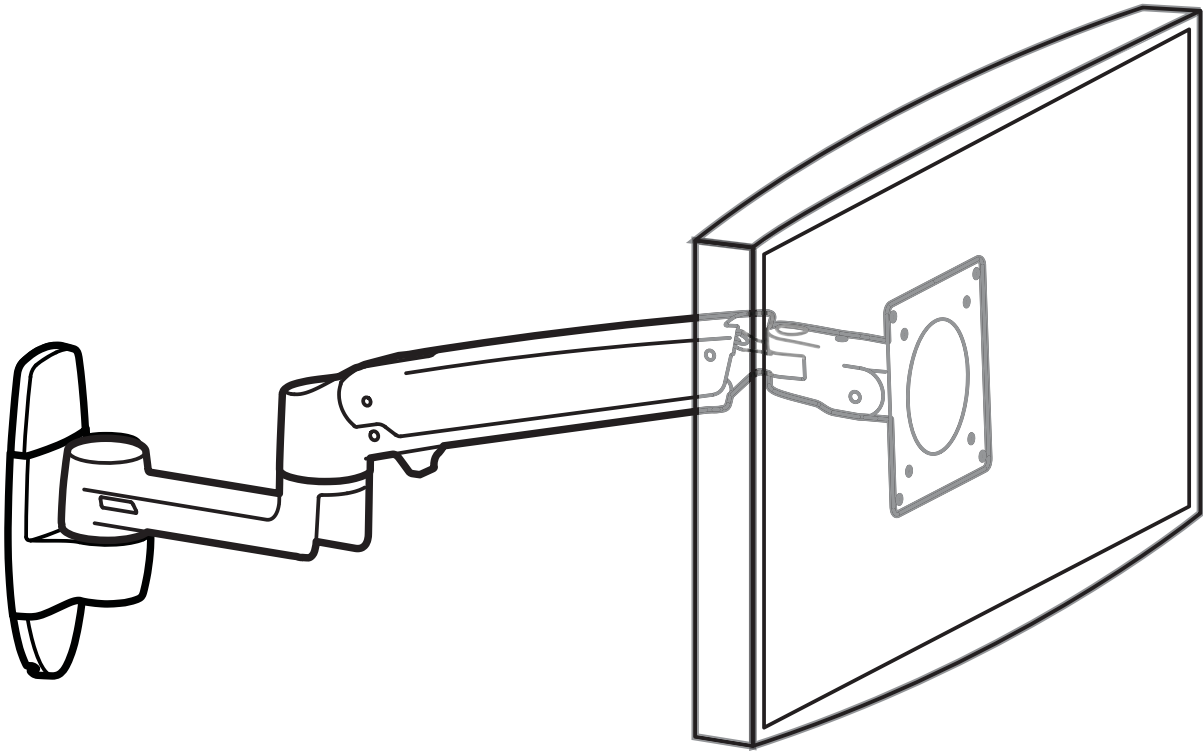


LX Wall Mount LCD Arm

Touchboards

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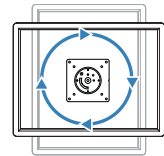
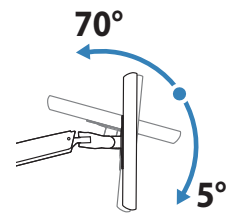
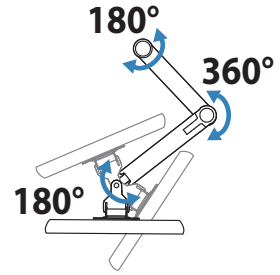
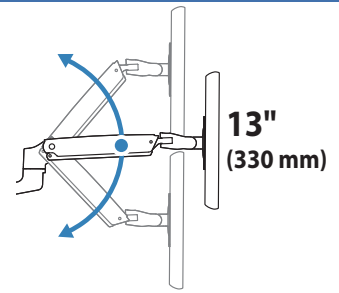
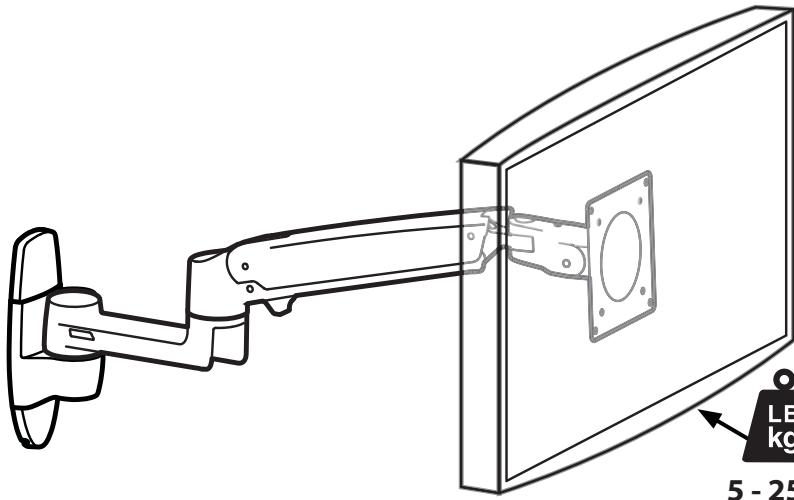


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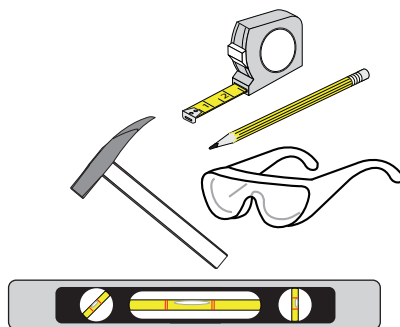
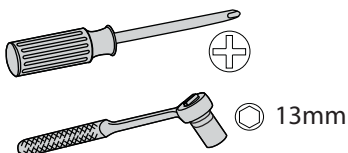
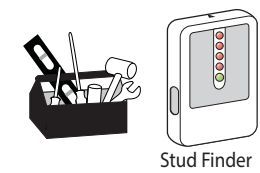
*The lower most range of motion for vertical lift is decreased up to 4.5" (114 mm) when arm is adjusted to hold over 20lbs (9 kgs).

