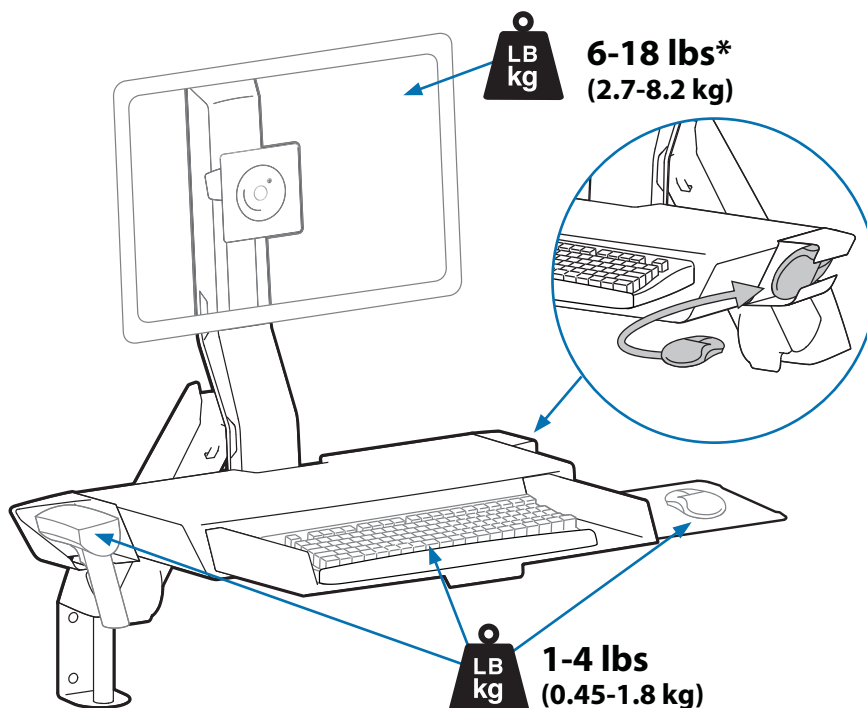
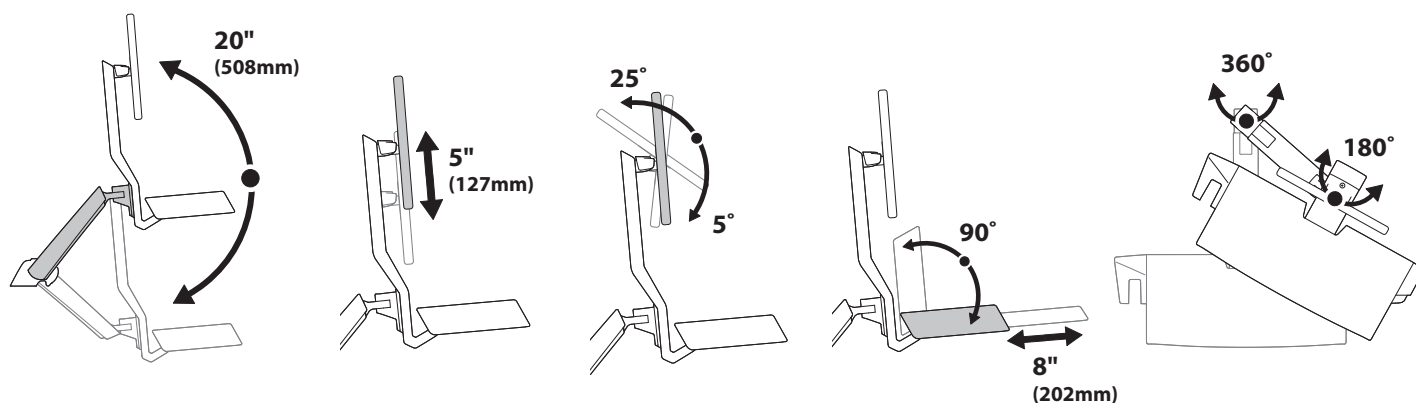


StyleView Sit Stand Combo Arm, with Worksurface



*The Combo Arm can be modified to mount displays up to 25 lbs (11.3 kg), however display lift and tilt motion will not be possible if this option is chosen. Refer to special instructions on page 7.



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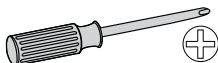
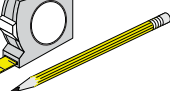
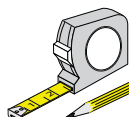
Important! You will need to adjust this product after installation is complete. Make sure all your equipment is properly installed on the product before attempting adjustments. This product should move smoothly and easily through the full range of motion and stay where you set it. If movements are too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

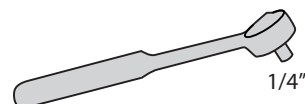


	A	B	C	D
1				
2				
3				
4				

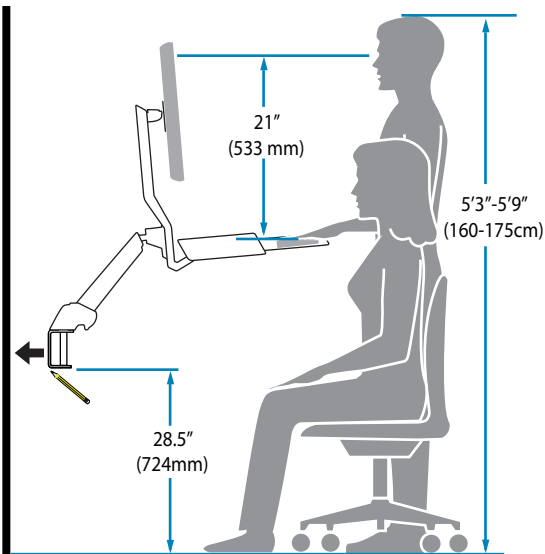
Tools Needed



11 mm
13 mm

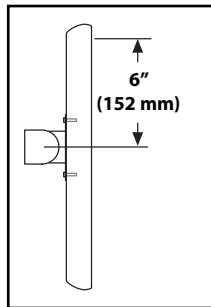


1 Mounting Height for Ergonomic Workstation



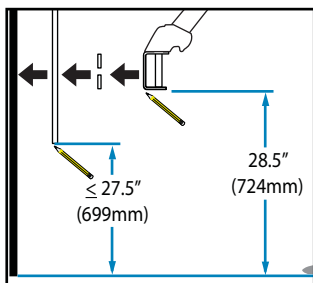
This mounting height is a recommendation for an ergonomic workstation that accommodates user heights of 5'3"-5'9" (160-175cm).

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).



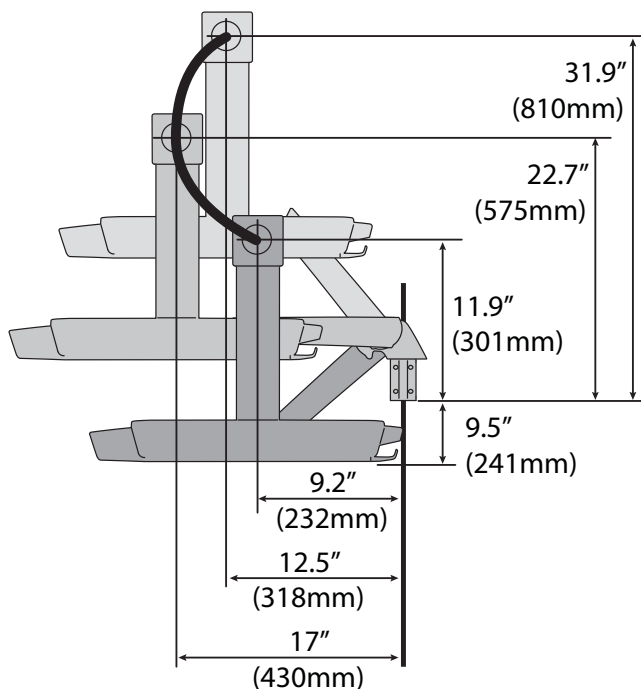
Mounting height assumes there is a 6" (152 mm) distance between the center of your monitor mounting holes and the top of the screen. If your distance is smaller, you should increase mounting height accordingly, if your distance is larger, you should decrease your mounting height accordingly.

