

ERGOTRON®

# WorkFit-A

Sit-stand height adjustable workstation



ENGLISH



Intended for use with Apple® 21.5" iMac and 27" iMac (late 2012 and newer).

Maximum total weight (including iMac, keyboard and mouse) not to exceed 25 lbs (11.34 kg)

For the latest User Installation Guide please visit: [www.ergotron.com](http://www.ergotron.com)

User's Guide - English

Guía del usuario - Español

Manuel de l'utilisateur - Français

Guia do usuário - Português

Gebruikersgids - Deutsch

Benutzerhandbuch - Nederlands

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Användarhandbok - svenska

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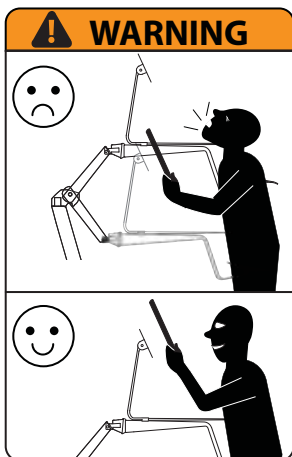
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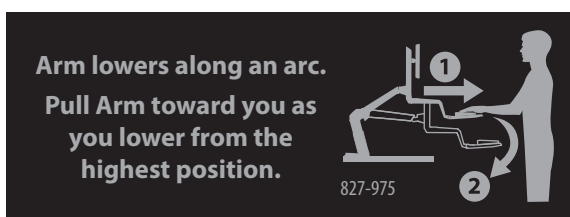
Important! You will need to adjust this product after installation is complete. Make sure all your equipment is properly installed on the product before attempting adjustments. This product should move smoothly and easily through the full range of motion and stay where you set it. If movements are too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



**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!



Arm lowers along an arc. Pull arm towards you as you lower from the highest position.

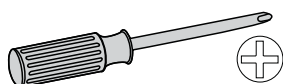


**Caution:** To avoid the potential to pinch cables it is important to follow the cable routing instructions in this manual. Failure to follow these instructions may result in equipment damage or personal injury.

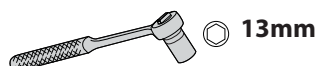
## Components

	A	B	C	D
1				
2				
3				
4				

## Tools Needed

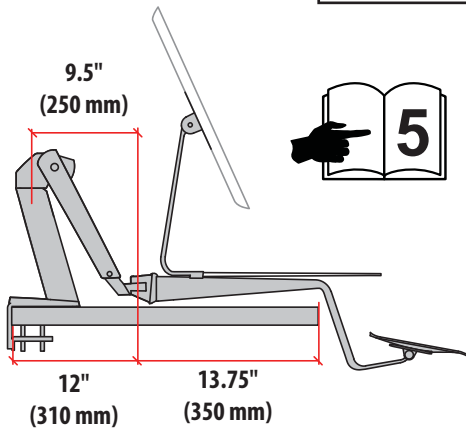
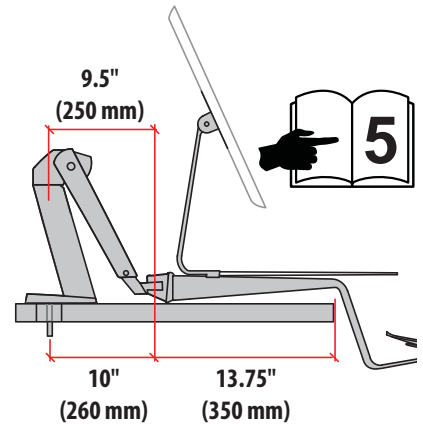
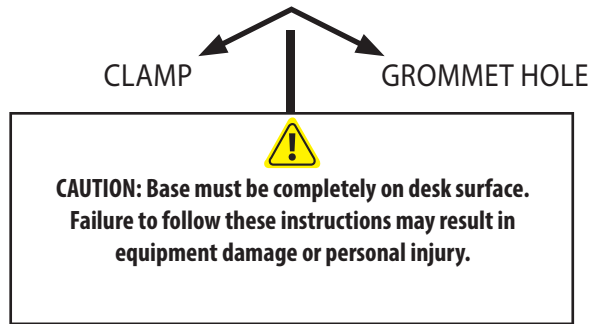


Optional for Pan Adjustment

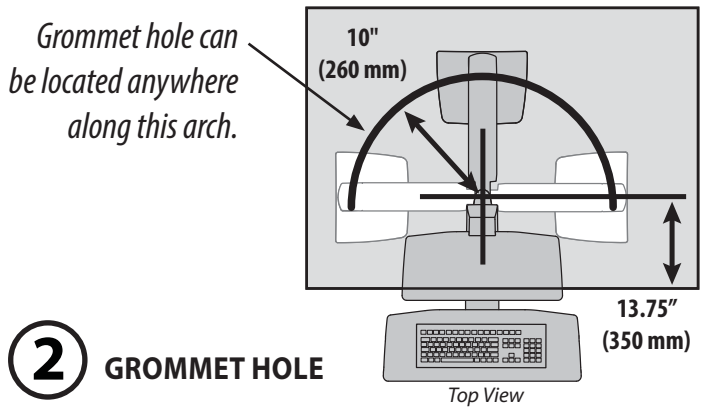


# 1 Arm Extension and Desk Size:

The keyboard tray is designed to extend over the edge of your desk. You can expand the extension of the arm if you need to based on your desk size. To determine if you need to expand your arm extension, refer to the 4 desk dimensions below:



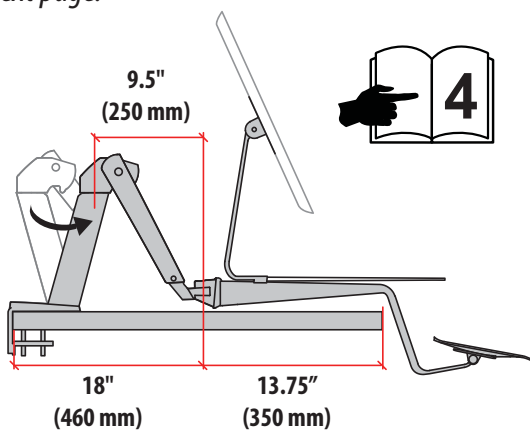
CLAMP **1**



**2** GROMMET HOLE

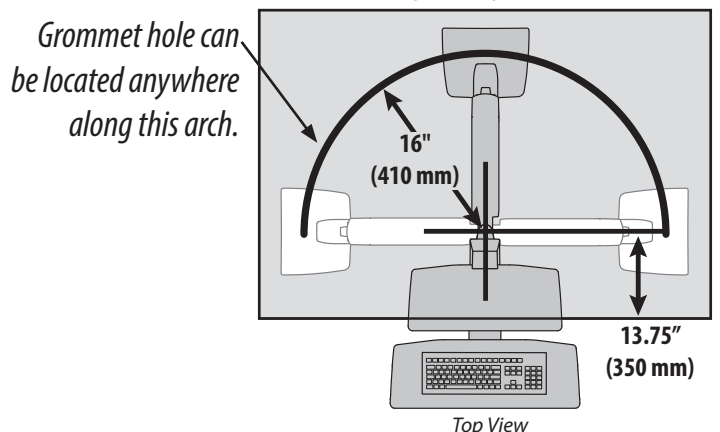
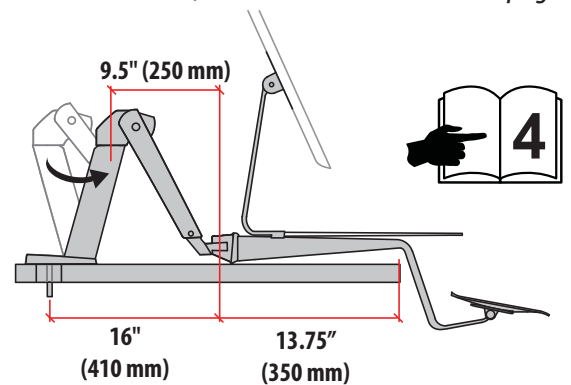
CLAMP **3**  
With Expanded Arm Extension

To expand the arm extension, follow instructions on next page.

