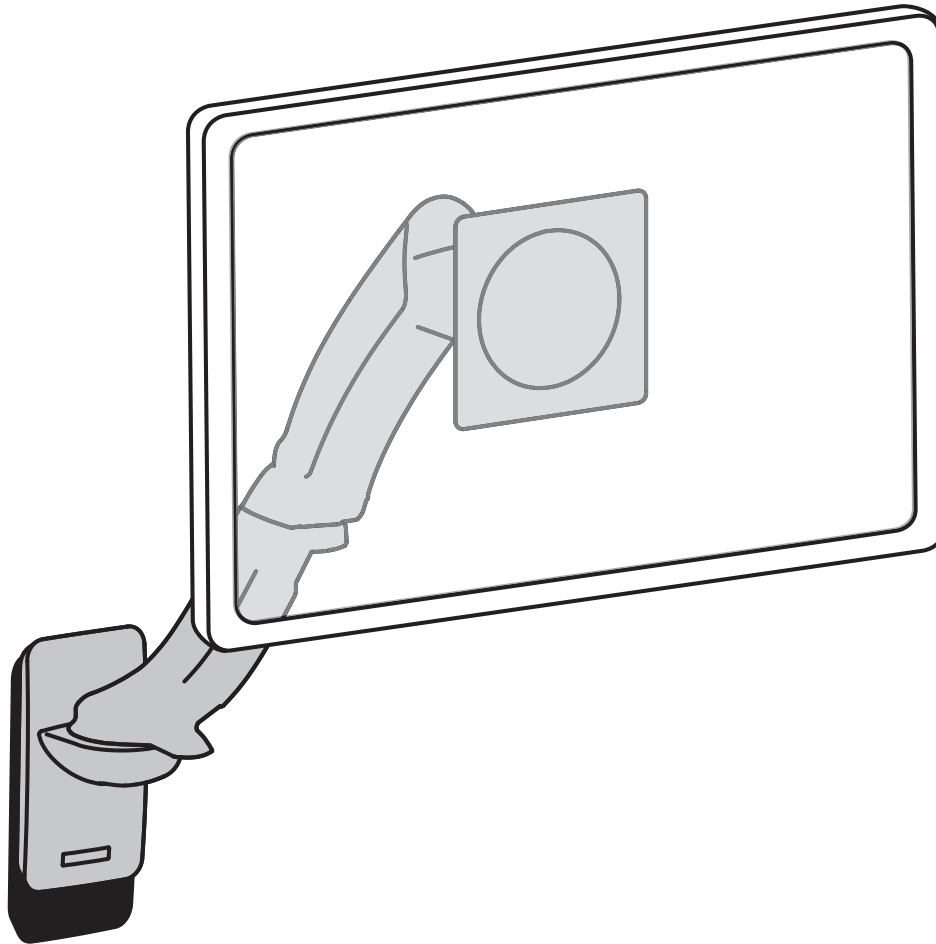




MX Wall Mount LCD Arm

205 Westwood Ave, Long Branch, NJ 07740
Phone: 866-94 BOARDS (26273) / (732)-222-1511
Fax: (732)-222-7088 | E-mail: sales@touchboards.com



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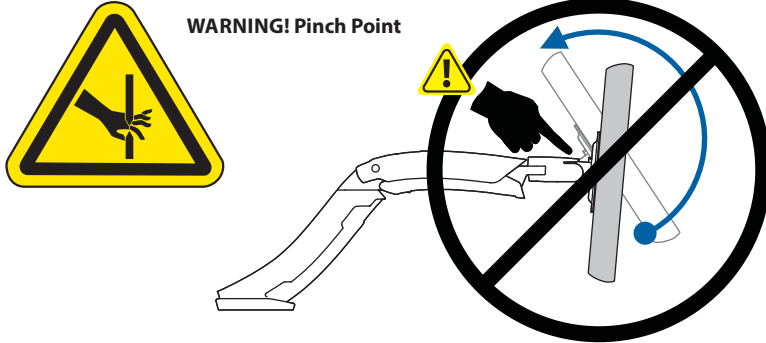
Europe +31 (0)33-45 45 600

China 86-769-86018920

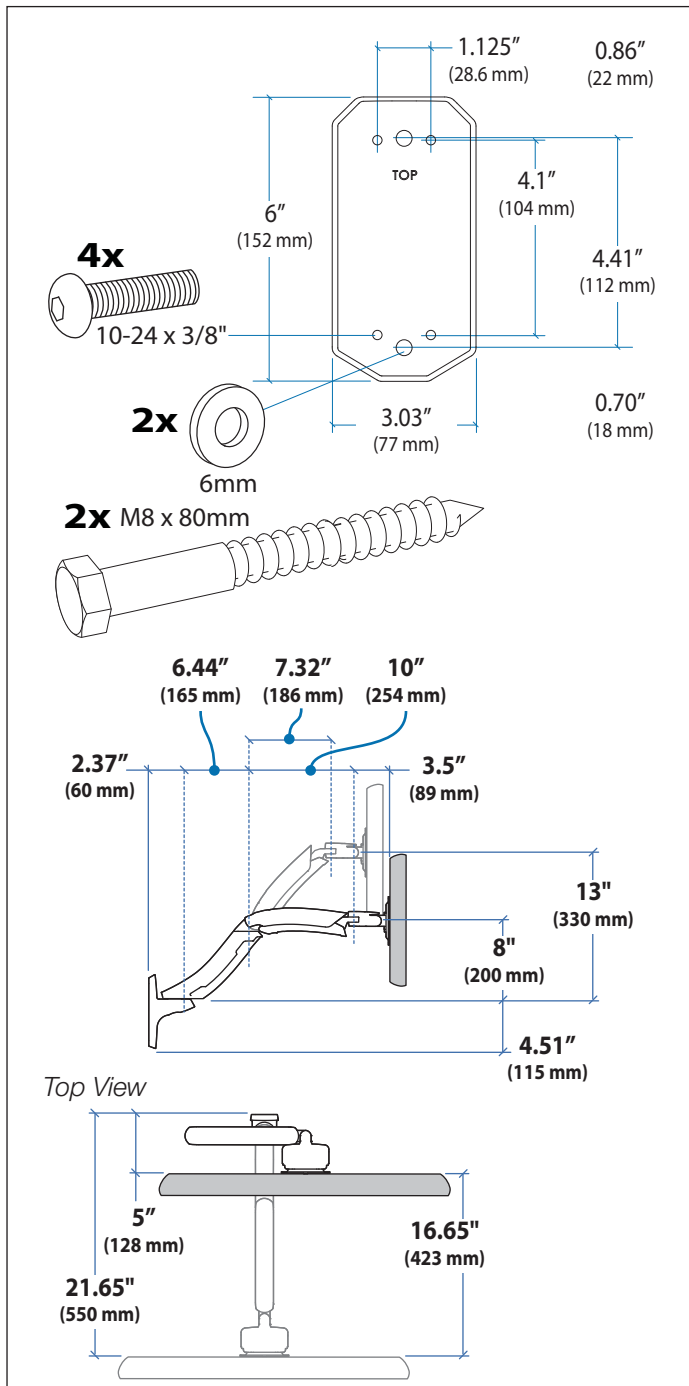
Safety

WARNING: Ensure that the wall structure is capable of supporting four times the total weight of mounted equipment. Mounting to wall surfaces that do not meet this criteria may result in an unstable, unsafe condition which could lead to personal injury and/or property damage. Consult a construction professional if you have any doubt about what this means in regard to your particular application.

