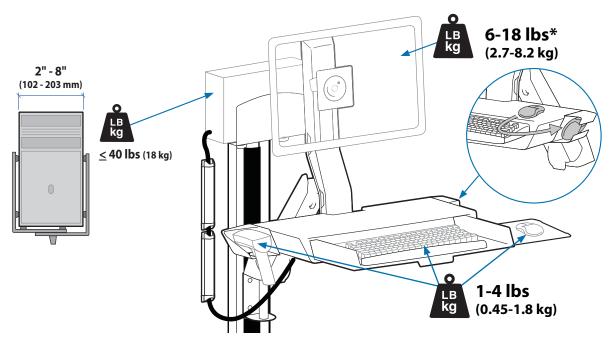
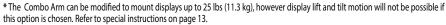


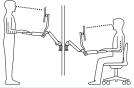
StyleView Sit Stand Combo System, with Worksurface and Medium CPU Holder

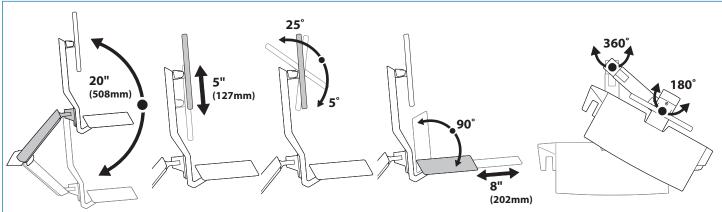


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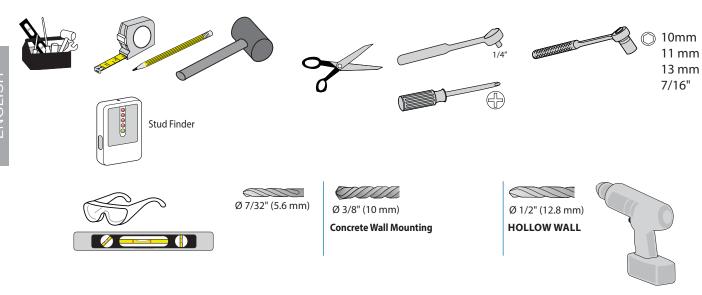
ユーリーカイド: 日本 用户指南 : 汉语



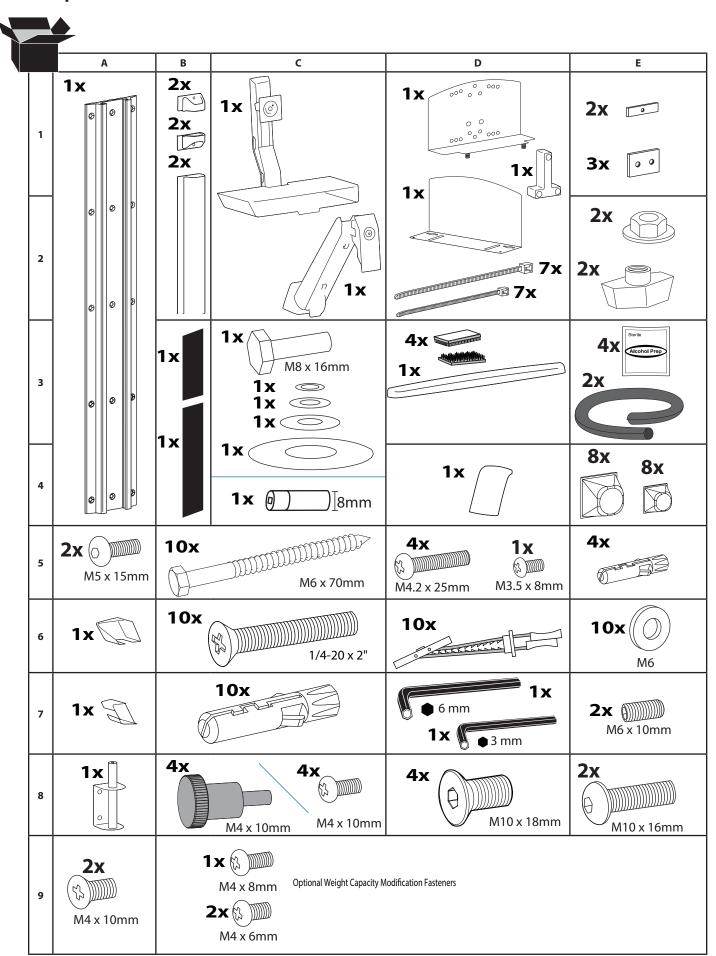


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Tools Needed



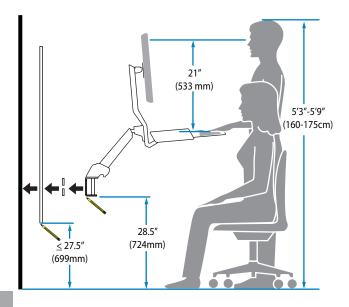
Components

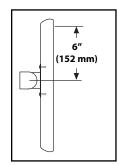


Mounting Height for Ergonomic Workstation

This mounting height is a recommendation for an ergonomic workstation that accommodates user heights of 5'3"-5'9" (160-175cm).