Wall Track Applications

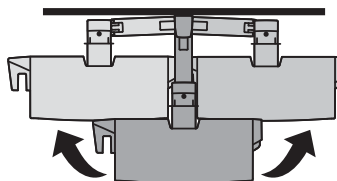


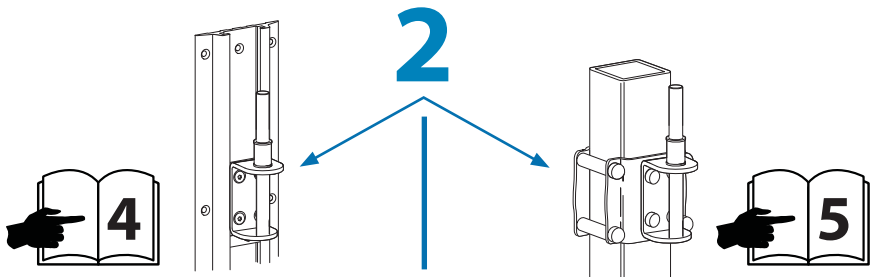
Determine mounting location:

Front view with arm pushed back against the wall.

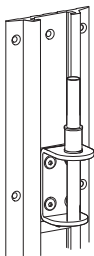


Top view showing range of motion when pulled out from the wall.





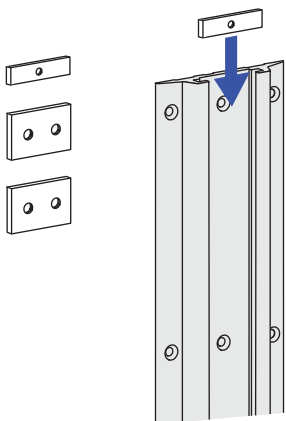
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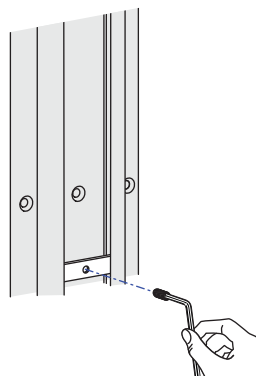
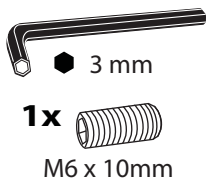
NOTE: Fasteners may unwind due to vibration caused by movement of mounting solution over time. Inspect mounting solution for loose fasteners on a routine basis. If desired, apply a light duty thread locking adhesive to fasteners before installation to prevent back-out.

ENGLISH

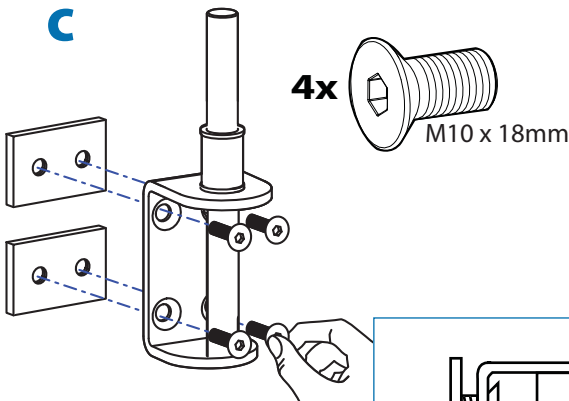
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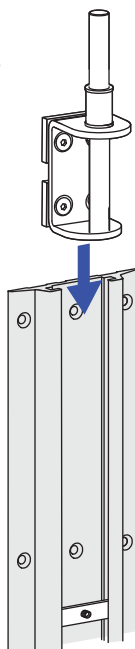
b



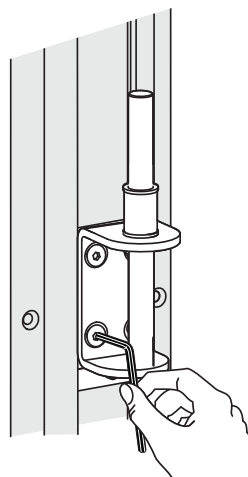
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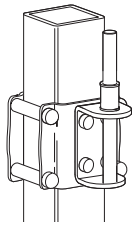
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e

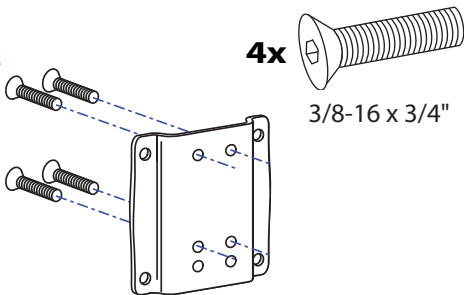


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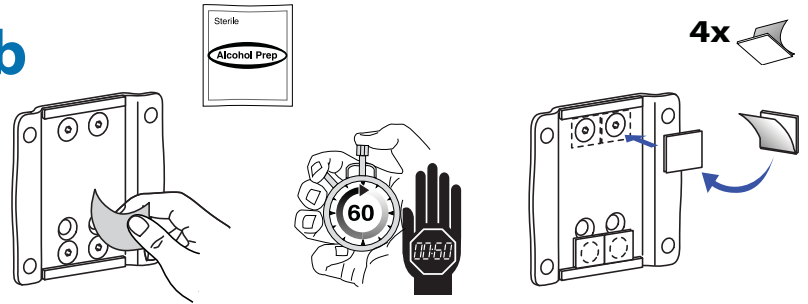


NOTE: Fasteners may unwind due to vibration caused by movement of mounting solution over time. Inspect mounting solution for loose fasteners on a routine basis. If desired, apply a light duty thread locking adhesive to fasteners before installation to prevent back-out.

