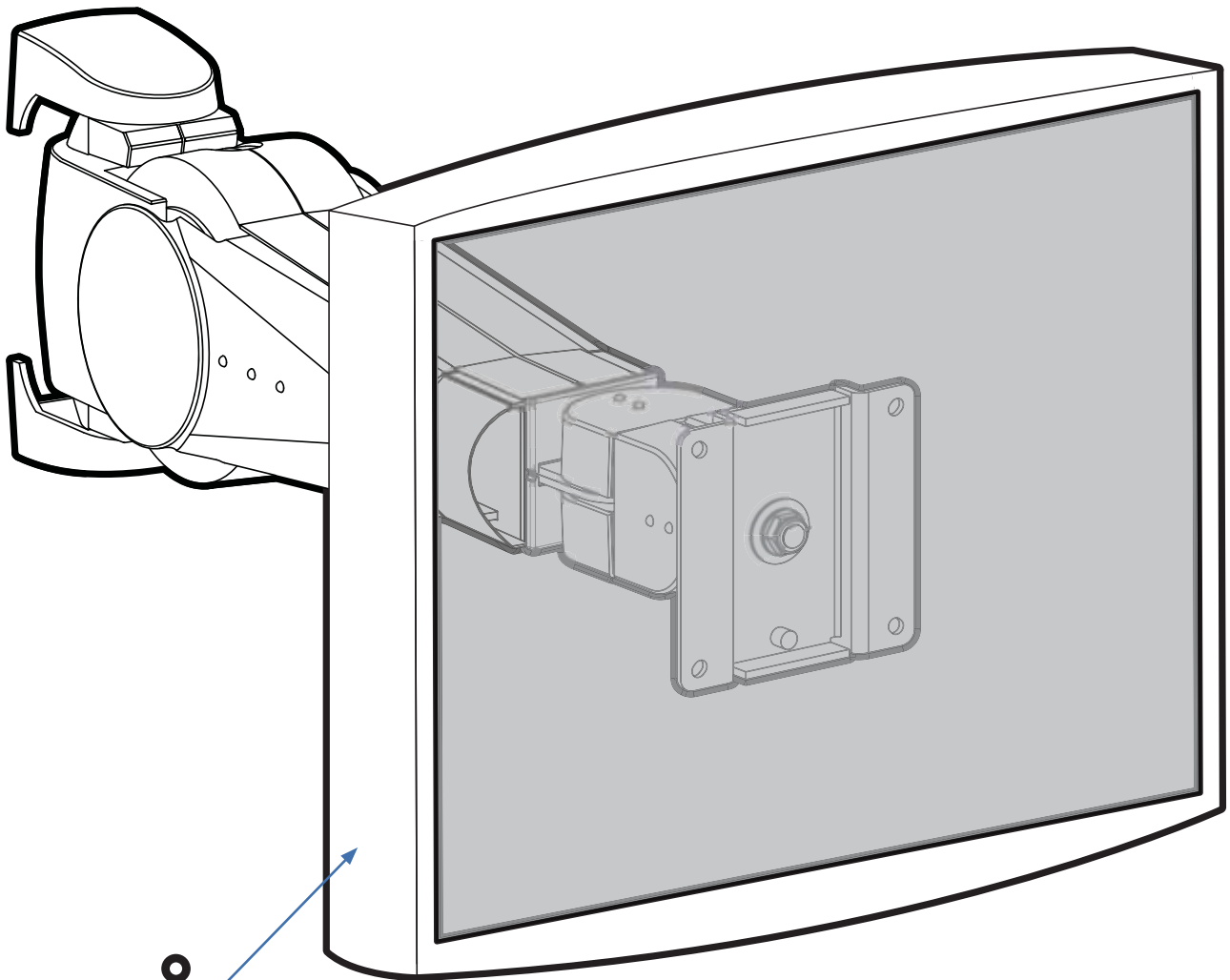


400 Series Flat Panel Monitor Arm Rotate Mount Double Pivot P/L







≤ 23lbs. (10.44 kg)



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

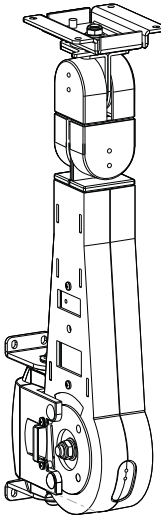
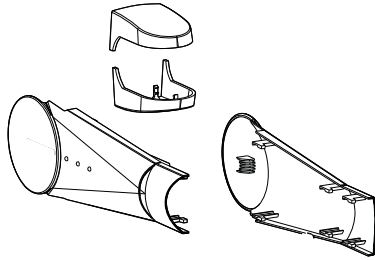
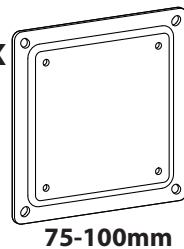



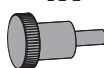

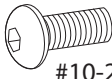








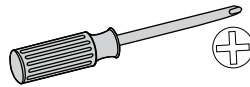
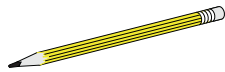
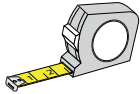
Important! You will need to adjust this product after installation is complete. Make sure all your equipment is properly installed on the product before attempting adjustments. This product should move smoothly and easily through the full range of motion and stay where you set it. If movements are too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

