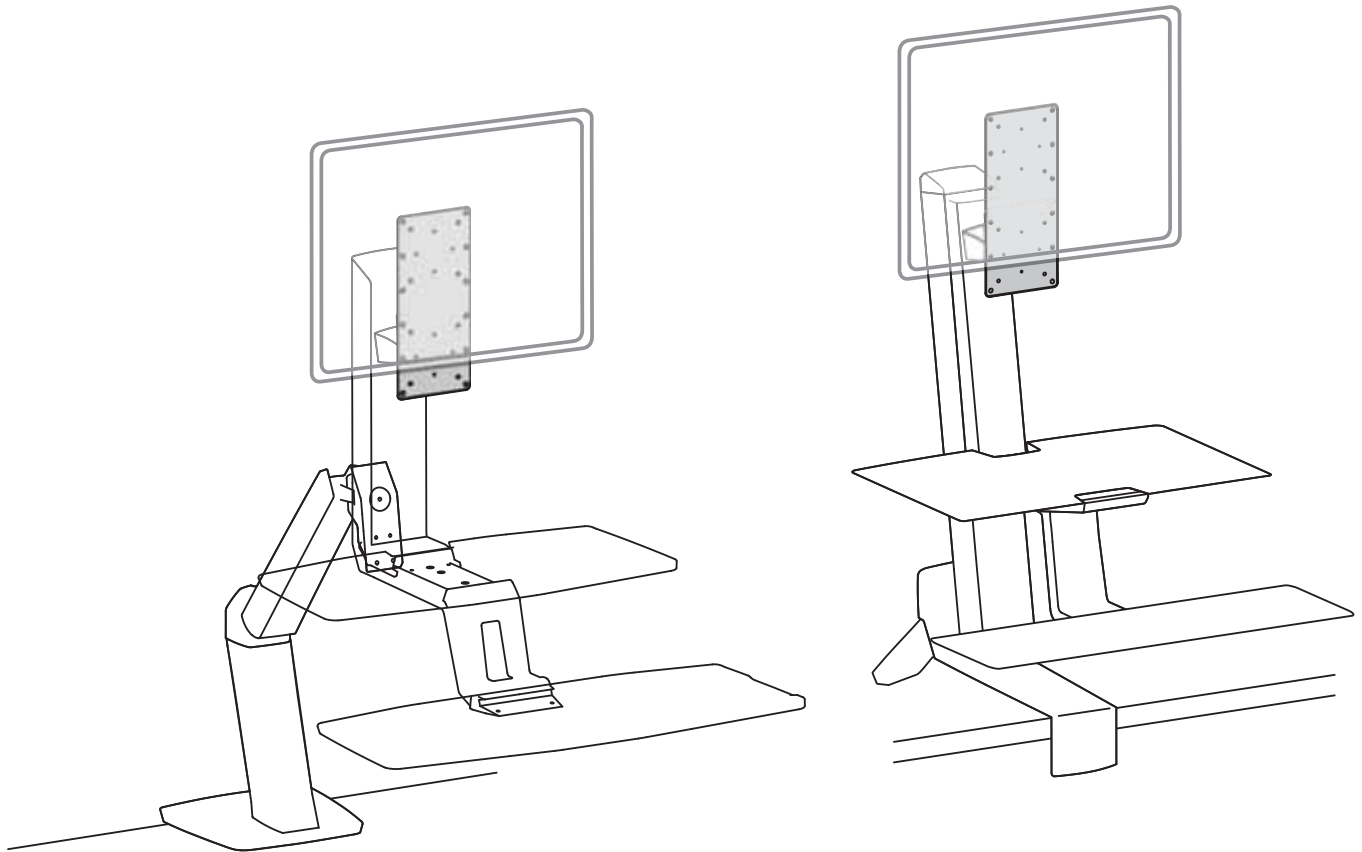


Single Monitor Tall User Kit for WorkFit, A & S Products



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







User's Guide - English
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Manuel de l'utilisateur - Français
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Användarhandbok - svenska
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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



WARNING: Weight Capacity Restriction!

Make sure the total combined weight of Display and Single Monitor Tall User Kit is less than the specified weight capacity of the product you are attaching to. Failure to follow this warning will create an unstable situation that may result in product damage and/or personal injury.