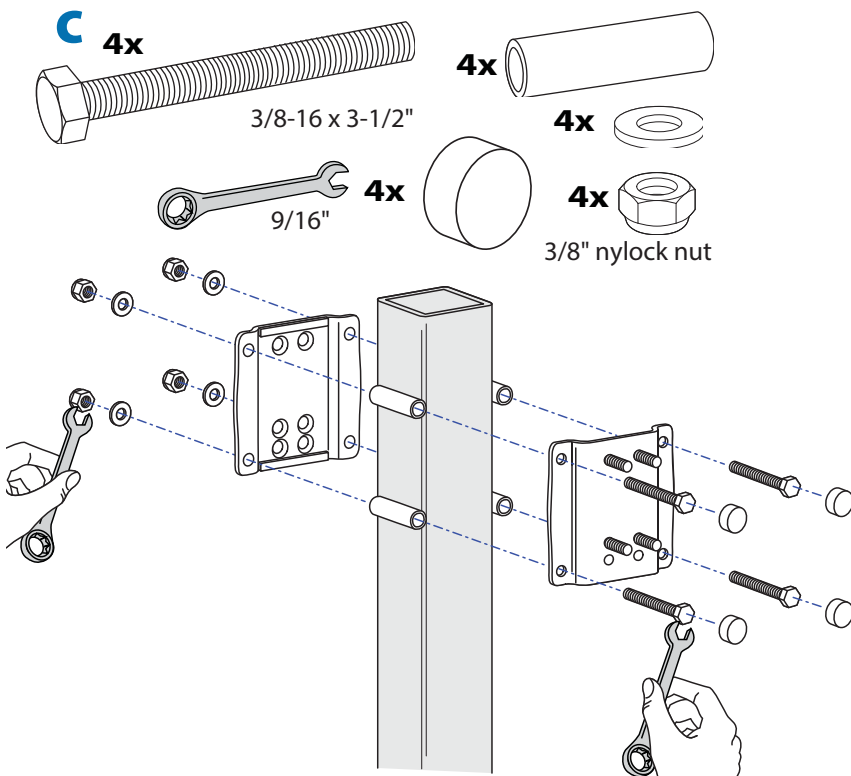
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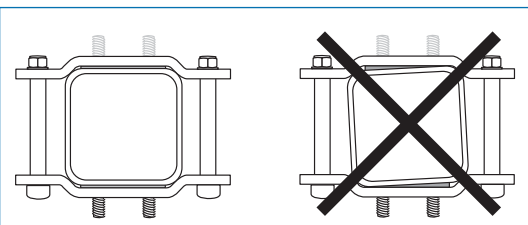
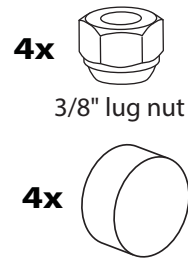
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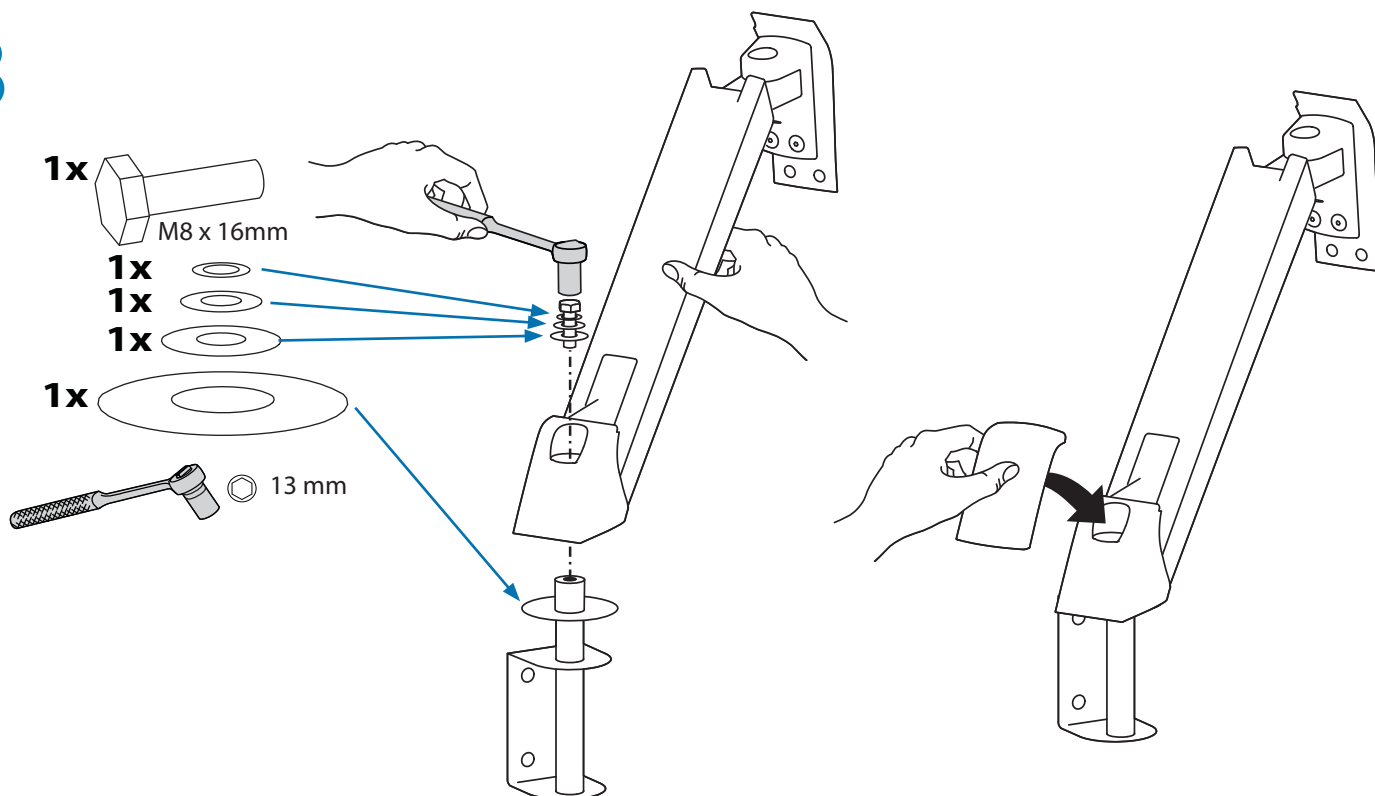
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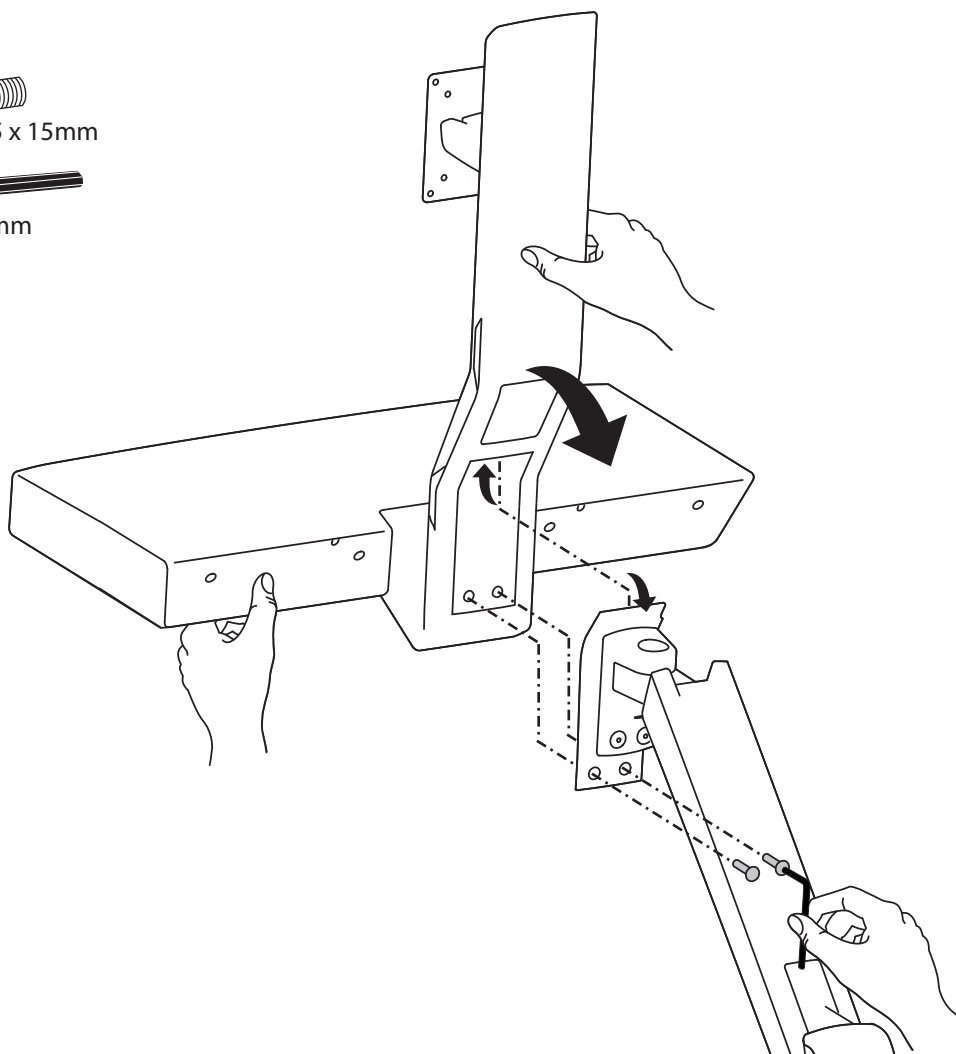


