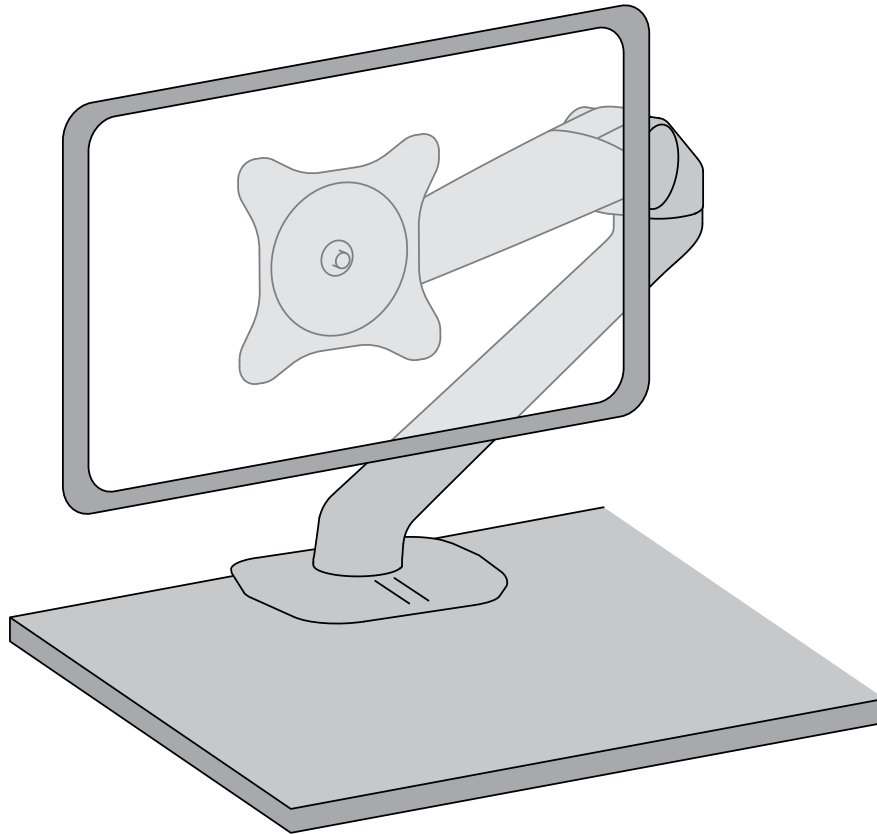
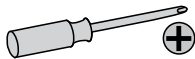


205 Westwood Ave, Long Branch, NJ 07740  
Phone: 866-94 BOARDS (26273) / (732)-222-1511  
Fax: (732)-222-7088 | E-mail: sales@touchboards.com

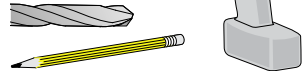


## Tools Needed



For Grommet Hole  
Mounting

Ø 3/8" (9.5 mm)



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



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Manuel de l'utilisateur - Français  
Gebruikersgids - Deutsch  
Benutzerhandbuch - Nederlands  
Guida per l'utente - Italiano  
Användarhandbok - svenska  
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Europe +31 (0)33-45 45 600  
China 400-120-3051


# 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!

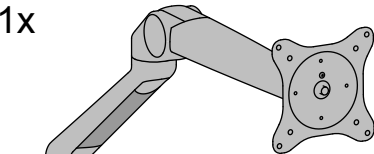
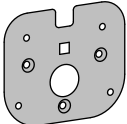
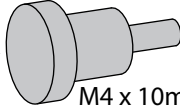
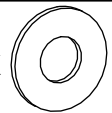
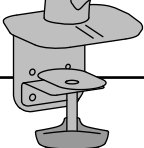


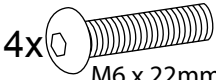
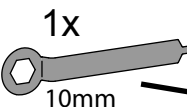
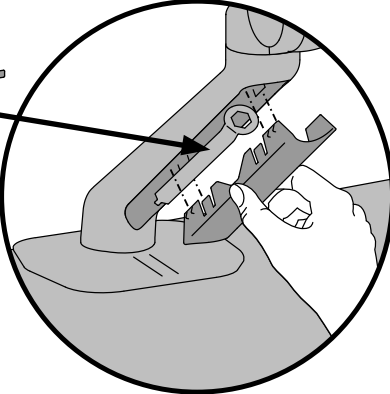
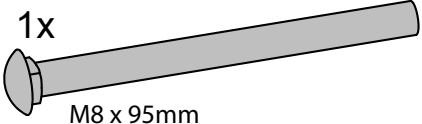

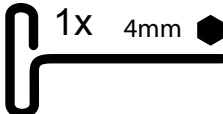

Symbol	Signal Word	Level of Hazard
	<b>NOTE</b>	A NOTE indicates important information that helps you make better use of this product.
	<b>CAUTION</b>	A CAUTION indicates either potential damage to hardware or loss of data and tells you how to avoid the problem.
	<b>WARNING</b>	A WARNING indicates either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

