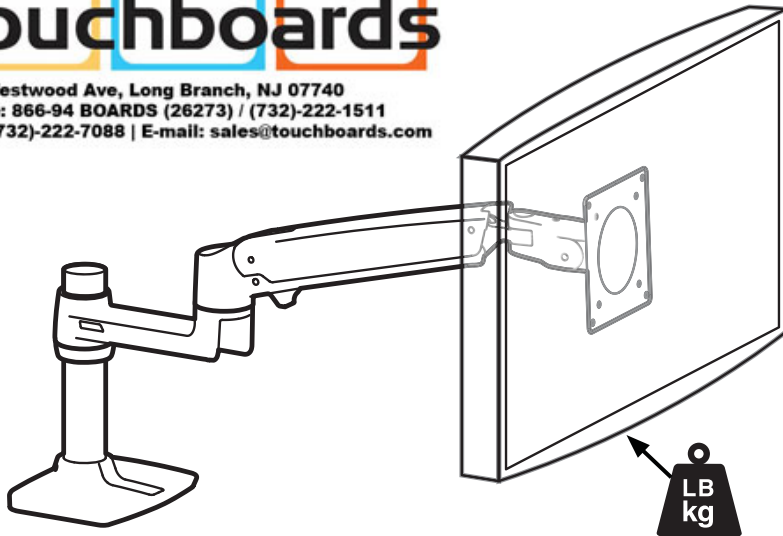


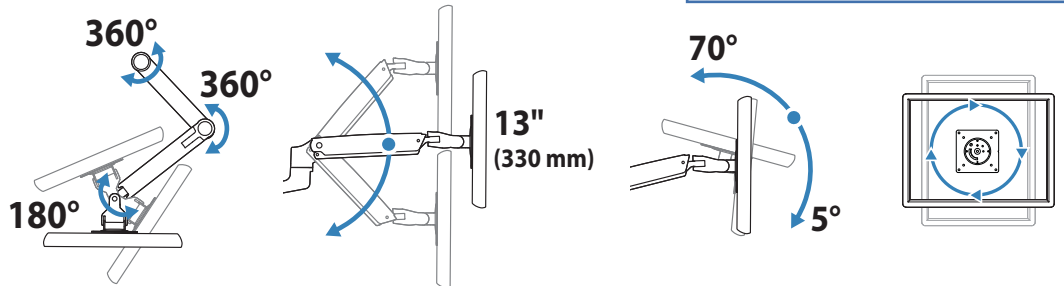
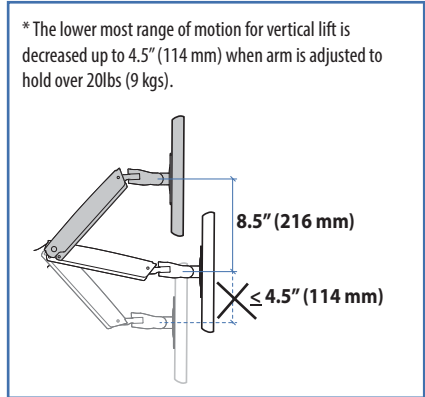
LX Desk Mount LCD Arm

Touchboards

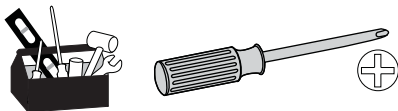
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5 - 25 lbs*
(2.3 - 11.3 kg)



	A	B	C	D	E
1		1x 	4x M4 x 10mm	1x 	1x 4mm
2			4x M4 x 10mm	1x 	1x 2.5mm
3		1x 	1x 	1x M3 x 6mm	1x



For the latest User Installation Guide please visit: www.ergotron.com







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- Manuel de l'utilisateur - Français
- Gebrauchersgids - Deutsch
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Hazard Symbols Review

These symbols alert users of a safety condition that demands attention. All users should be able to recognize and understand the significance of the following Safety Hazards if encountered on the product or within the documentation. Children who are not able to recognize and respond appropriately to Safety Alerts should not use this product without adult supervision!