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).

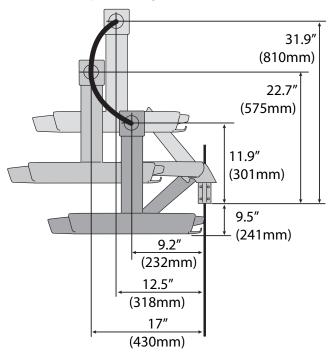




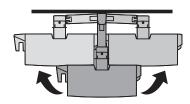
Mounting height assumes there is a 6" (152 mm) distance between the center of your monitor mounting holes and the top of the screen. If your distance is smaller, you should increase mounting height accordingly, if your distance is larger, you should decrease your mounting height accordingly.

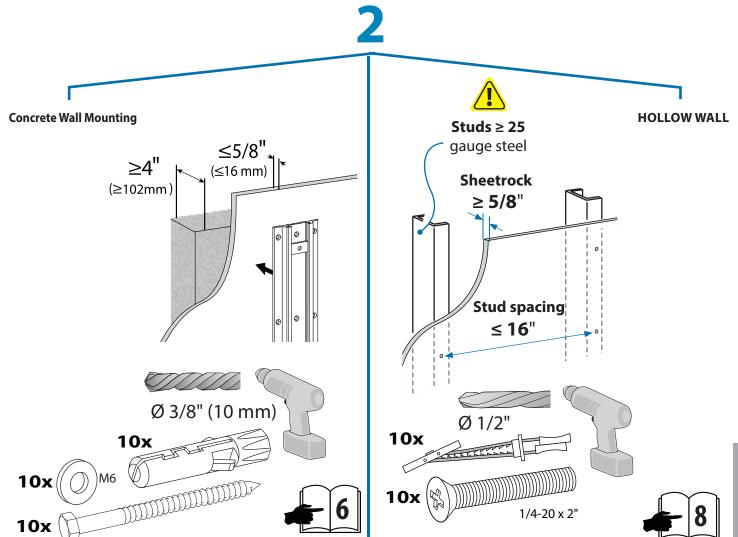
Determine mounting location:

Front view with arm pushed back against the wall.



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





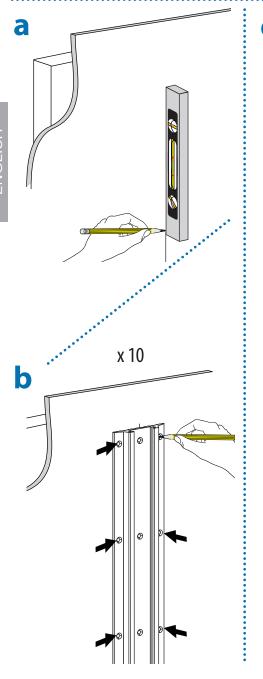


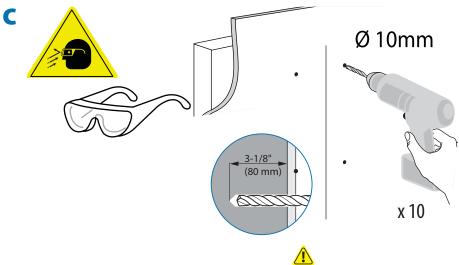
WARNING: Because surfaces vary widely and the ultimate mounting method is out of Ergotron's control, it is imperative that you consult with appropriate engineering, architectural or construction professional to ensure that your Ergotron mounting solution is mounted properly to handle applied loads.



WARNING:

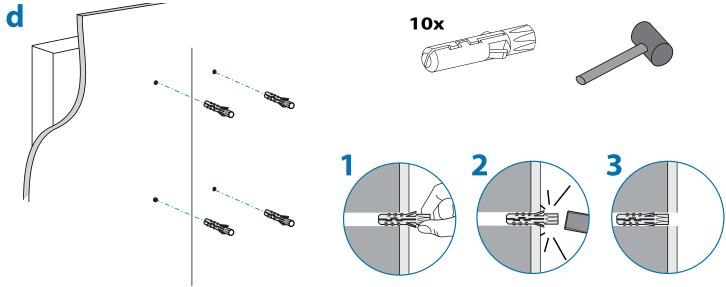
Mounting holes must be at least 3-1/8" (80mm) deep and must be located within solid concrete, not mortar or covering material. If you drill into an area of concrete that is not solid, reposition mounting holes until both anchors can be fully inserted into solid





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.