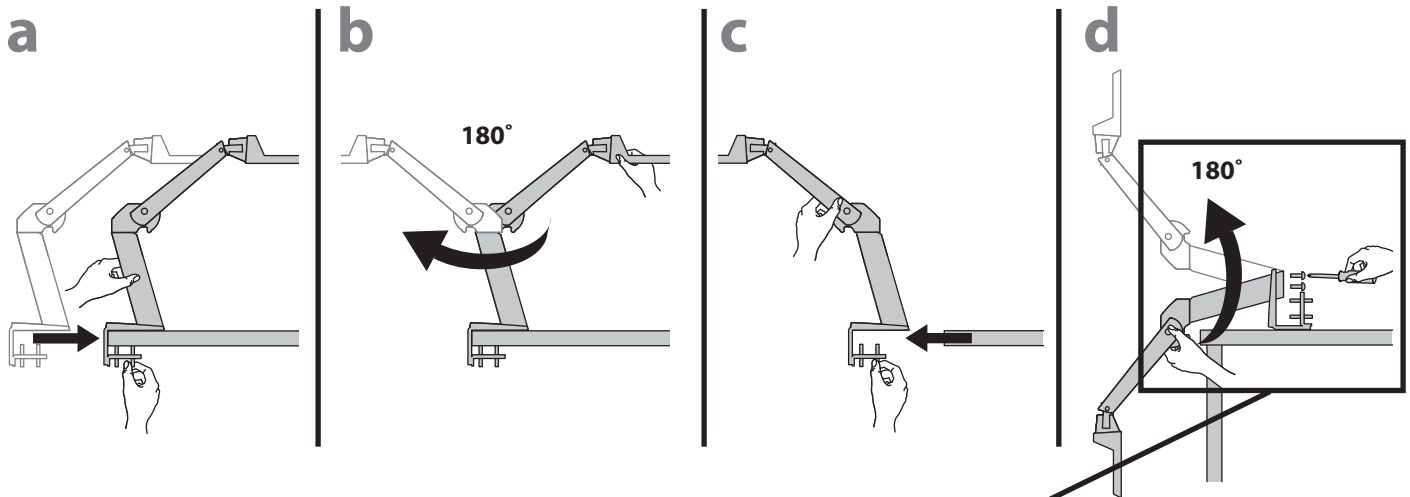


**4** GROMMET HOLE  
With Expanded Arm Extension

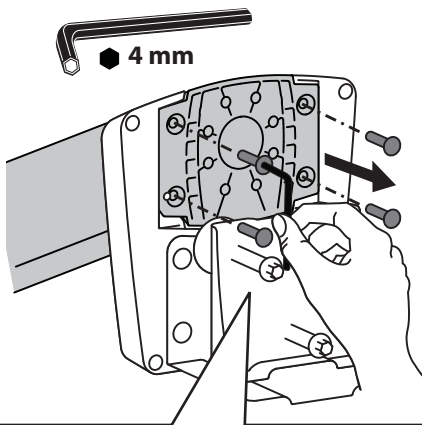
To expand the arm extension, follow instructions on next page.



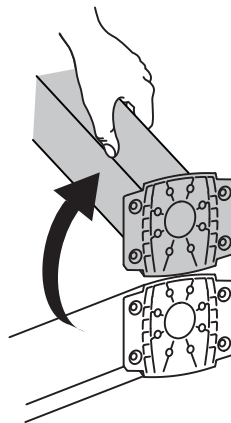
## How to expand the arm extension.



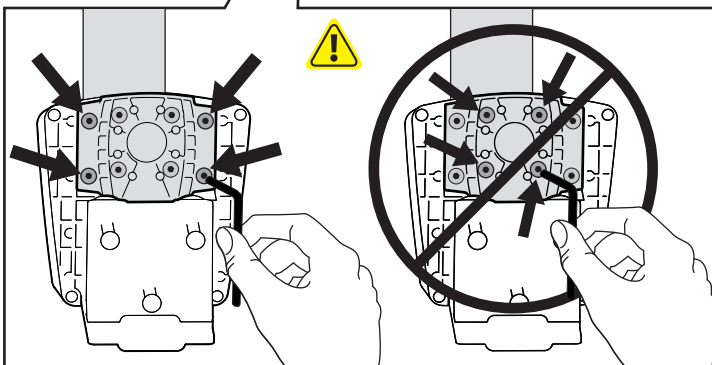
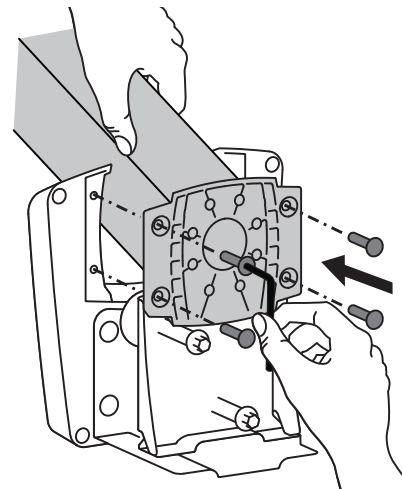
**d1** Remove the 4 screws at the base using the provided 4mm hex wrench.



**d2** Flip the base around (turn 180 degrees).

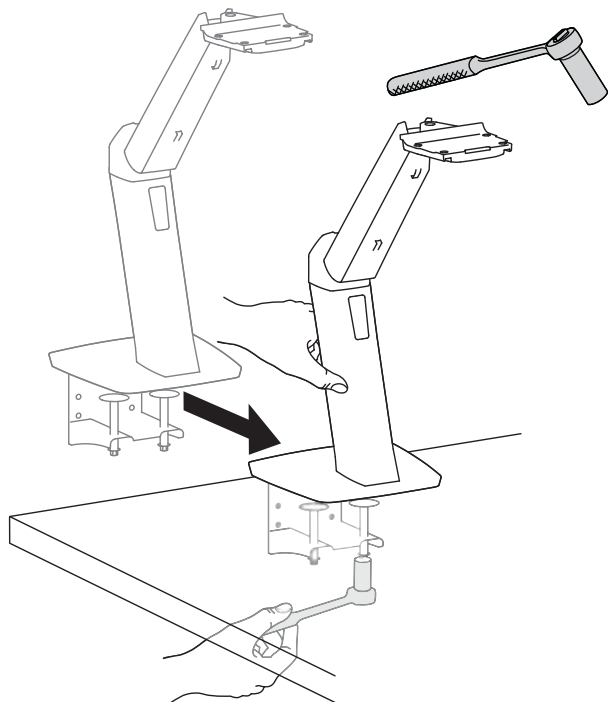


**d3** Re-insert the 4 screws and tighten with the 4mm hex wrench.



## 2 Mount arm to desk.

Tighten the bolts with the provided 8 mm wrench.