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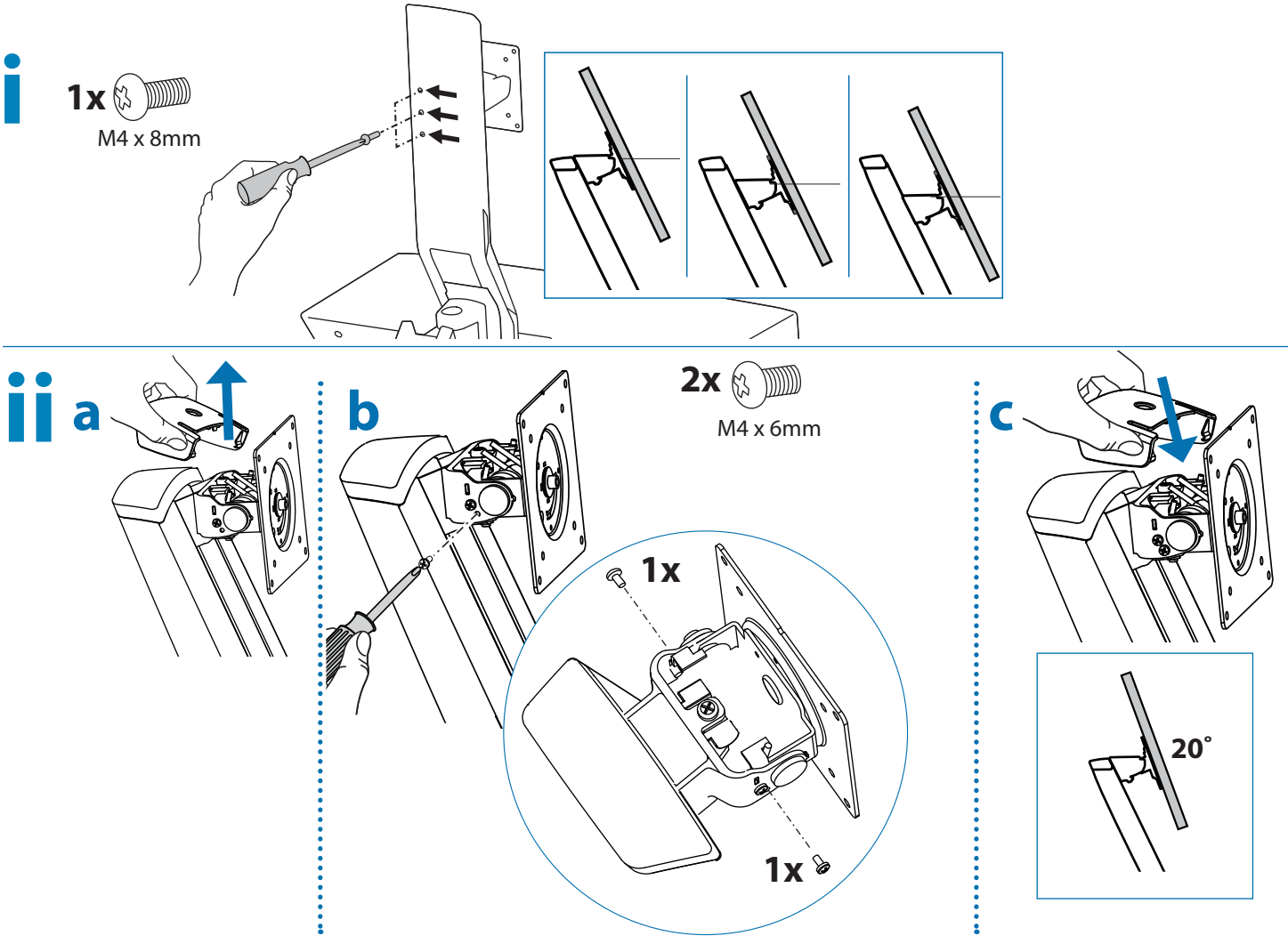
4

- 2x M5 x 15mm
- 3 mm



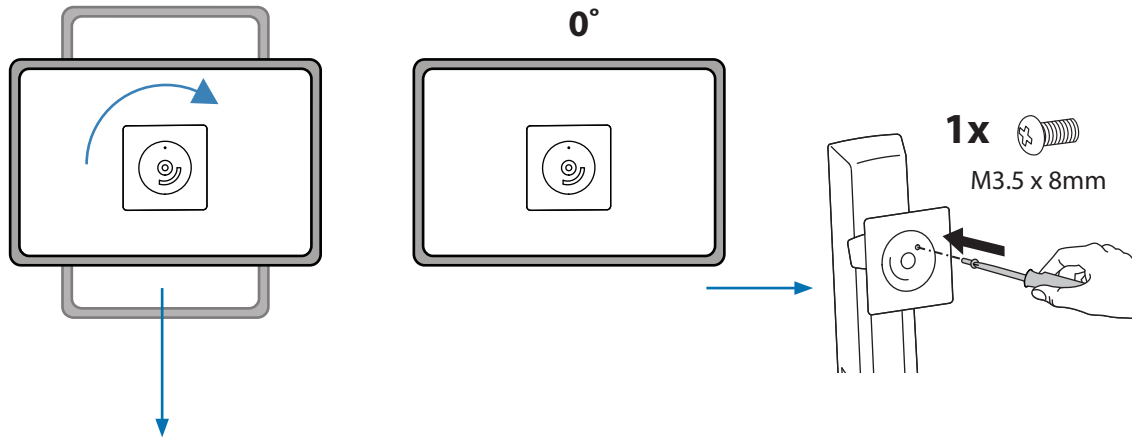
Optional Weight Capacity Modification

Optional Weight Capacity Modification for Displays 18 - 25 lbs (8.2 - 11.3 kg) Only!
IMPORTANT: with this option display lift and tilt motion are no longer possible. To accomodate extra weight, the display is fixed at one of three heights (spaced 2.5" (64 mm) apart), and display tilt is fixed at 20°. If mounting a display 18 lbs (8.2 kg) or less, skip to next page.

