

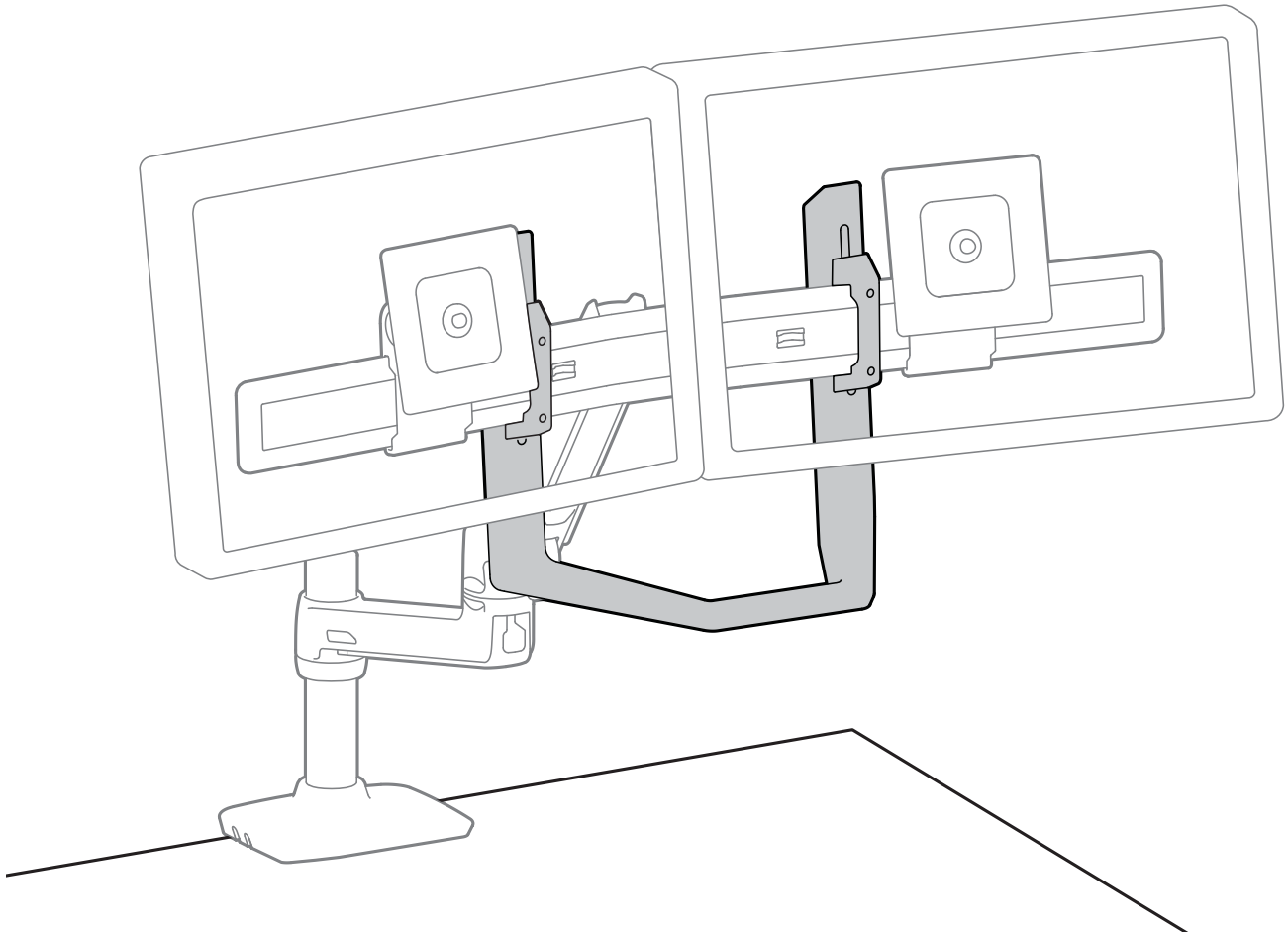
**ERGOTRON®**

User's Guide

**Touchboards**

Handle for  
LX Dual Direct

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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For the latest User Installation Guide please visit: [www.ergotron.com](http://www.ergotron.com)



