

## Ergonomic Guidelines

Many experts believe that the extended use of any computer screen has the potential to cause serious injury to your eyes, neck and back. This can be largely avoided by correctly positioning your display.

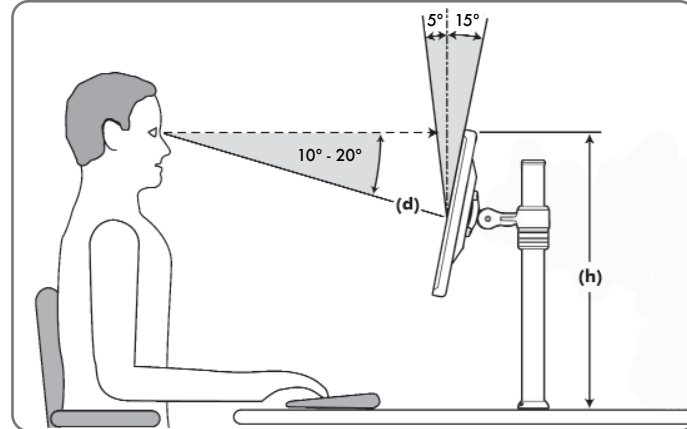
**Viewing angle:** Ergonomists recommend that the optimal position of your display should be slightly below eye level. When looking at the display's centre the user should have a downward visual angle of approximately 10°-20°.

**Height:** As a guide, the height (**h**) of your display should approximately be as follows:

- Tall Male (Max): 560mm (22")
- Short Male (Min): 368mm (14.5")
- Tall Female (Max): 520mm (20.5")
- Short Female (Min) 356mm (14")

**Distance:** For visual comfort, a viewing distance (**d**) between 500mm (20") to 750mm (29.5") is recommended.

**Tilt Angle:** Angular adjustments to reduce reflection on your monitor should range between 5° forward tilt to 15° backward tilt.



## Installation Complete

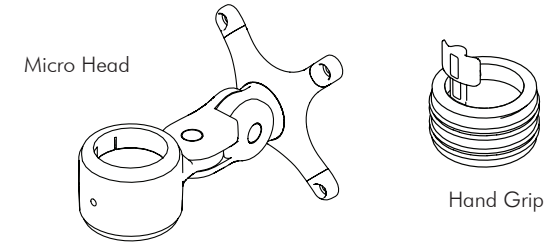
## VF-M-HA

# Installation Instructions

## visidec

Focus | Micro | Head Assembly

### Component Checklist



#### Display Mounting Screws



#### HARDWARE



2mm & 5mm Allen Key

**Tools Required:**  
• Phillips Head screwdriver

### IMPORTANT INFORMATION:

**! IMPORTANT - Install Visidec Focus Micro Arm as per installation instruction.**

! For use with any Visidec Focus post

! This product supports a maximum load of 8kg (17.6lbs).

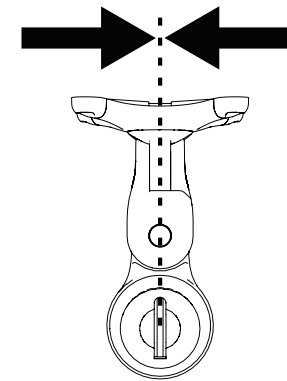
! The manufacturer accepts no responsibility for incorrect installation.

### Step 1. Check Components

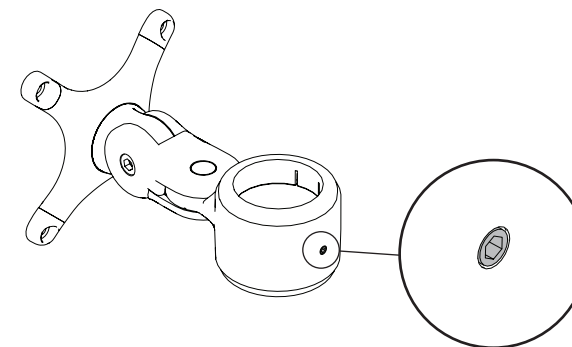
Check what you have received against the component checklist and hardware above.