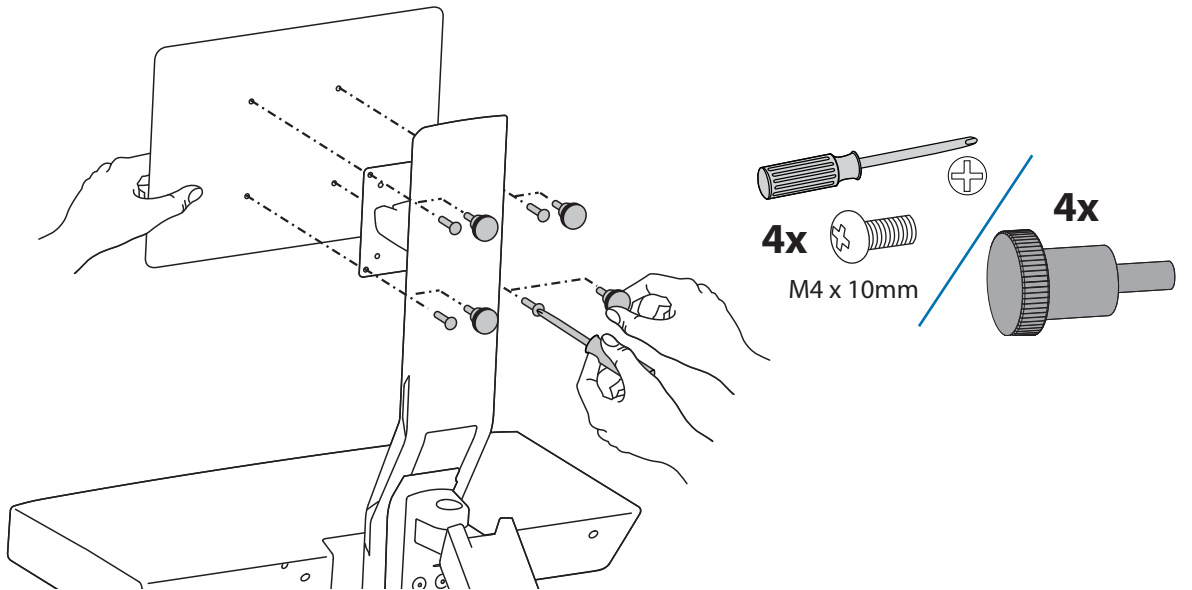


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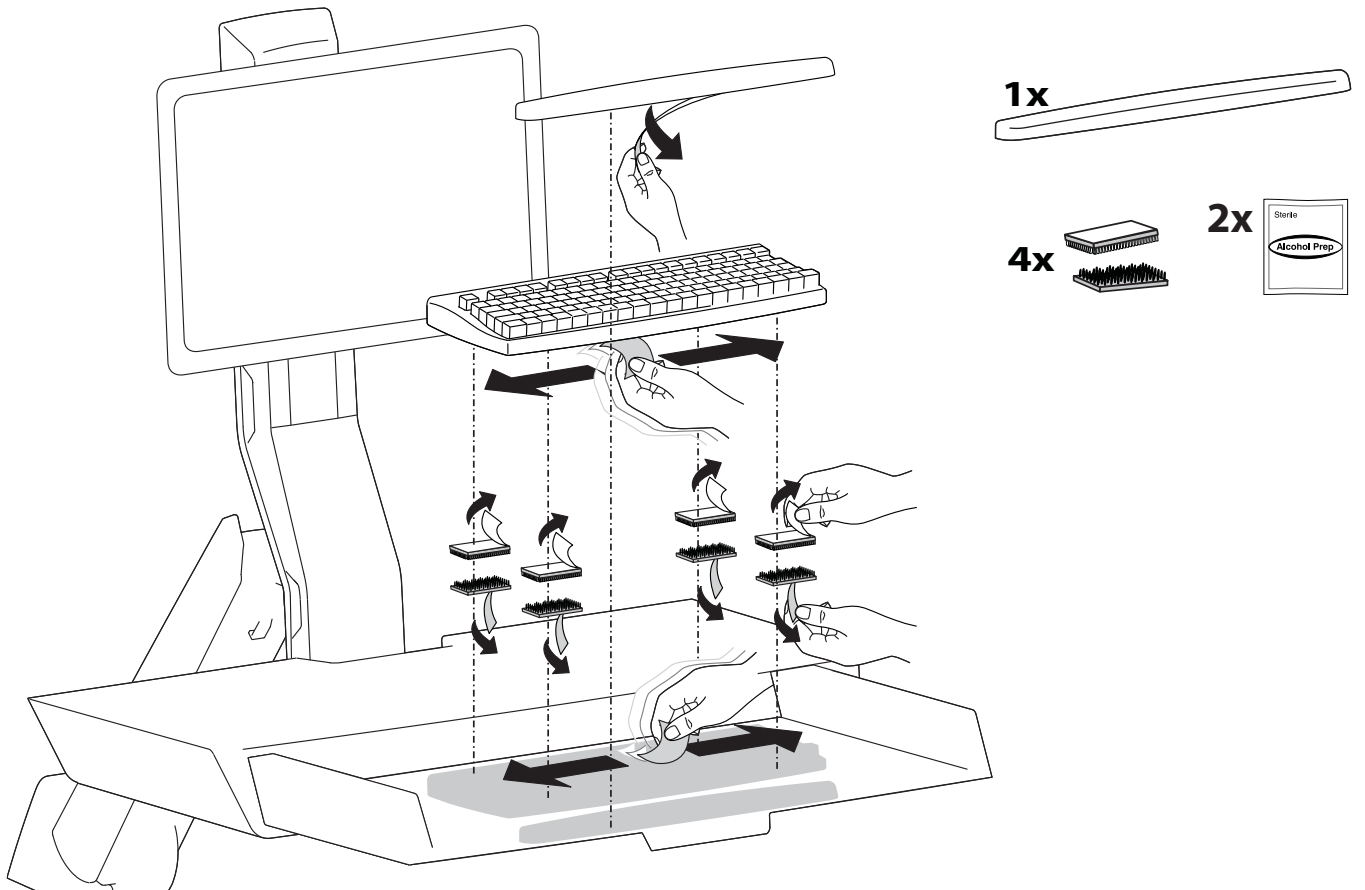
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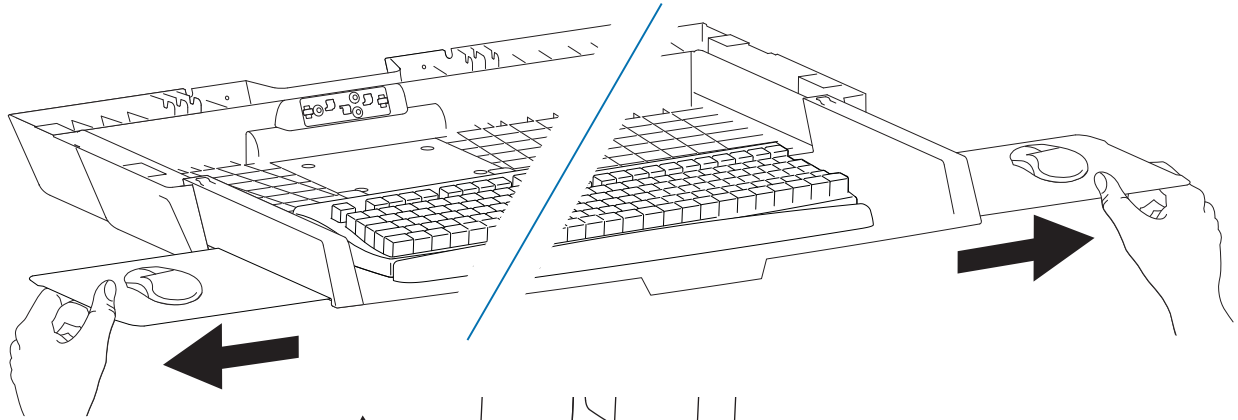
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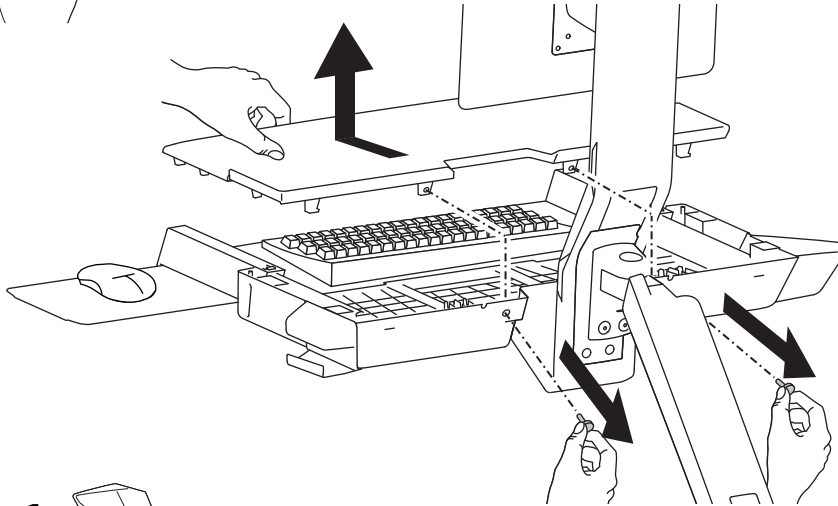
7