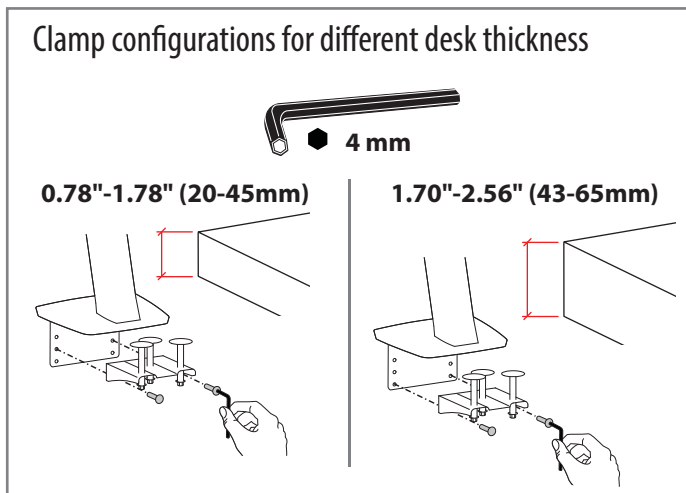


8 mm



**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.

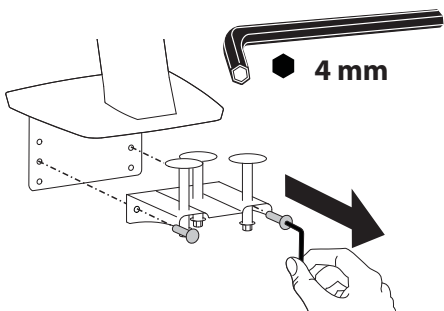
### Clamp configurations for different desk thickness



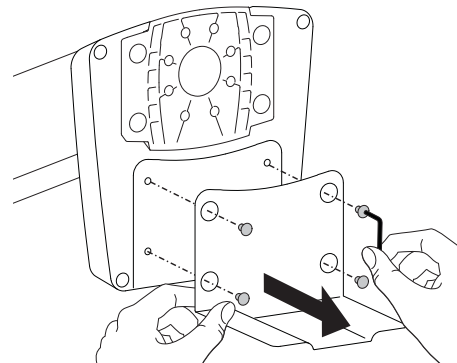
### OPTIONAL GROMMET HOLE MOUNT

- Follow these instructions if you want to change your clamp to a grommet hole mount.

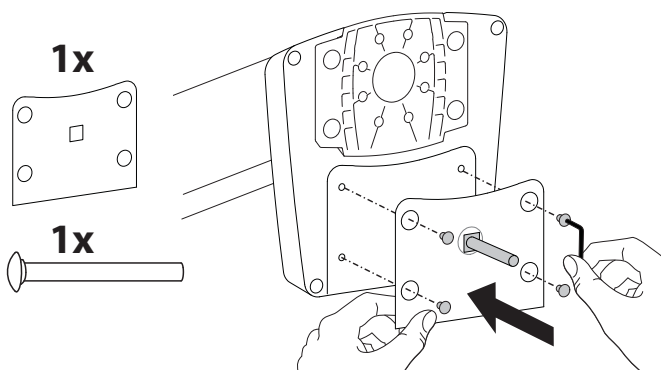
- a** Remove clamp bracket screws with 4mm hex wrench.



- b** Remove clamp plate screws with 4mm hex wrench. Retain screws.



- c** Insert provided bolt into provided grommet plate. Attach grommet plate with 4 mm hex wrench and screws removed in step b.



- d** Position arm with attached grommet plate over grommet hole (make sure bolt is centered in hole). Thread grommet bracket and wing nut onto bolt and tighten.

1x 

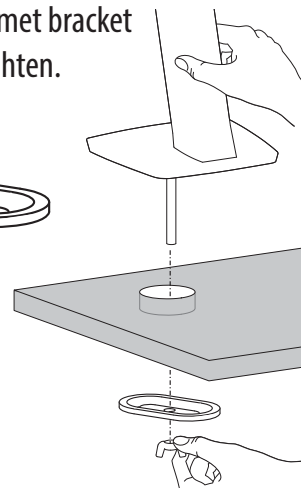
1x 



**CAUTION:** Bolt must be centered in hole.

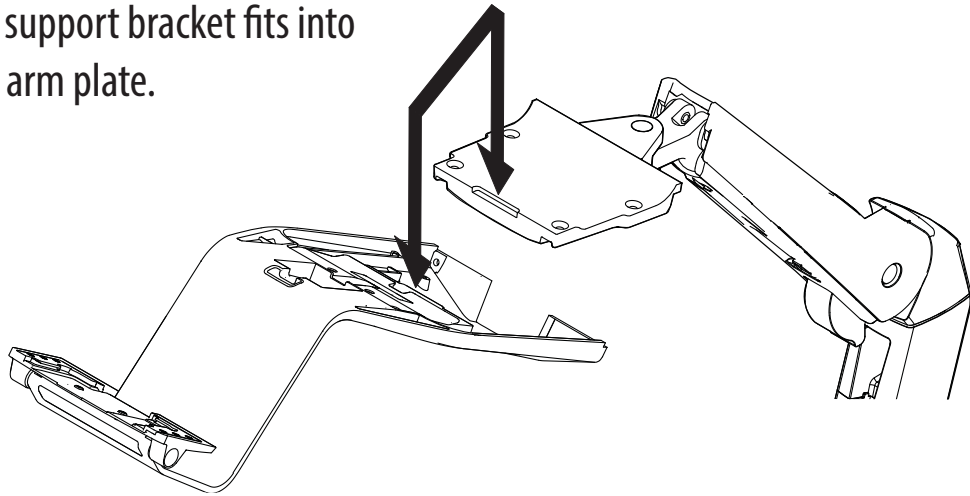
0.78"-2.56"  
(20-65mm)

0.5"-2.5"  
(13-64mm)