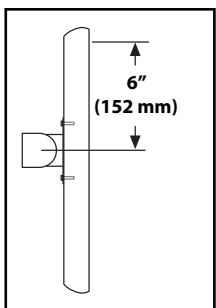
Components

	A	B	C	D
1	1x 		1x  4x  4x  1x 	4x 
2		1x 	4x 	2x 
3		1x 		
4			4x  2x 	

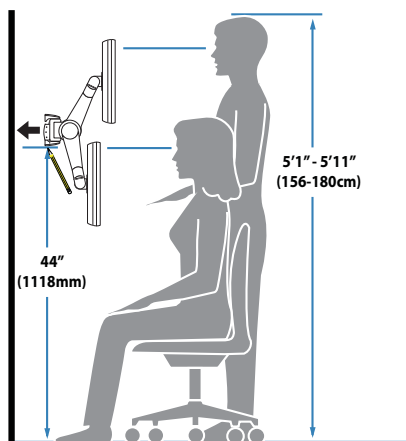


Mounting Height for Ergonomic Workstation

This mounting height is a recommendation for an ergonomic workstation that accommodates user heights of 5'1" - 5'11". 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).



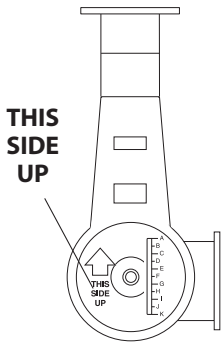
Mounting height assumes there is a 6" (152 mm) distance between the center of your monitor mounting holes and the top of the screen. If your distance is smaller, you should increase mounting height accordingly, if your distance is larger, you should decrease your mounting height accordingly.



≤ 23lbs. (10.44 kg)

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

1 Attach arm to wall.

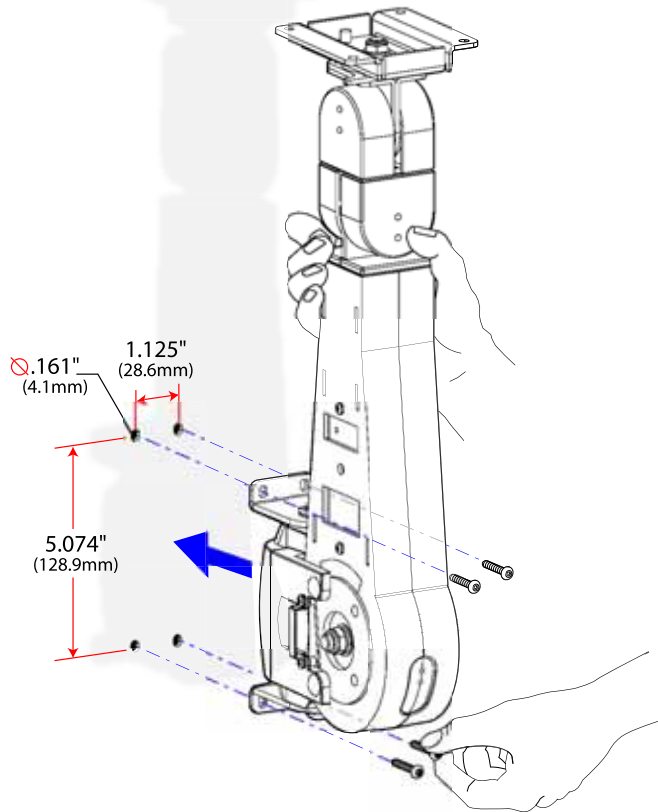


4x #10-24x3/8"