Components

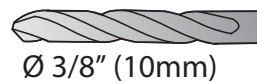


	A	B	C	D
1	1x	1x	4x M4 x 10mm	2x M8 x 80mm
2	1x	1x	4x M4 x 10mm	2x
3	1x	1x	1x M3 x 6mm	1x 4mm
4	2x	4x 10-24 x 1/2"	1x 2.5mm	1x 1/8"

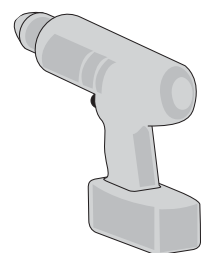
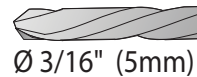
Tools Needed



Concrete Wall Mounting



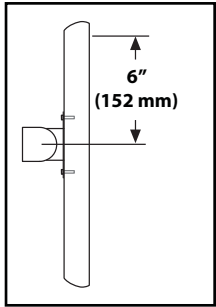
Wood Stud Mounting



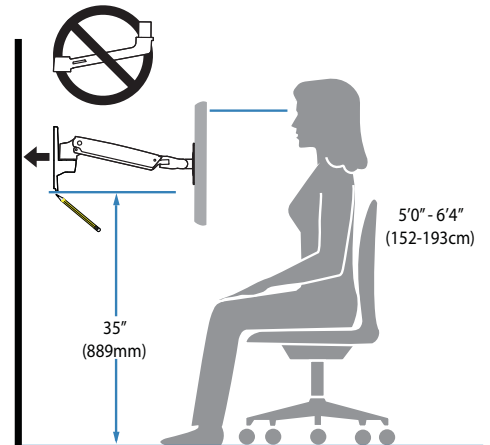
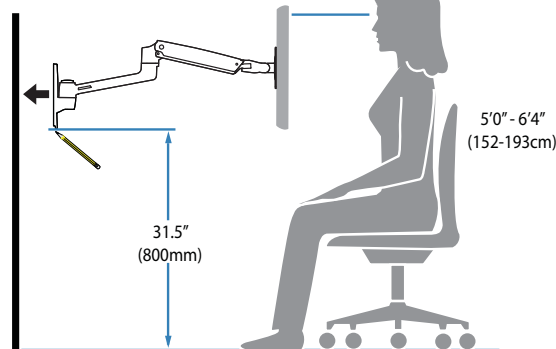
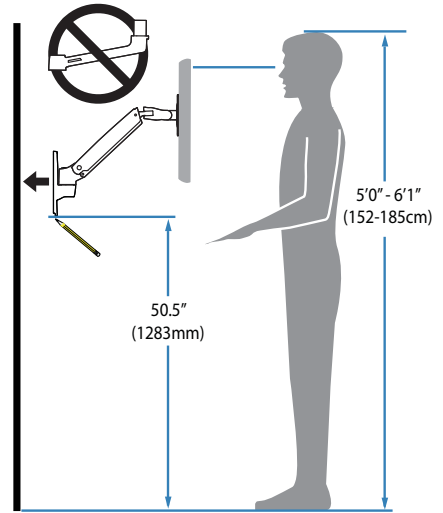
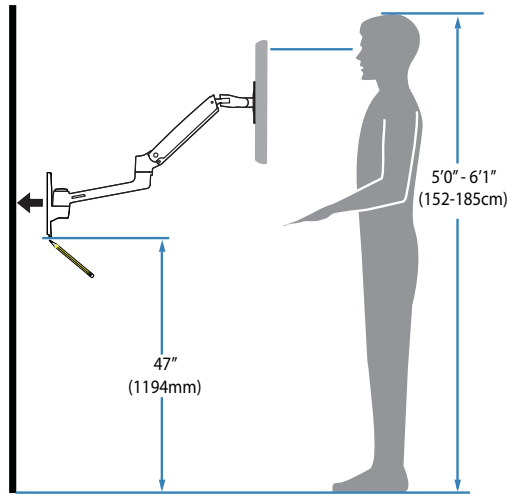
1 Mounting Height for Ergonomic Workstation

This mounting height is a recommendation for an ergonomic workstation that accommodates user heights of 5'0"-6'1" (152-185cm) when set up for standing and user heights of 5'0"-6'4" (152-193cm) when set up for sitting.

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).