## Safety

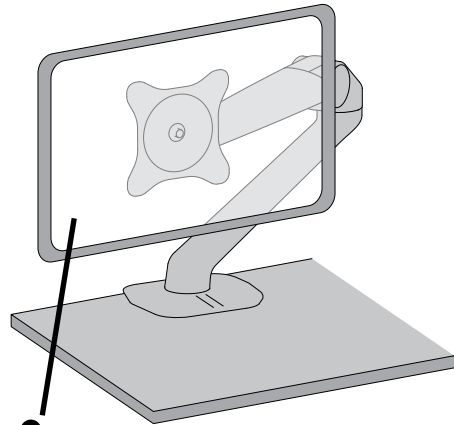
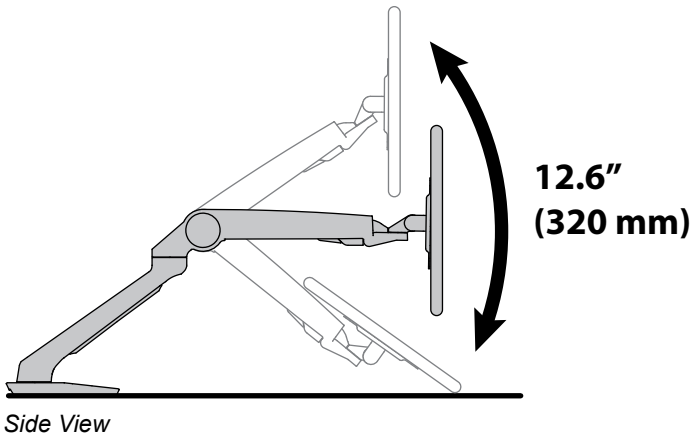
 **Warning:** Because mounting surface materials can vary widely, it is imperative that you make sure mounting surface is strong enough to handle mounted product and equipment.

 **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.

## Components

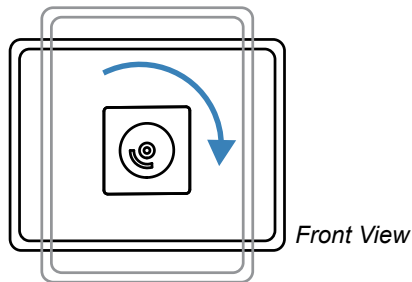
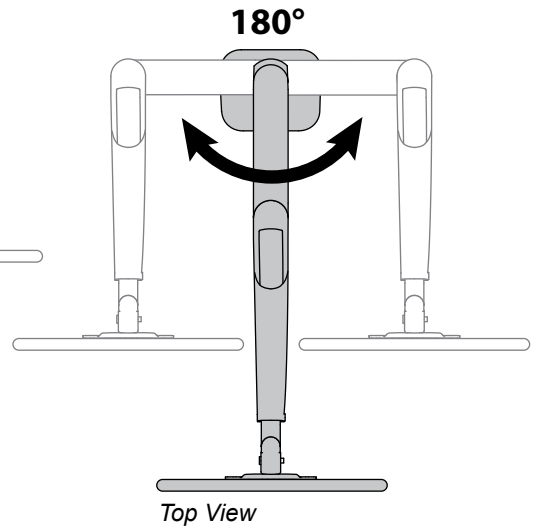
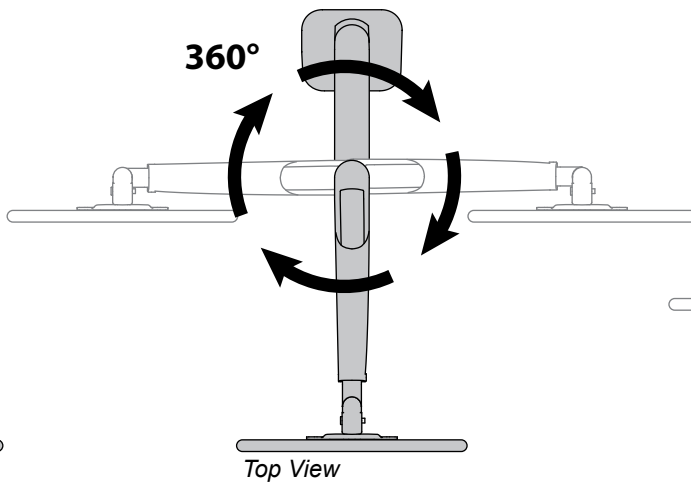
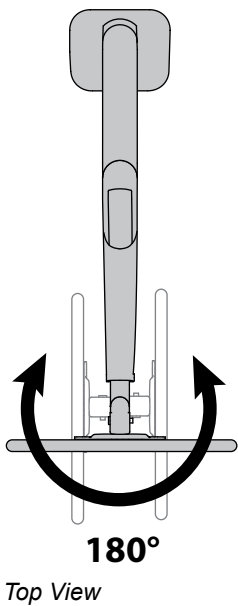
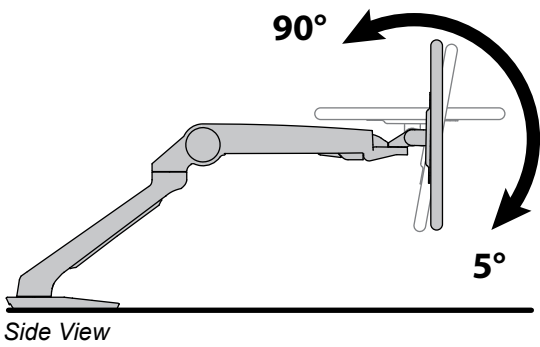
	A	B	C	D
1	1x 	1x 	4x  M4 x 10mm	4x  15x7x1mm
2		2x 	4x  M4 x 10mm	4x  M6 x 22mm
3	1x  10mm			1x  M8 x 95mm
4				1x  M8
5			1x  4mm	1x  3mm