WARNING: Portrait/Landscape Lock-out screw MUST be installed!

Make sure the P/L Lock-out screw is installed before attaching the Single Monitor Tall User Kit. Failure to follow this warning will create an unstable situation where the display may rotate causing product damage and/or personal injury.

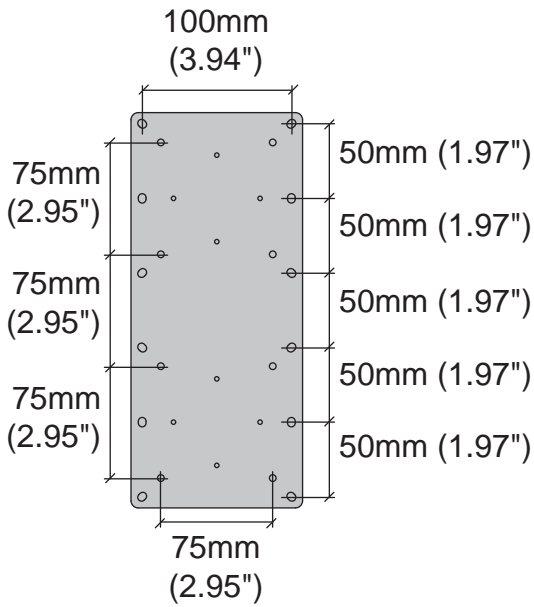


WARNING: Make sure you use the specified screws for each connection point. Using incorrect screws may cause product damage or create an unstable situation that could lead to product damage and/or personal injury.

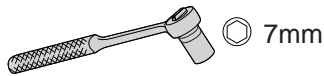
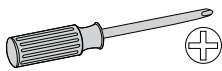


WARNING: Do not over tighten screws. Over tightening screws may cause product damage.

Features & Specifications

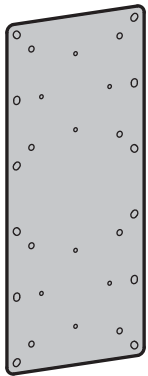
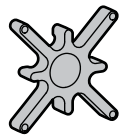


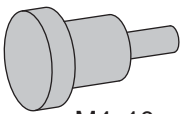
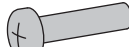





Tools Needed

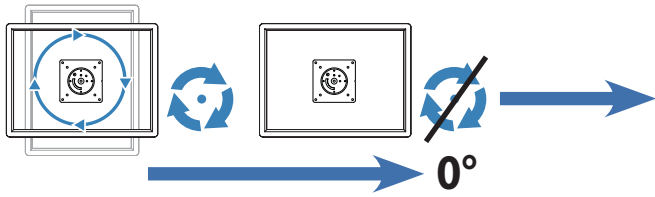


Components

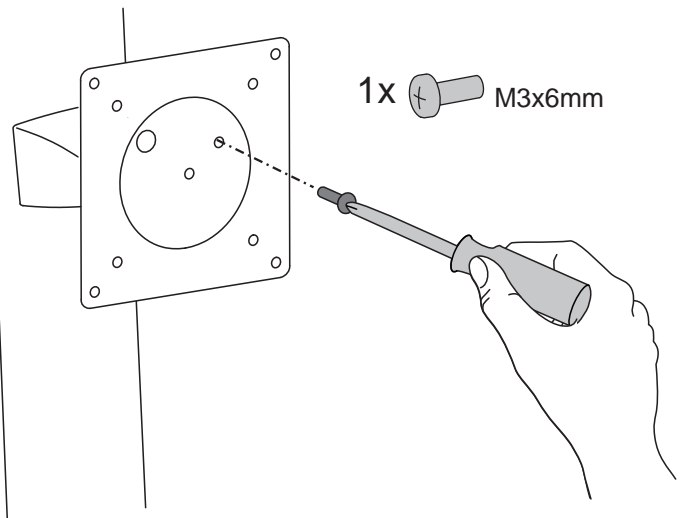


	A	B	C
1	1x 	1x 	1x  M3x6mm
2			8x  M4x10mm
3		4x  M4x10mm	2x  M4x12mm
4			4x  M4x28mm
5		4x  M4	2x  M4x30mm

1 Attach Portrait/Landscape Lock-out screw.



WARNING: Portrait/Landscape Lock-out screw MUST be installed!
Make sure the P/L Lock-out screw is installed before attaching the Single Monitor Tall User Kit. Failure to follow this warning will create an unstable situation where the display may rotate causing product damage and/or personal injury.