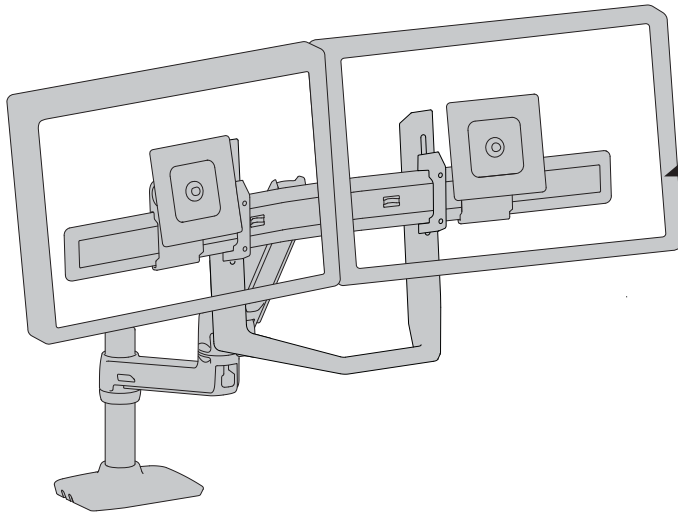
User's Guide - English  
Guía del usuario - Español  
Manuel de l'utilisateur - Français  
Gebruikersgids - Deutsch  
Benutzerhandbuch - Nederlands  
Guida per l'utente - Italiano  
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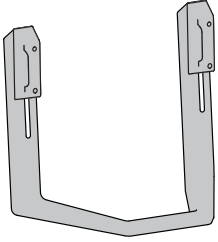

# Features & Specifications



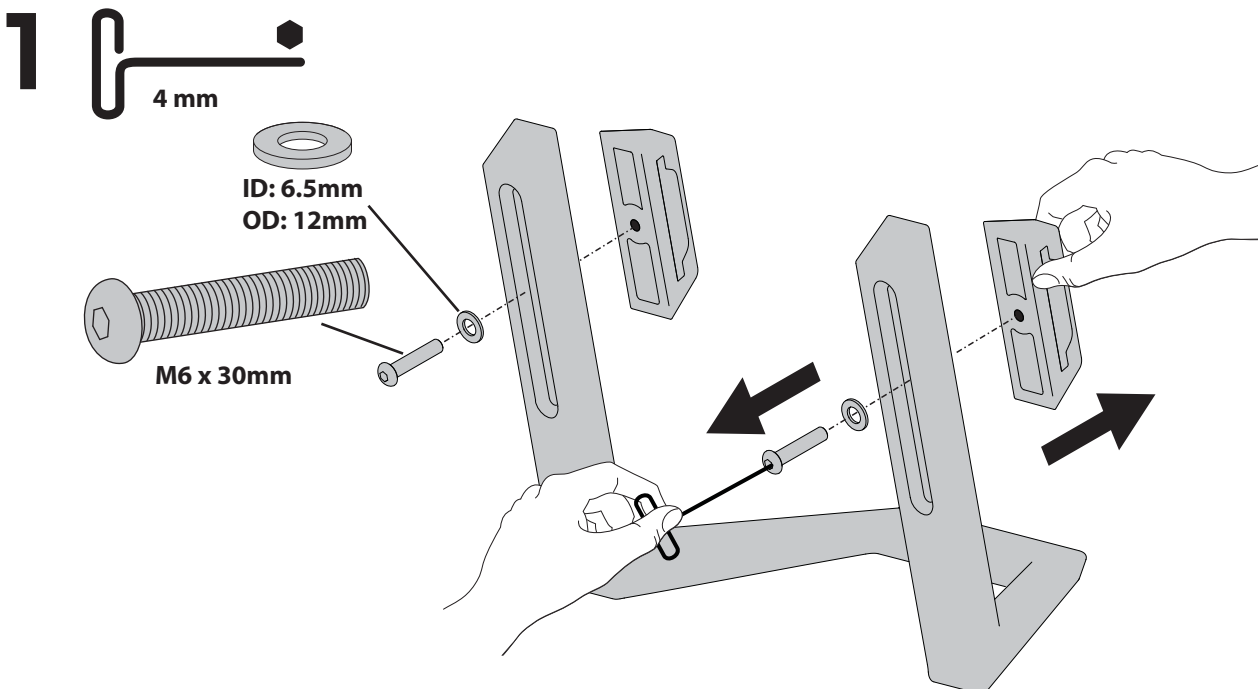
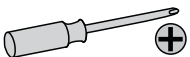
 ≤ 11lbs. (5 kg)

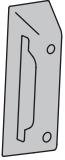
 CAUTION: DO NOT EXCEED MAXIMUM LISTED WEIGHT CAPACITY. SERIOUS INJURY OR PROPERTY DAMAGE MAY OCCUR!