Symbol	Signal Word	Level of Hazard
	NOTE	A NOTE indicates important information that helps you make better use of this product.
	CAUTION	A CAUTION indicates either potential damage to hardware or loss of data and tells you how to avoid the problem.
	WARNING	A WARNING indicates either potential for property damage, personal injury, or death.
	ELECTRICAL	An Electrical indicates an impending electrical hazard which, if not avoided, may result in personal injury, fire and/or death.

Safety

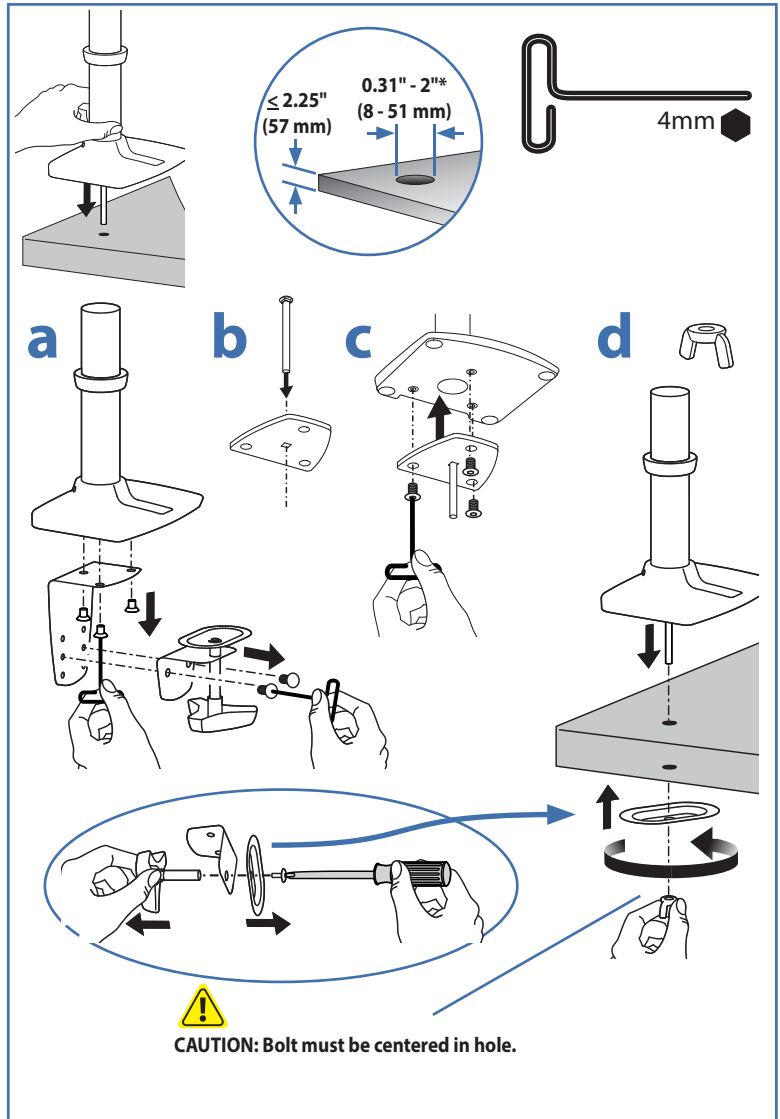
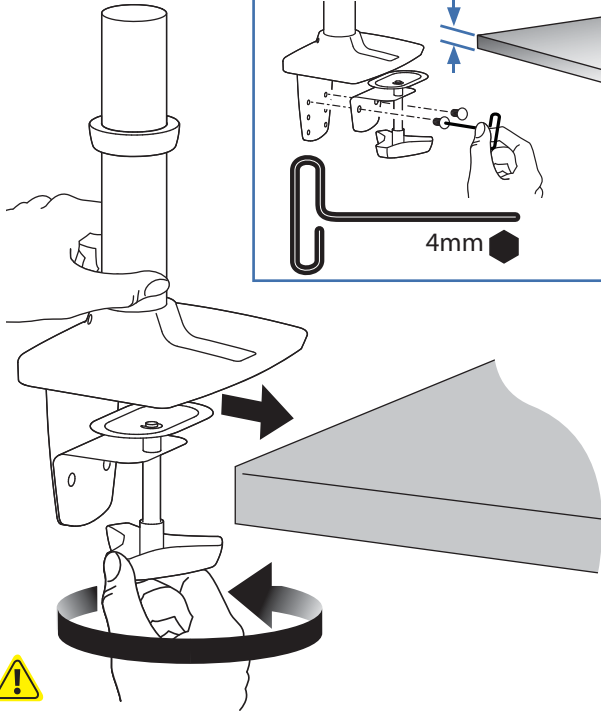
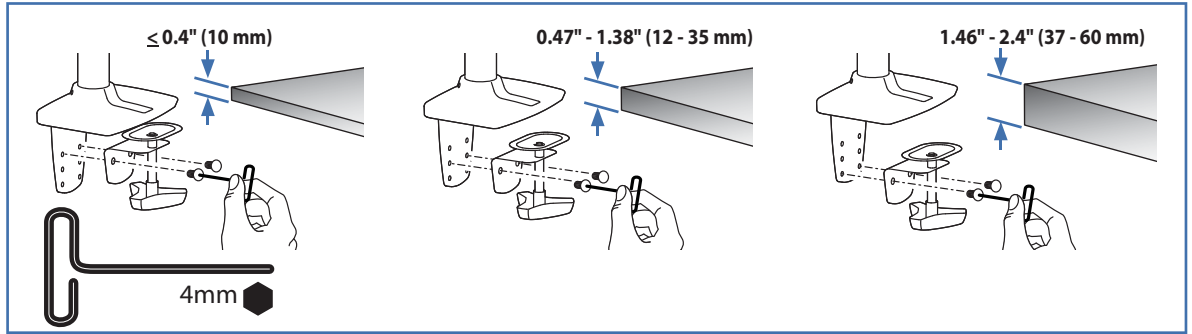
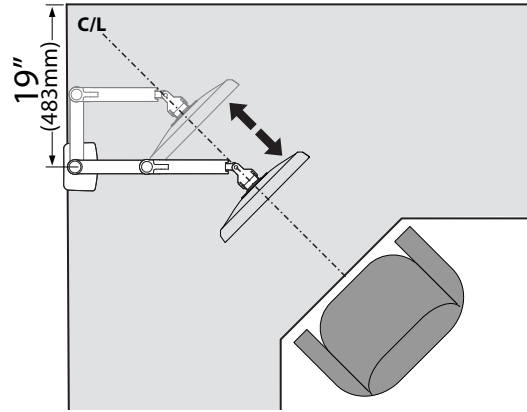
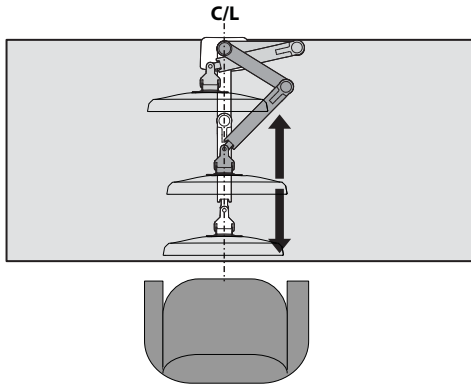