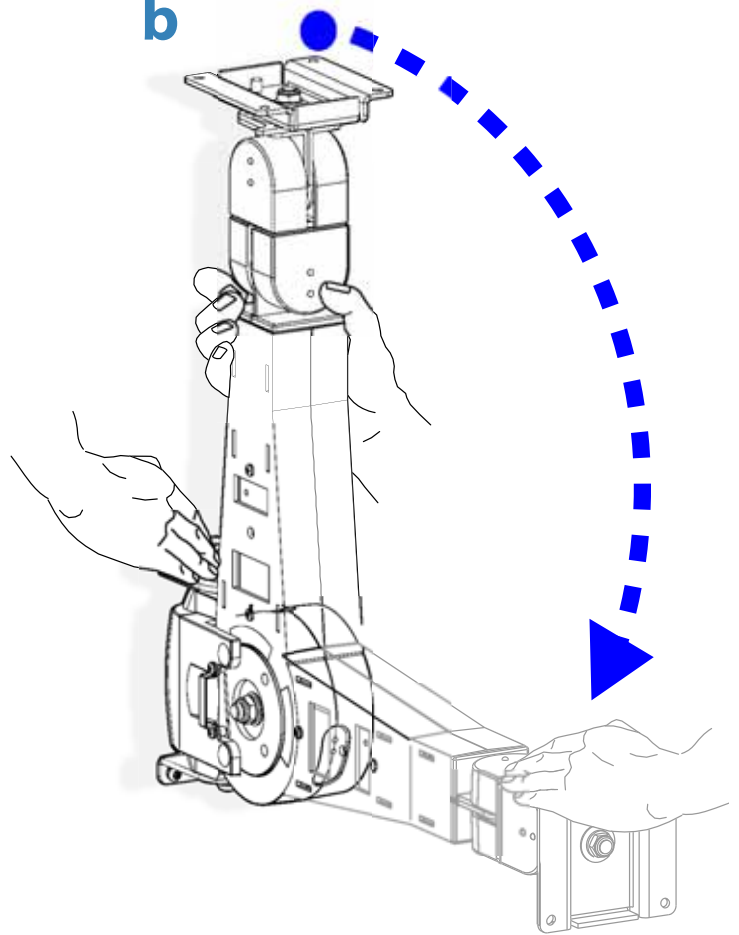


NOTE: Fasteners may unwind due to vibration caused by movement of mounting solution over time. Inspect mounting solution for loose fasteners on a routine basis. If desired, apply a light duty thread locking adhesive to fasteners before installation to prevent back-out.

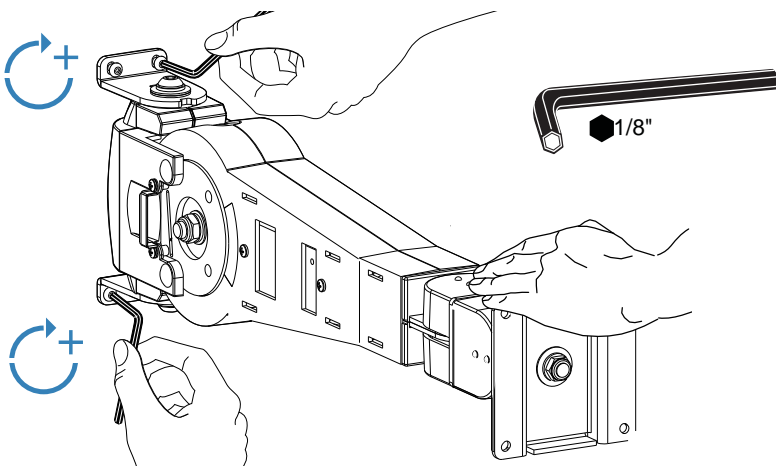
a



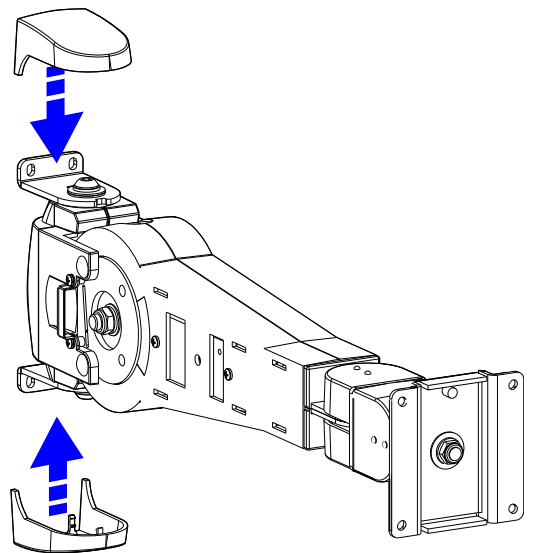
b



c

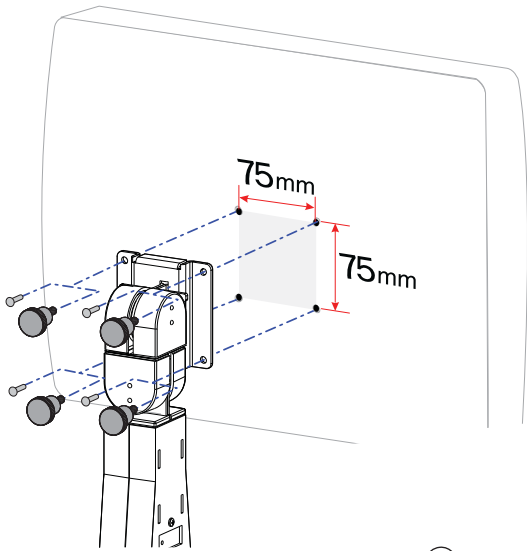
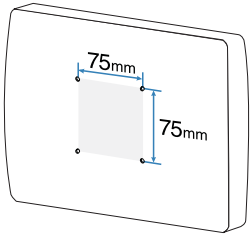


d

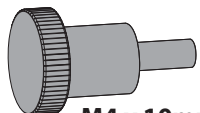


2 Attach monitor to arm.

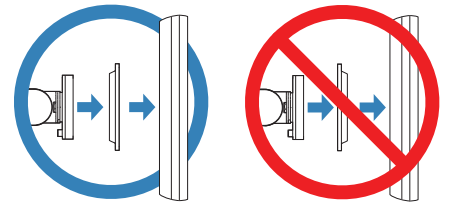
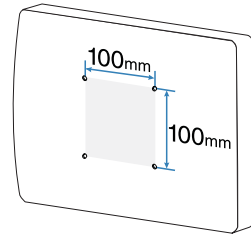
75 mm x 75 mm