### Step 2. Unlock/Lock Head Assembly rotation

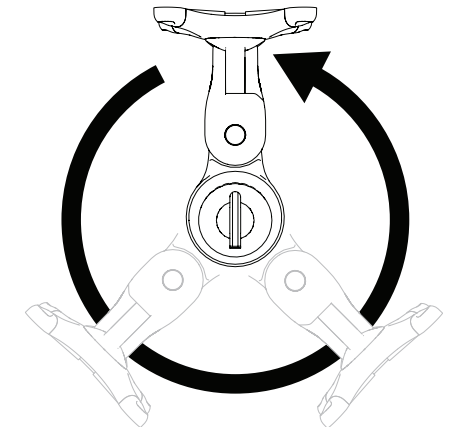
2.1 The Micro Head has a Grub Screw in the rear that allows it to be locked in position facing forwards on the poles.



Note: The Micro Head comes with the Grub Screw already inserted.

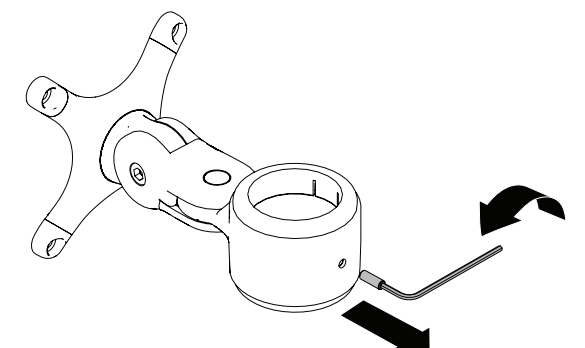


2.2 If the Grub Screw is removed the Micro Head will be free to rotate 360degrees about the pole

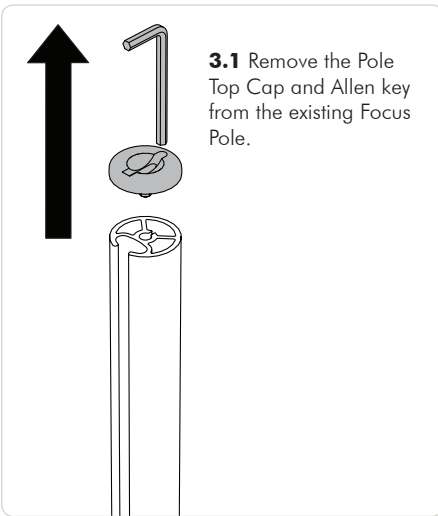


2.3 Unlock the arm by turning the Grub Screw anti-clockwise removing the Grub Screw completely.

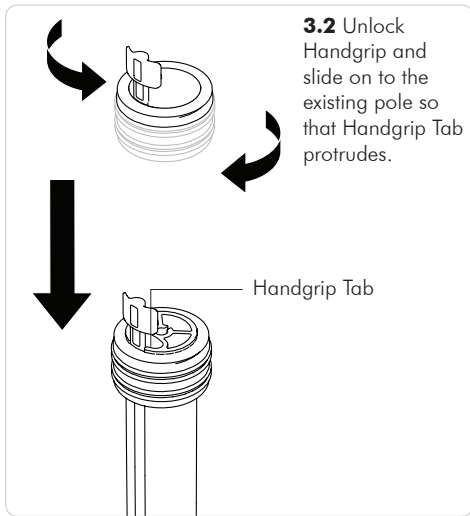
Note: Store the Grub Screw in a safe place if you are to return the arm to the locked position.