Important! You will need to adjust this product after installation is complete. Make sure all your equipment is properly installed on the product before attempting adjustments. This product should move smoothly and easily through the full range of motion and stay where you set it. If movements are too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

 **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.

1

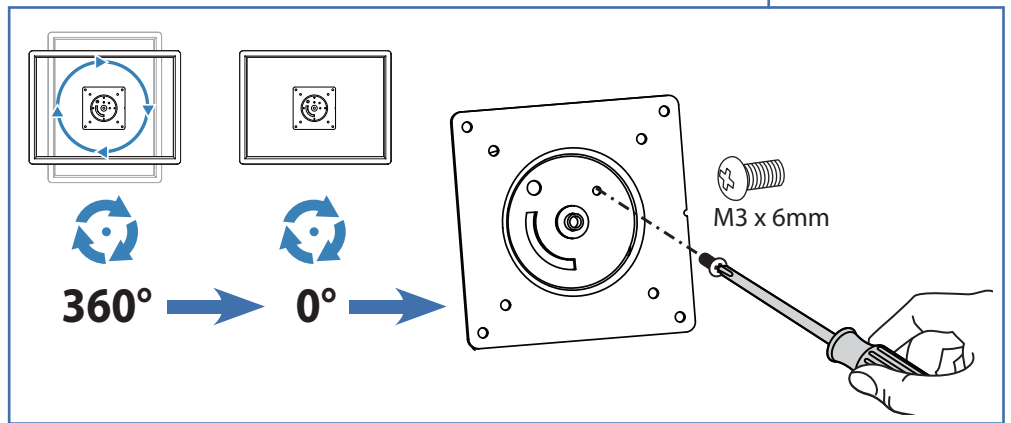
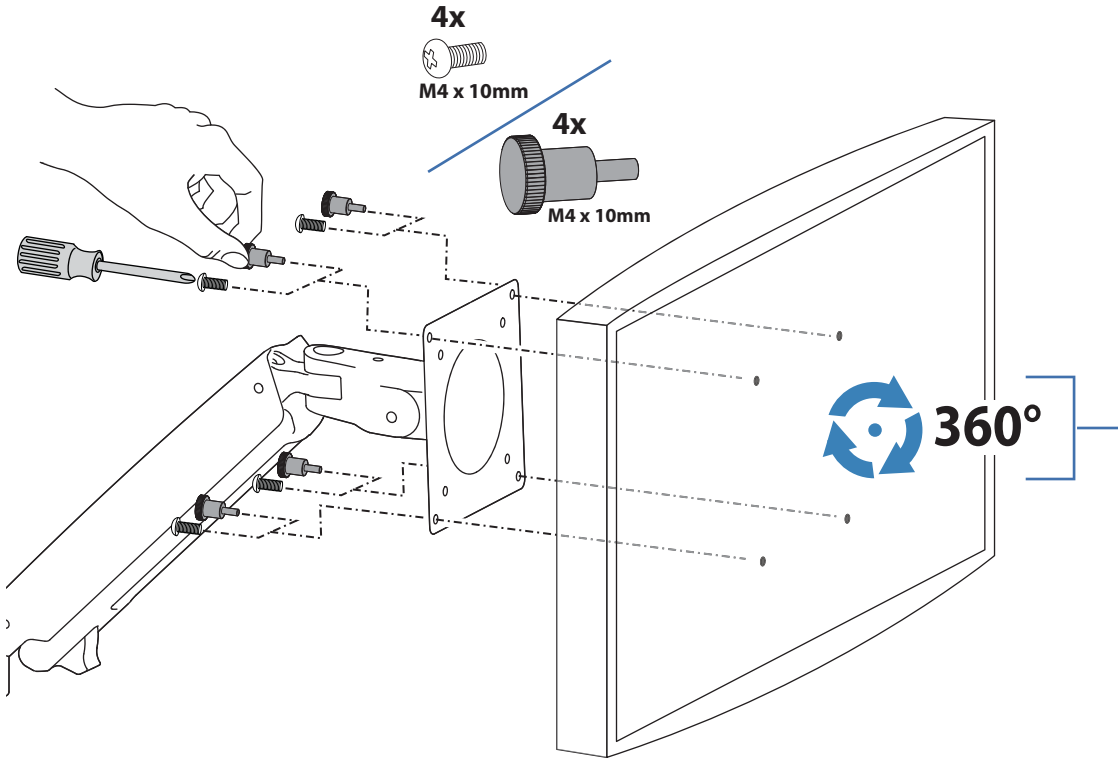


CAUTION: For secure arm attachment and to avoid equipment damage, plate must make contact with underside of desk on both sides of the hole.



CAUTION: Bolt must be centered in hole.