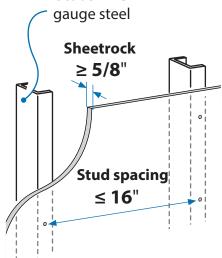


e 10x 10x(M6 x 70mm 10_mm 10_mm CAUTION: Make sure the wall mount bracket is level, flush and snug to the wall surface. DO NOT OVERTIGHT-EN THE BOLTS. O AMMINIO

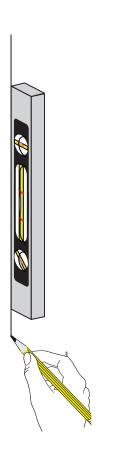


Studs ≥ 25

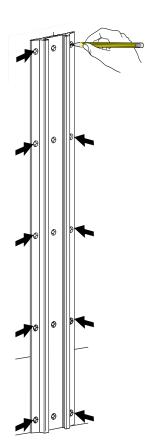
Requires minimum material thickness of 5/8" (16 mm).



a

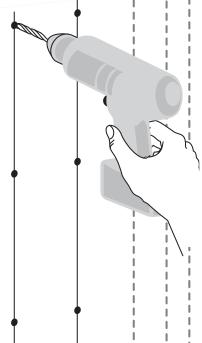


b

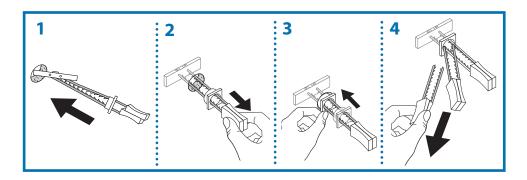




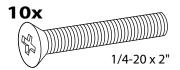






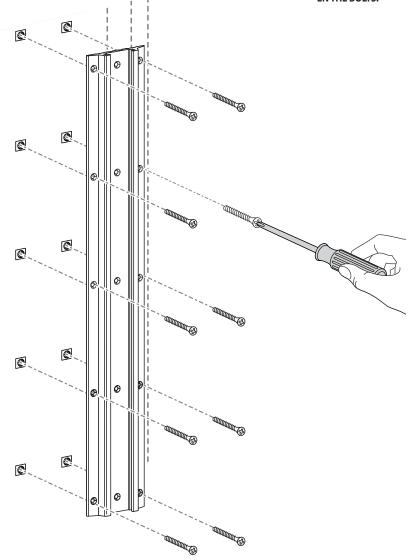


e

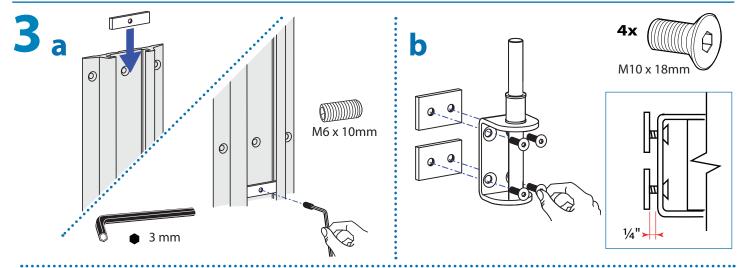


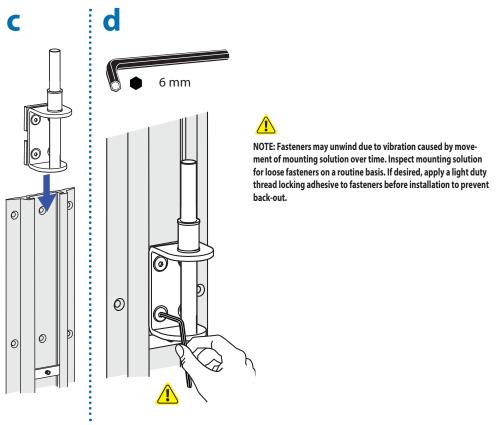


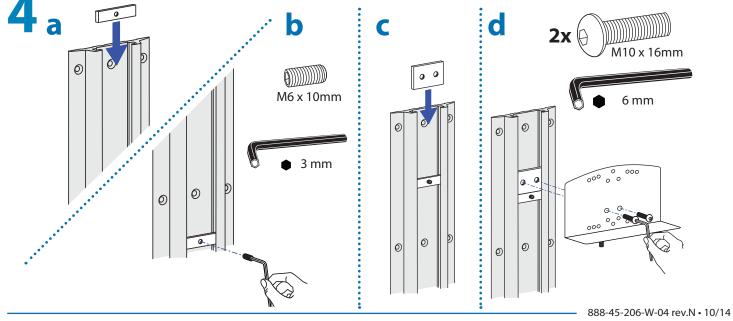
CAUTION: Make sure the wall mount bracket is level, flush and snug to the wall surface. DO NOT OVERTIGHT-EN THE BOLTS.