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.

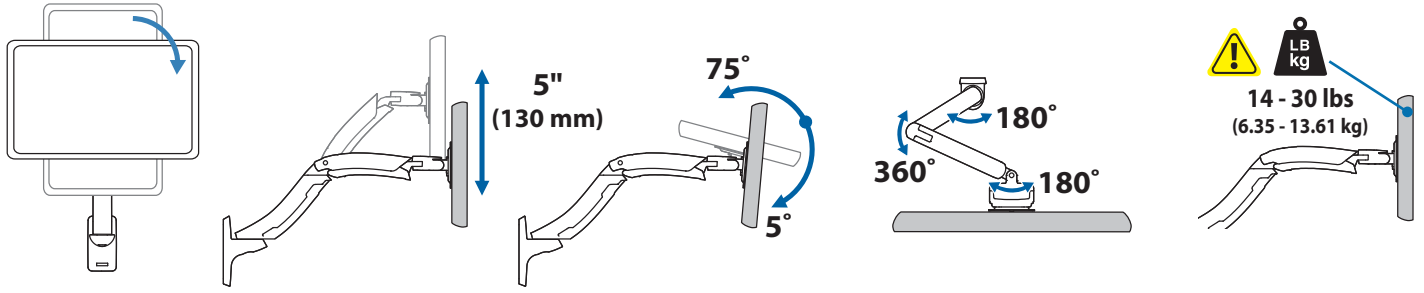


WARNING! Stored Energy Hazard: The arm mechanism is under tension and will move up rapidly, on its own, as soon as attached equipment is removed. For this reason, **DO NOT** remove equipment unless the arm has been moved to the highest position! Failure to follow this instruction may result in serious personal injury and/or equipment damage!



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.

Features & Specifications



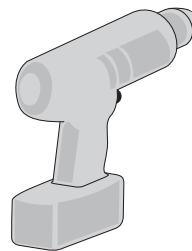
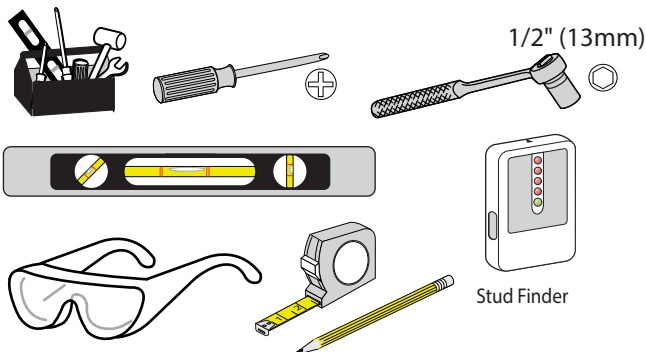
Components



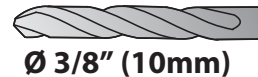
	A	B	C	D	E
1	1x	1x	1x	1x	2x
2	4x	4x	4x	4x	4x
3	2x		2x	1x	
4	2x		4x	4x	
5	4x	4x	4x	4x	

ENGLISH

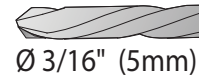
Tools Needed



Concrete Wall Mounting

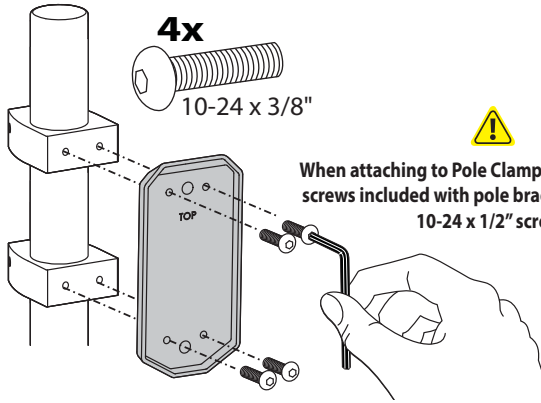
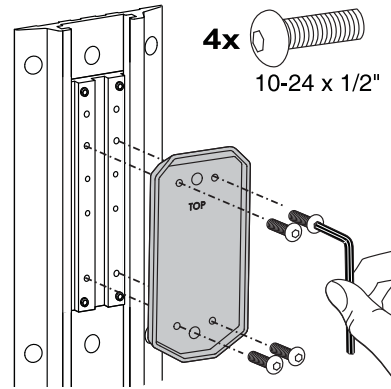


Wood Stud Mounting

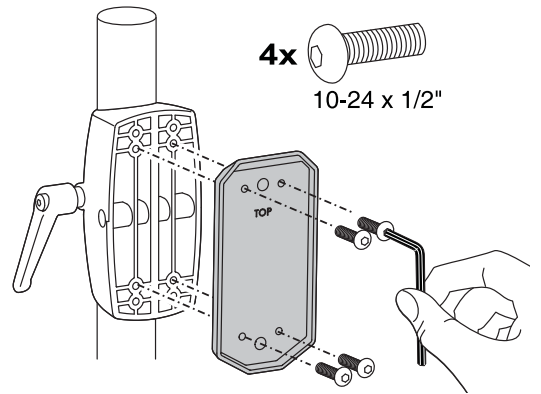
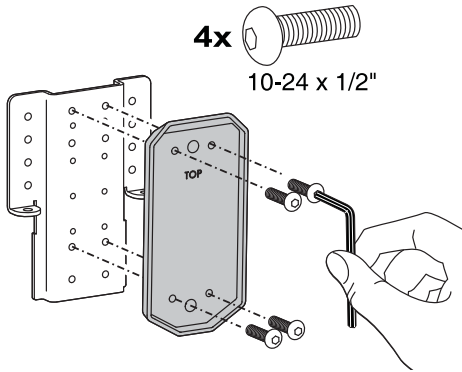
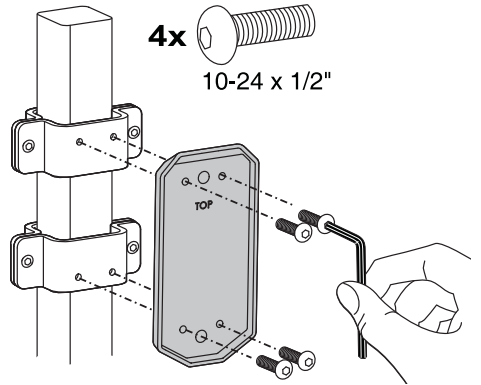


1

Choose Mounting Method. Ergotron product. NOTE: Wall Track and Brackets sold separately.