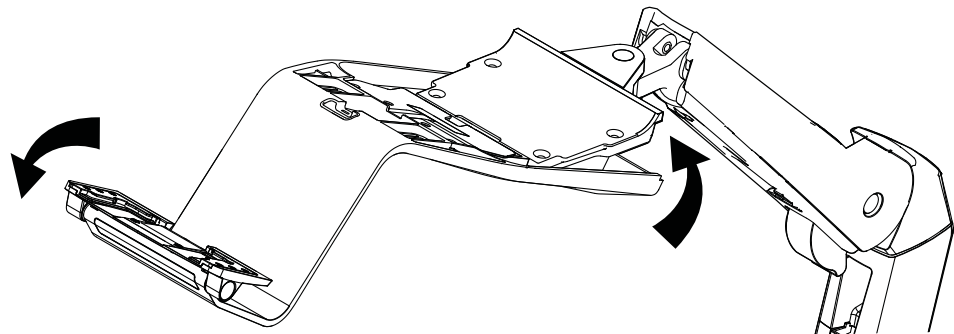


### 3 Attach the support bracket to the arm.

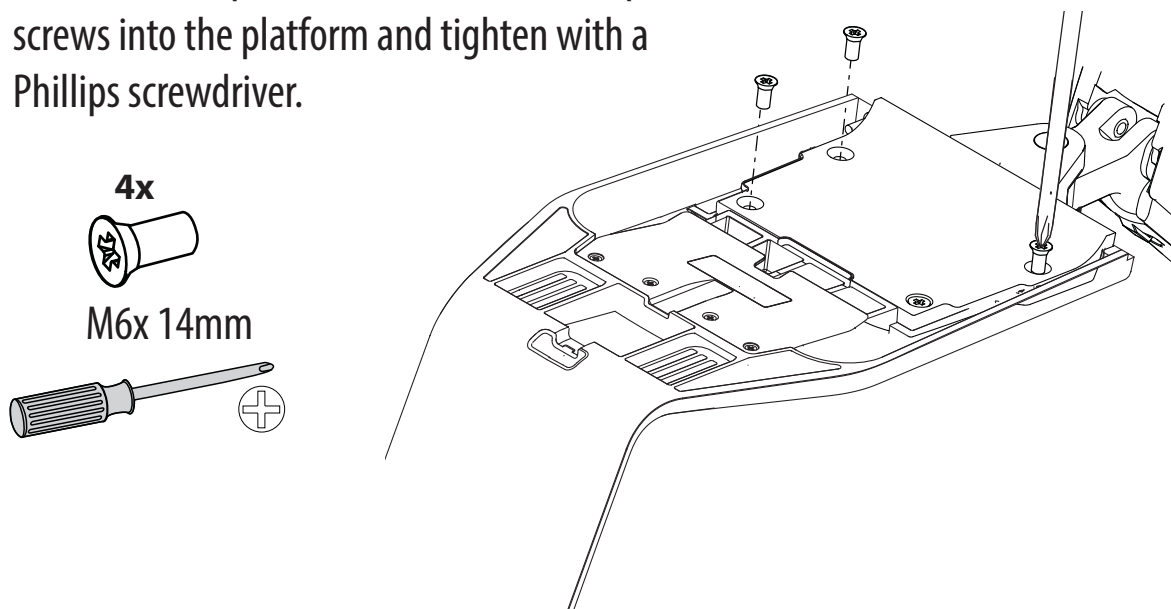
- a** A tab on the support bracket fits into a slot on the arm plate.



- b** Tilt the top of the support bracket down and slide forward until the tab meets the slot.

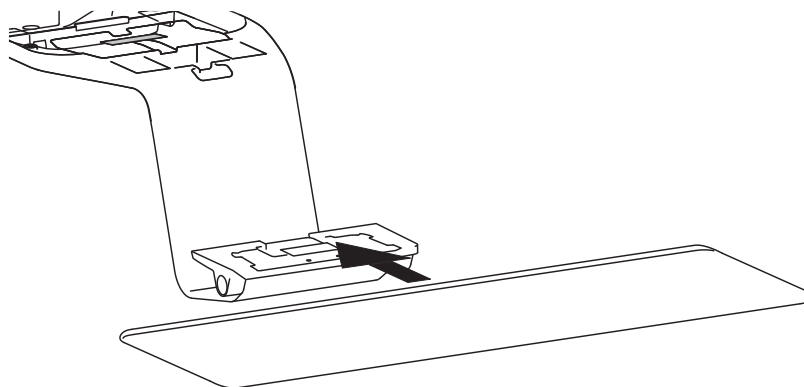


- c** Insert the four provided M6 x 14mm Phillips screws into the platform and tighten with a Phillips screwdriver.

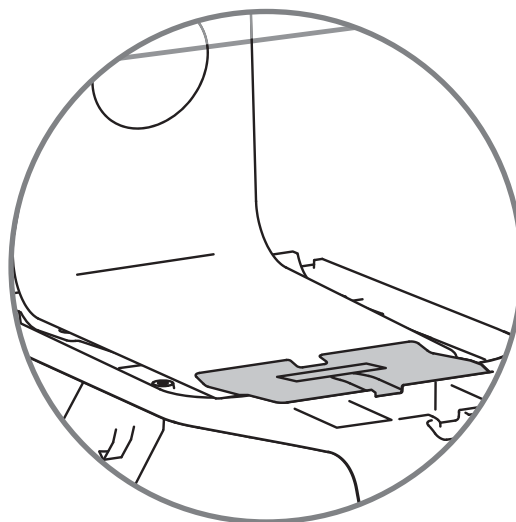
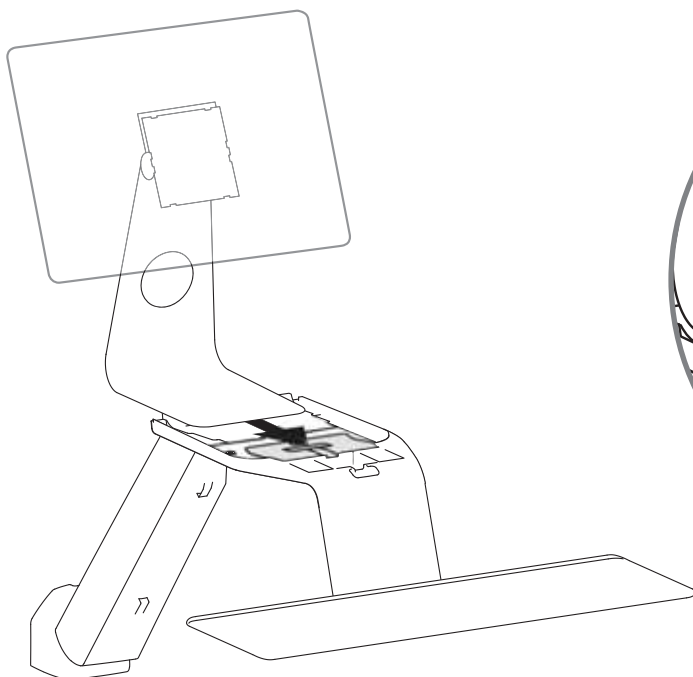


## 4 Attach the keyboard tray to the support bracket.

Slide the keyboard tray onto the support bracket until it “clicks” into place.

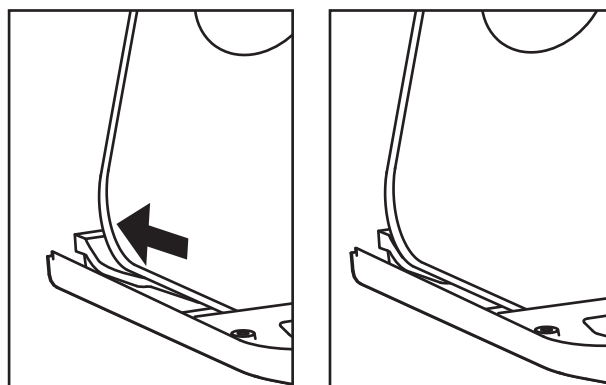


## 5 Place your display with stand on top of the support bracket.

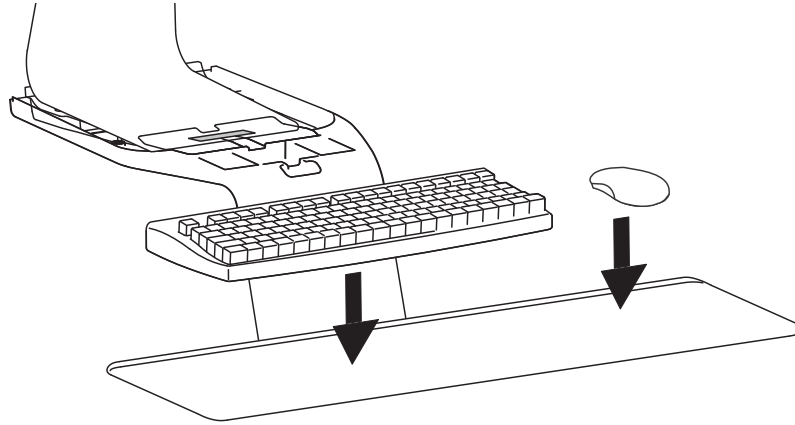


NOTE: the front end of the display stand should slide under the plastic clip.