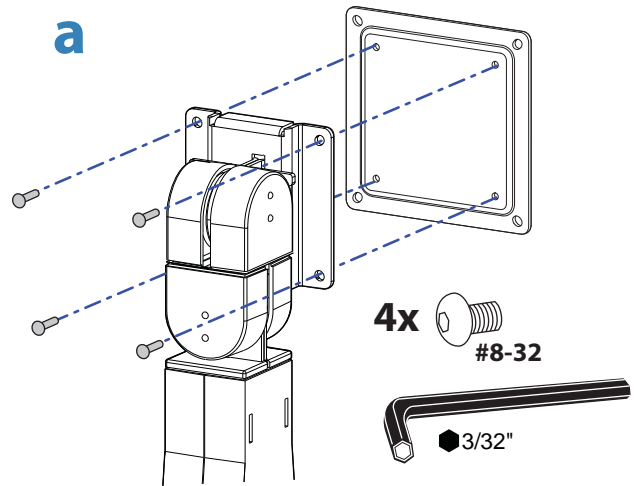
4x  M4 x 10mm

4x  M4 x 10mm

100 mm x 100 mm



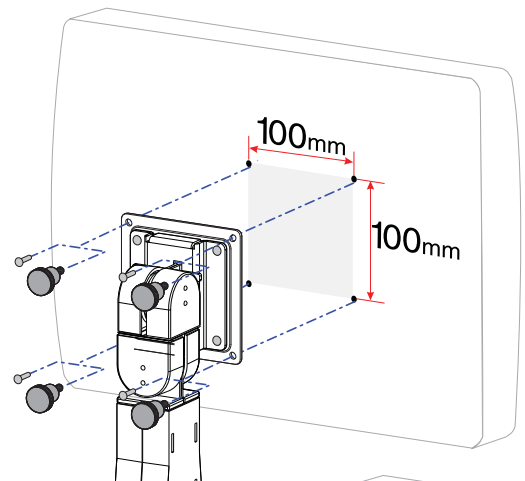
a



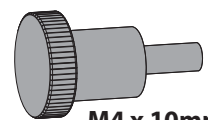
4x  #8-32

 3/32"

b

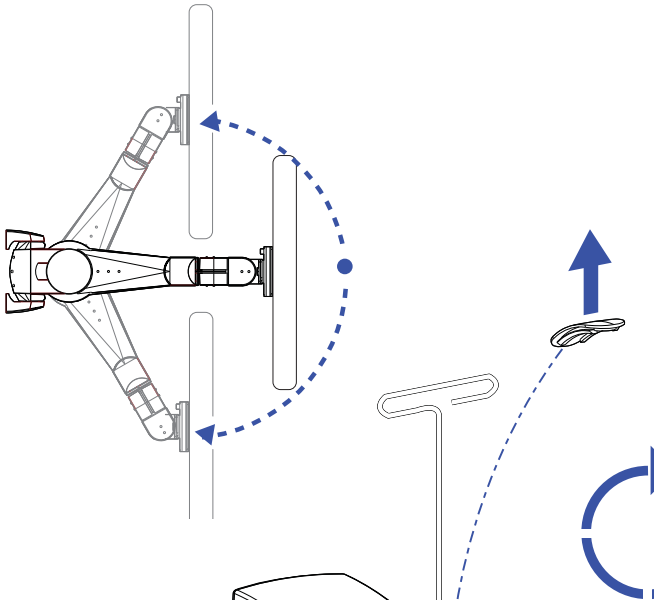



4x  M4 x 10mm


4x  M4 x 10mm

3 Adjustment Step

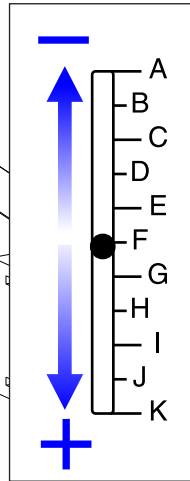
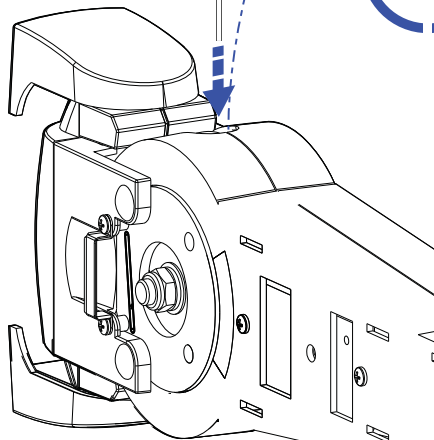
Important! You will need to adjust this product after installation is complete. Make sure all your equipment is properly installed on the product before attempting adjustments. This product should move smoothly and easily through the full range of motion and stay where you set it. If movements are too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

a

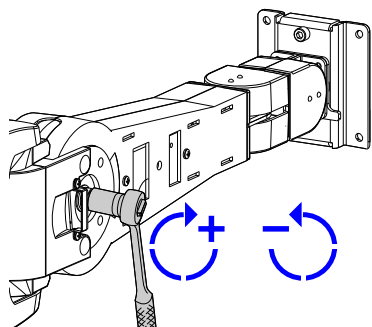



Double Pivot Arm		
Mounted Weight lbs	kg(s)	Arm Setting
<5	(<2.3)	A
6-7	(2.7-3.2)	B
8-9	(3.6-4.1)	C
10-11	(4.5-5.0)	D
12-14	(5.4-6.4)	E
15-16	(6.8-7.3)	F
17-18	(7.7-8.2)	G
19-20	(8.6-9.1)	H
21-22	(9.5-10.0)	I
23	(10.4)	J
--	--	K