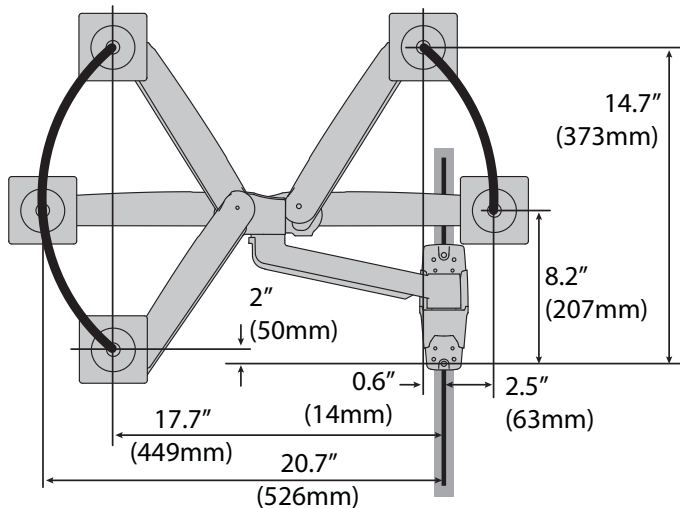
Mounting height assumes there is a 6" (152 mm) distance between the center of your monitor mounting holes and the top of the screen. If your distance is smaller, you should increase mounting height accordingly, if your distance is larger, you should decrease your mounting height accordingly.



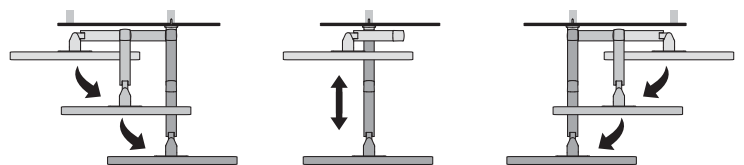
ENGLISH

Determine mounting location:

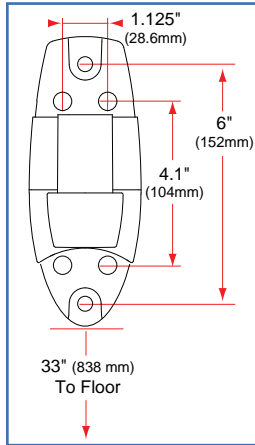
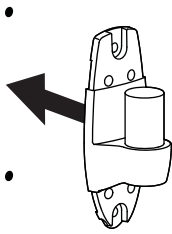
Front view with arm pushed back against the wall.



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



2

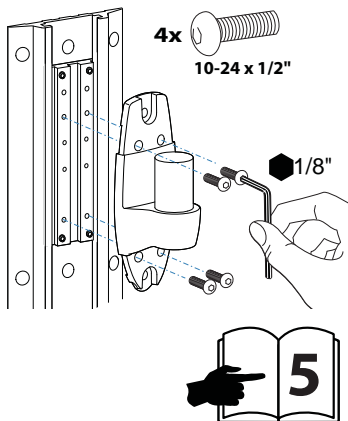


WARNING: Ensure that the wall structure is capable of supporting four times the total weight of mounted equipment. Mounting to wall surfaces that do not meet this criteria may result in an unstable, unsafe condition which could lead to personal injury and/or property damage. Consult a construction professional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

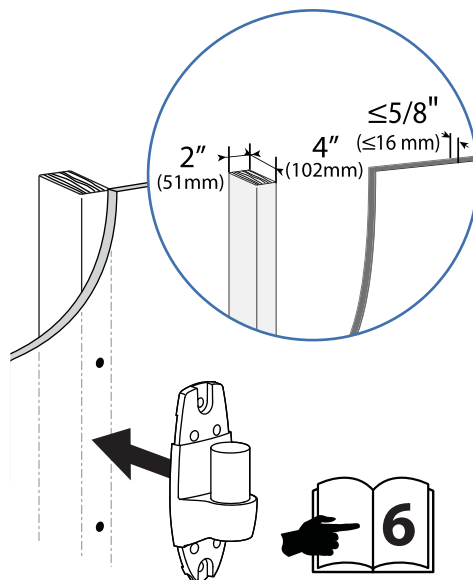
CAUTION: Make sure the wall mount bracket is level, flush and snug to the wall surface. **DO NOT OVERTIGHTEN THE BOLTS.**