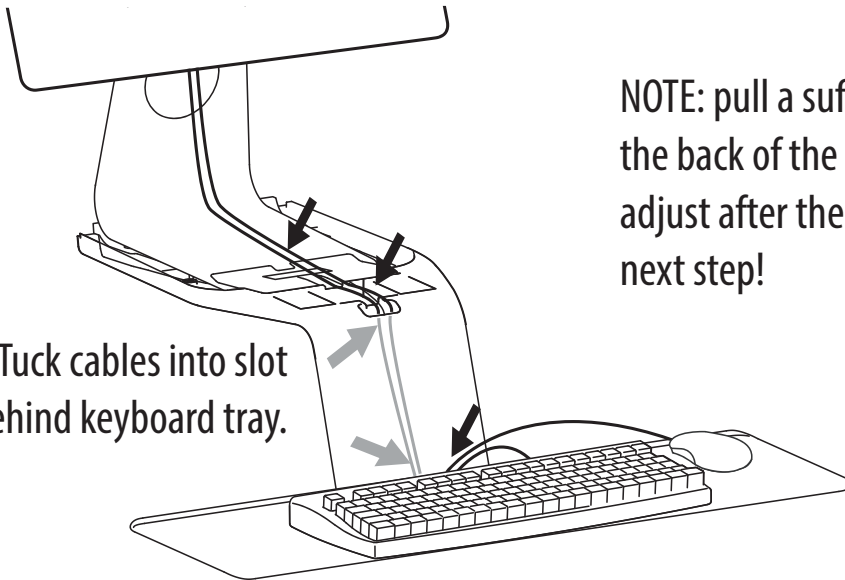
## 6 Push your display stand backwards until it meets the back of the support bracket.



## 7 Set your keyboard and mouse on top of the keyboard tray.



Route the keyboard and mouse cables through the slots and over the support bracket platform.

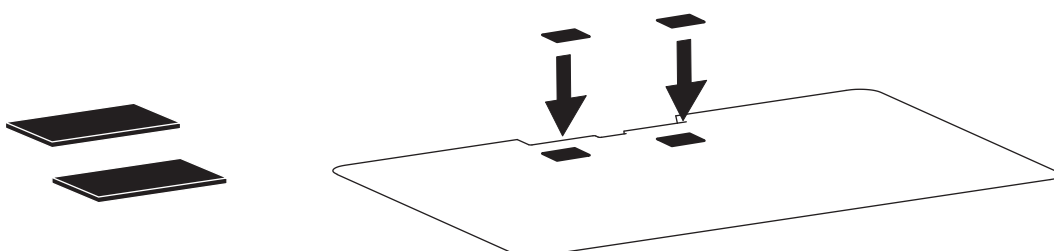


Tuck cables into slot behind keyboard tray.

NOTE: pull a sufficient length of cable to reach the back of the display since it will be difficult to adjust after the worksurface is attached in the next step!

## 8 For 21.5" iMac only: (for 27" display skip to step 9)

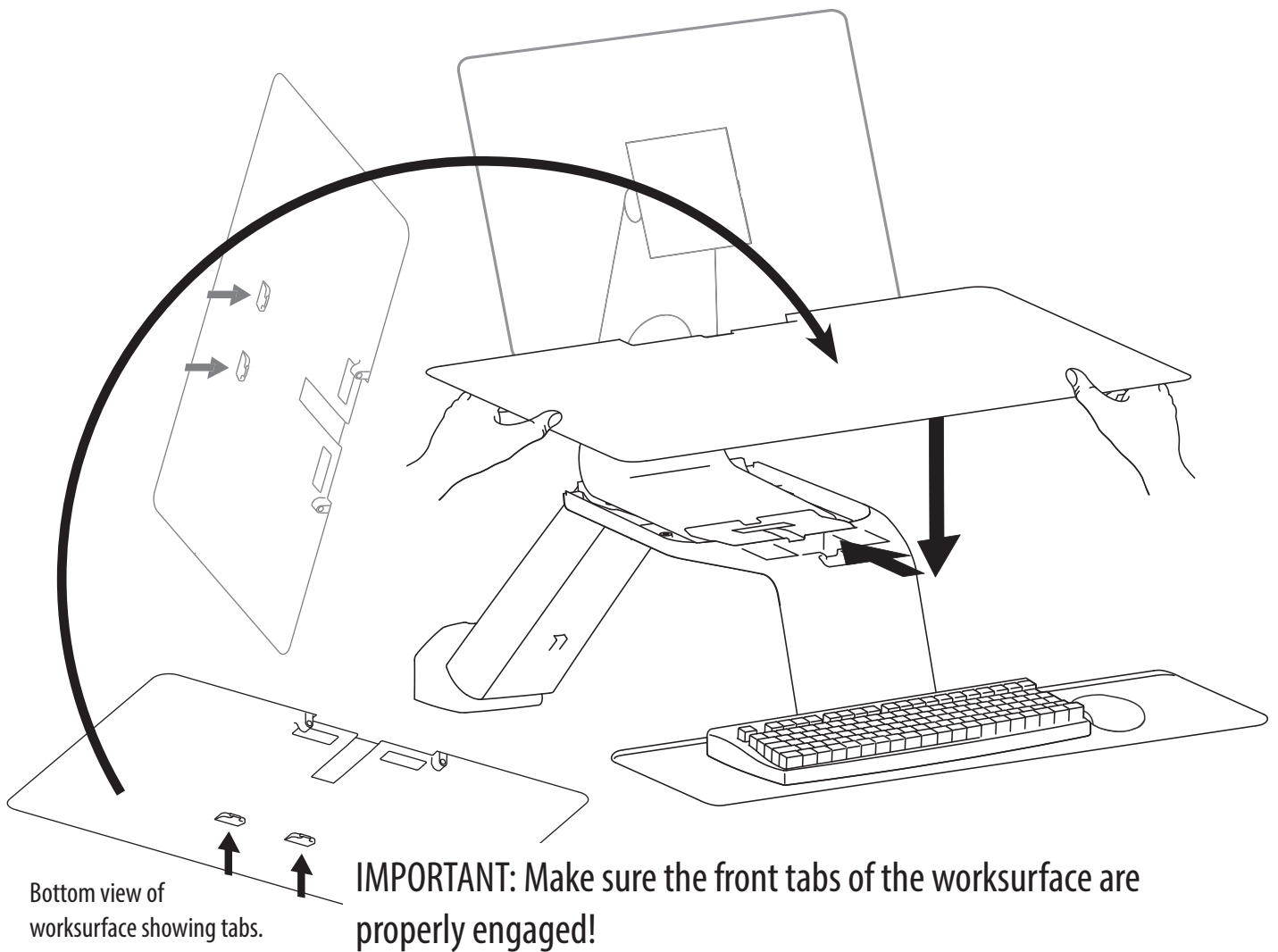
Before attaching the worksurface to the support bracket turn the worksurface over and apply one of the provided pads over each of the pads already attached to the bottom of the worksurface.