# Features & Specifications



**LB**  
**kg** ≤ 8 lbs. (3.6 kg)

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

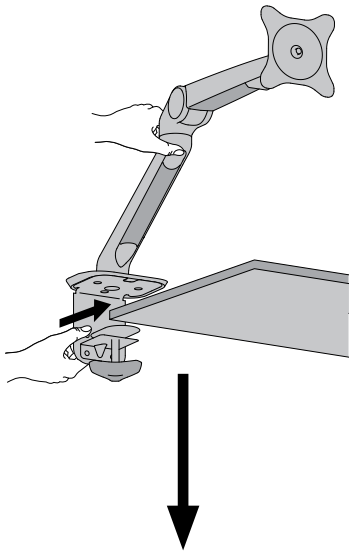


**Portrait/Landscape Rotation.**

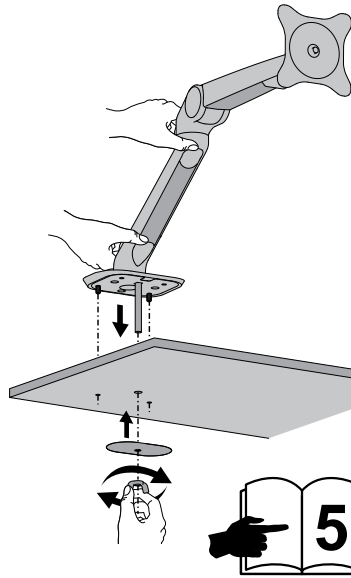
# 1

Choose 1 of the 3 Mounting Options:

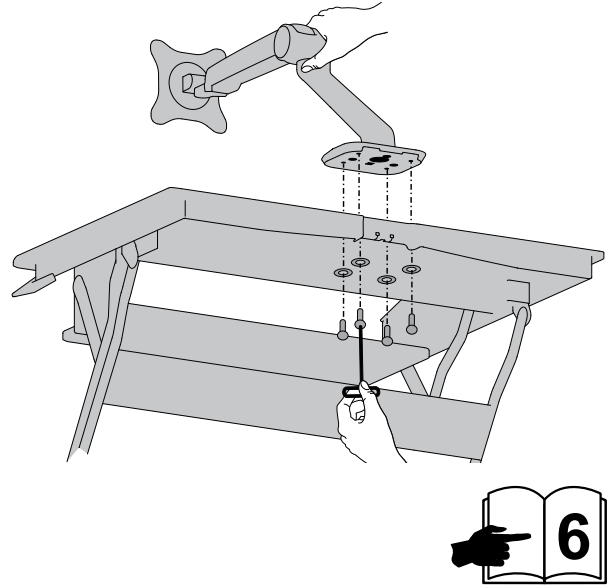
CLAMP



GROMMET HOLE

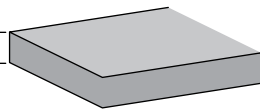


Ergotron WorkFit-T

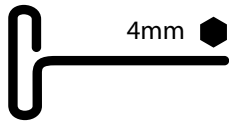
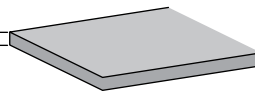


a

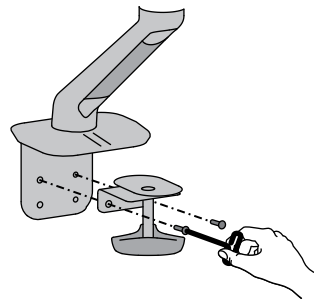
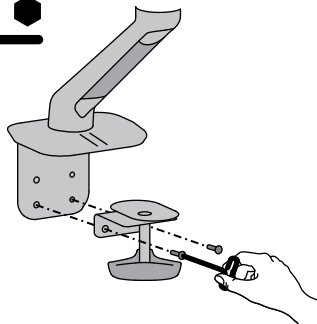
1.27"-2.35"  
(32-60 mm)



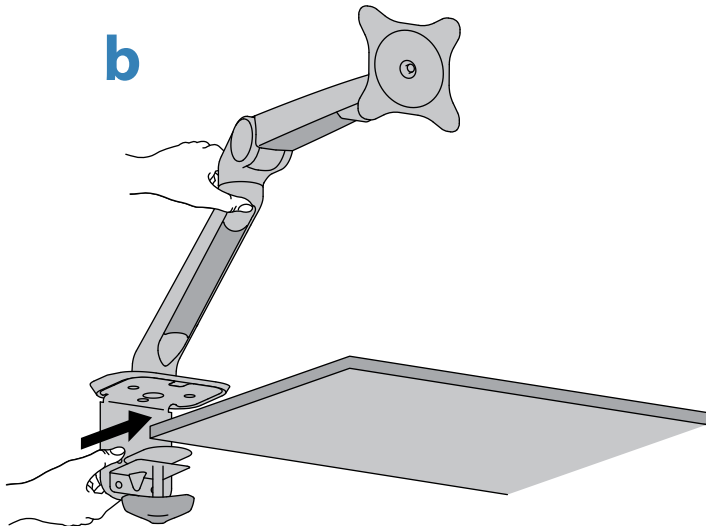
0.28"-1.36"  
(7-35 mm)