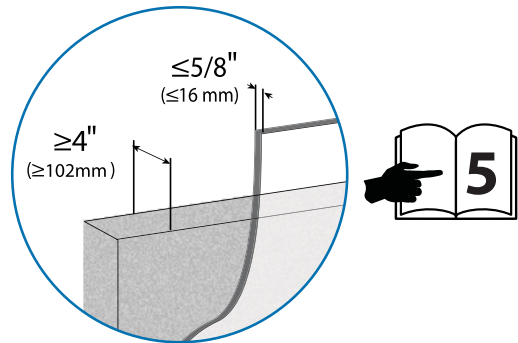
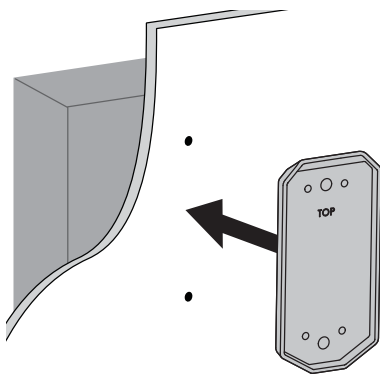


When attaching to Pole Clamps, use 10-24 x 3/8" screws included with pole brackets, Do NOT use 10-24 x 1/2" screws

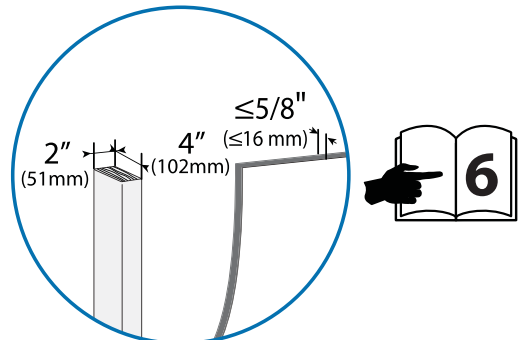
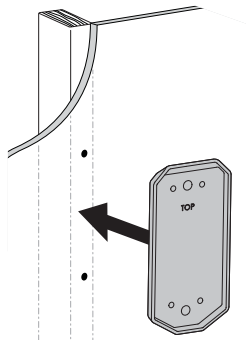


ENGLISH

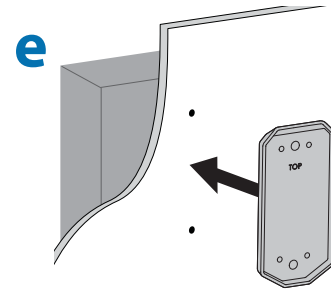
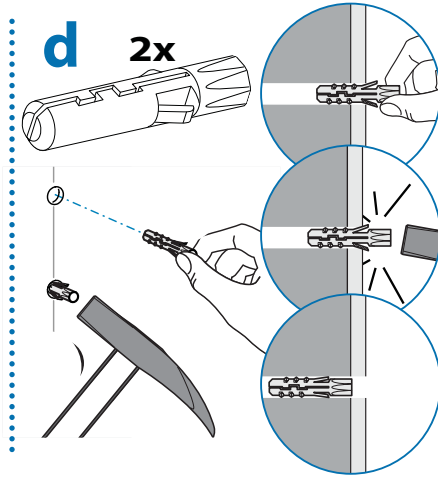
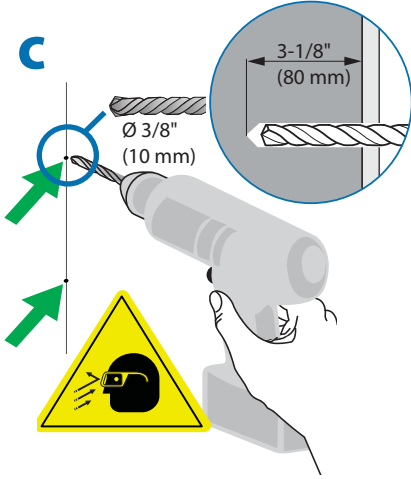
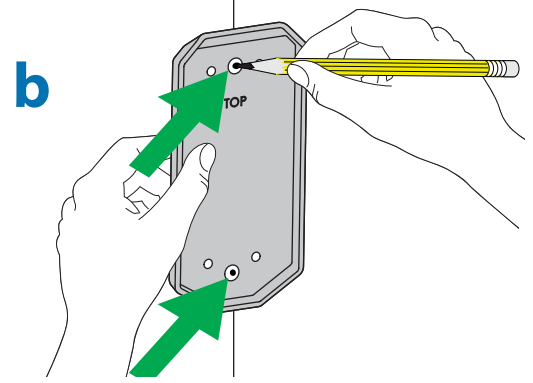
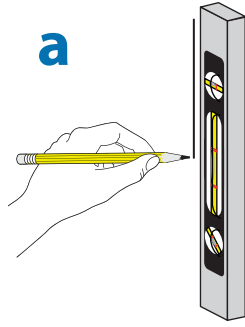
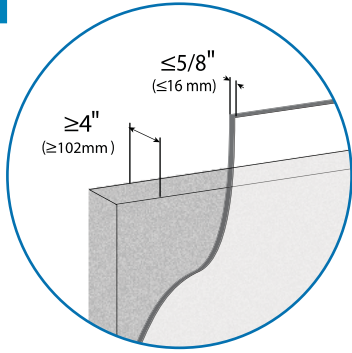
Concrete



Wood



1 Concrete



WARNING:

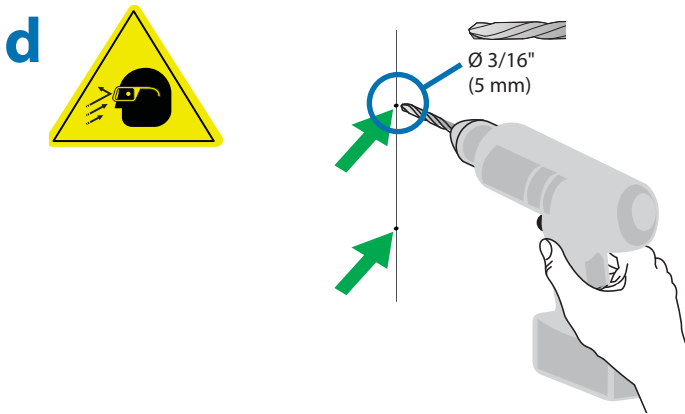
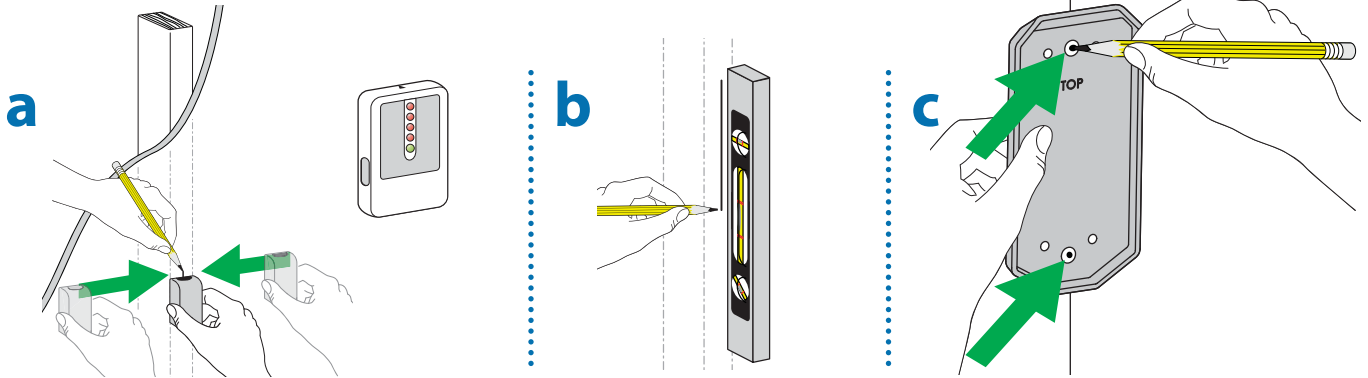
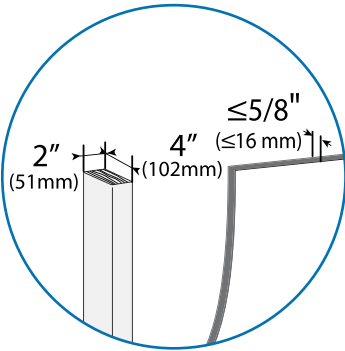
Mounting holes must be at least 3-1/8" (80mm) deep and must be located within solid concrete, not mortar or covering material. If you drill into an area of concrete that is not solid, reposition mounting holes until both anchors can be fully inserted into solid concrete!



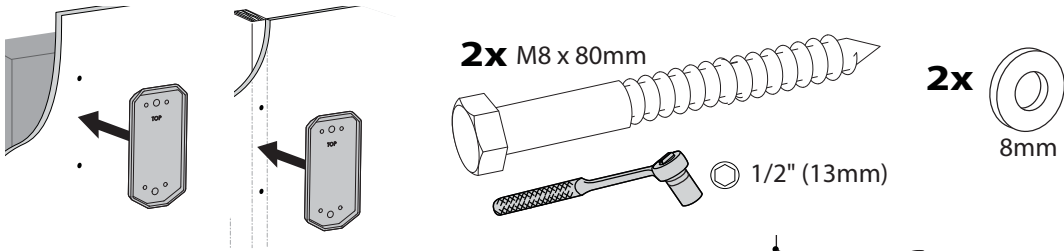
WARNING:

Anchors that are not fully set in solid concrete will not support the applied load resulting in an unstable, unsafe condition which could lead to personal injury and/or property damage. Consult a construction professional if you have any doubt about what this means in regard to your particular situation.

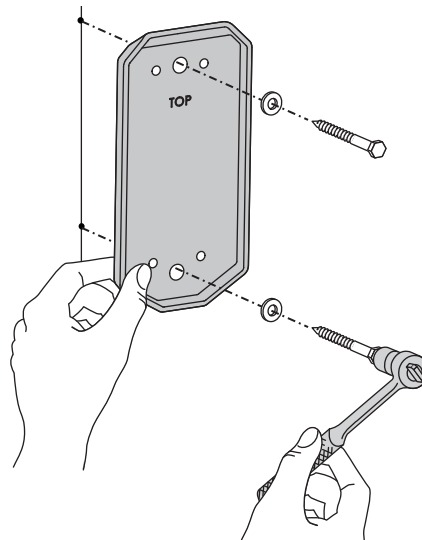
1 Wood

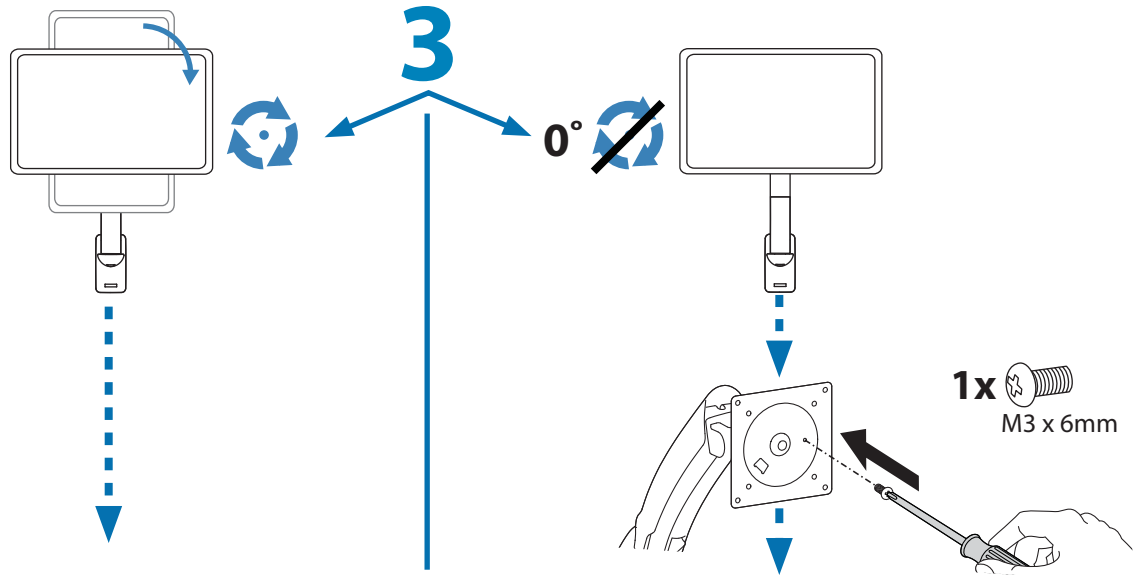


2



CAUTION: Make sure the wall mount bracket is level, flush and snug to the wall surface. **DO NOT OVERTIGHTEN THE BOLTS.**