ENGLISH

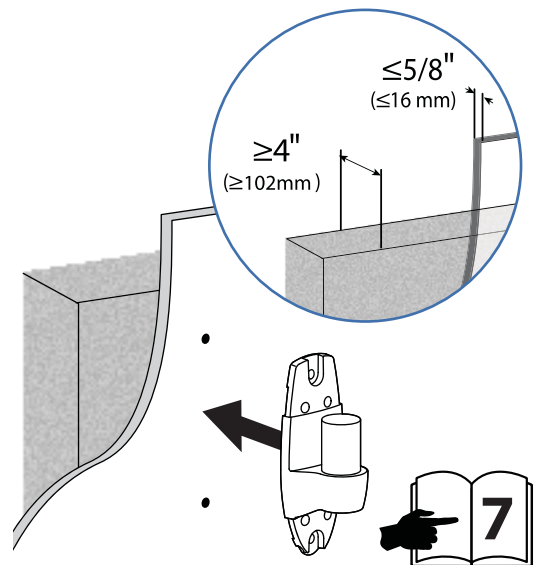
Ergotron product



Wood



Concrete

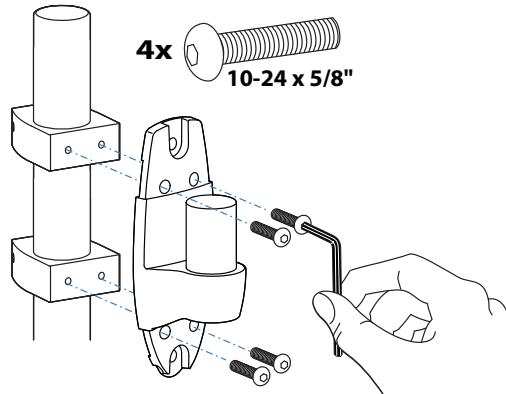
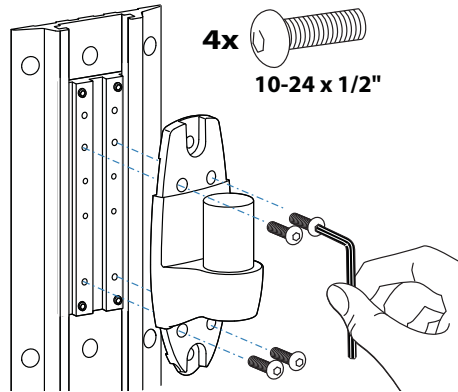
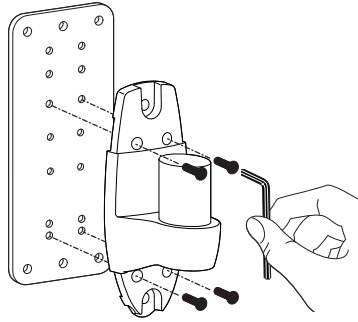


Ergotron product

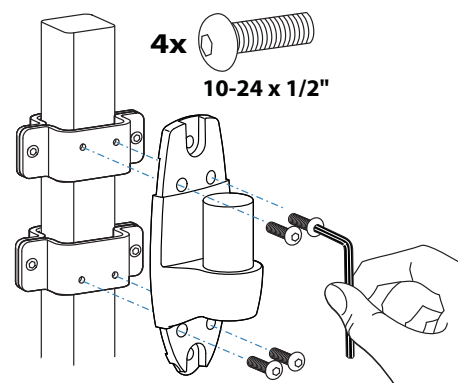
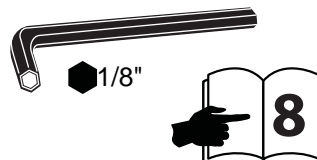
NOTE: Wall Track and Brackets sold separately.



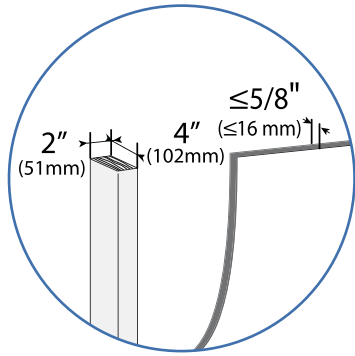
NOTE: Fasteners may unwind due to vibration caused by movement of mounting solution over time. Inspect mounting solution for loose fasteners on a routine basis. If desired, apply a light duty thread locking adhesive to fasteners before installation to prevent back-out.