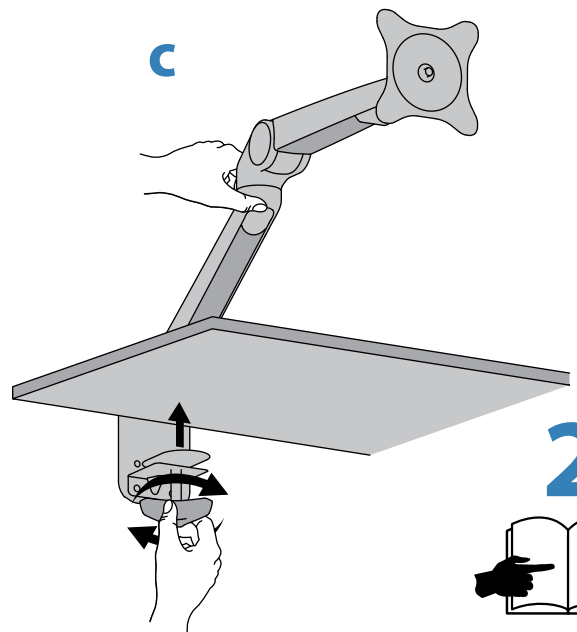
4mm



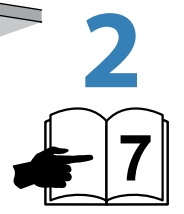
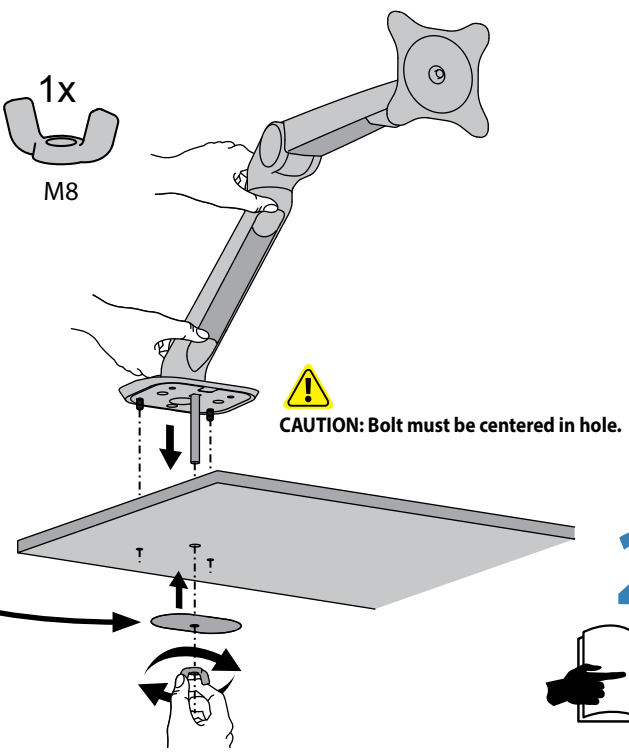
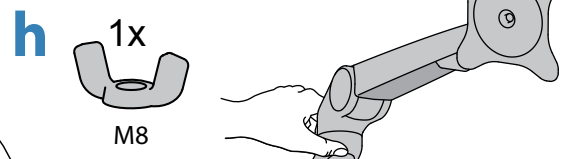
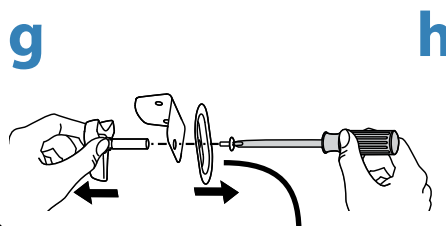
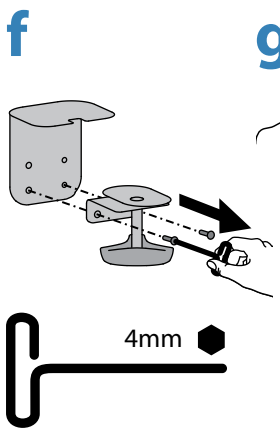