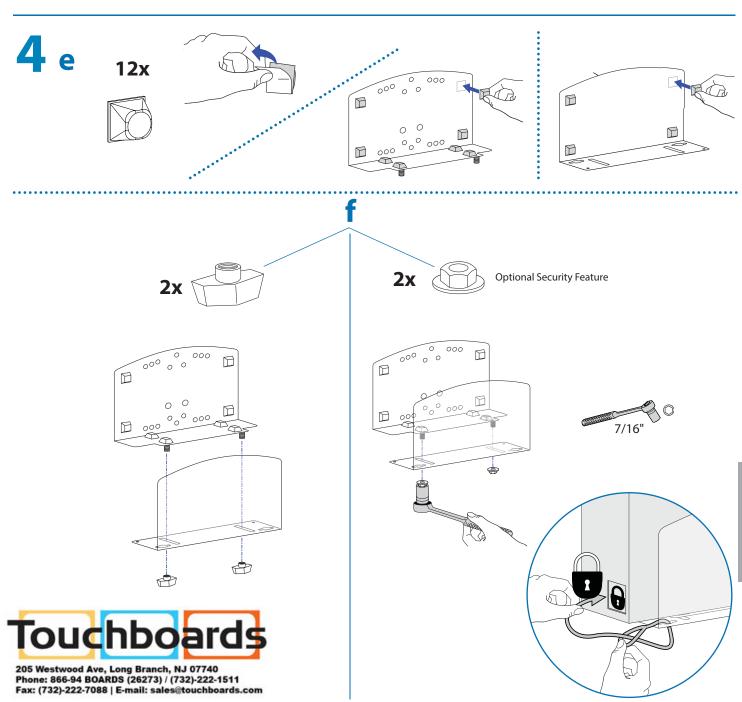


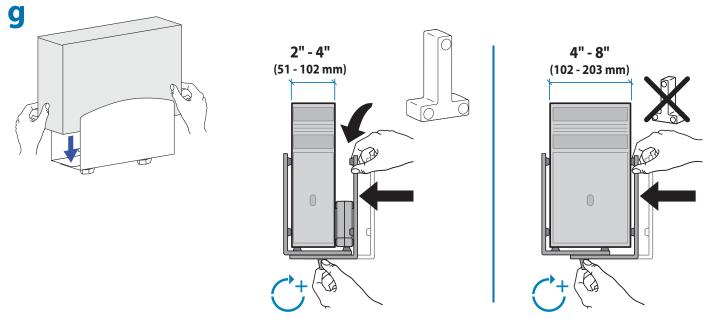


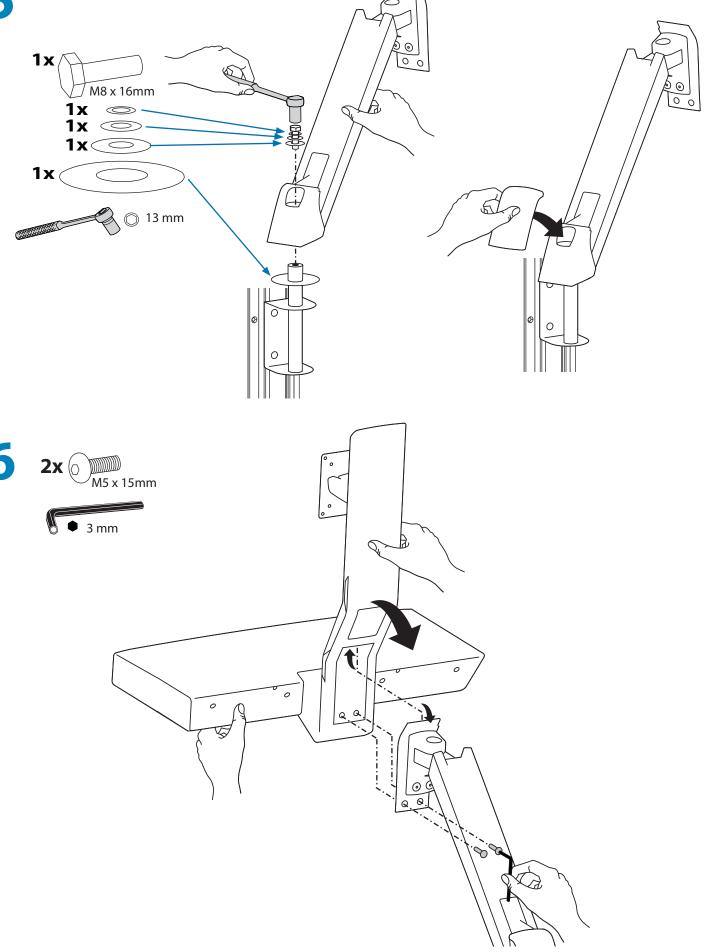








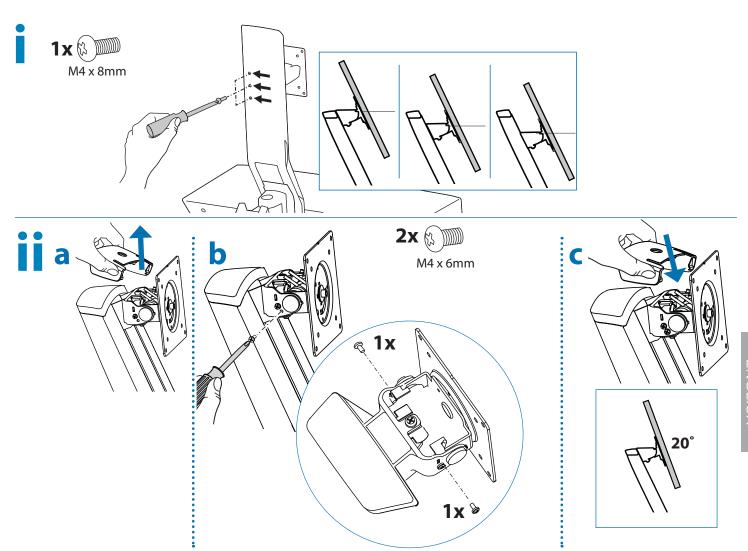


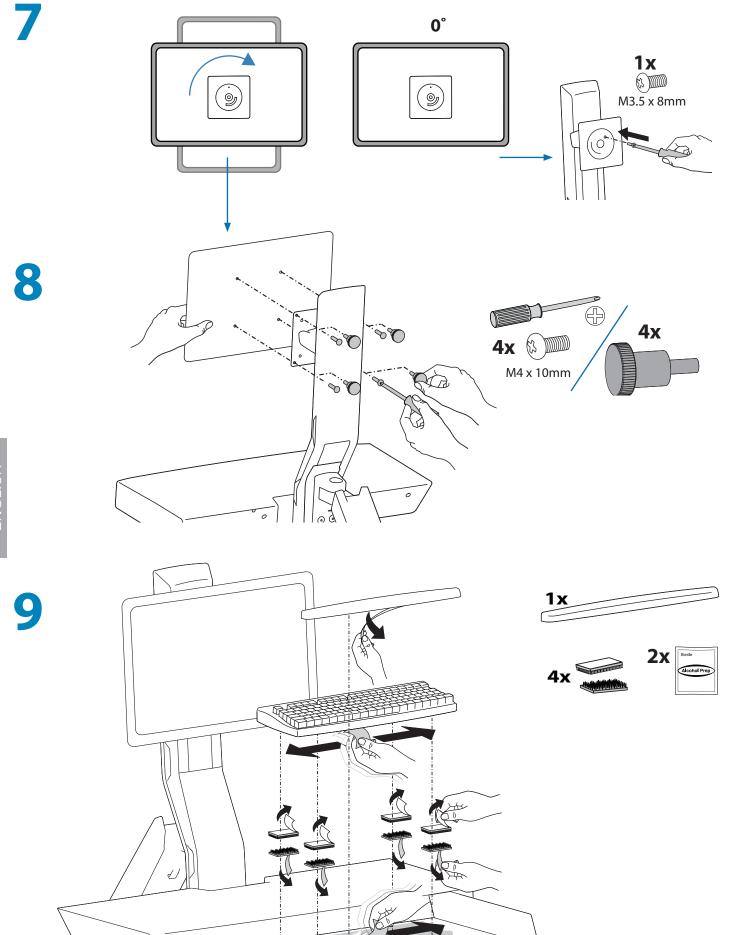


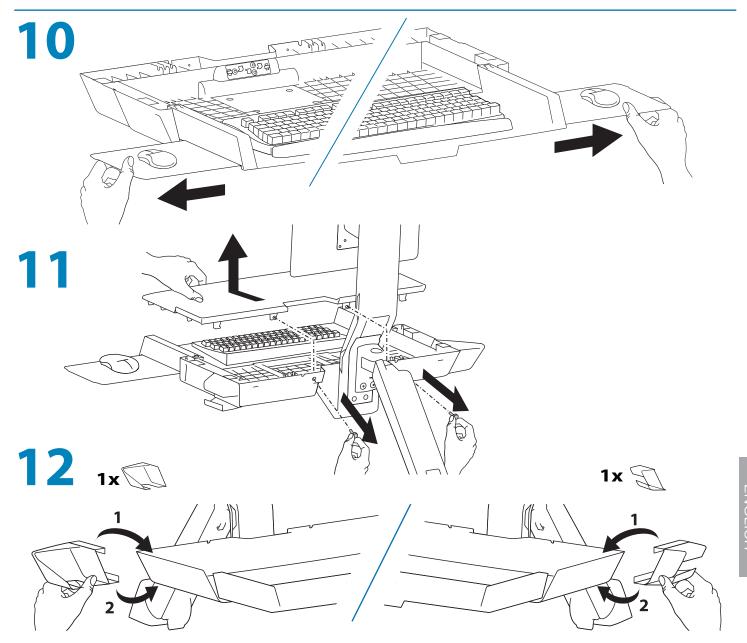
Optional Weight Capacity Modification