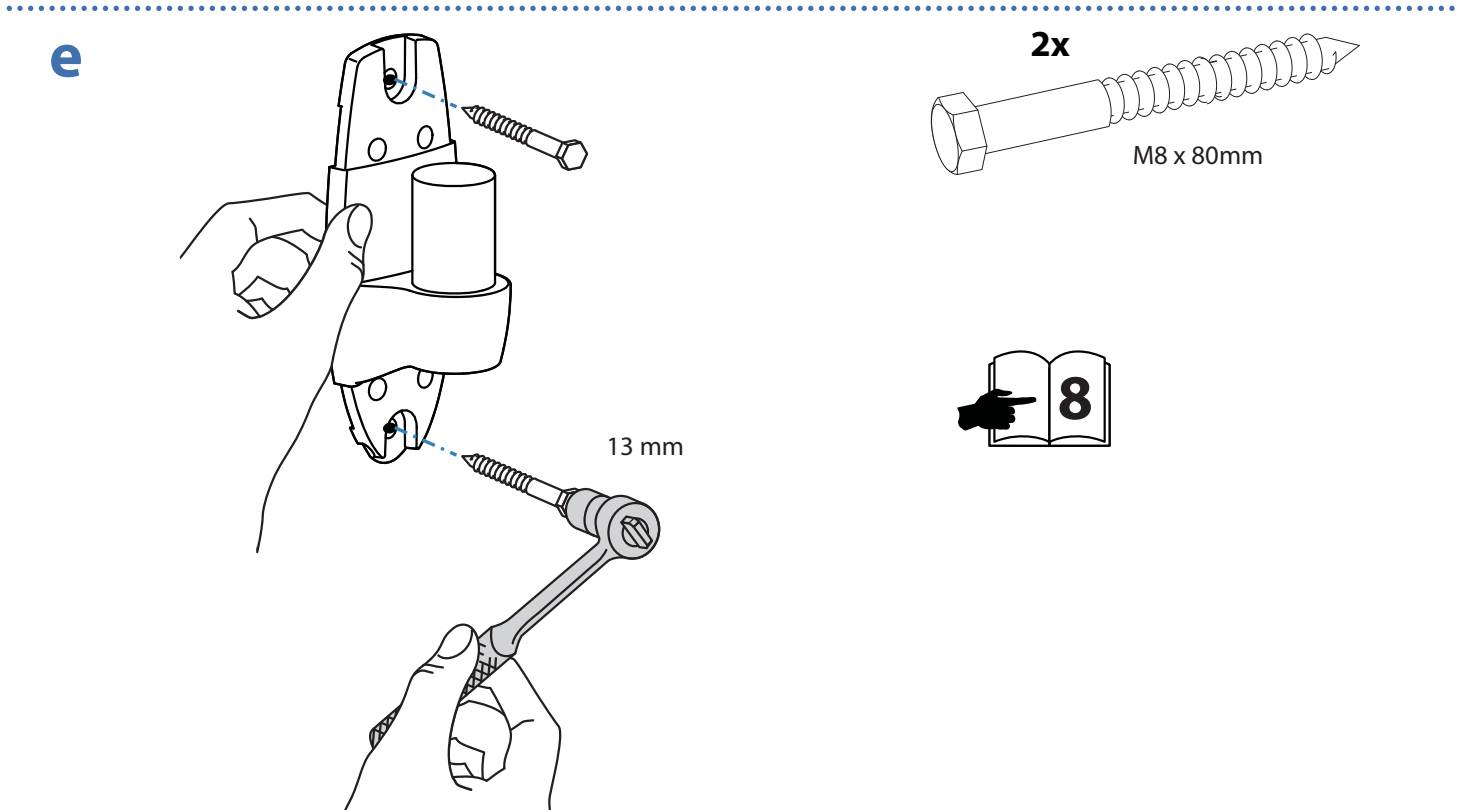
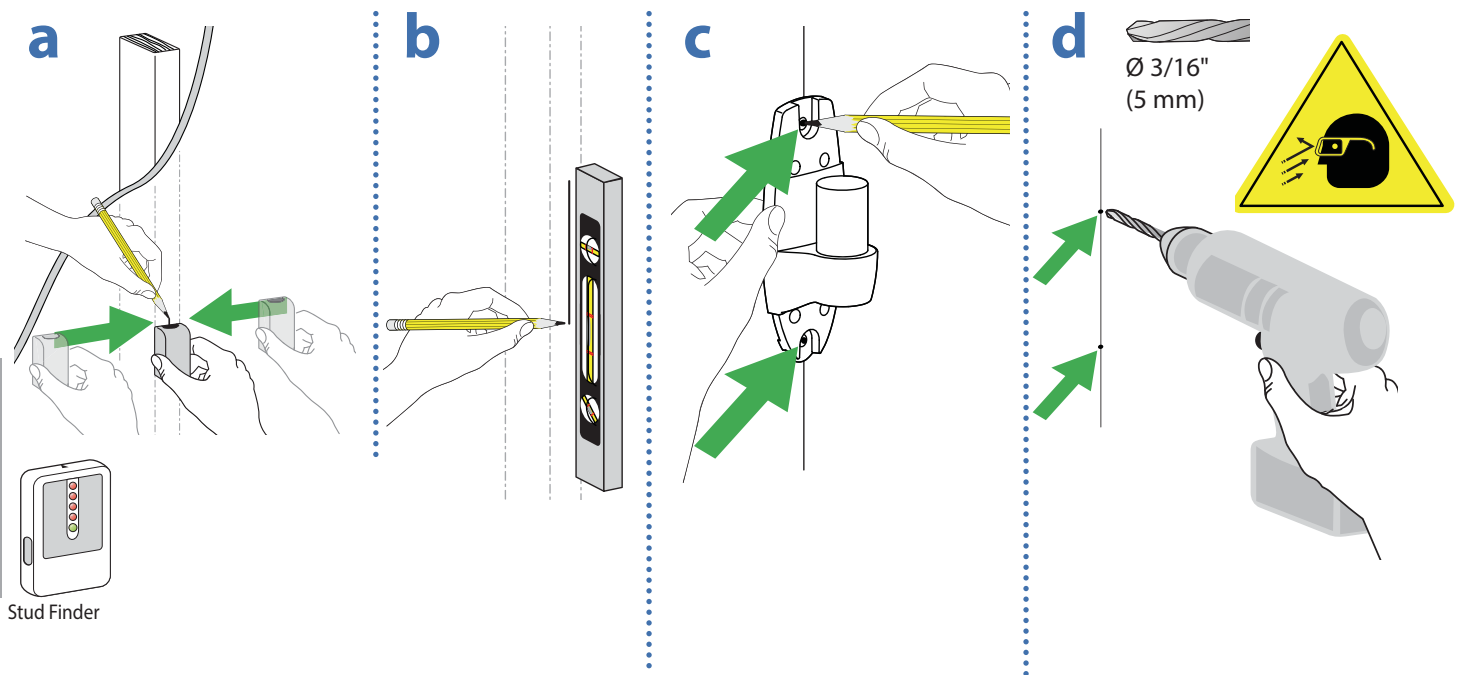
When attaching to Pole Clamps, use 10-24 x 5/8" screws included with pole brackets, Do NOT use 10-24 x 1/2" screws