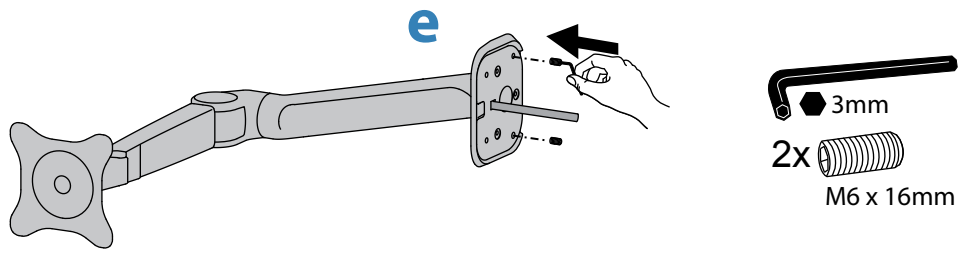
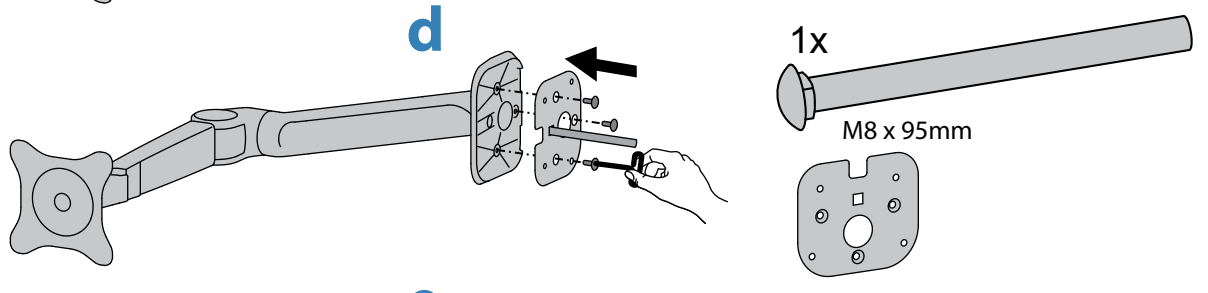
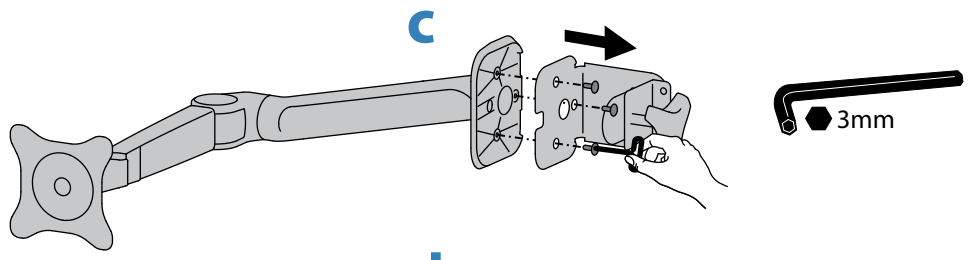
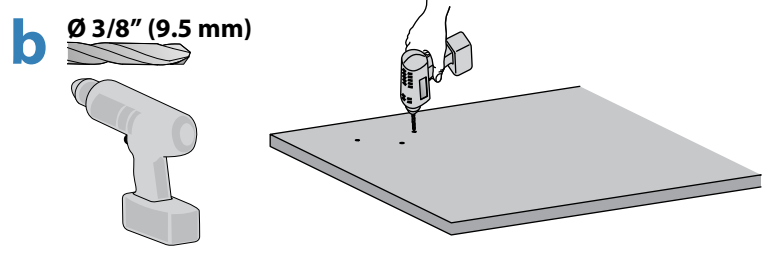
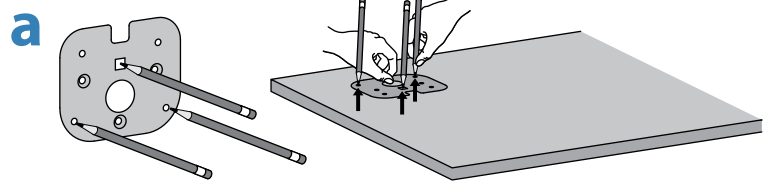
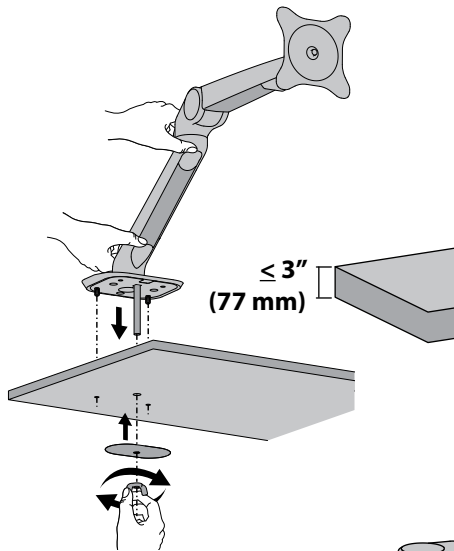
b