8

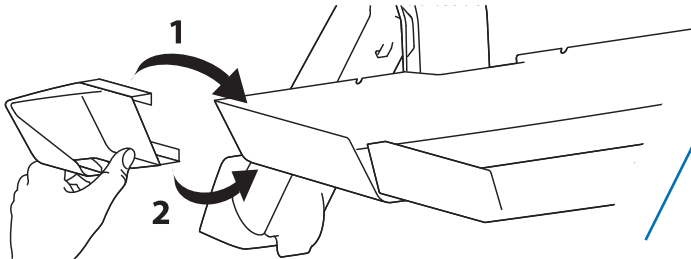


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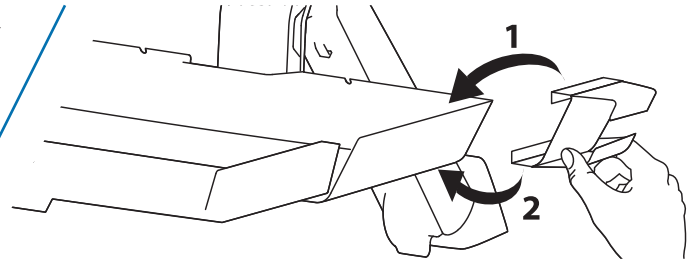


10

1x



1x



11

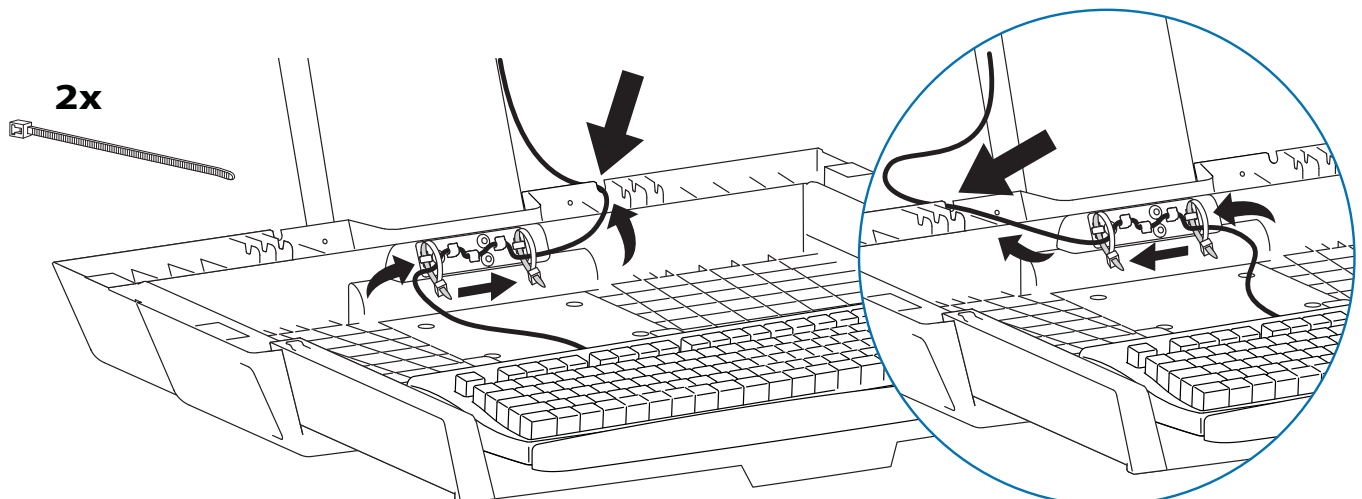


NOTE: Leave enough slack in cable to allow full range of motion.

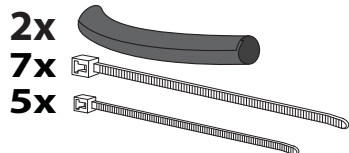


Caution:

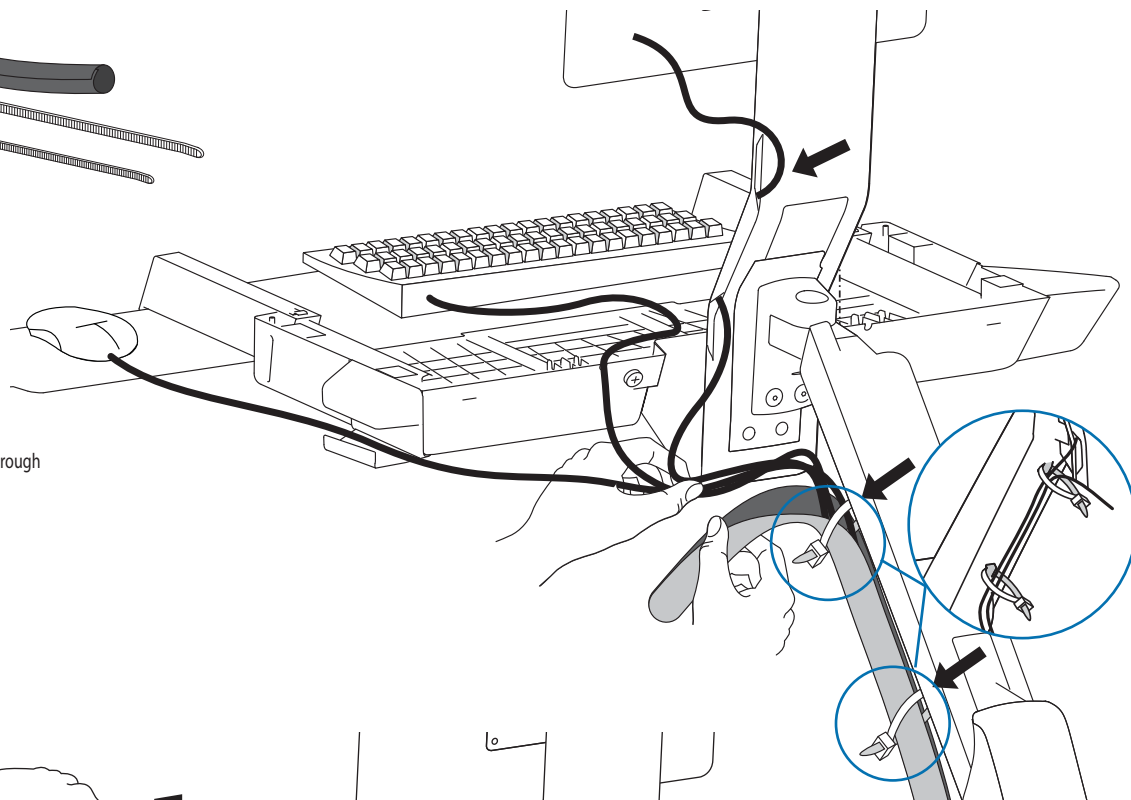
To avoid the potential to pinch cables it is important to follow the cable routing instructions in this manual. Failure to follow these instructions may result in equipment damage or personal injury.