2

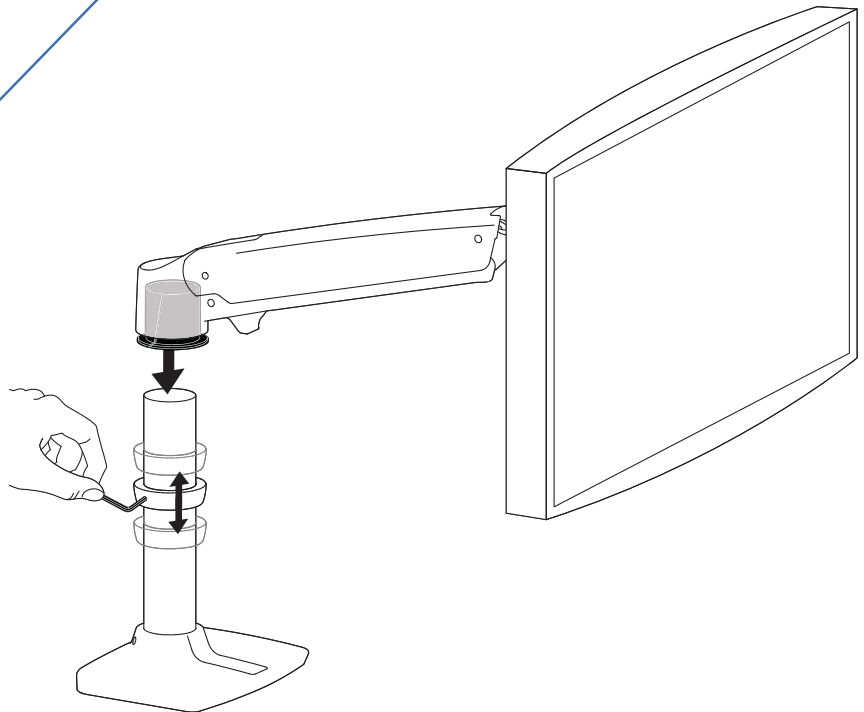
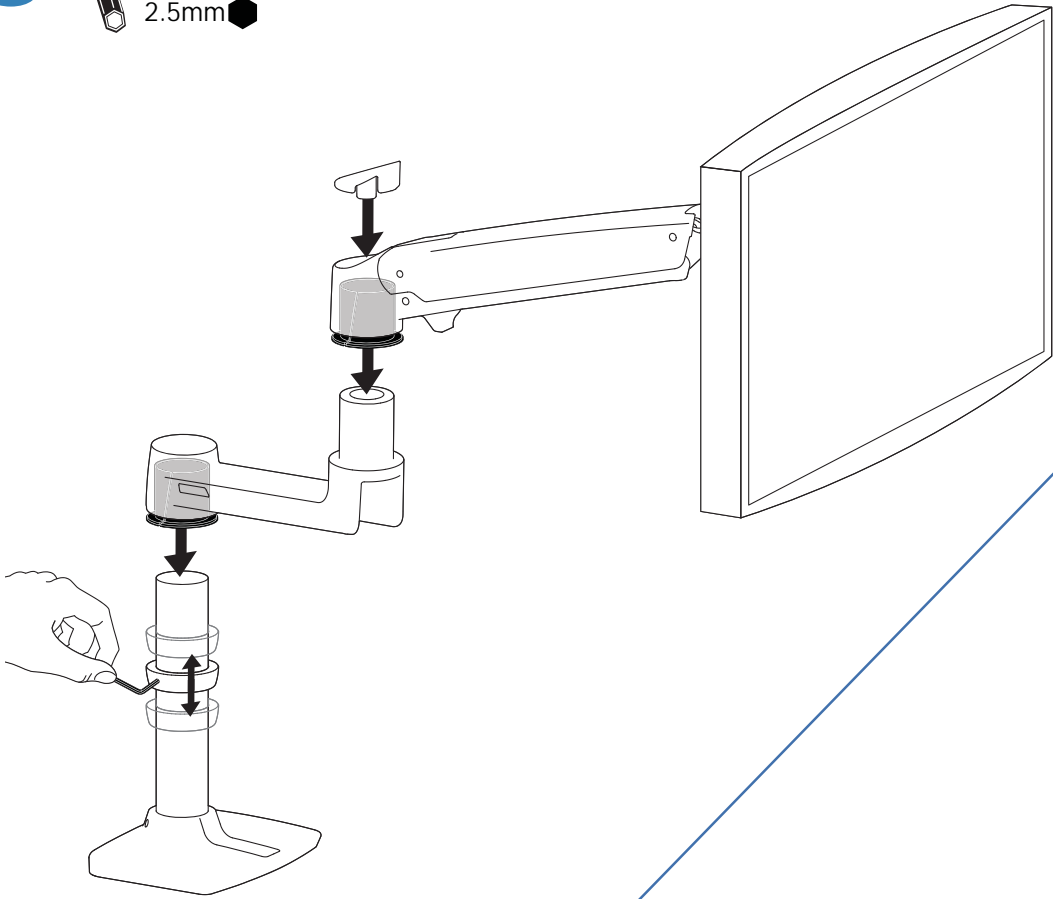
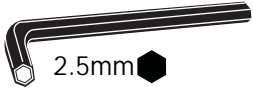