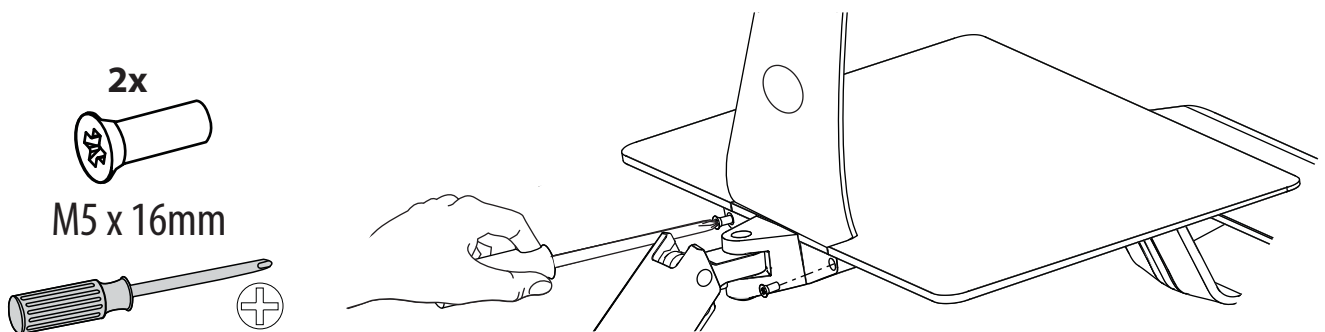


## 9 Attach the worksurface to the support bracket.

- a Slide the worksurface down and back onto the support bracket.



- b Insert the provided M5 x 16mm Phillips screws and tighten with a Phillips screwdriver.



# 10 Route display cables and secure with cable ties.

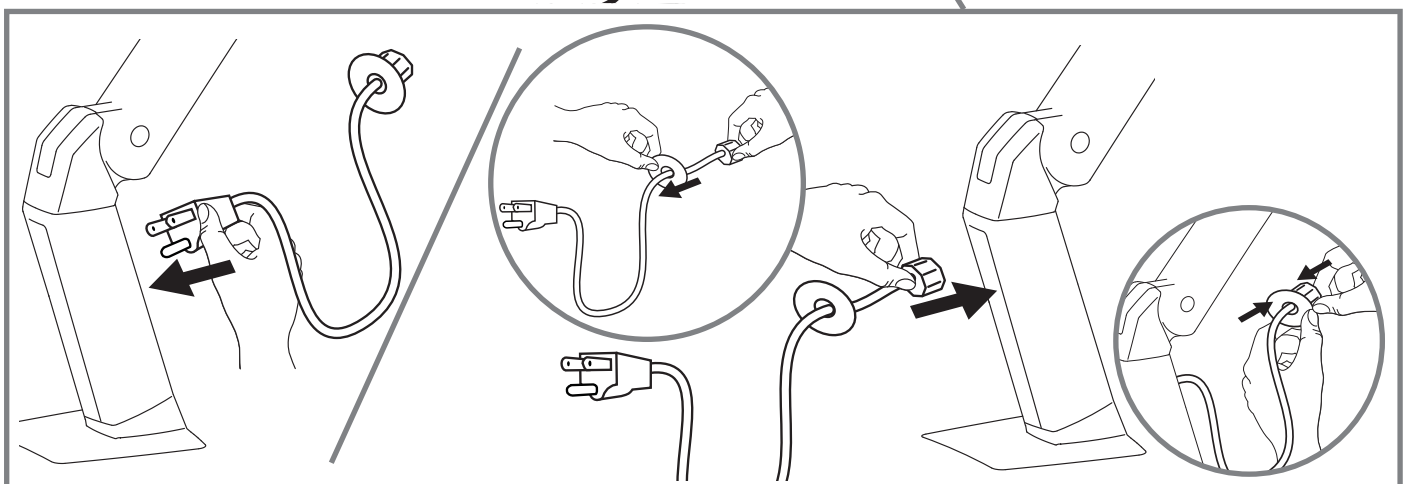
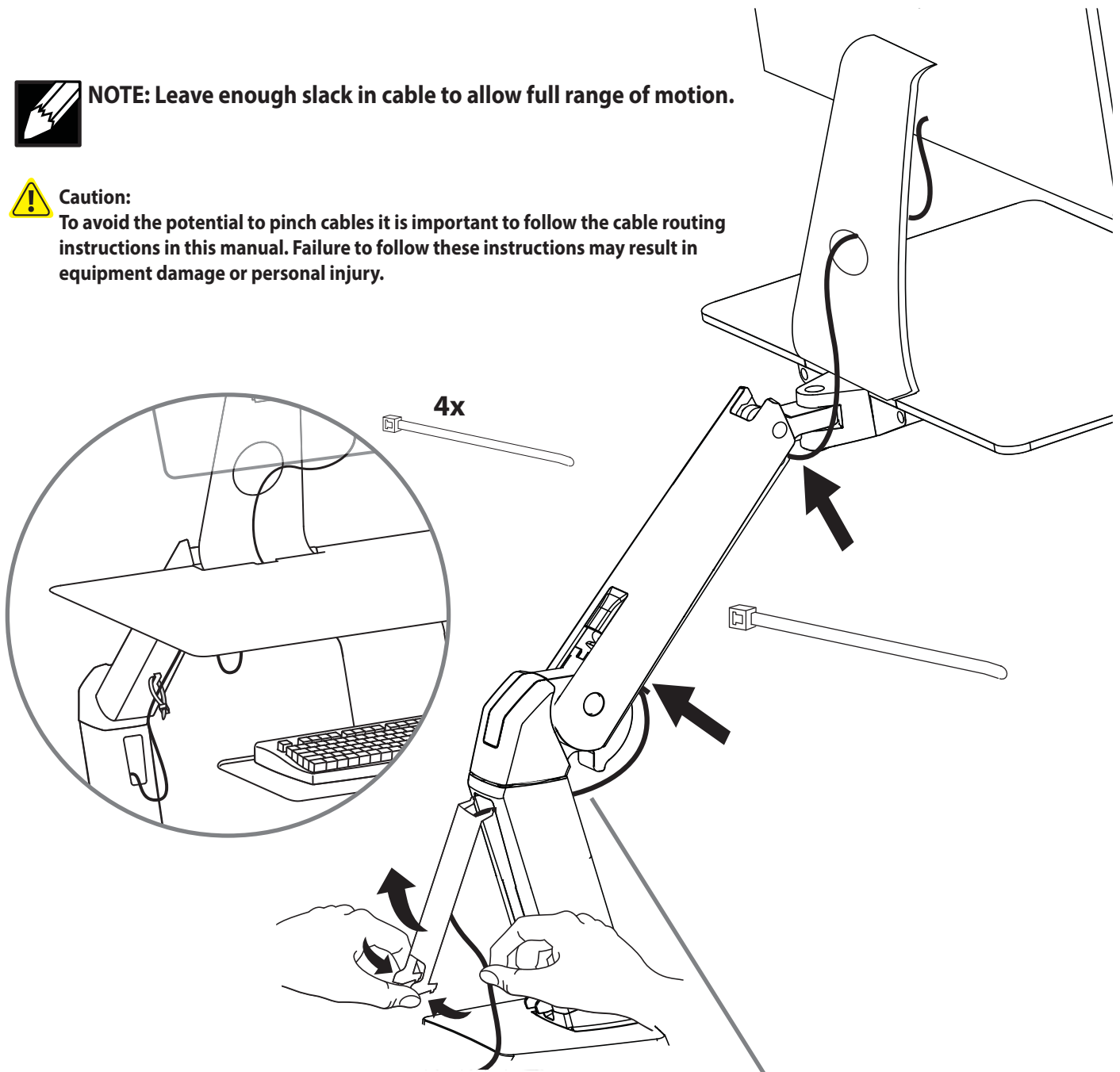