12



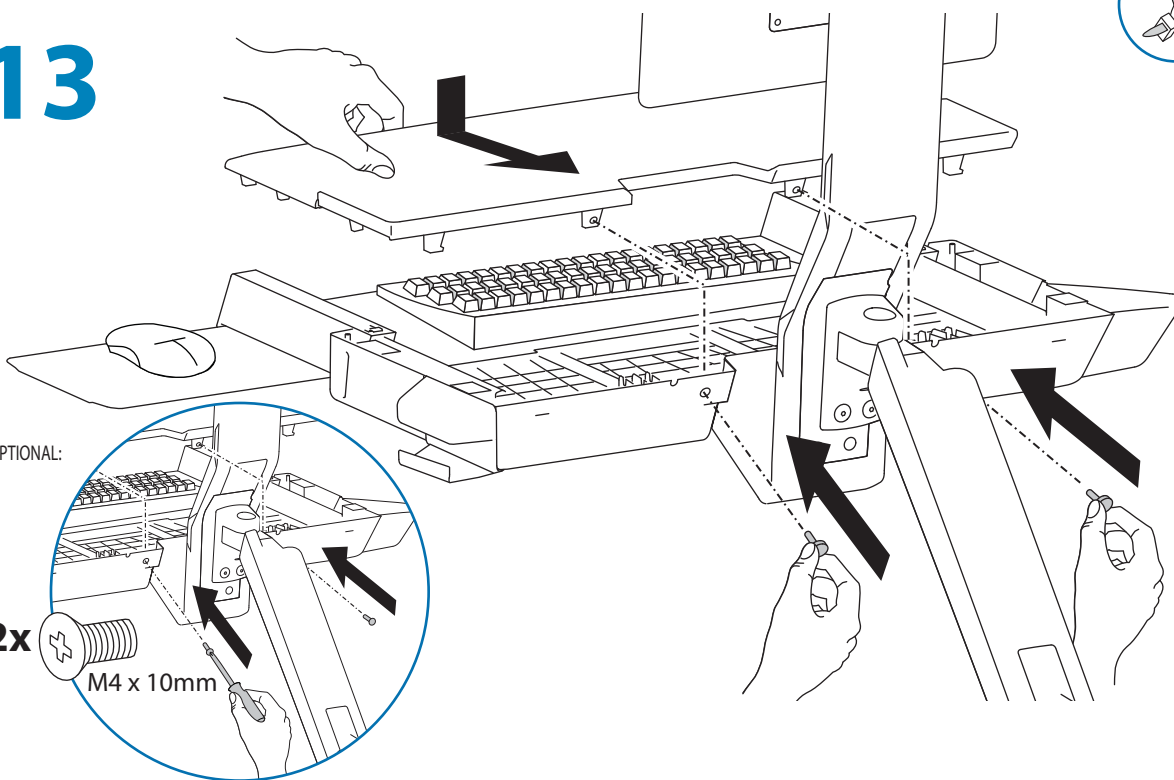
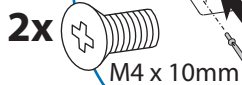
NOTE: Make sure cables can slide in and out through covers and cable channels.



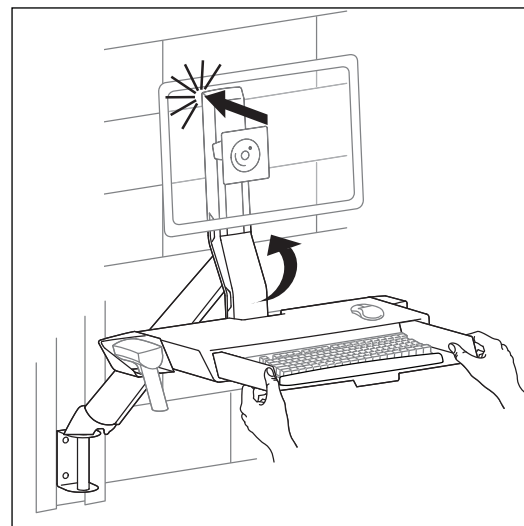
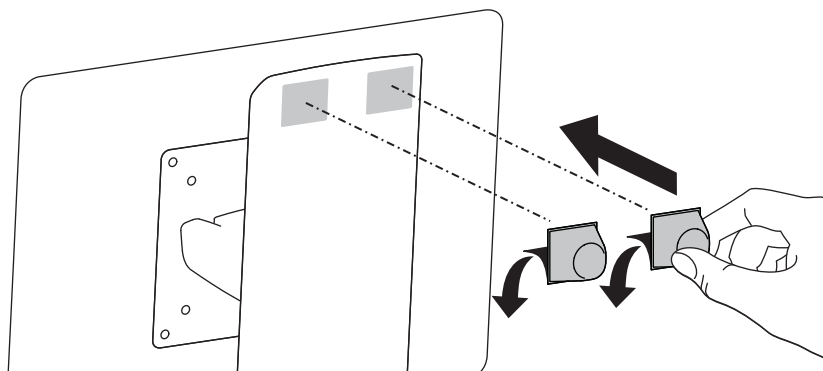
13

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OPTIONAL:

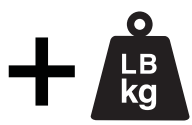
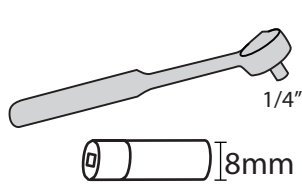
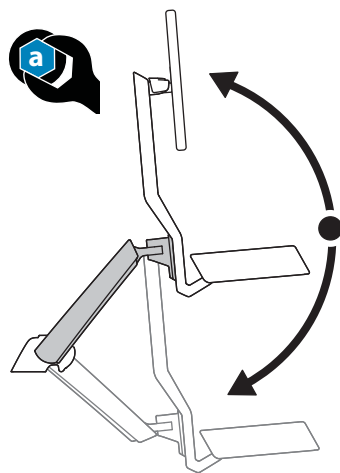



14




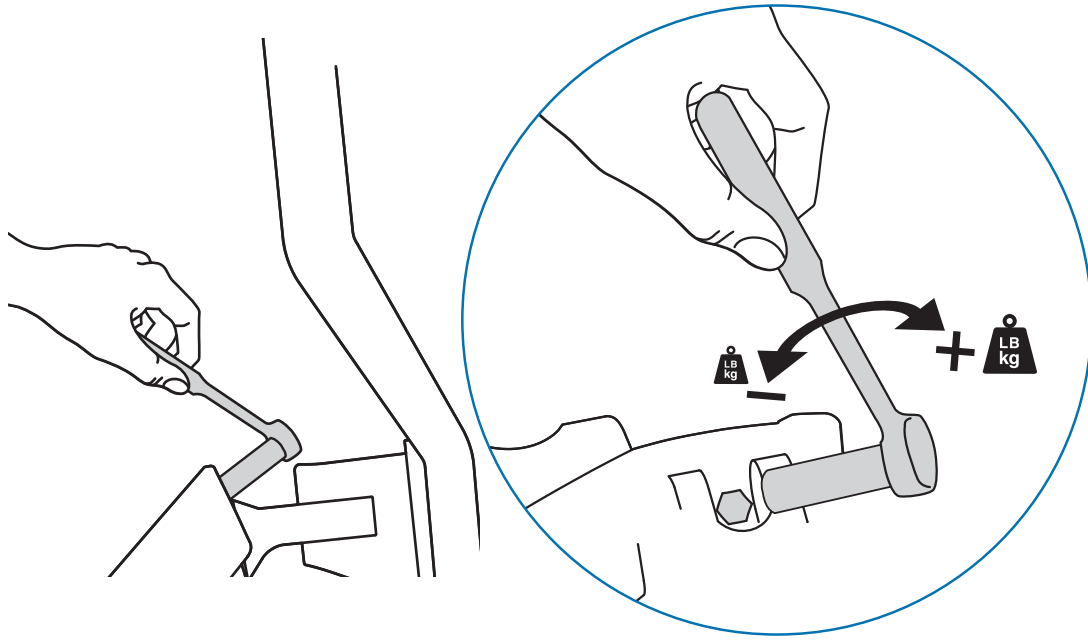
15 Adjustment Step

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.