WARNING! Stored Energy Hazard: The arm mechanism is under tension and will move up rapidly, on its own, as soon as attached equipment is removed. For this reason, **DO NOT** remove equipment unless the arm has been moved to the highest position! Failure to follow this instruction may result in serious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

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3



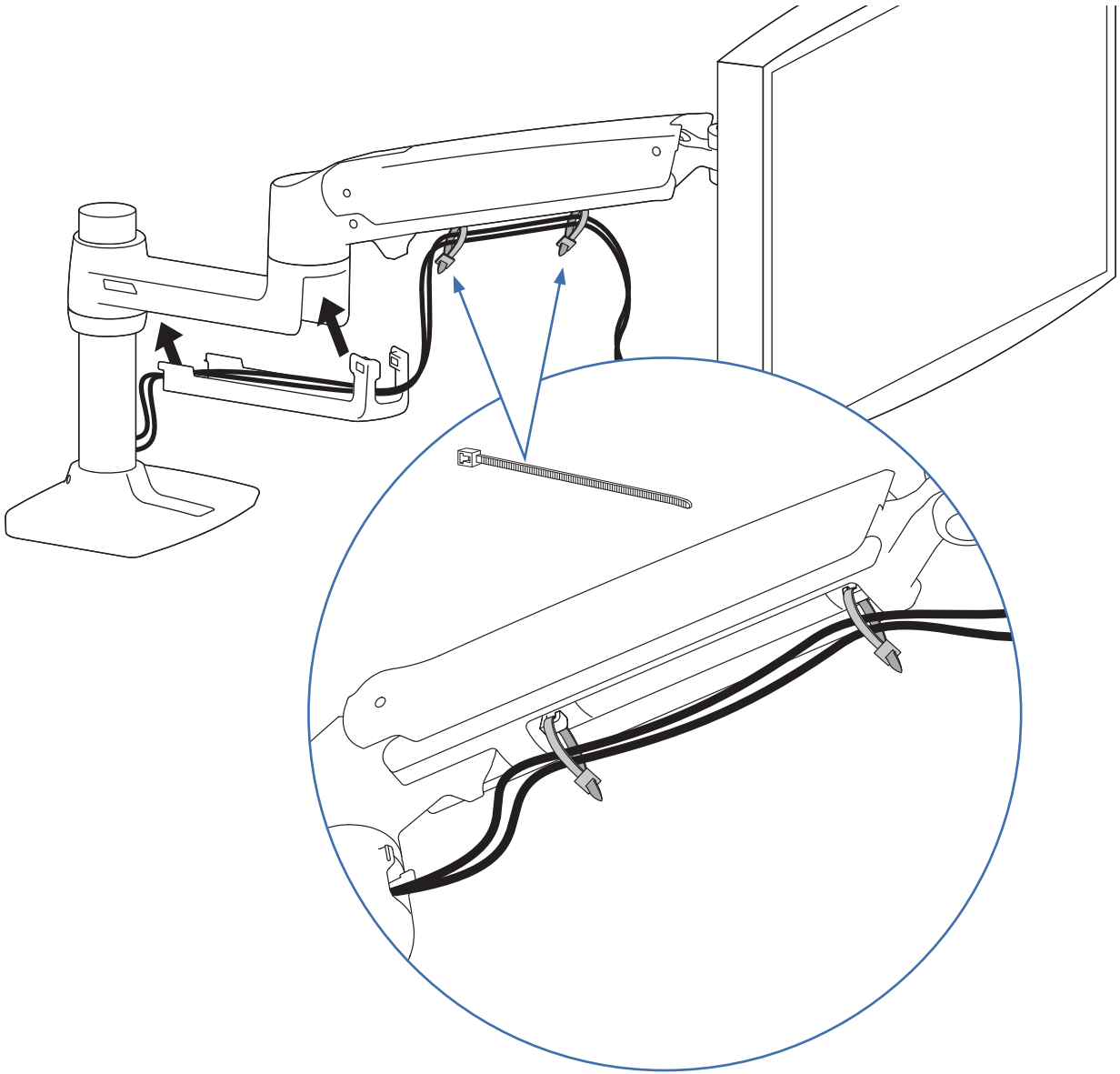
4



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

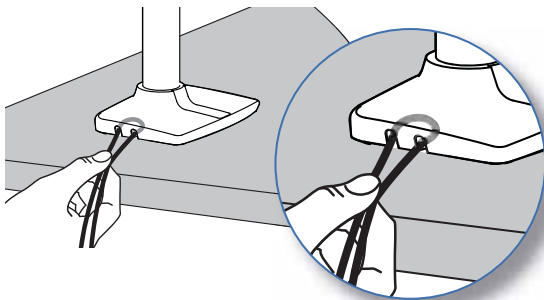