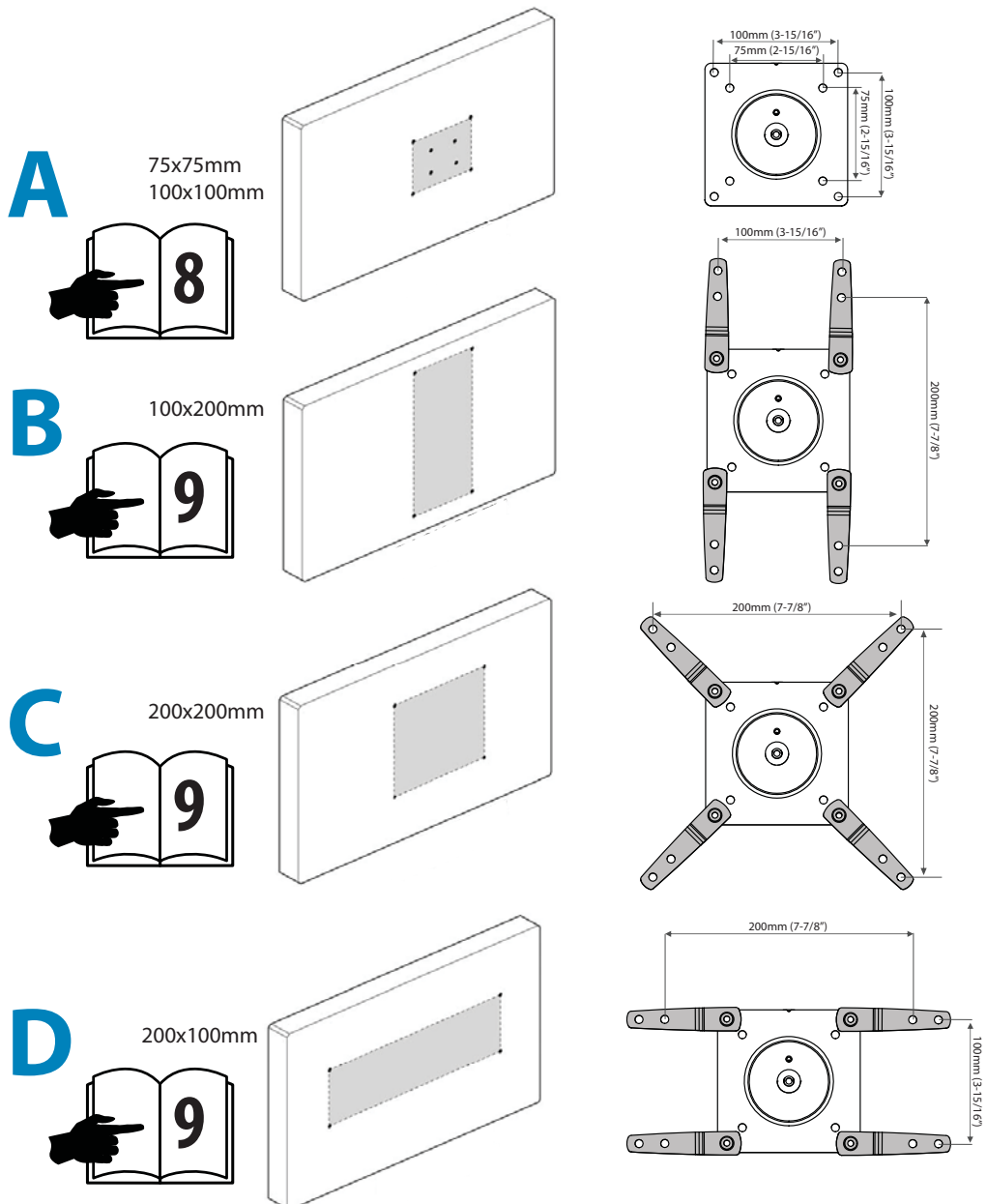




4 Check size of TV/Monitor hole pattern

TV/Monitor Hole Pattern Sizes

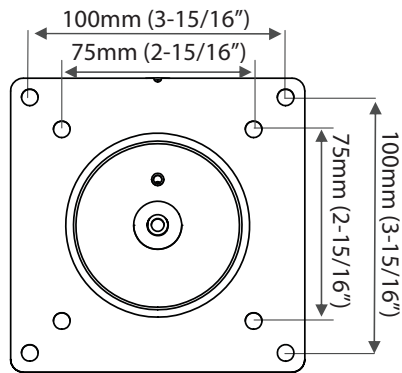
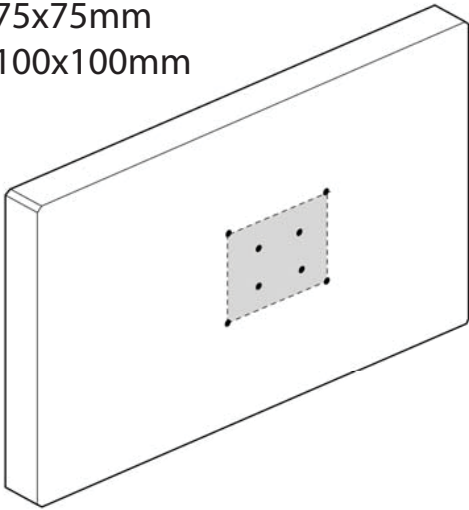
VESA Adapter Configurations



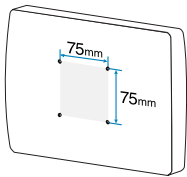
4 Mount Type A TV/Monitor to Arm

A

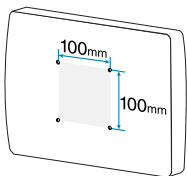
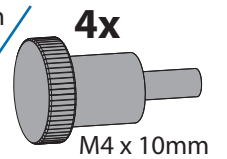
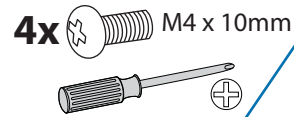
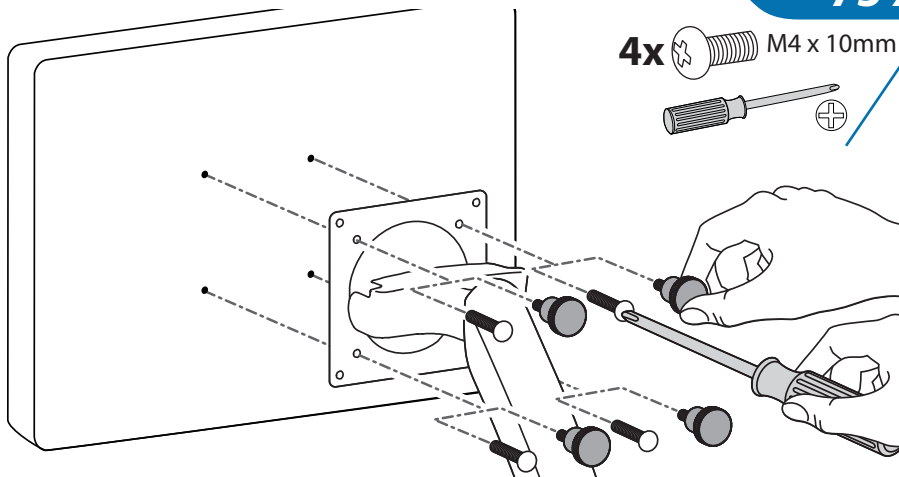
75x75mm
100x100mm