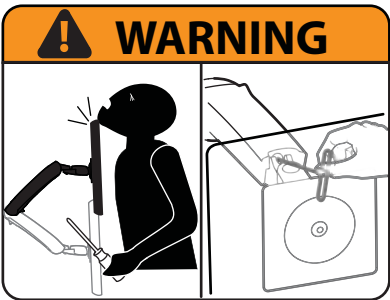
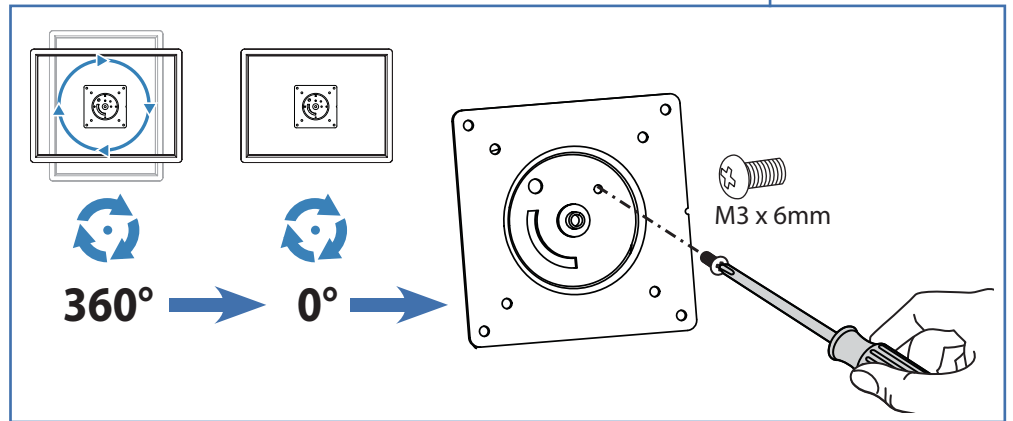
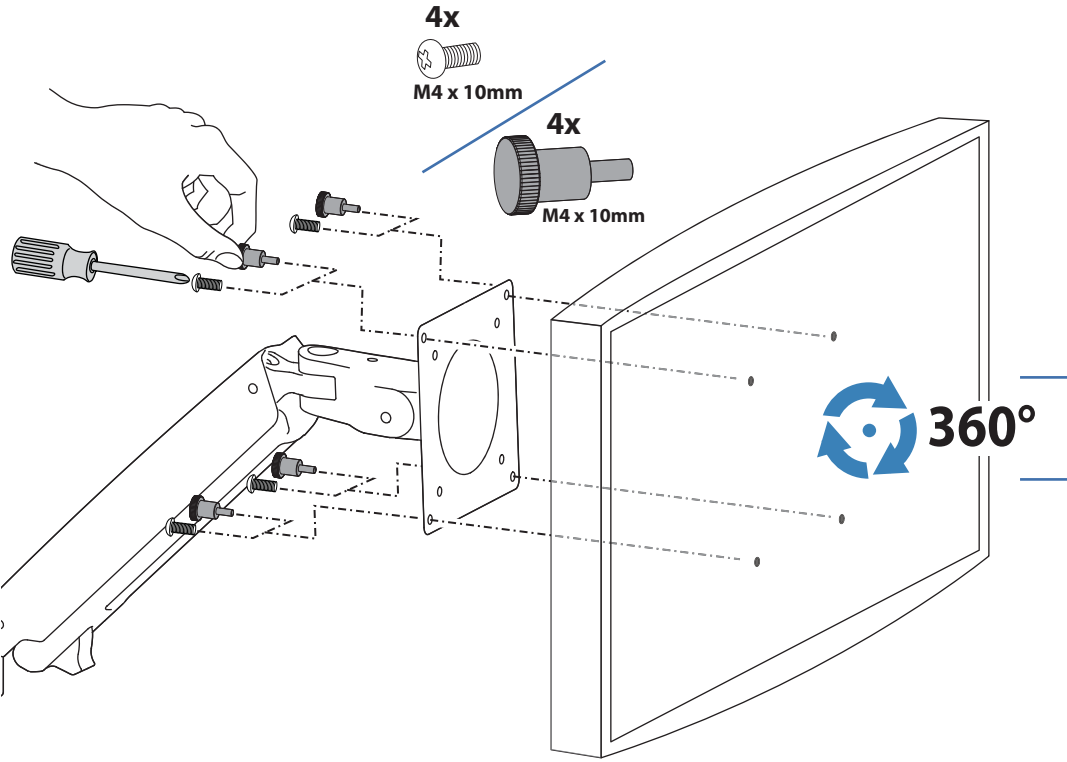
Wood Stud Mounting



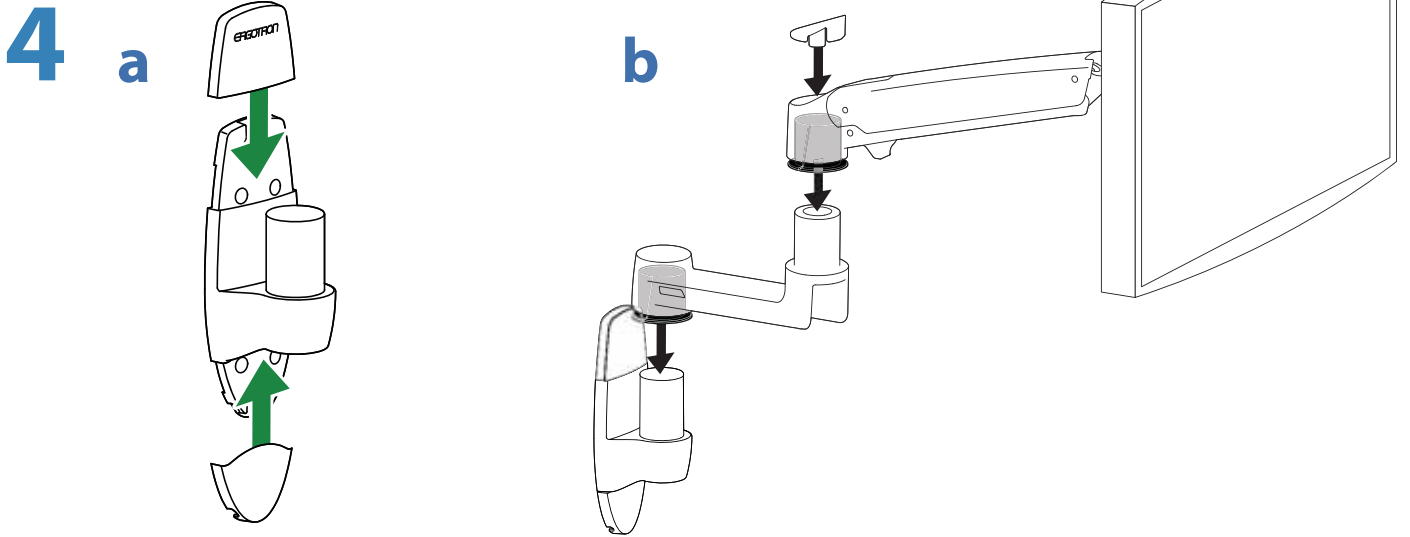
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3



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!



