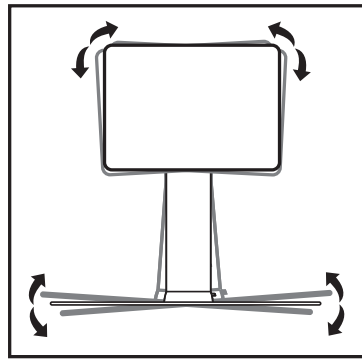


Decrease Friction

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

ENGLISH

f



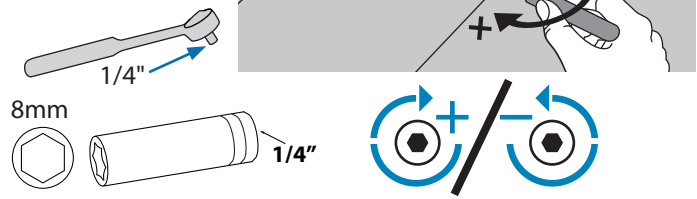
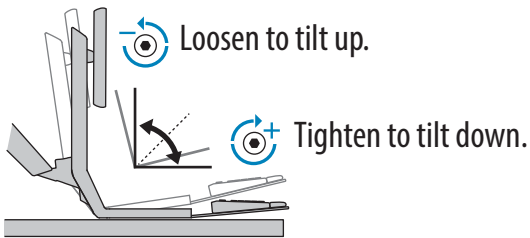
g

Angle Setting Adjustment

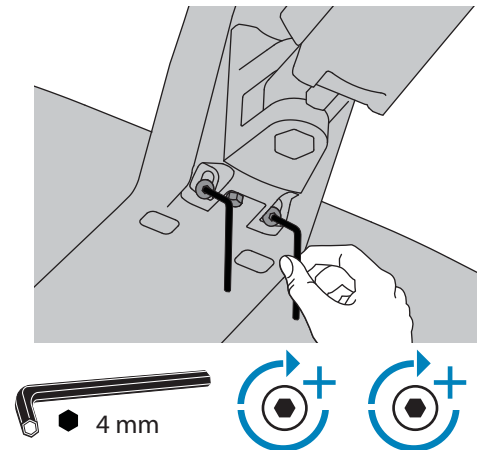
1 Loosen these two screws.



2 Loosen or tighten this bolt to adjust tilt to desired angle.



3 After desired tilt is achieved, retighten these two screws to secure.



WARNING!

Screws must be tightened to keep product secure. Failure to follow these instructions will create an unstable situation and may result in equipment damage or personal injury.

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