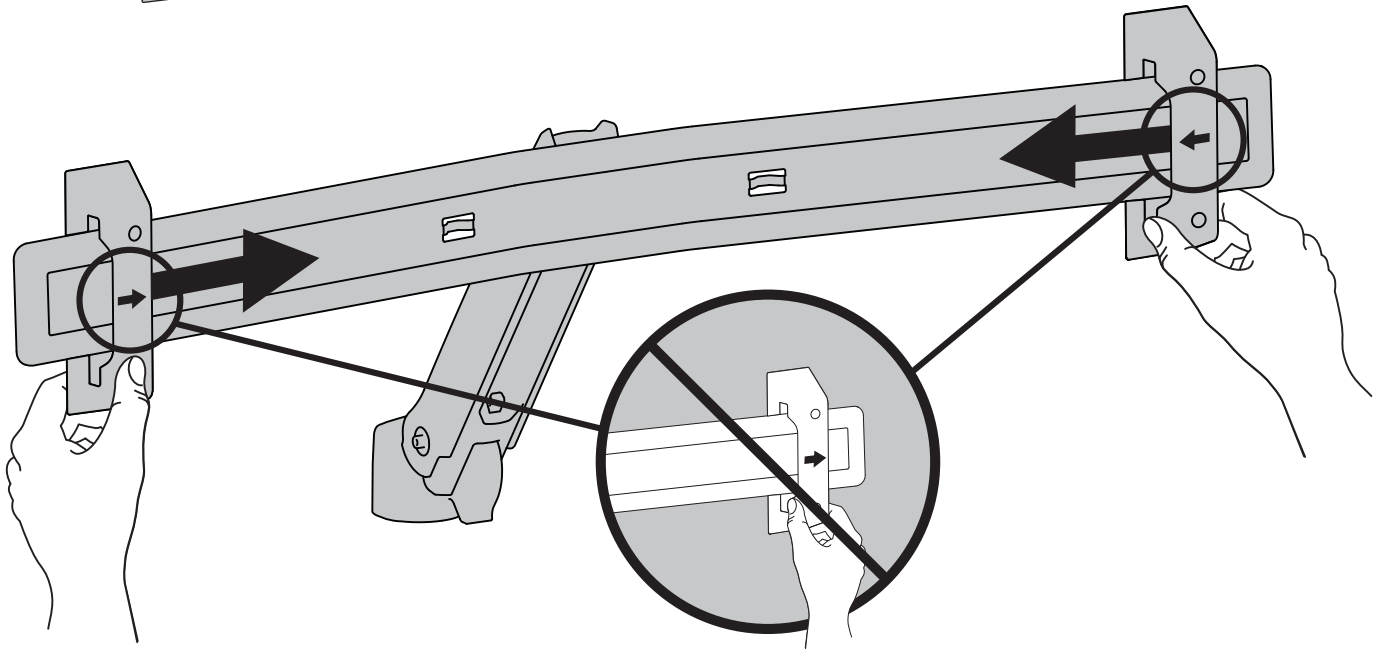
## Components

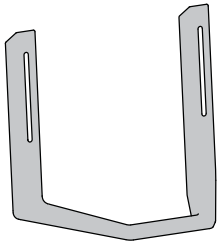
	A	B
1	1x 	1x  4 mm


## Tools Needed

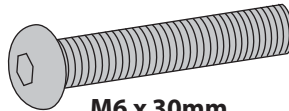


**2** 2x 

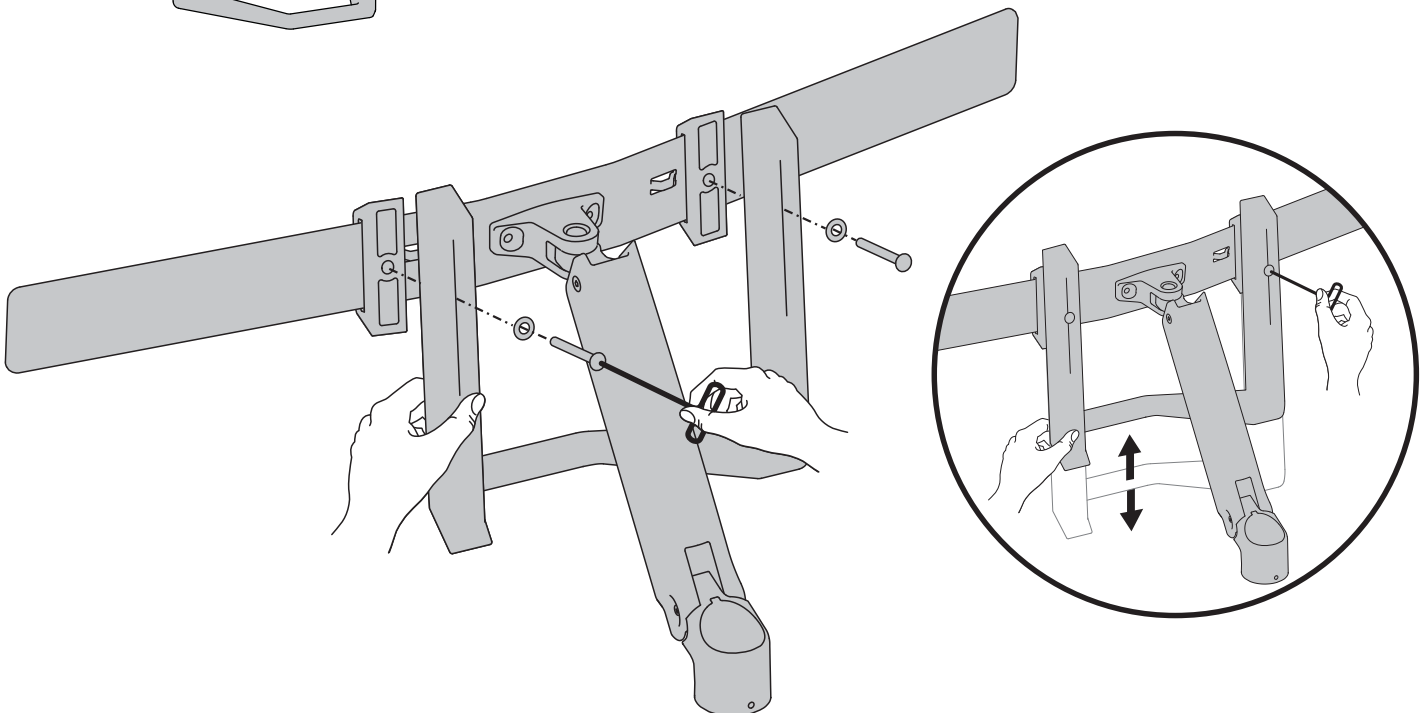



**3** 1x 

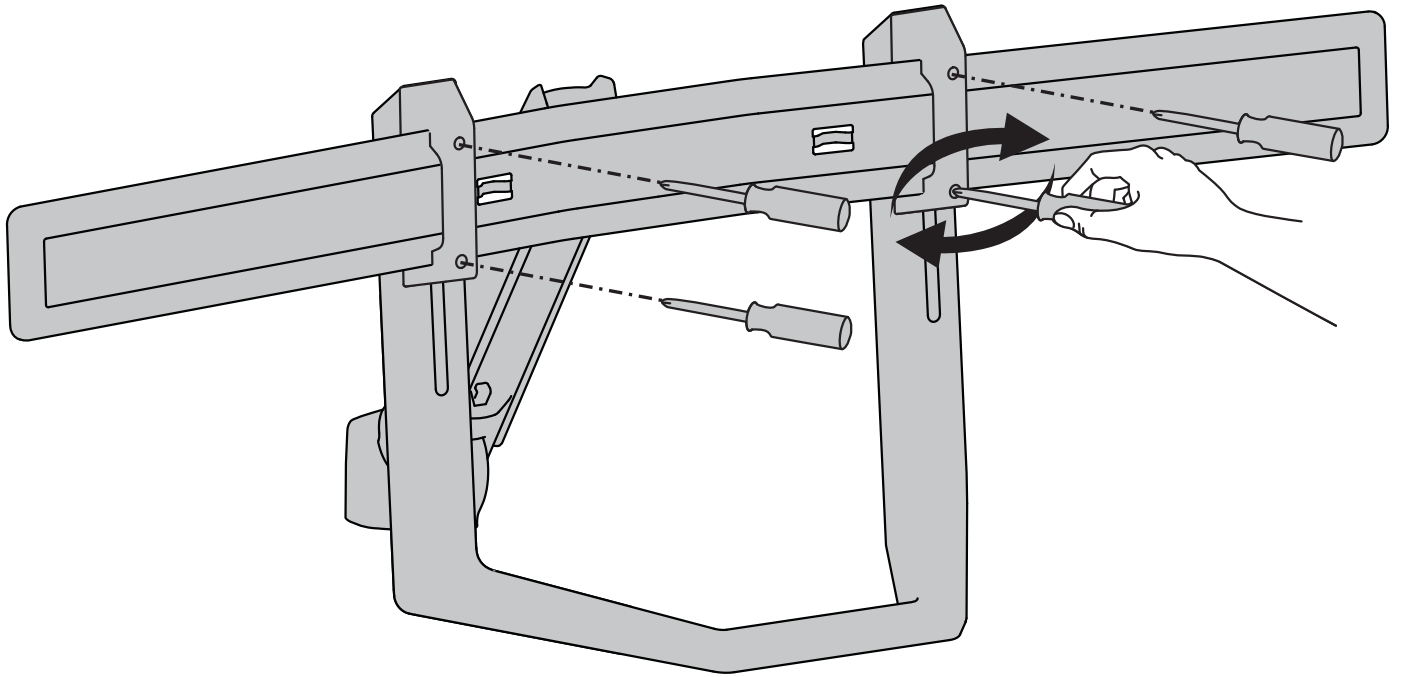
2x   
ID: 6.5mm  
OD: 12mm

2x   
M6 x 30mm

  
4 mm



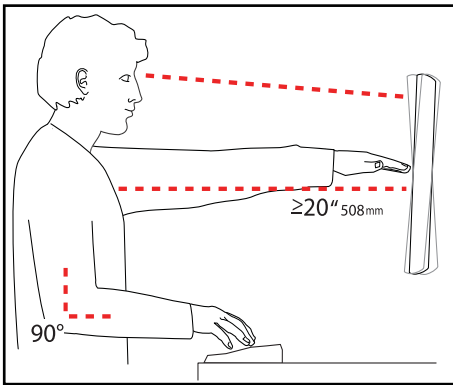
3 



## 4 Adjustment Step

Adjust your mounting solution to handle the added weight. Adjustments