Caution: To avoid the potential to pinch cables it is important to follow the cable routing instructions in this manual. Failure to follow these instructions may result in equipment damage or personal injury.

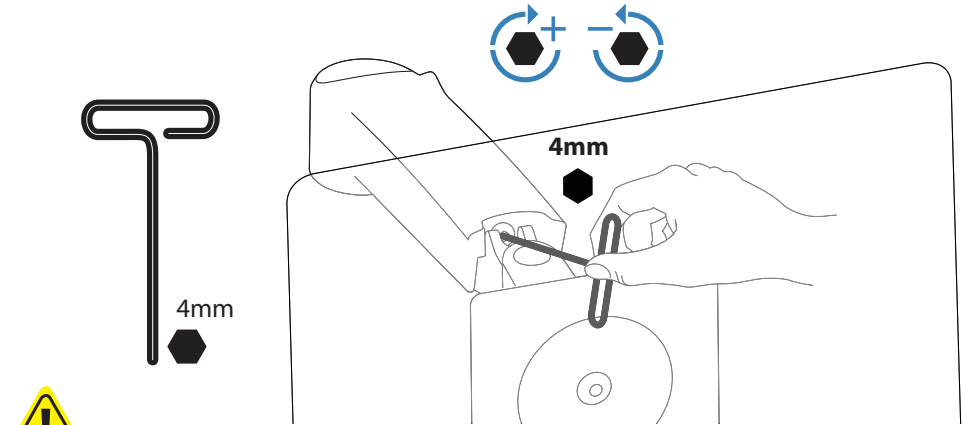
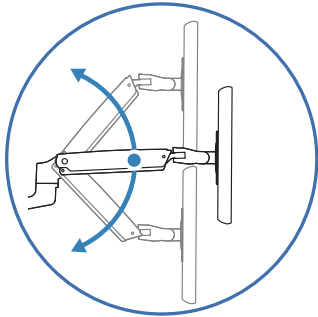


ENGLISH

5



6 Lift - Up and down



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



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:

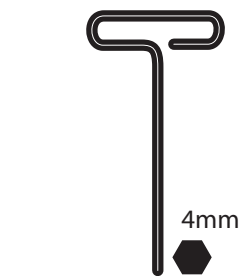
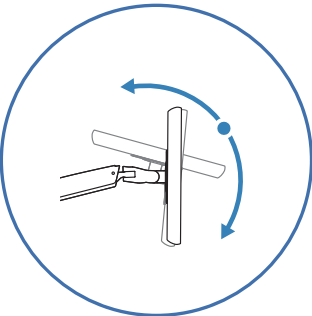