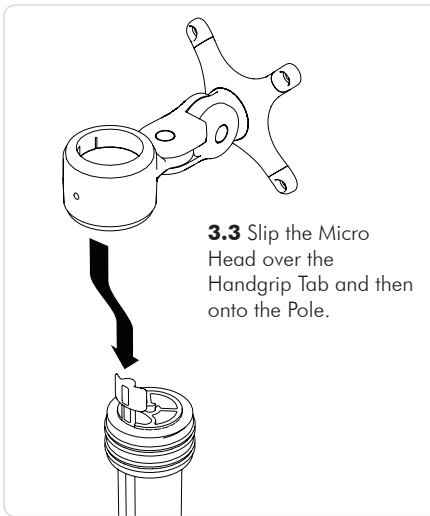
### Step 3. Mount Micro Head



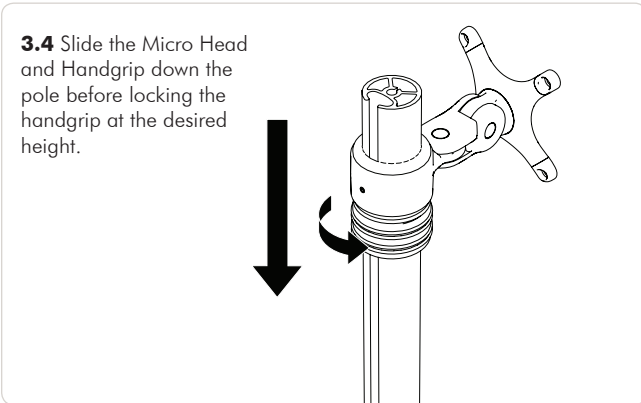
**3.1** Remove the Pole Top Cap and Allen key from the existing Focus Pole.



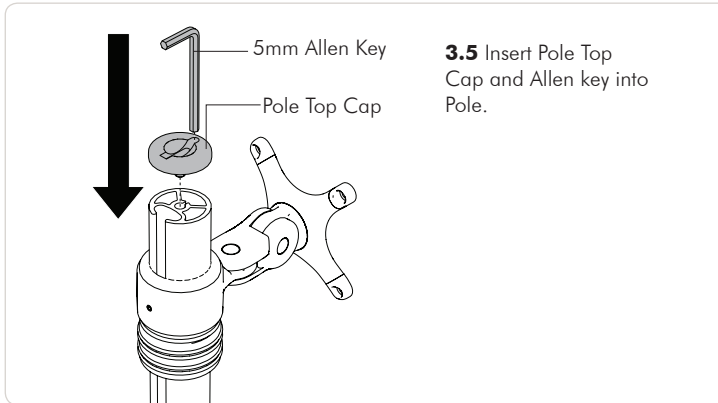
**3.2** Unlock Handgrip and slide on to the existing pole so that Handgrip Tab protrudes.



**3.3** Slip the Micro Head over the Handgrip Tab and then onto the Pole.



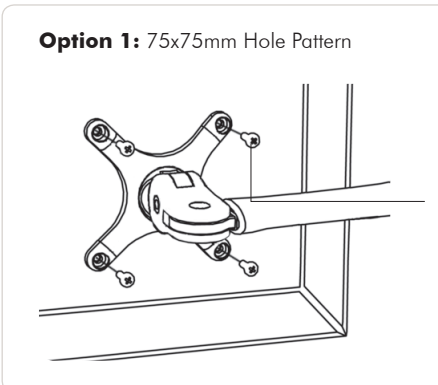
**3.4** Slide the Micro Head and Handgrip down the pole before locking the handgrip at the desired height.



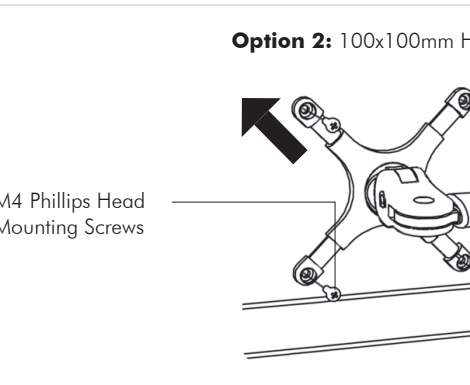
**3.5** Insert Pole Top Cap and Allen key into Pole.