Optional Weight Capacity Modification for Displays 18 - 25 lbs (8.2 - 11.3 kg) Only!

IMPORTANT: with this option display lift and tilt motion are no longer possible. To accommodate extra weight, the display is fixed at one of three heights (spaced 2.5" (64 mm) apart), and display tilt is fixed at 20°. If mounting a display 18 lbs (8.2 kg) or less, skip to next page.



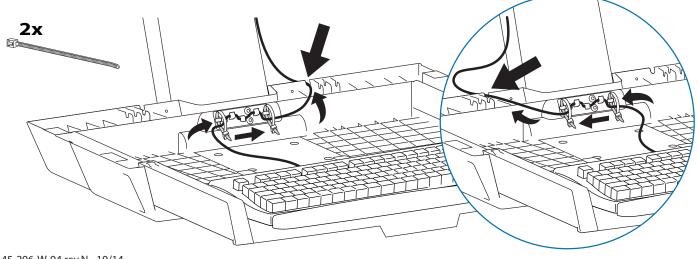


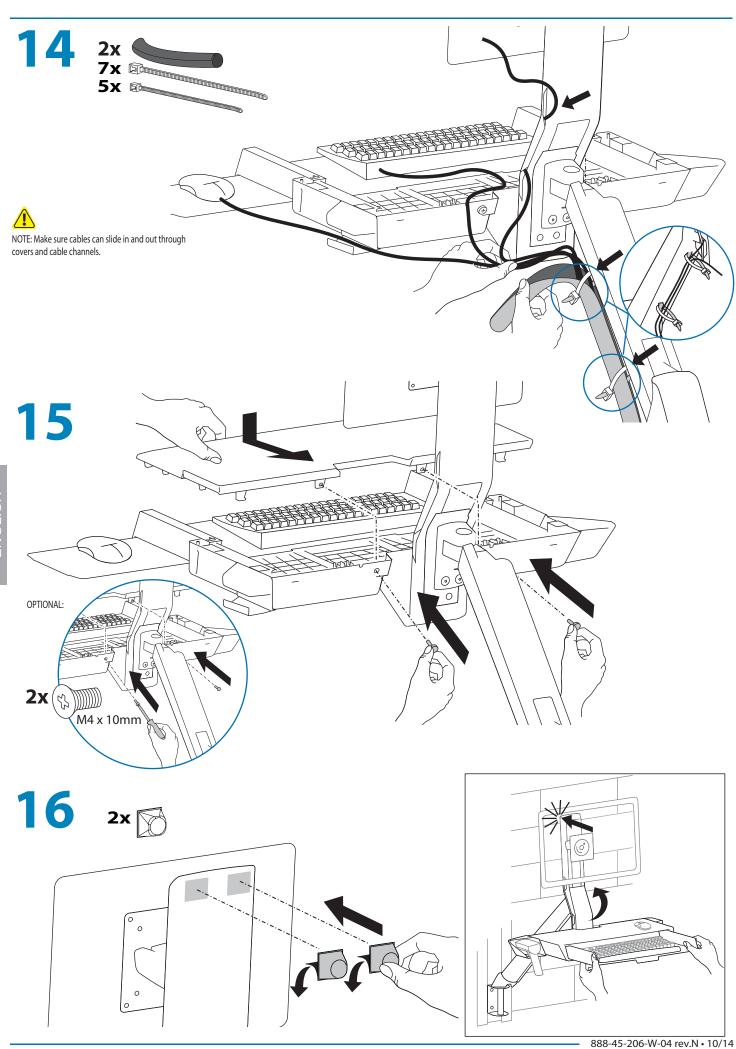


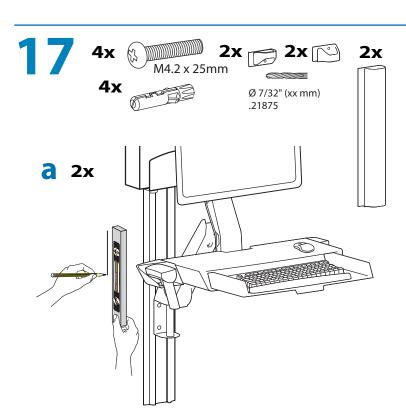
NOTE: Leave enough slack in cable to allow full range of motion.