b

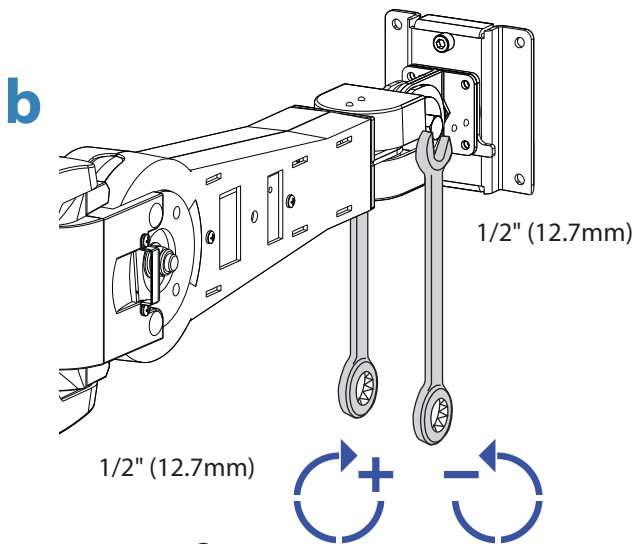
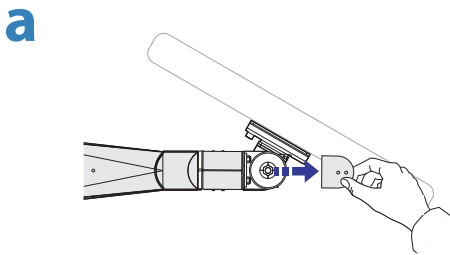
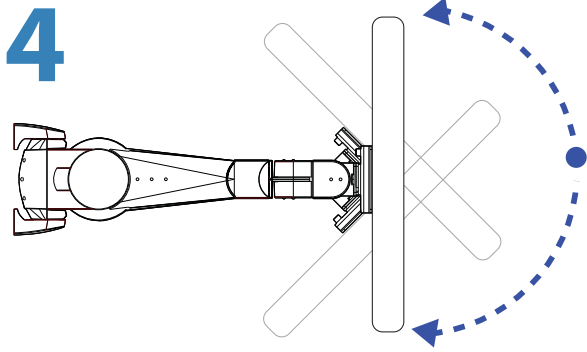


NOTE: Continue with adjustment step **b** only if correct arm counterbalance was not achieved in step **a**.



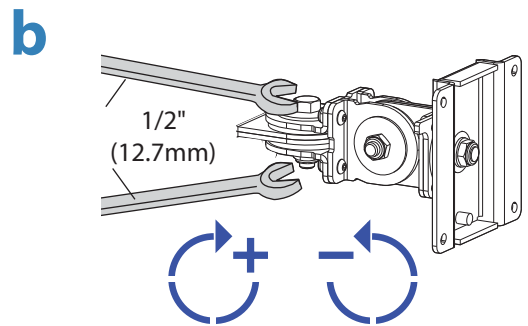
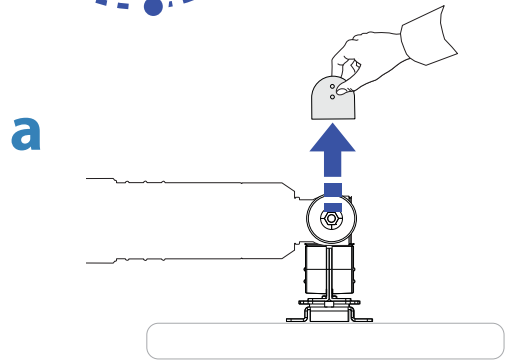
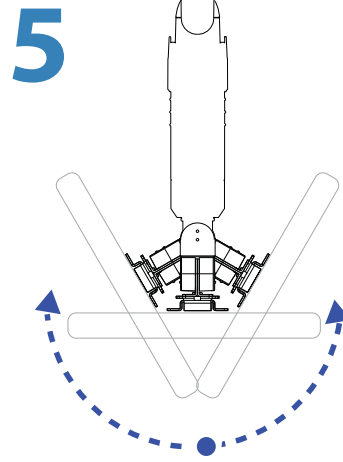
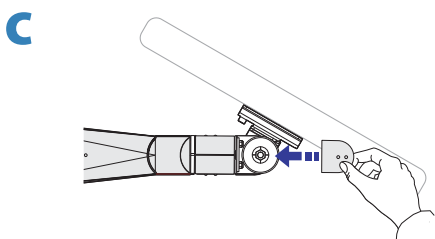
+  Increase Lift Strength
If the mounted weight is too heavy or this product does not stay up when raised, then you'll need to increase Lift Strength:

-  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:



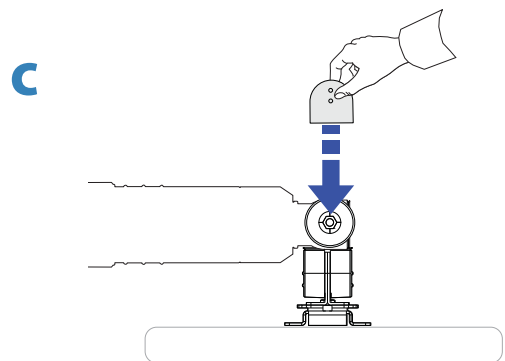
+ **LB kg** Increase Friction
If this product moves too easily, then you'll need to increase friction:

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

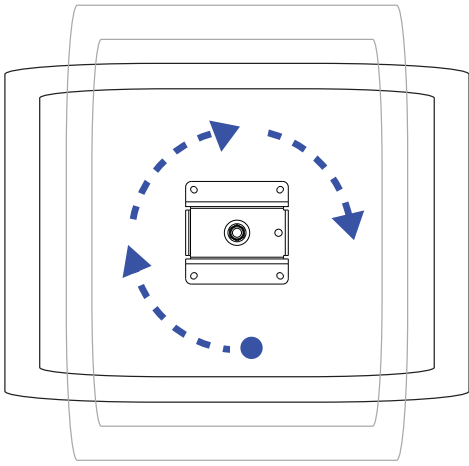


+ **LB kg** Increase Friction
If this product moves too easily, then you'll need to increase friction:

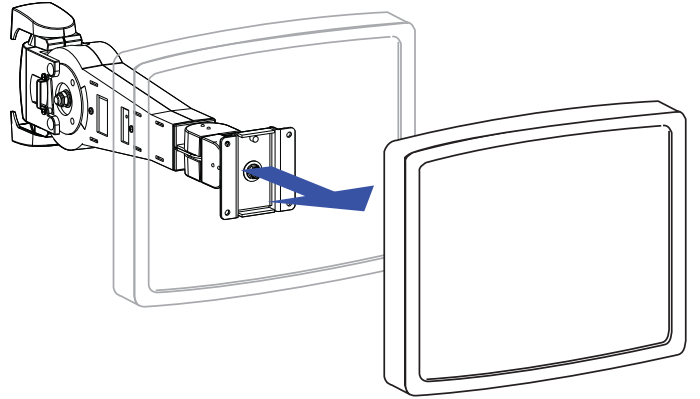
- **LB kg** Decrease Friction
If this product is too difficult to move, then you'll need to decrease friction:



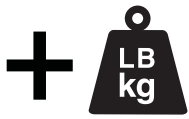
5



a



b



Increase Friction

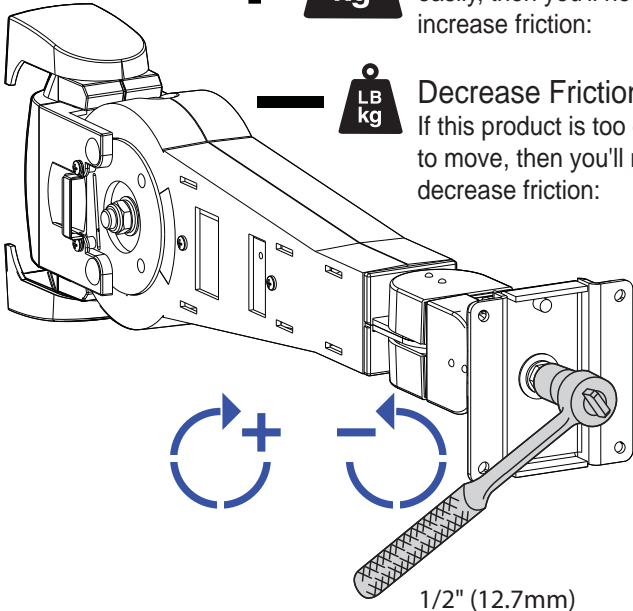
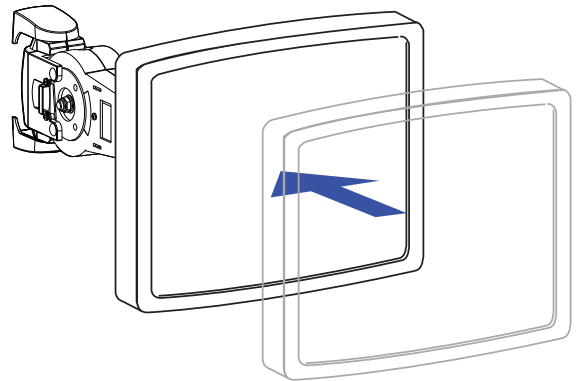
If this product moves too easily, then you'll need to increase friction:



Decrease Friction

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

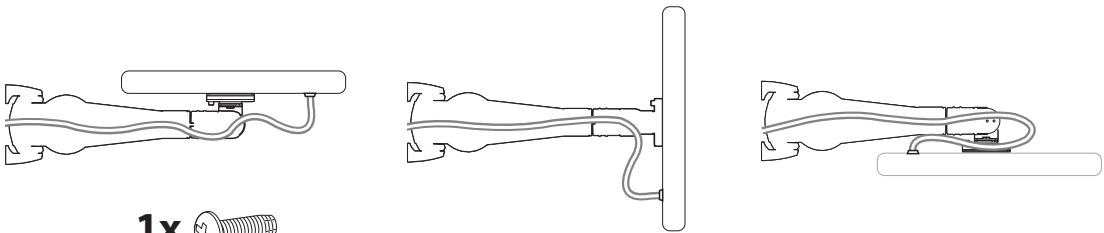
c



1/2" (12.7mm)