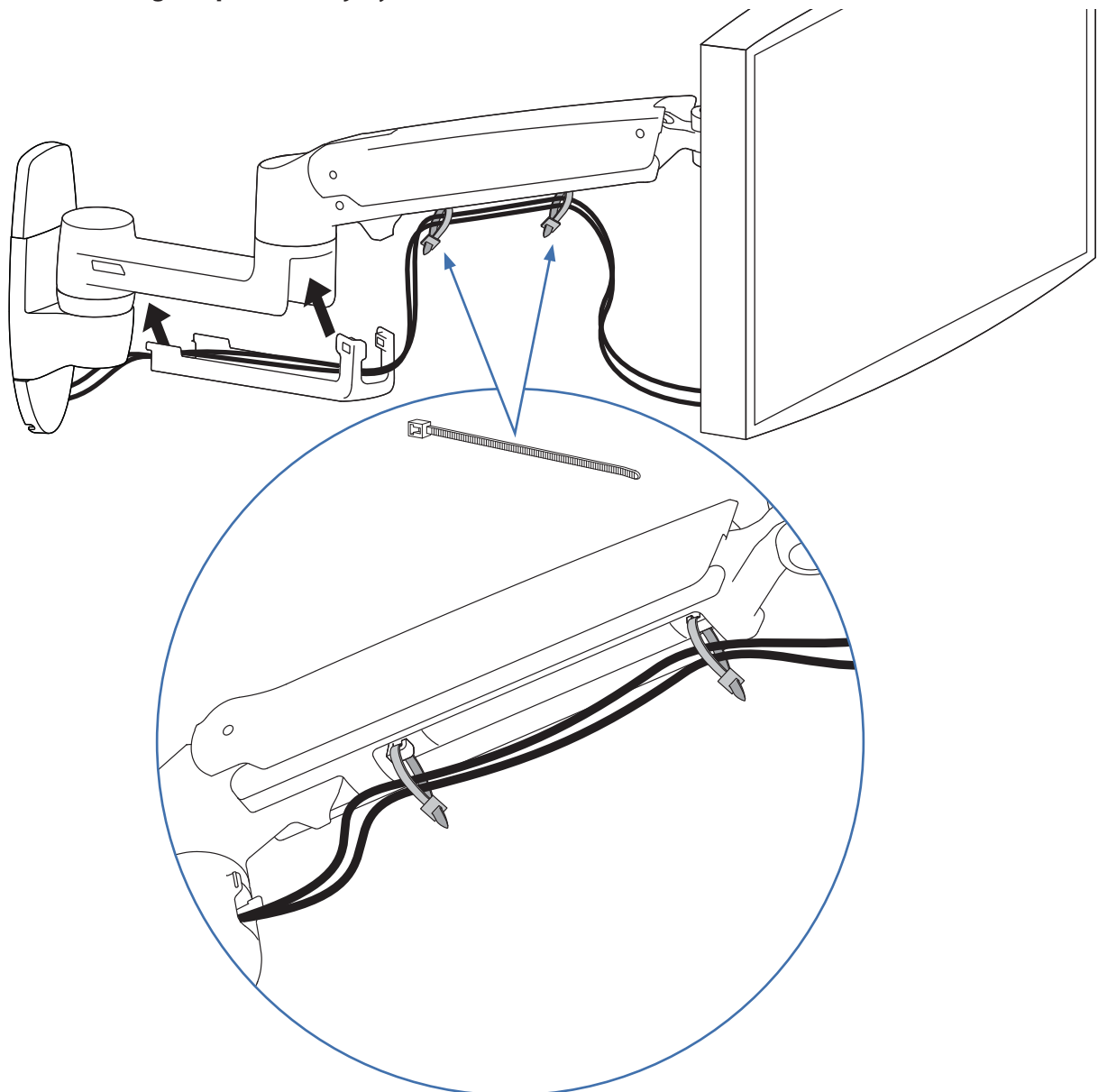
5



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



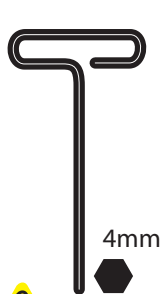
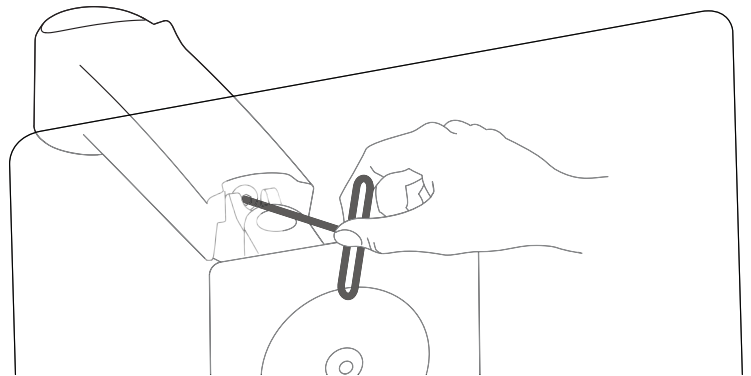
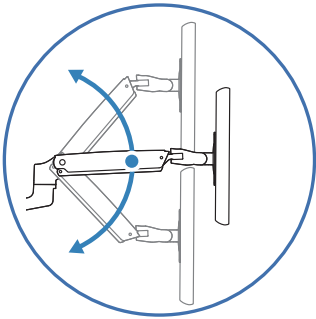
Caution: To avoid the potential to pinch cables it is important to follow the cable routing instructions in this manual. Failure to follow these instructions may result in equipment damage or personal injury.