### Step 4. Mount Display

**Option 1:** 75x75mm Hole Pattern



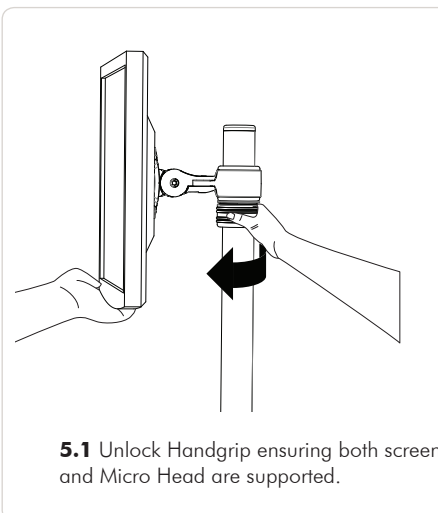
**Option 2:** 100x100mm Hole Pattern



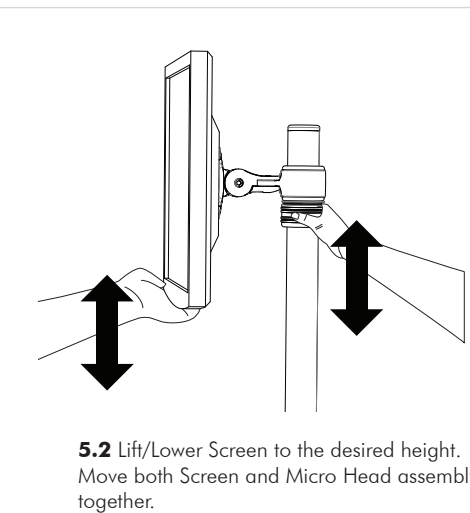
M4 Phillips Head Mounting Screws

**Note:** Extend Arms to achieve 100x100mm hole pattern.

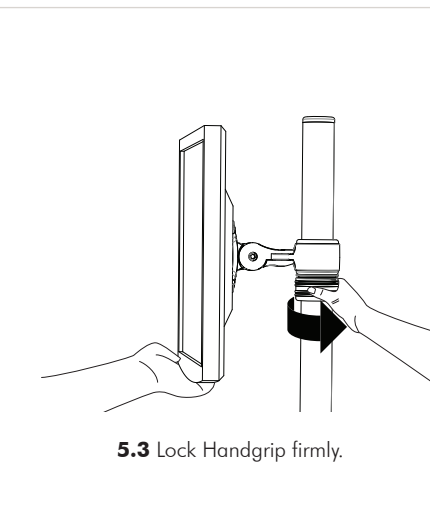
### Step 5. Adjust Height



**5.1** Unlock Handgrip ensuring both screen and Micro Head are supported.

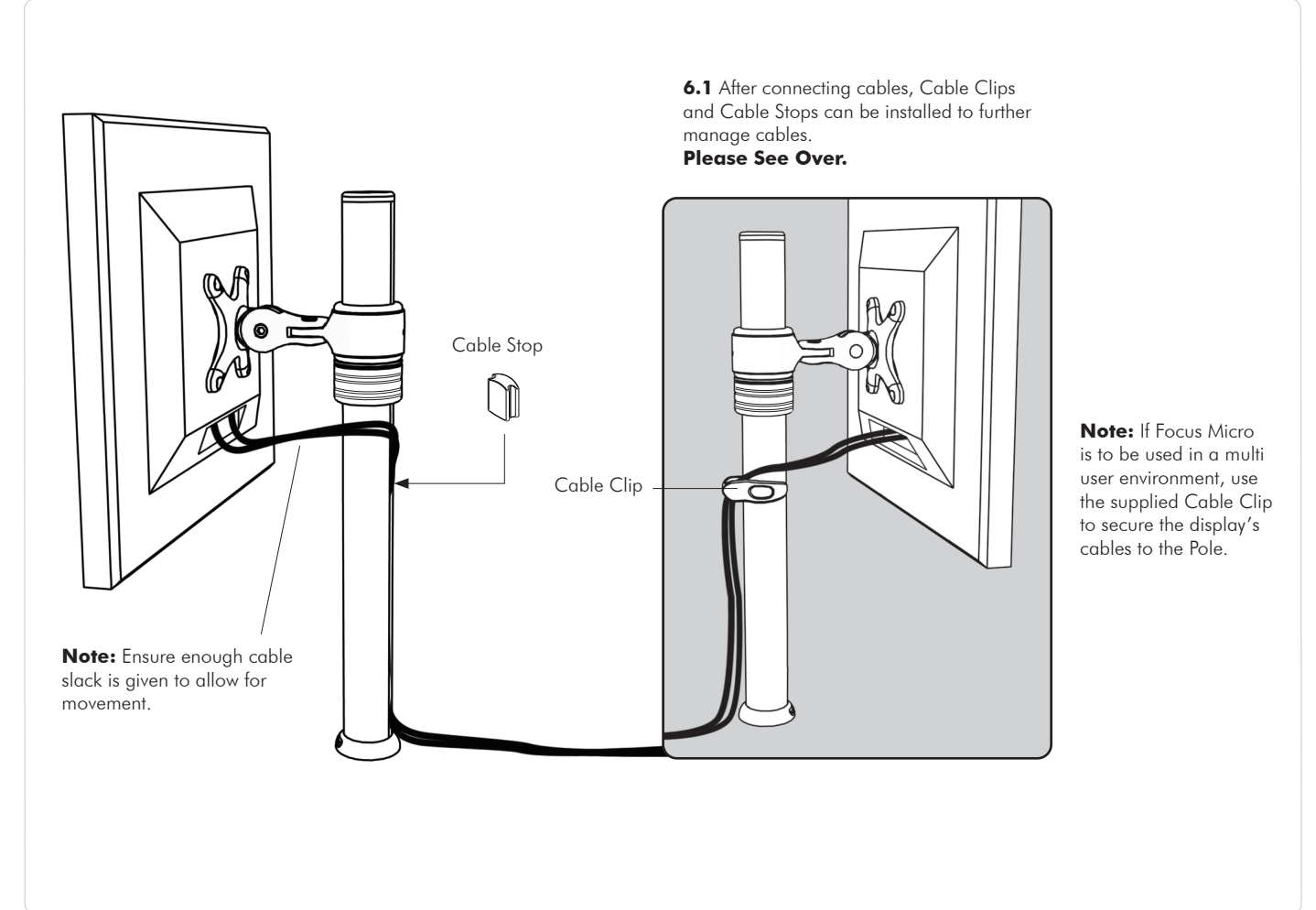


**5.2** Lift/Lower Screen to the desired height. Move both Screen and Micro Head assembly together.



**5.3** Lock Handgrip firmly.

### Step 6. Cable Management



**6.1** After connecting cables, Cable Clips and Cable Stops can be installed to further manage cables.  