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.

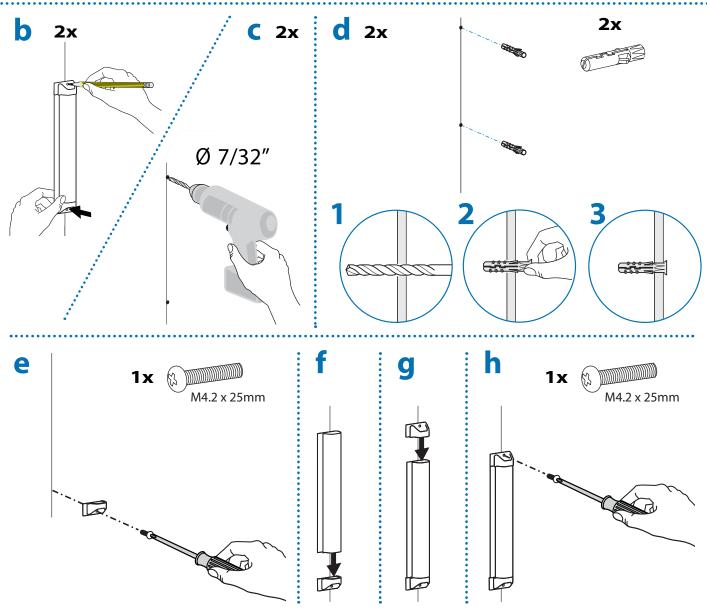


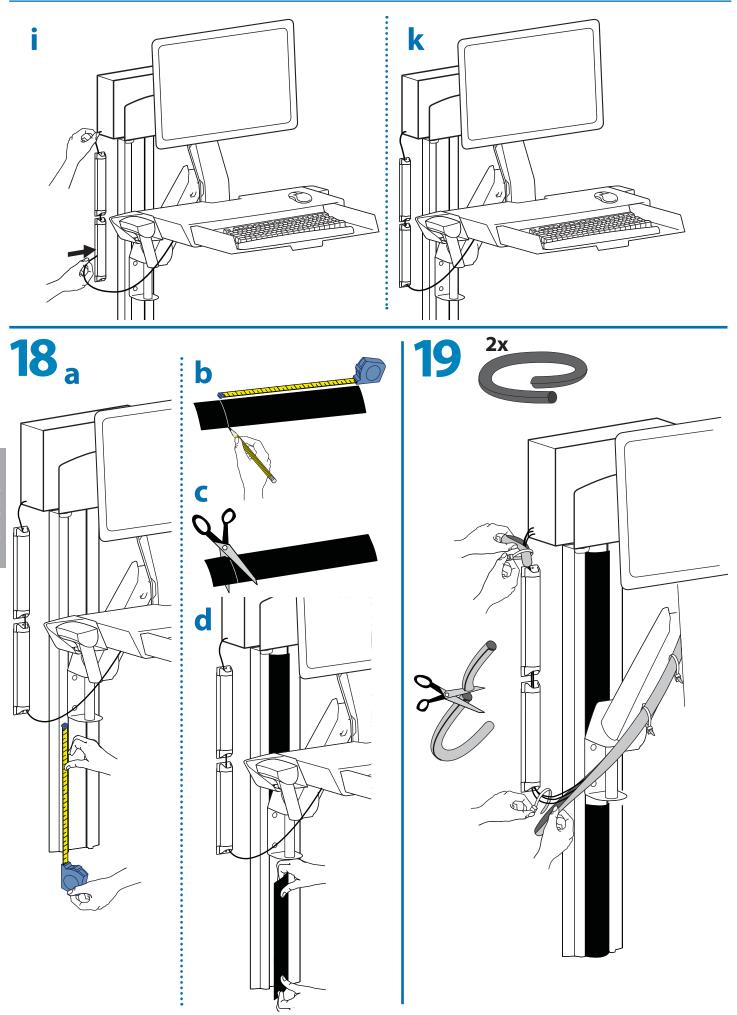






CAUTION: Make sure there is enough clearance between back of mounted component and cable channel. Failure to allow clearance space may result in personal injury and equipment damage.