Decrease Lift Strength

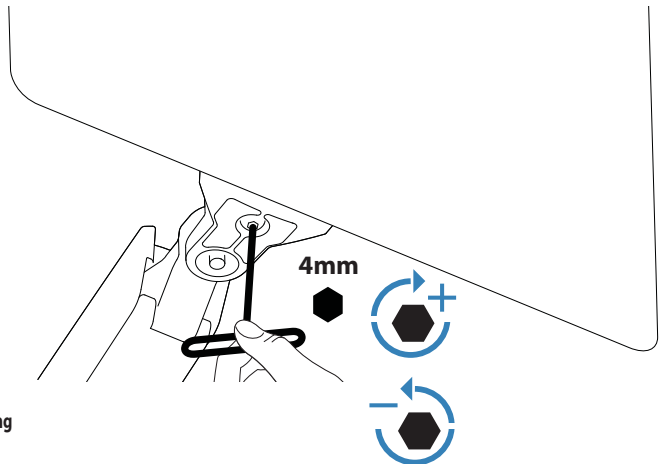
If the mounted weight is too light or this product does not stay down when lowered, then you'll need to decrease Lift Strength:



Tilt - Forward and Backward



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:

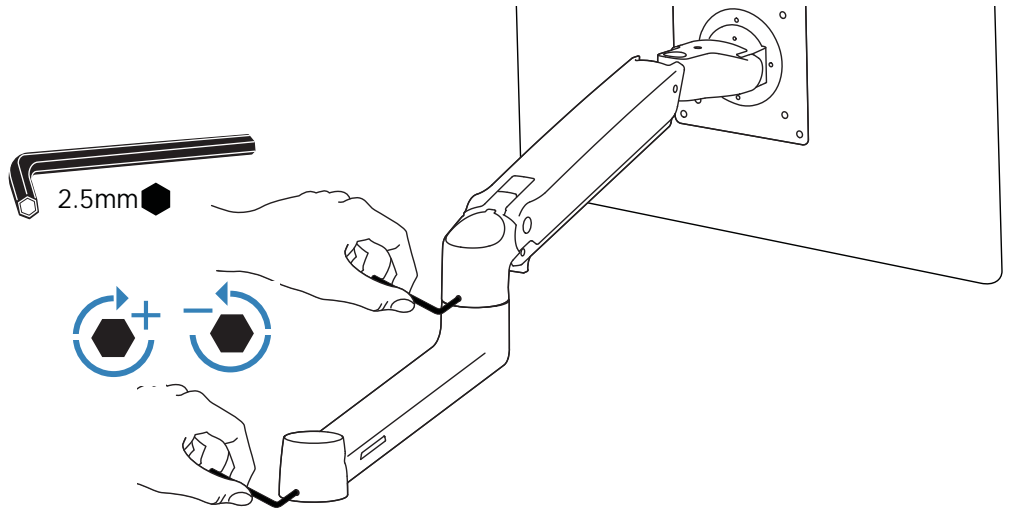
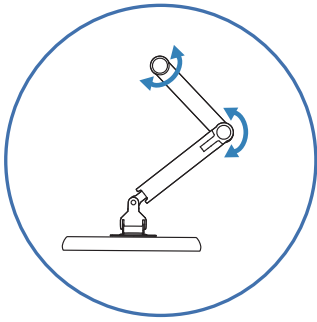



Decrease Friction


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



C Arm Swing – Side-to-side

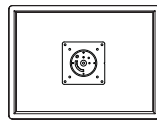
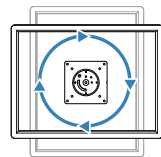


+  **Increase Friction**
If this product moves too easily, then you'll need to increase friction:

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



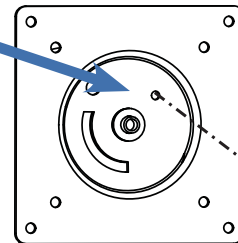
d Rotate – Portrait/Landscape



360°

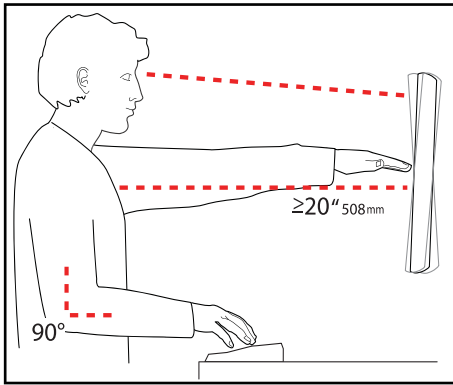


0°



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.

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