**Please See Over.**

**Note:** Ensure enough cable slack is given to allow for movement.

**Note:** If Focus Micro is to be used in a multi user environment, use the supplied Cable Clip to secure the display's cables to the Pole.

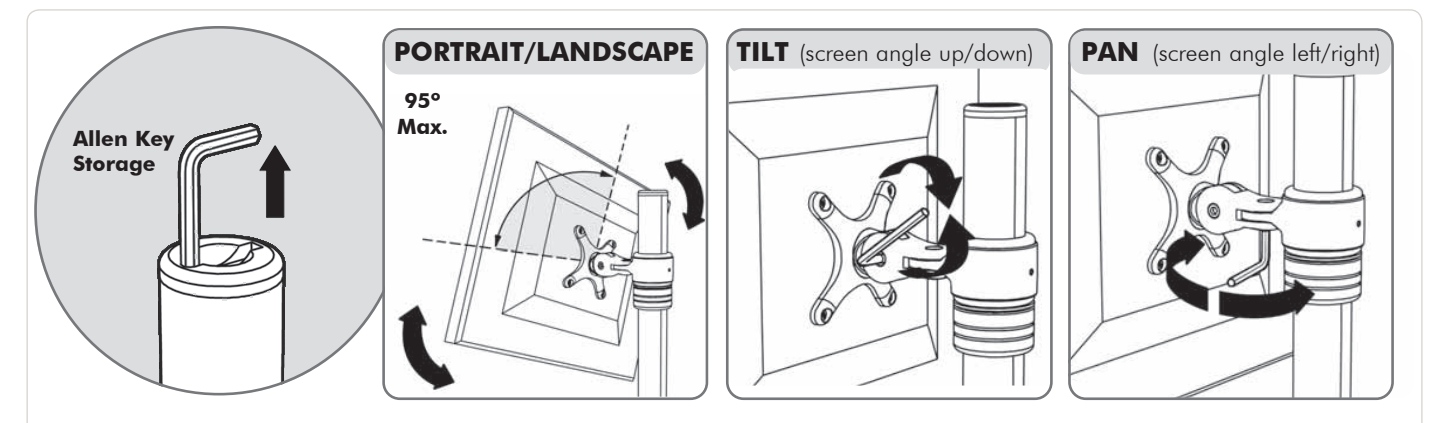
### Step 6.2. Insert Cable Stops



**A.** Insert Cable Stop on one edge of the Pole Slot.

**B.** Press down firmly onto the other edge of the Cable Stop and hold. This allows the rear profile to flex in place.

### Step 7. Adjusting the Display Bracket



**Allen Key Storage**

**PORTRAIT/LANDSCAPE**  
95° Max.

**TILT** (screen angle up/down)

**PAN** (screen angle left/right)