**NOTE:** Leave enough slack in cable to allow full range of motion.



**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.

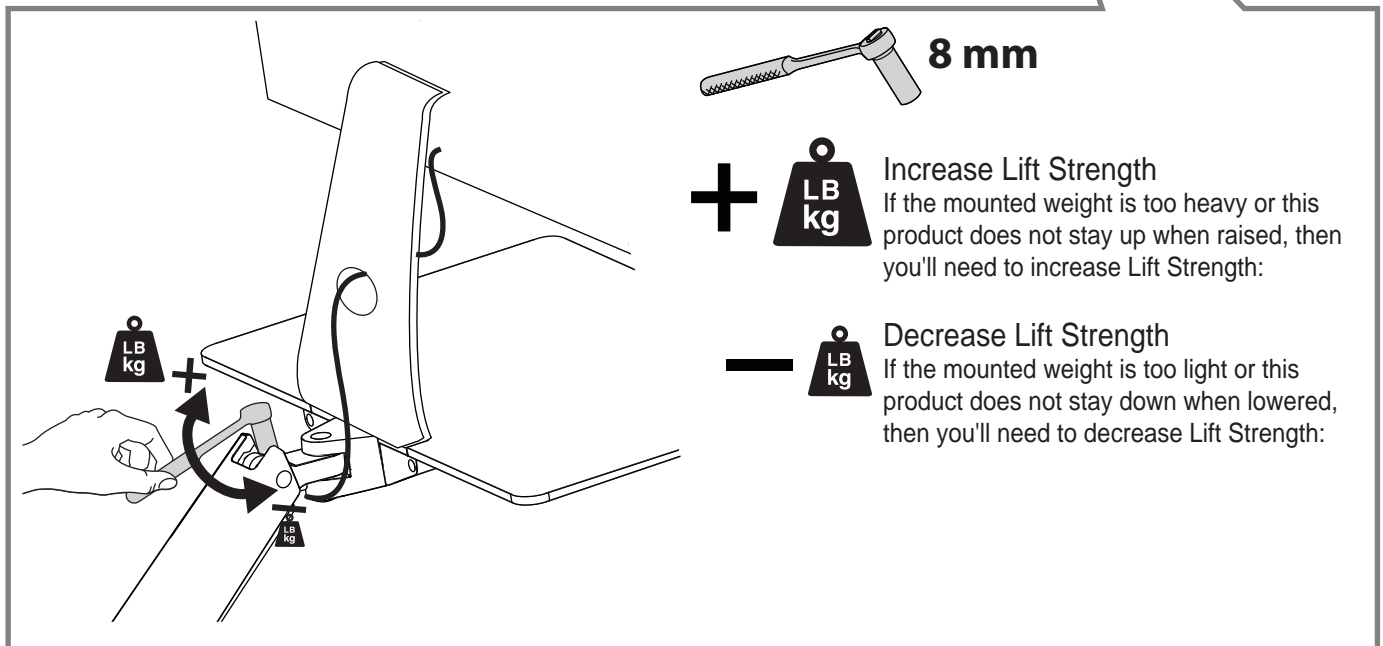
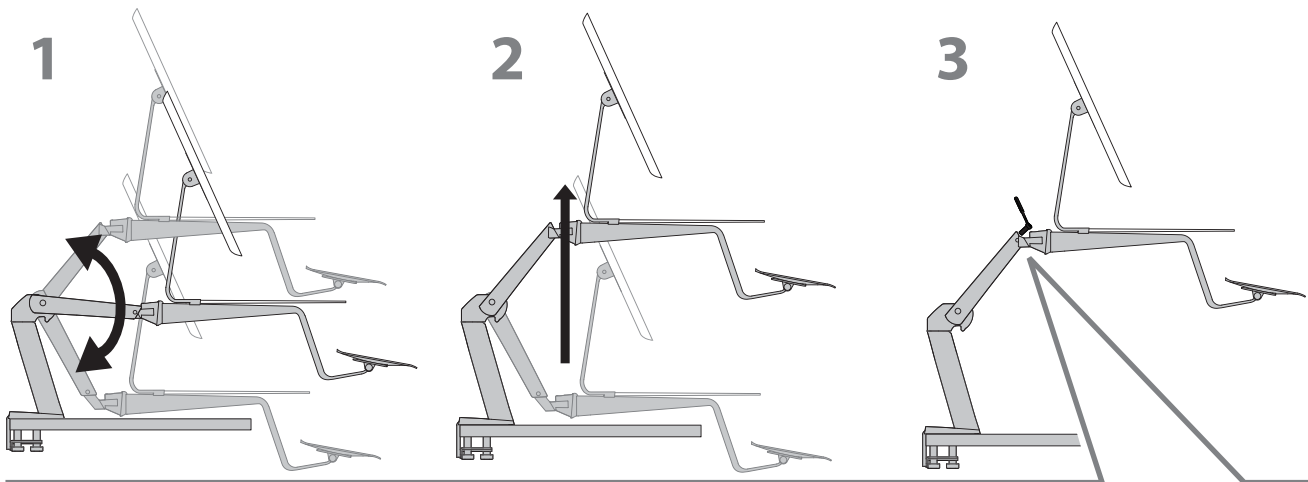


# 11 Adjustment Step

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.