6 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



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:

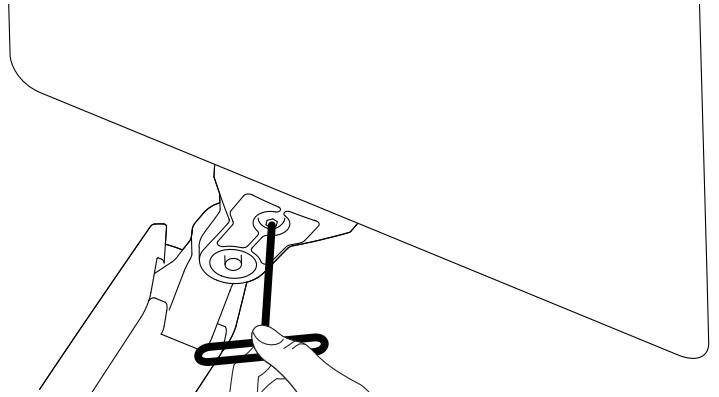
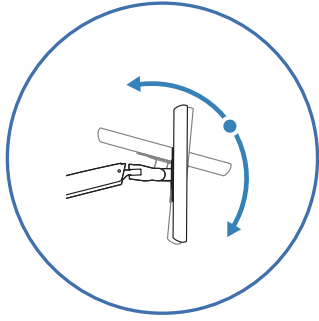


CAUTION: DO NOT overtighten fasteners. Overtightening may cause damage to your equipment.



b

Tilt – Forward and Backward



CAUTION: DO NOT remove screw. Removing screw may cause damage to equipment.



Increase Friction

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



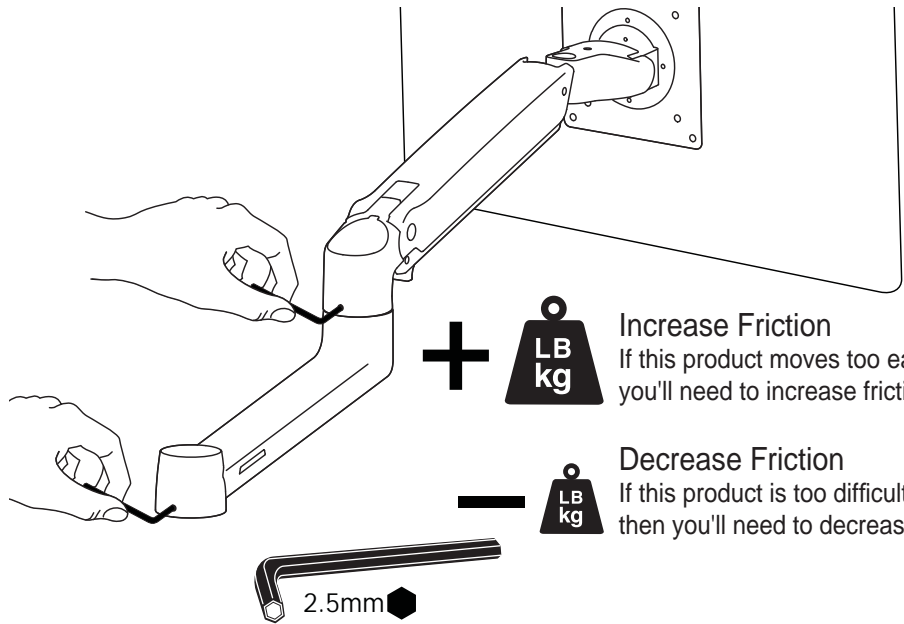
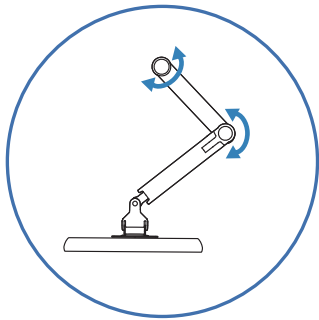
Decrease Friction

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



c

Arm Swing – Side-to-side



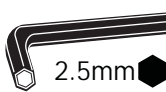
Increase Friction

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



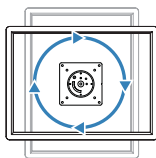
Decrease Friction

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

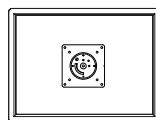


d

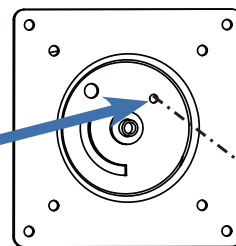
Rotate – Portrait/Landscape



360°

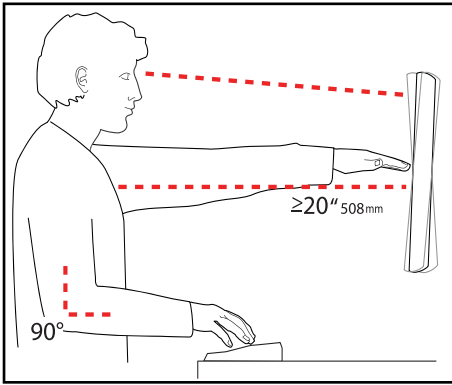


0°



M3 x 6mm

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

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