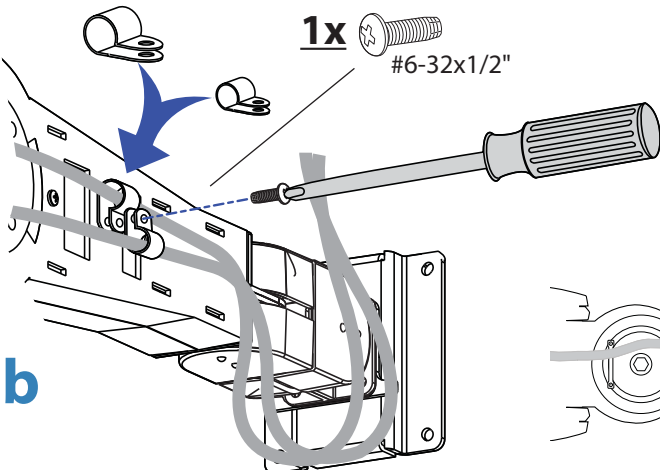
6

a

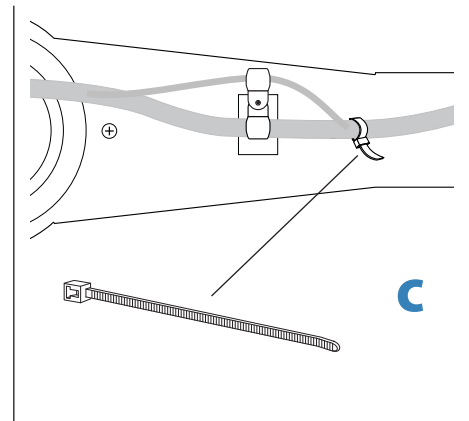


1x #6-32x1/2"