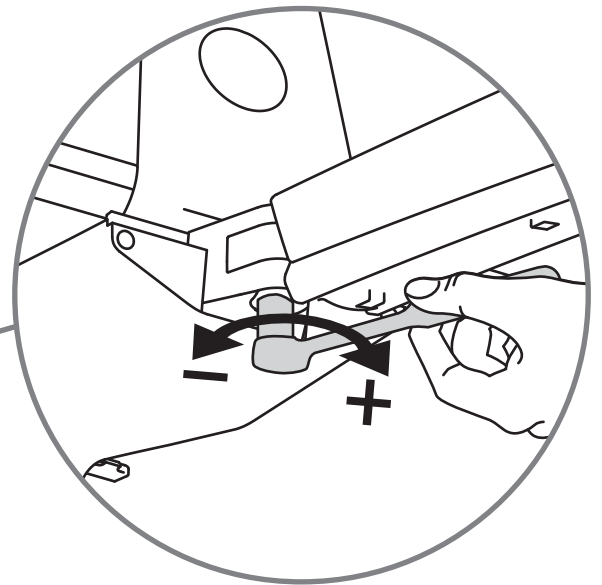
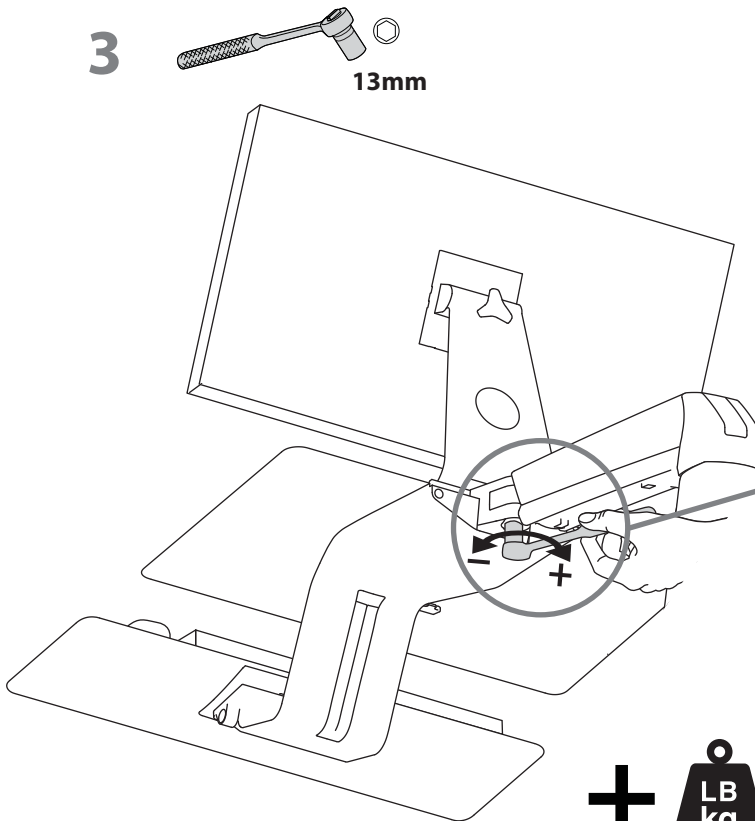
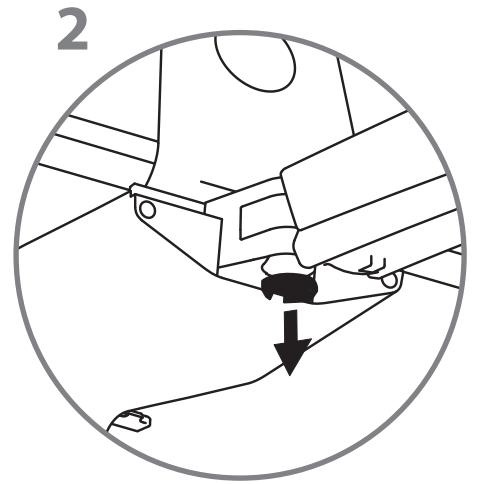
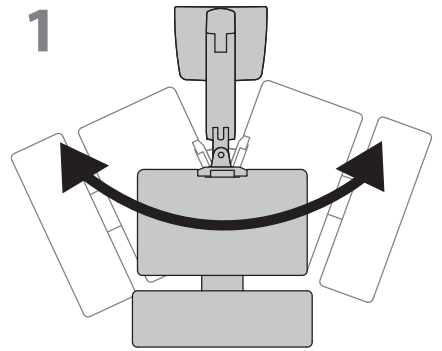
## a Up-and-down Adjustment

1. Lift up and down to test tension.
2. If adjustment is needed, move to highest level.
3. Use the provided 8mm wrench to adjust the tension.



## b Side-to-side Adjustment (Optional)

1. Turn the worksurface side to side to test tension.
2. If adjustment is needed, remove the cap below the worksurface.
3. Use a 13mm wrench to adjust the tension.
4. Replace the cap when adjustment is complete.



**Increase Friction**

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

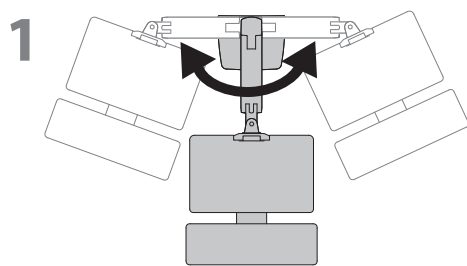


**Decrease Friction**

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

## C Swing Adjustment (*Optional*)

1. Swing arm side-to-side to test the friction.
2. If adjustment is needed, remove the cap at the top of the arm.
3. Use the provided 8mm wrench to adjust the friction.
4. Replace the cap when adjustment is complete.



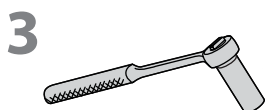
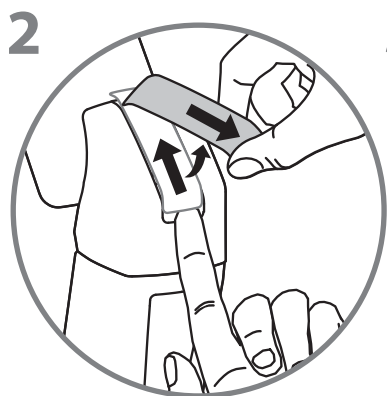
### Increase Friction

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

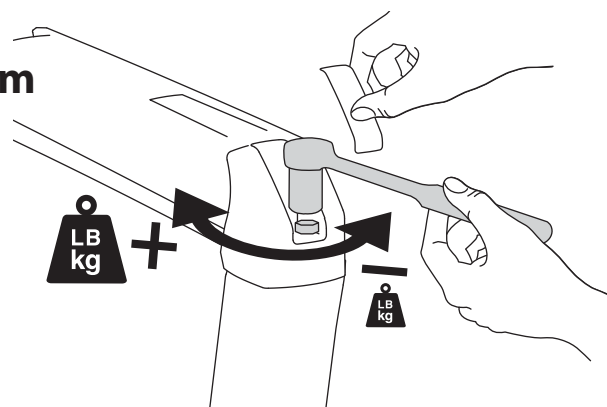


### Decrease Friction

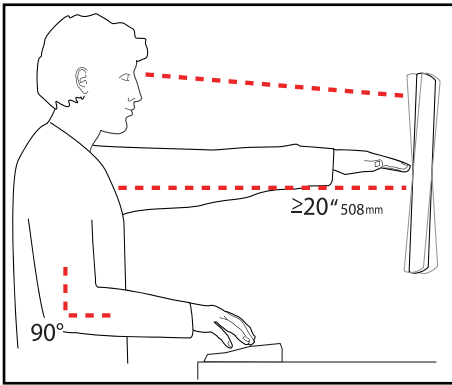
If this product is too difficult to move from side-to-side, then you'll need to decrease friction:



8 mm



**Set Your Workstation to Work For YOU!**



Learn more about ergonomic computer use at:  
[www.computingcomfort.org](http://www.computingcomfort.org)

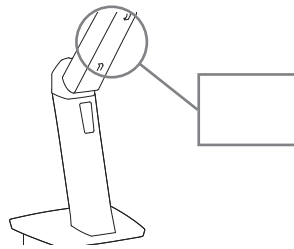
- Height** Position top of screen slightly below eye level.  
Position keyboard at about elbow height with wrists flat.
- Distance** Position screen an arm's length from face—at least 20" (508mm).  
Position keyboard close enough to create a 90° angle in elbow.
- Angle** Tilt screen to eliminate glare.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

For service and warranty visit [www.ergotron.com](http://www.ergotron.com)



**NOTE:** When contacting customer service, reference the serial number.



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