should move smoothly and easily through the full range of motion and stay where you set it. If adjustments are difficult and do not stay in the desired position, follow the instructions to loosen or tighten the tension to create a smooth, easy adjustment motion. Depending on your product and the adjustment, it may take several turns to notice a difference.

Set Your Workstation to Work For YOU!



Learn more about ergonomic computer use at:  
[www.computingcomfort.org](http://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.

For Warranty visit: [www.ergotron.com/warranty](http://www.ergotron.com/warranty)

For Service visit: [www.ergotron.com](http://www.ergotron.com)

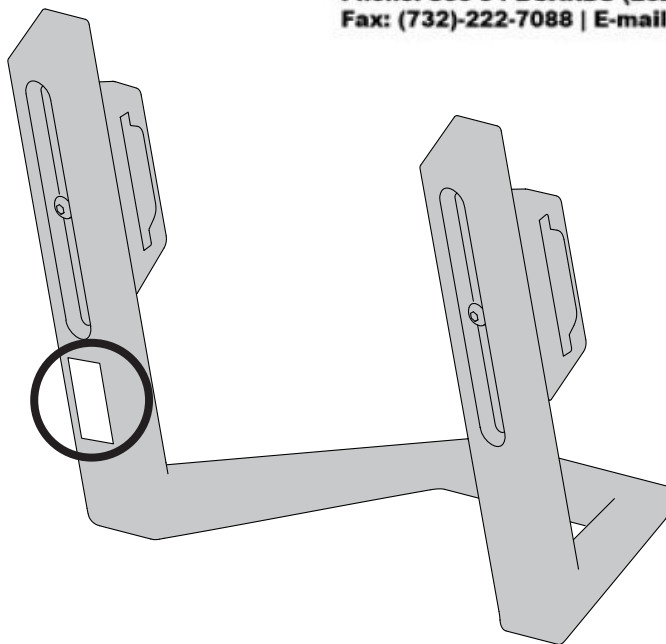
For local customer care phone numbers visit: <http://contact.ergotron.com>



NOTE: When contacting customer service, reference the serial number.

# Touchboards

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