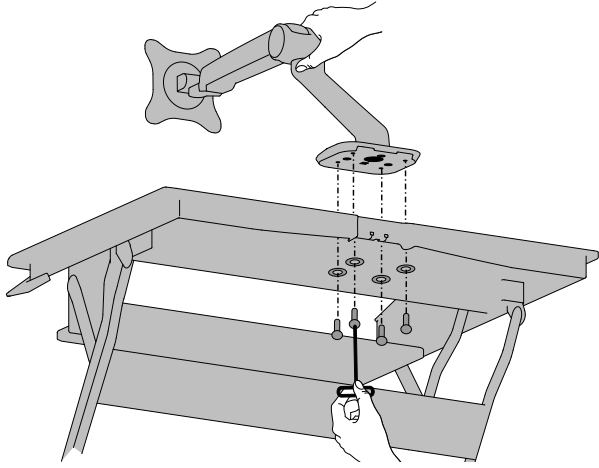
c



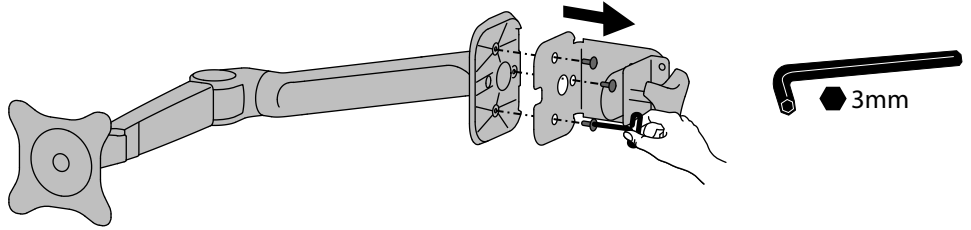
**GROMMET HOLE**



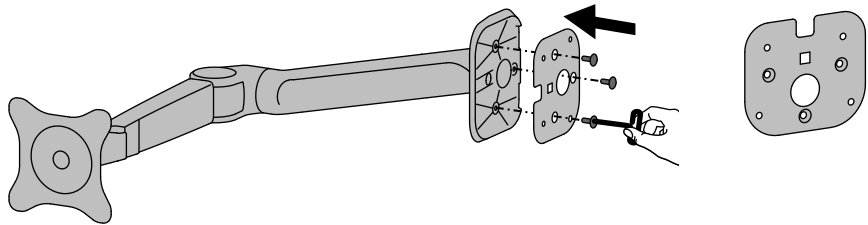
# Ergotron WorkFit-T



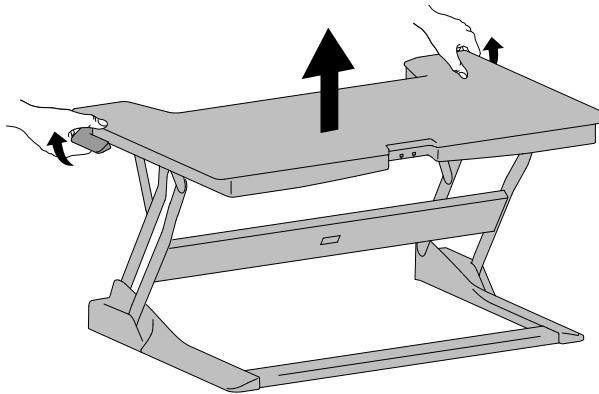
**a**



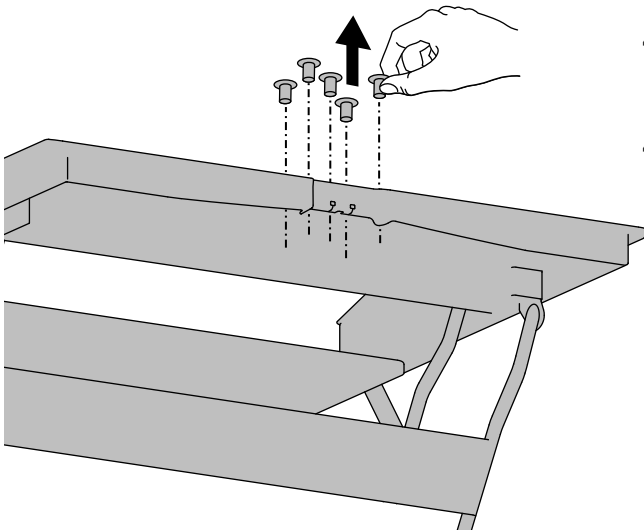
**b**



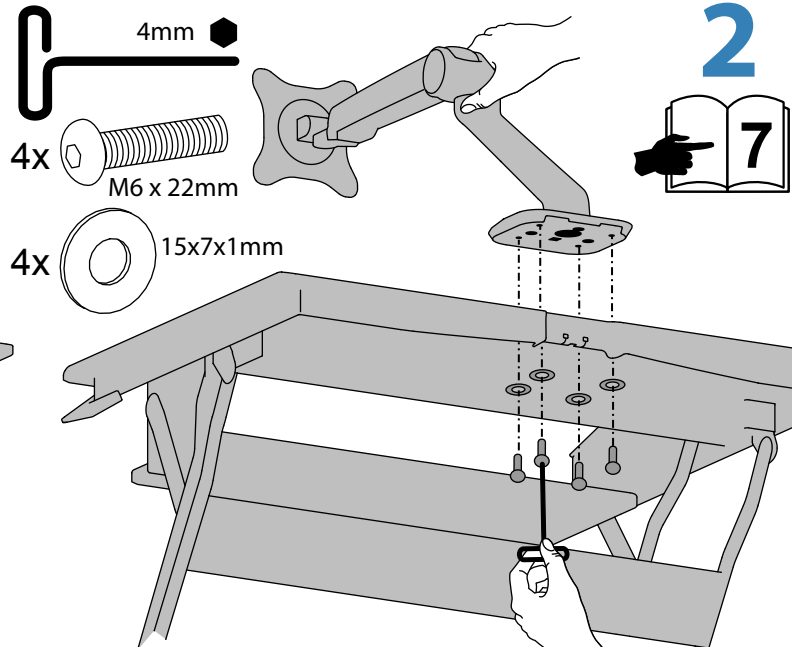
**c**



**d**

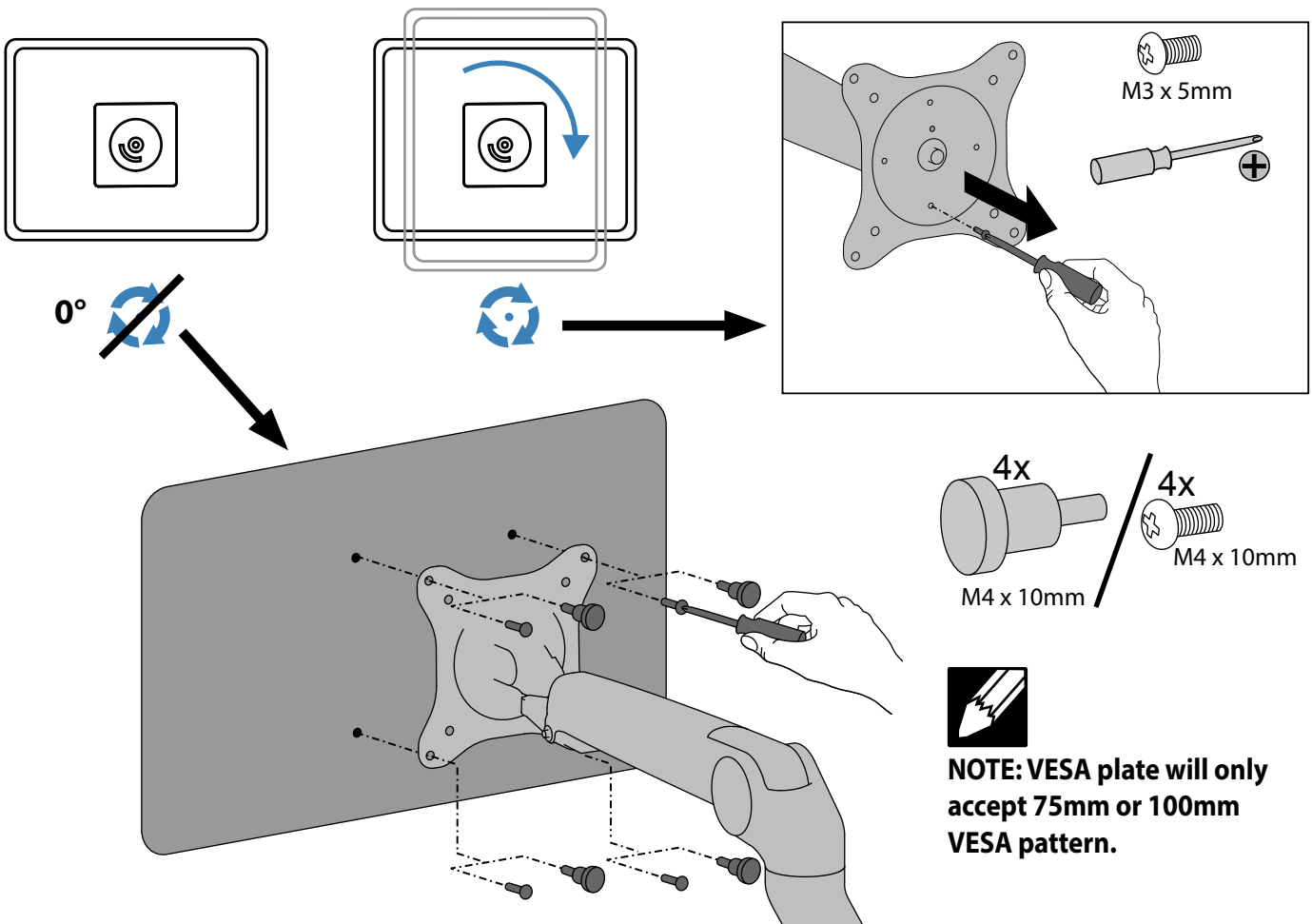


**e**

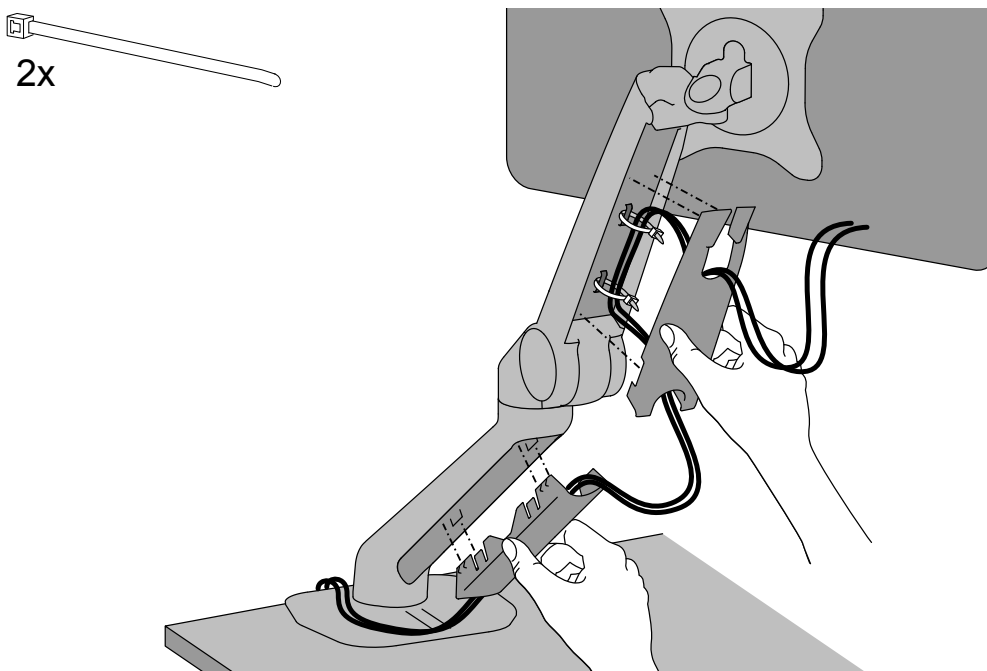


## 2 Attach Display

Remove Stop Screw if you would like Portrait/Landscape Rotation.



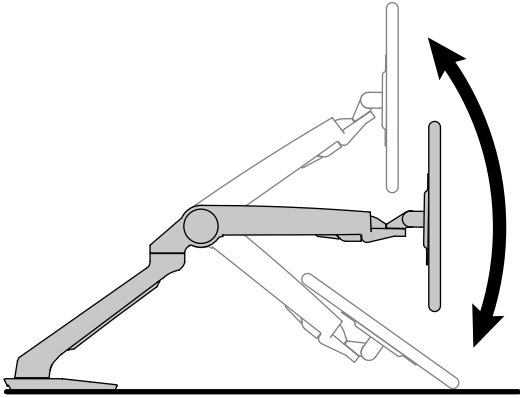
- ### 3
- NOTE: Leave enough slack in cable to allow full range of motion.**
- Caution:** To avoid the potential to pinch cables it is important to follow the cable routing instructions in this manual. Failure to follow these instructions may result in equipment damage or personal injury.