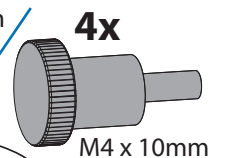
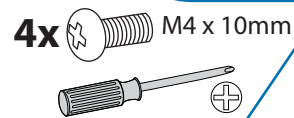
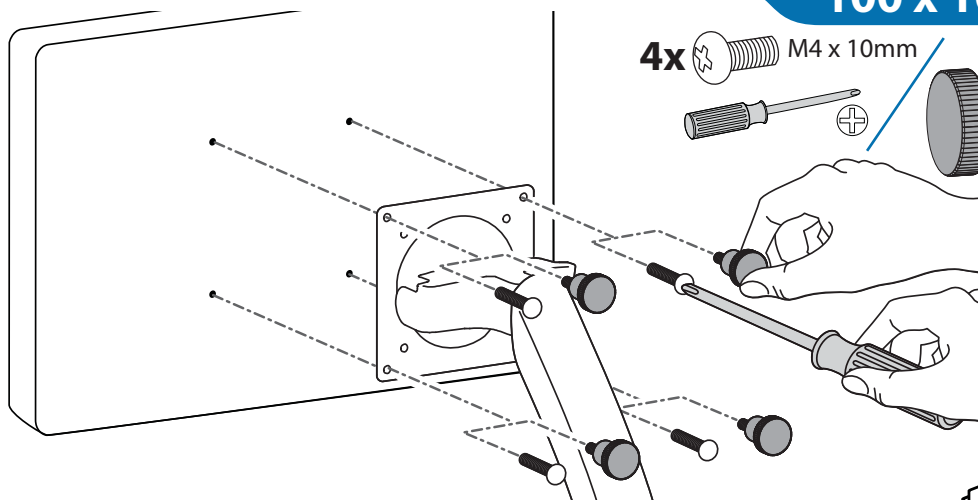
ENGLISH

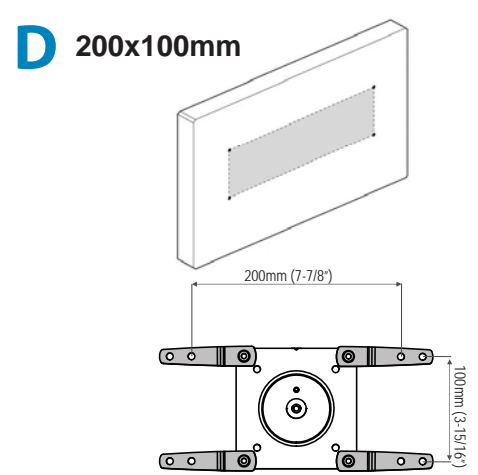
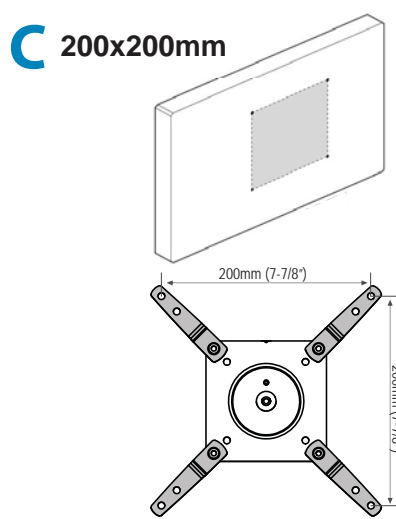
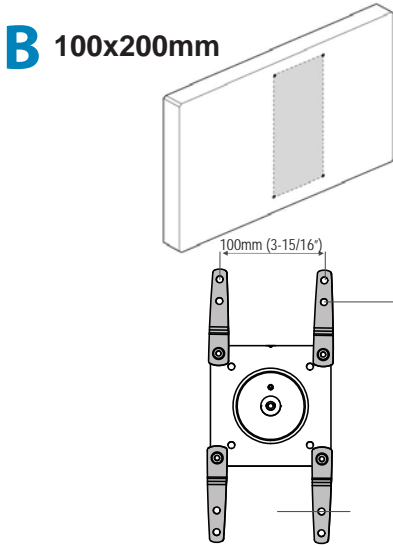