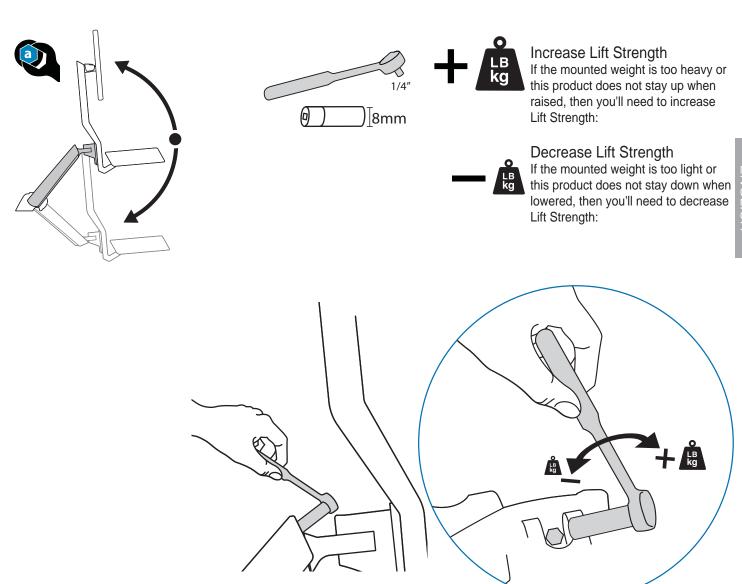


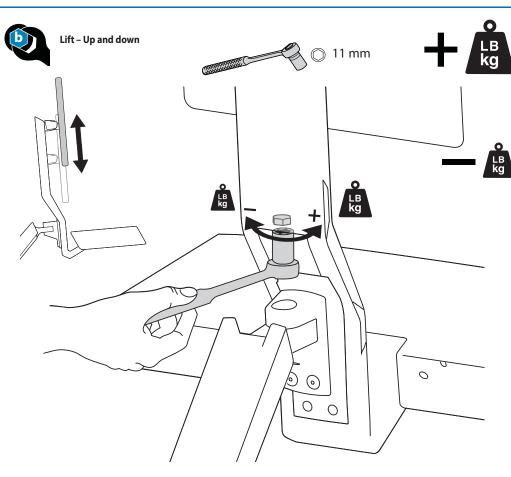




Adjustment Step

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Increase Lift Strength

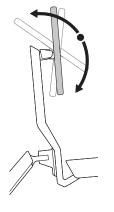
If the mounted weight is too heavy or this product does not stay up when raised, then you'll need to increase Lift Strength:

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:



Tilt – Forward and Backward







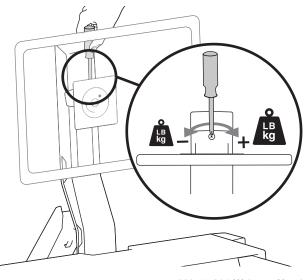
Increase Lift Strength

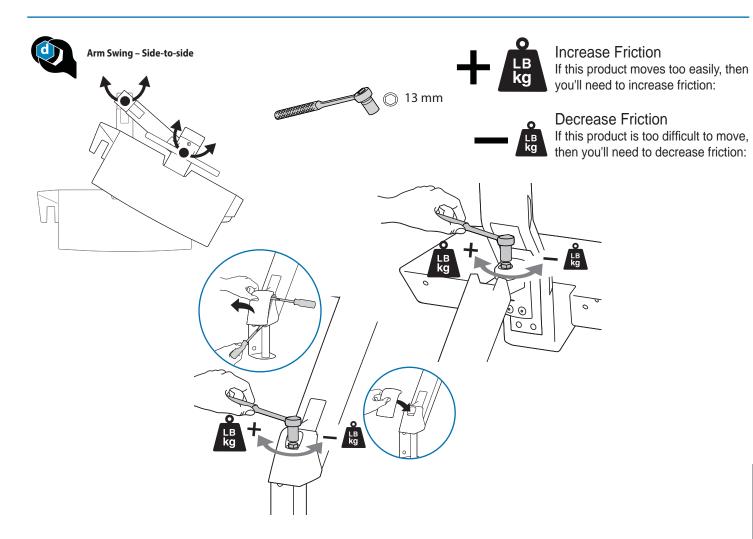
If the mounted weight is too heavy or this product does not stay up when raised, then you'll need to increase Lift Strength:



Decrease Lift Strength

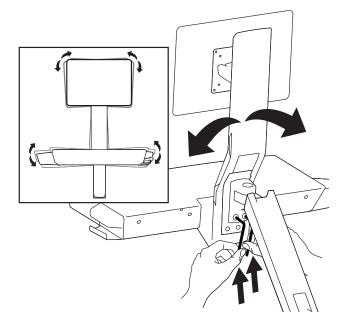
If the mounted weight is too light or this product does not stay down when lowered, then you'll need to decrease Lift Strength:



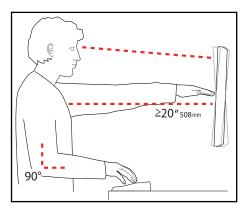








Set Your Workstation to Work For YOU!



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.

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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For local customer care phone numbers visit: http://contact.ergotron.com



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