+  **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:

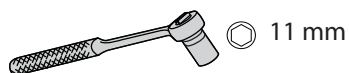
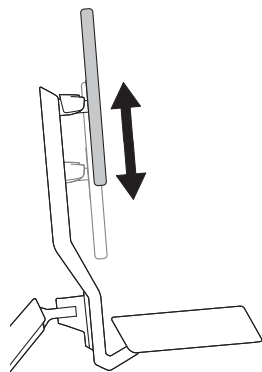
-  **LB kg**
Decrease Lift Strength
If the mounted weight is too light or this product does not stay down when lowered, then you'll need to decrease Lift Strength:



ENGLISH



Lift – Up and down



11 mm



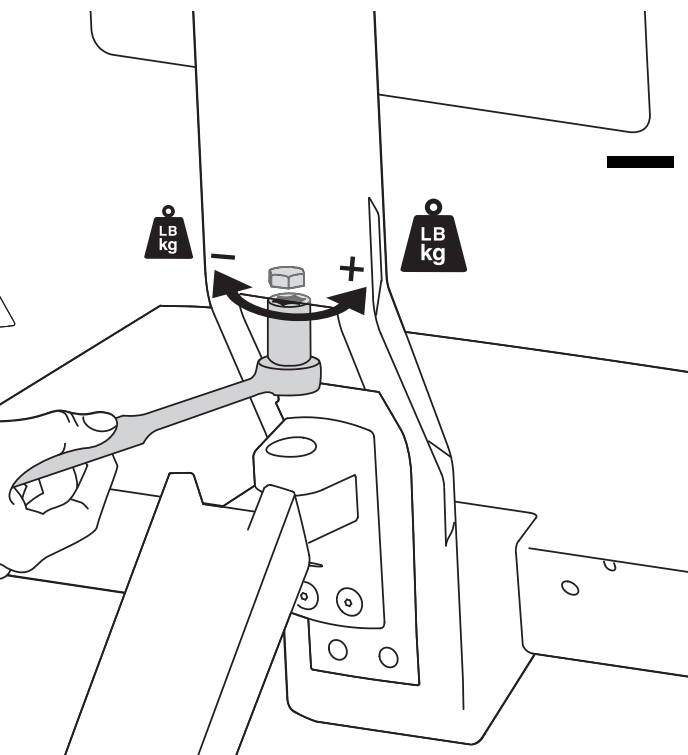
Increase Lift Strength

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

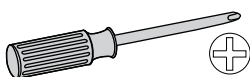
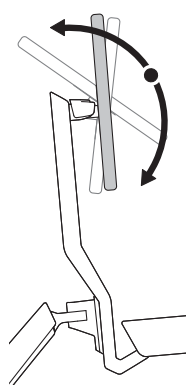


Decrease Lift Strength

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



Tilt – Forward and Backward



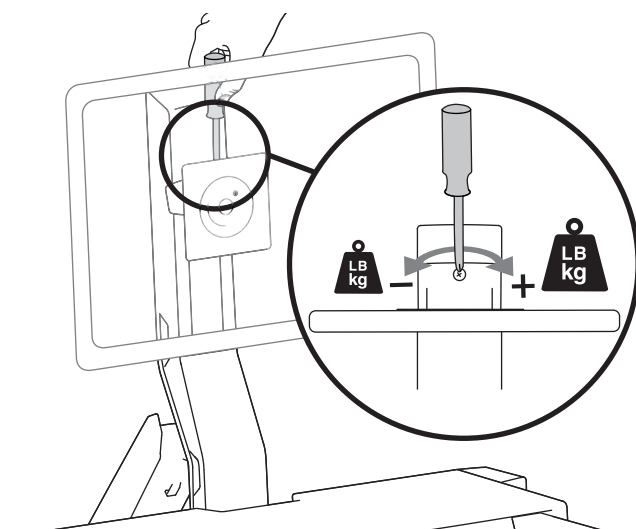
Increase Lift Strength

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



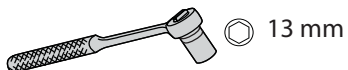
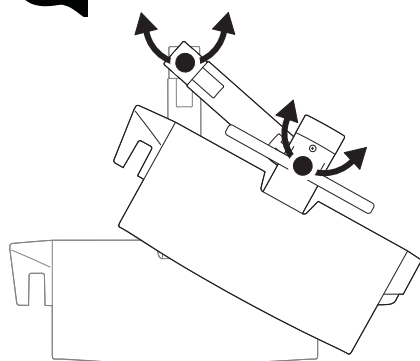
Decrease Lift Strength

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





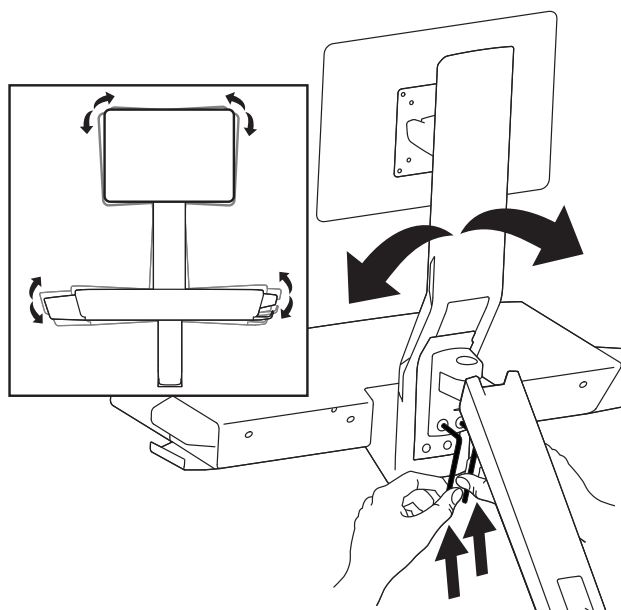
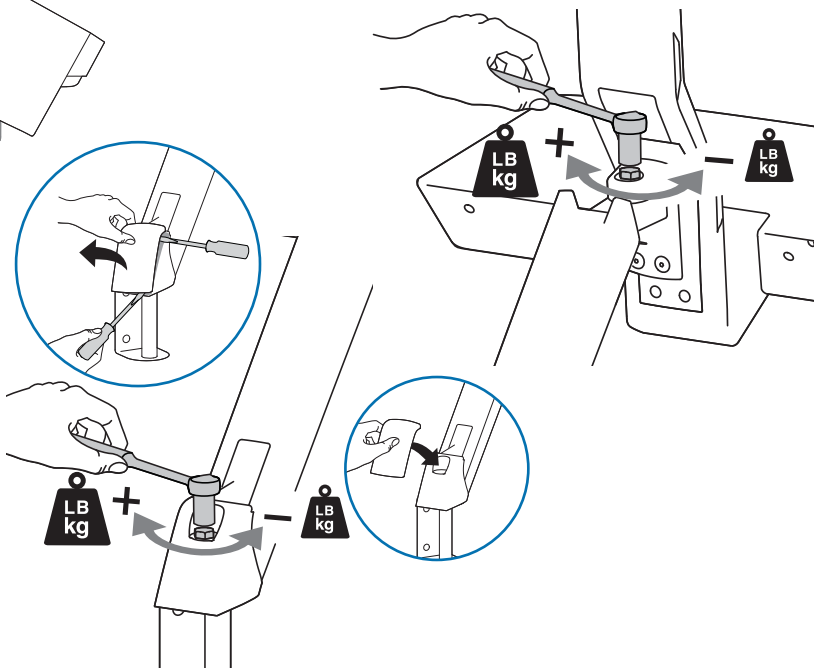
Arm Swing – Side-to-side



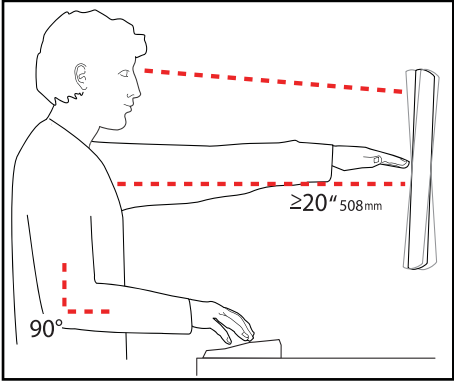
Increase Friction
If this product moves too easily, then you'll need to increase friction:



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



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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