75 x 75mm

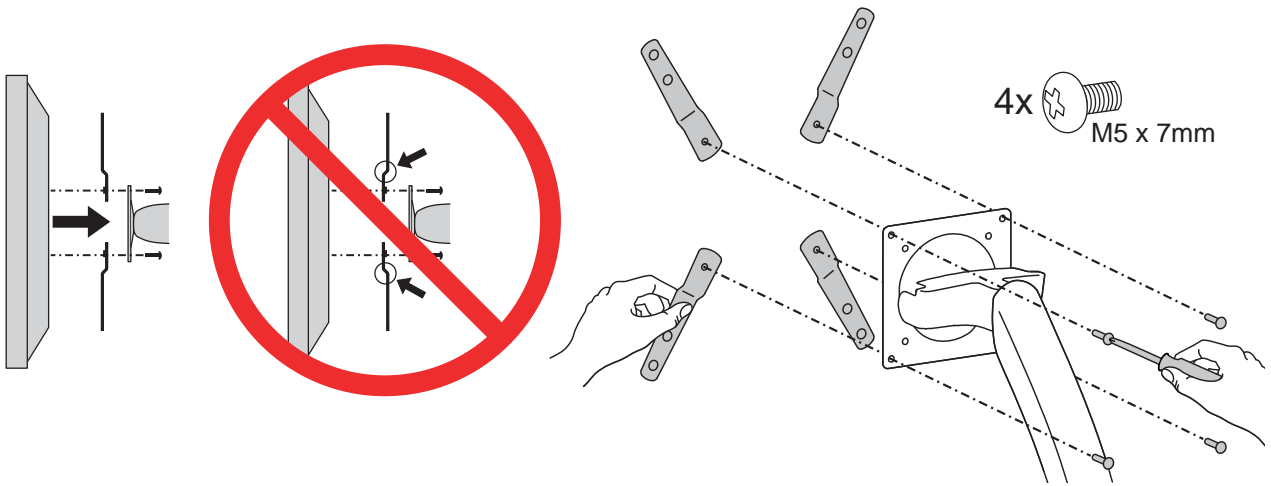


100 x 100mm



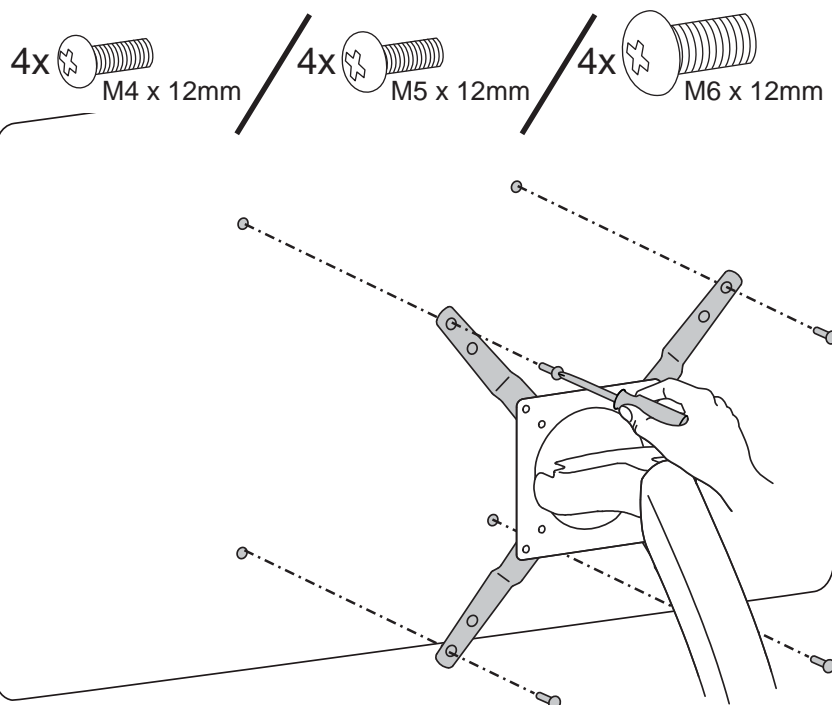


4a Mount VESA Adapters to Arm based on TV/Monitor hole pattern size (B, C, or D) .



4b Mount Type B, C, or D TV/Monitor to Arm

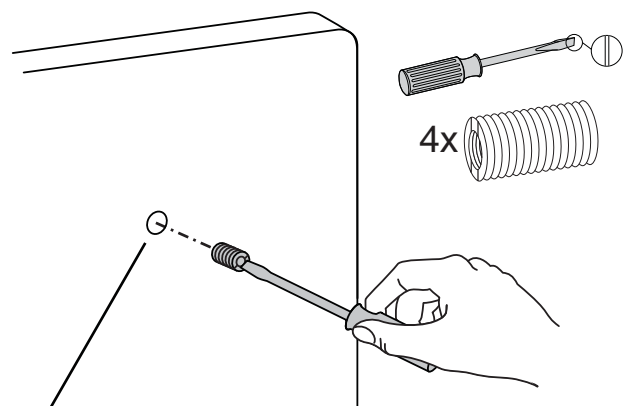
NOTE: To reduce M8 holes for use with M5 screws, or if you have a model with Samsung holder rings, follow the **M8M5 KIT** instructions on the next page.



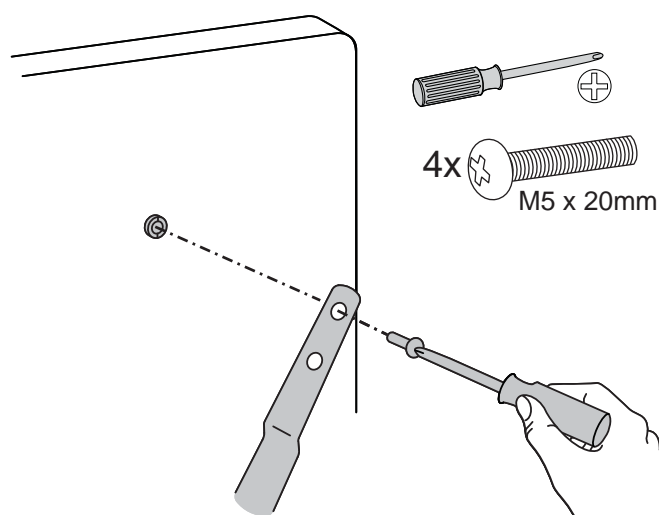
M8M5 KIT Instructions

NOTE: Follow this step only if your TV/monitor has M8 holes which need to be reduced to M5.

Install M8M5 reducer bushing to TV/Monitor and use M5 x 20 mm monitor screws to secure.

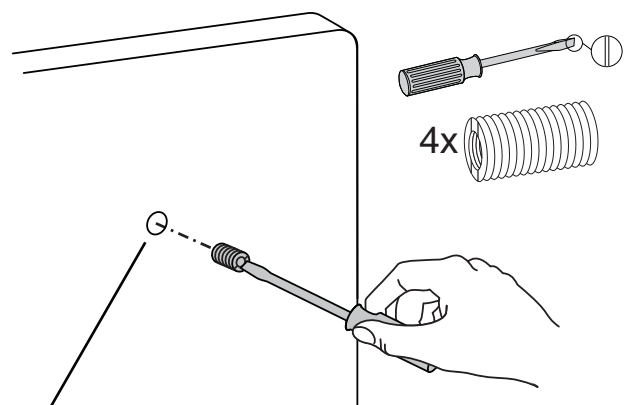


TV/Monitor Mounting
M8 size hole

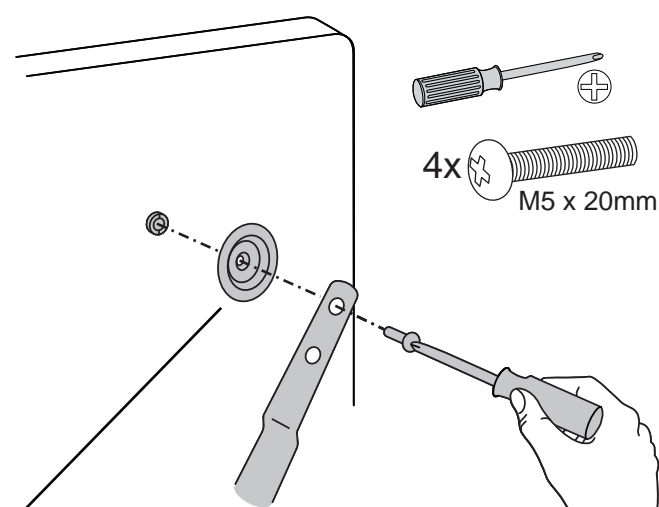


NOTE: Follow this step only for Samsung models using the holder ring.

Install M8M5 reducer bushing to TV/Monitor then use M5 x 20 mm monitor screws and Samsung holder ring to secure.