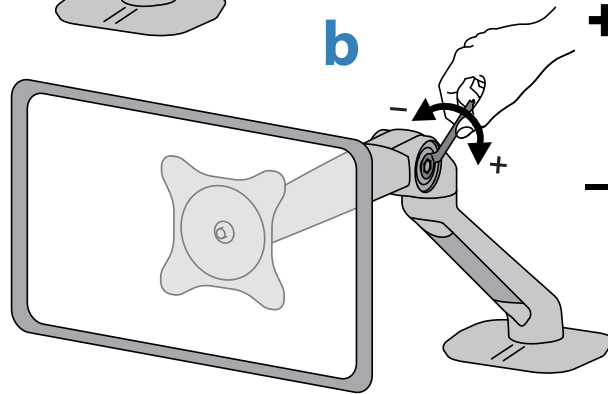
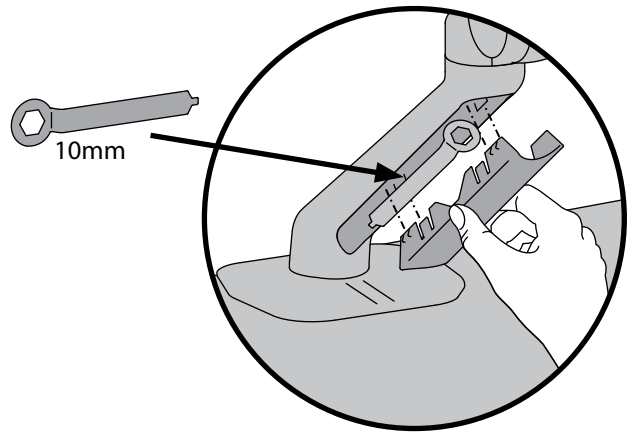
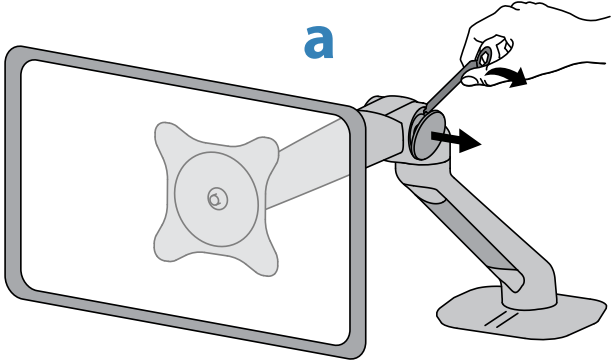


# Adjustment Step

You may need to adjust this arm over time as the friction pivot could change tension.

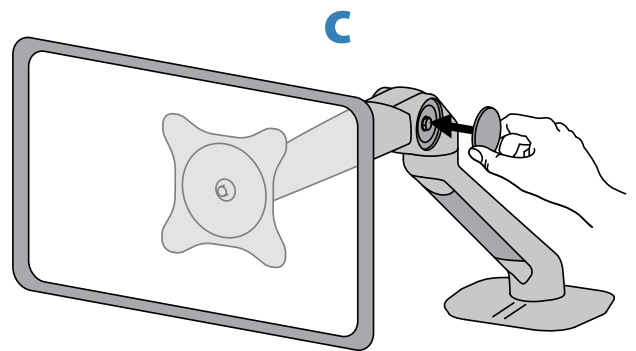


ENGLISH



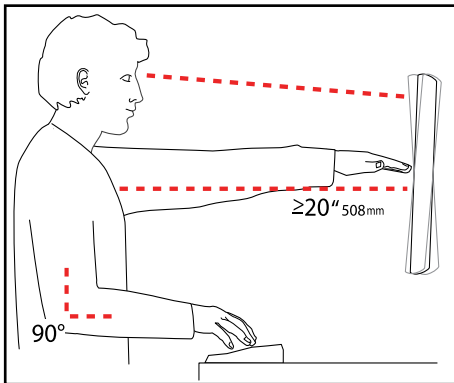
**+** Increase Friction  
If this product moves too easily, then you'll need to increase friction:

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





## 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.

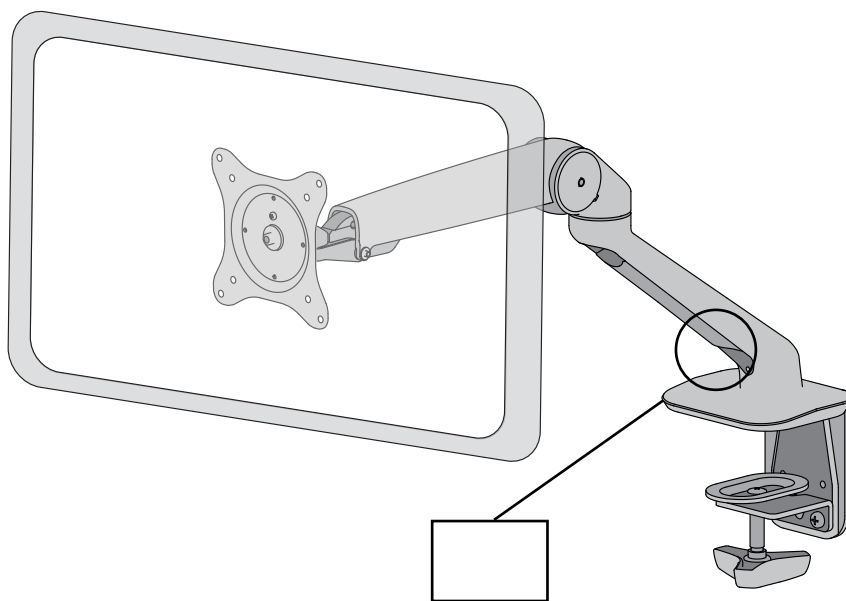
To Reduce Fatigue  
Breathe - Breathe deeply through your nose.  
Blink - Blink often to avoid dry eyes.  
Break • 2 to 3 minutes every 20 minutes  
• 15 to 20 minutes every 2 hours.

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

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



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



ENGLISH

### Americas Sales and Corporate Headquarters

1181 Trapp Rd.  
St. Paul, MN USA  
(800) 888-8458  
+1-651-681-7600  
[www.ergotron.com](http://www.ergotron.com)  
[sales@ergotron.com](mailto:sales@ergotron.com)

### EMEA Sales

Amersfoort, The Netherlands  
+31 33 45 45 600  
[www.ergotron.com](http://www.ergotron.com)  
[info.eu@ergotron.com](mailto:info.eu@ergotron.com)

### APAC Sales

Tokyo, Japan  
[www.ergotron.com](http://www.ergotron.com)  
[apaccustomerservice@ergotron.com](mailto:apaccustomerservice@ergotron.com)

### Worldwide OEM Sales

[www.ergotron.com](http://www.ergotron.com)  
[info.oem@ergotron.com](mailto:info.oem@ergotron.com)

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