b



c



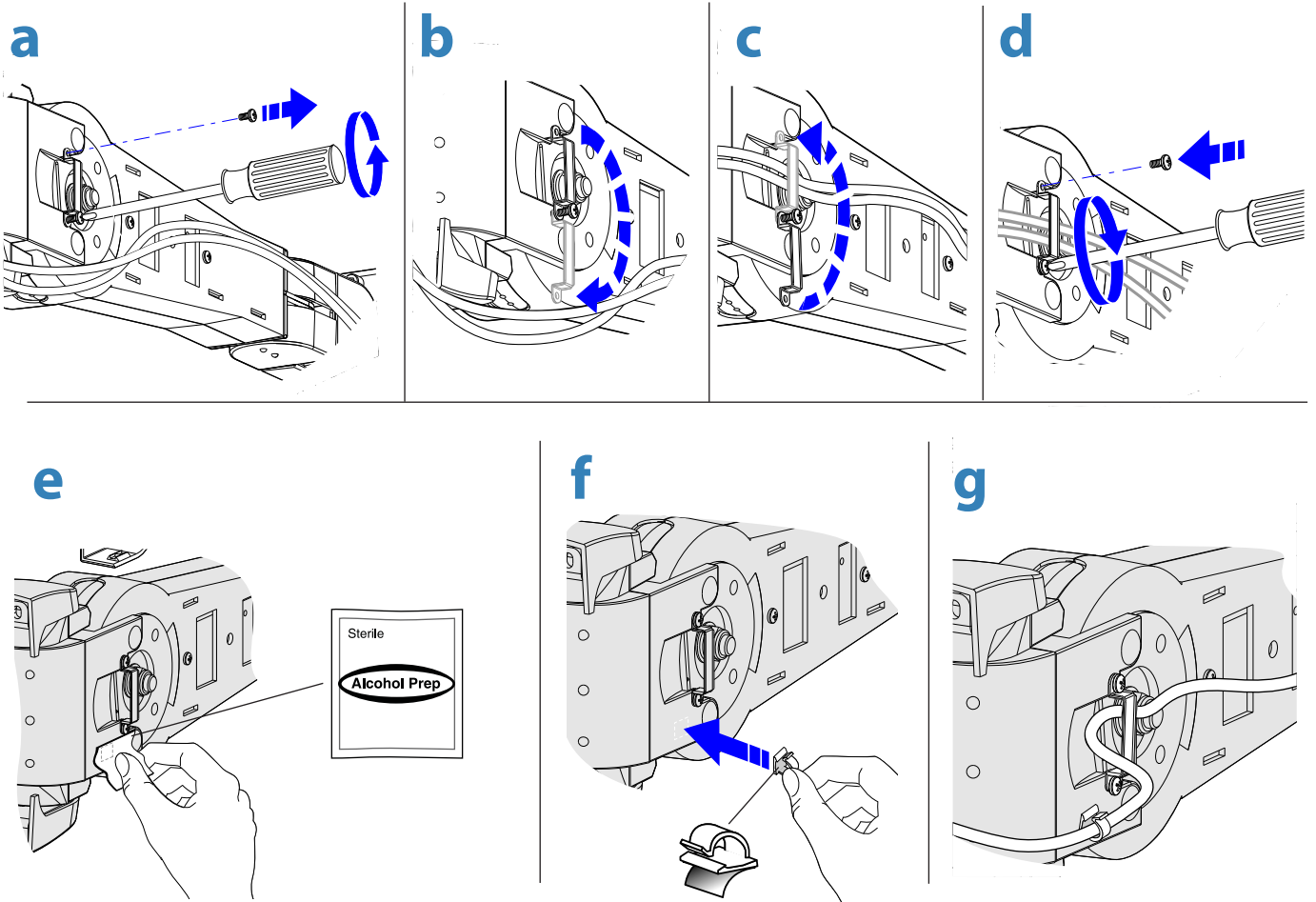
7



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

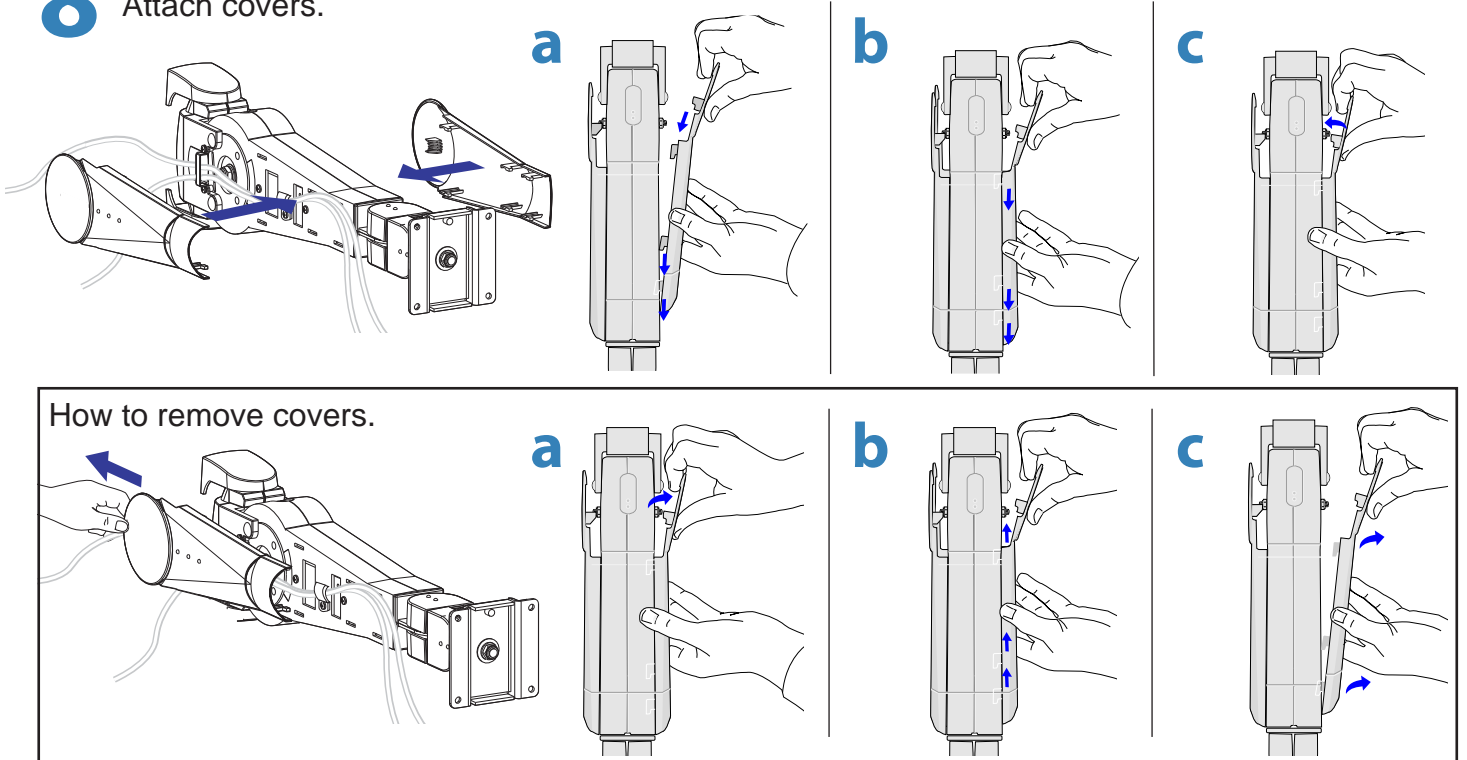


Caution: To avoid the potential to pinch cables it is important to follow the cable routing instructions in this manual. Failure to follow these instructions may result in equipment damage or personal injury.

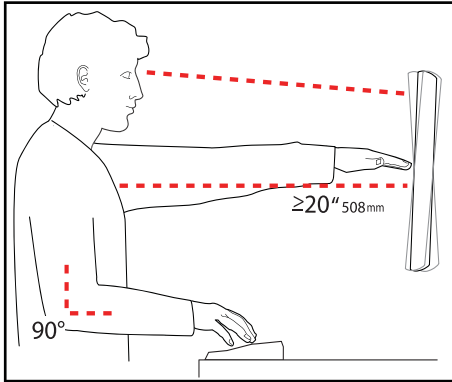


8

Attach covers.



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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