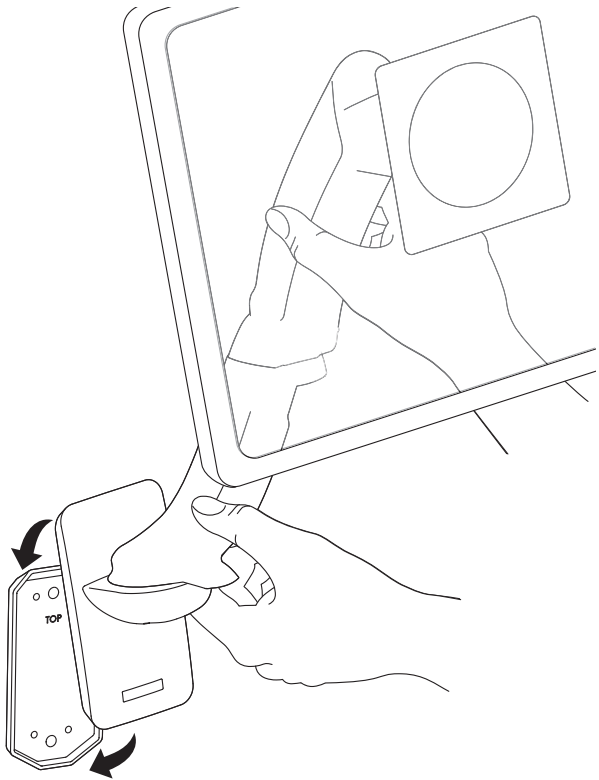


TV/Monitor Mounting
M8 size hole

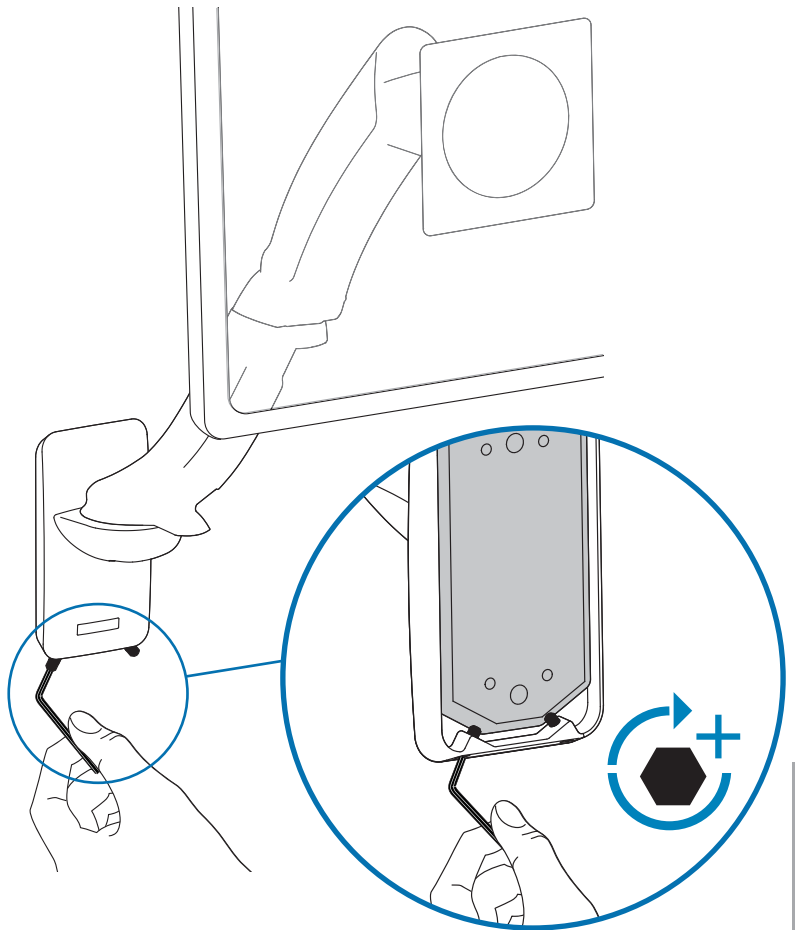
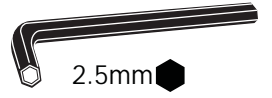


Holder Ring
(Not included *Samsung Only)

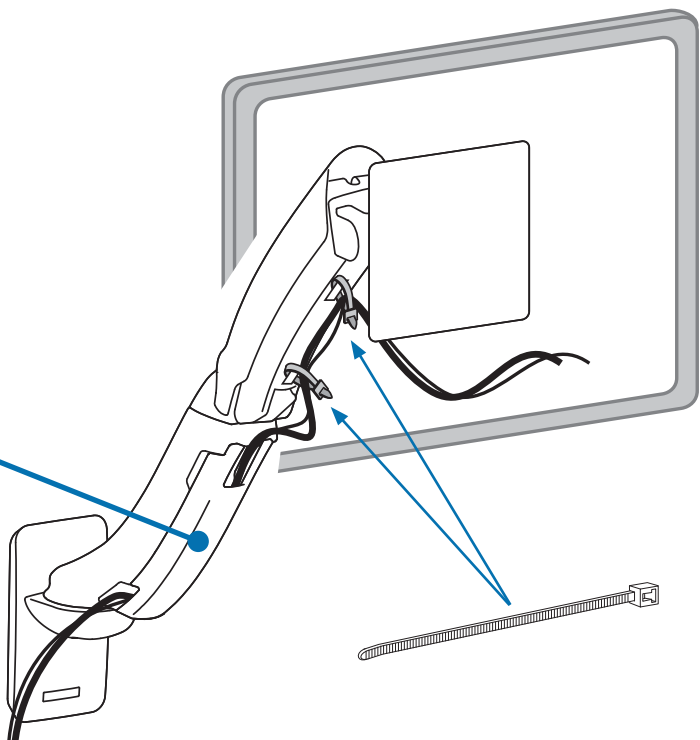
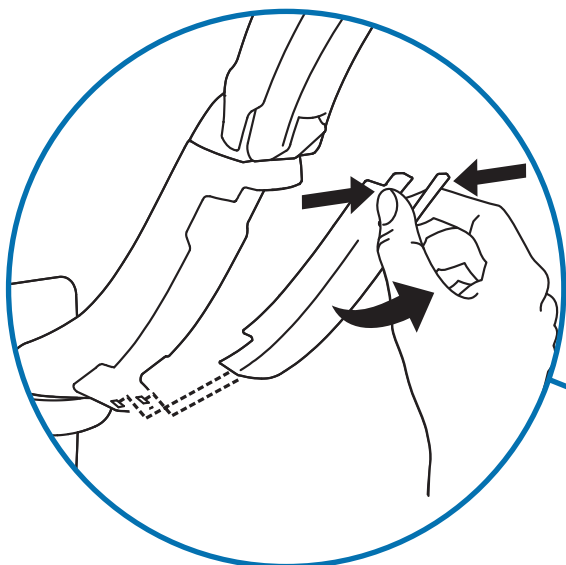
5 a



b



6 Cable Routing



7 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 Lift - Up and down

5" (130 mm)

4mm

+ **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:

b Tilt - Forward and Backward

75°

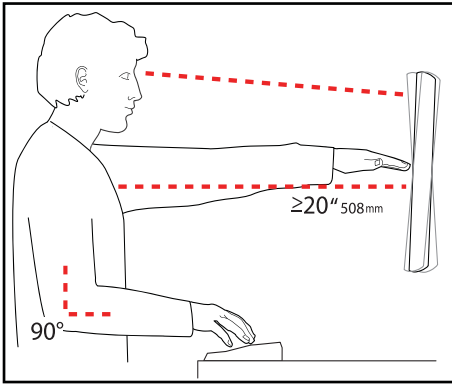
5°

4mm

+ **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:

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.

Touchboards

205 Westwood Ave, Long Branch, NJ 07740
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Fax: (732)-222-7088 | E-mail: sales@touchboards.com

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