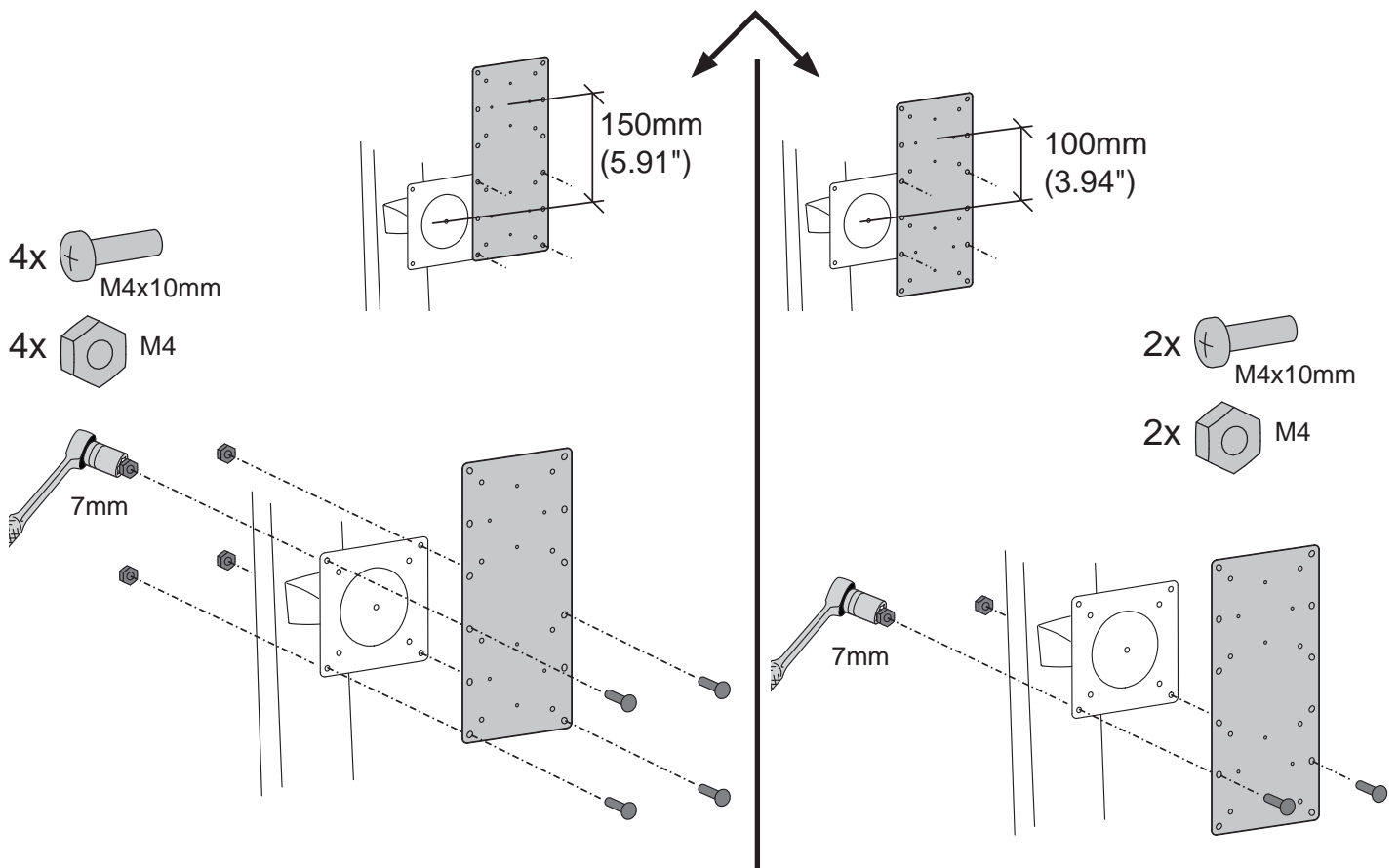
2 Attach plate.



NOTE: You can raise your monitor 150mm or 100mm.



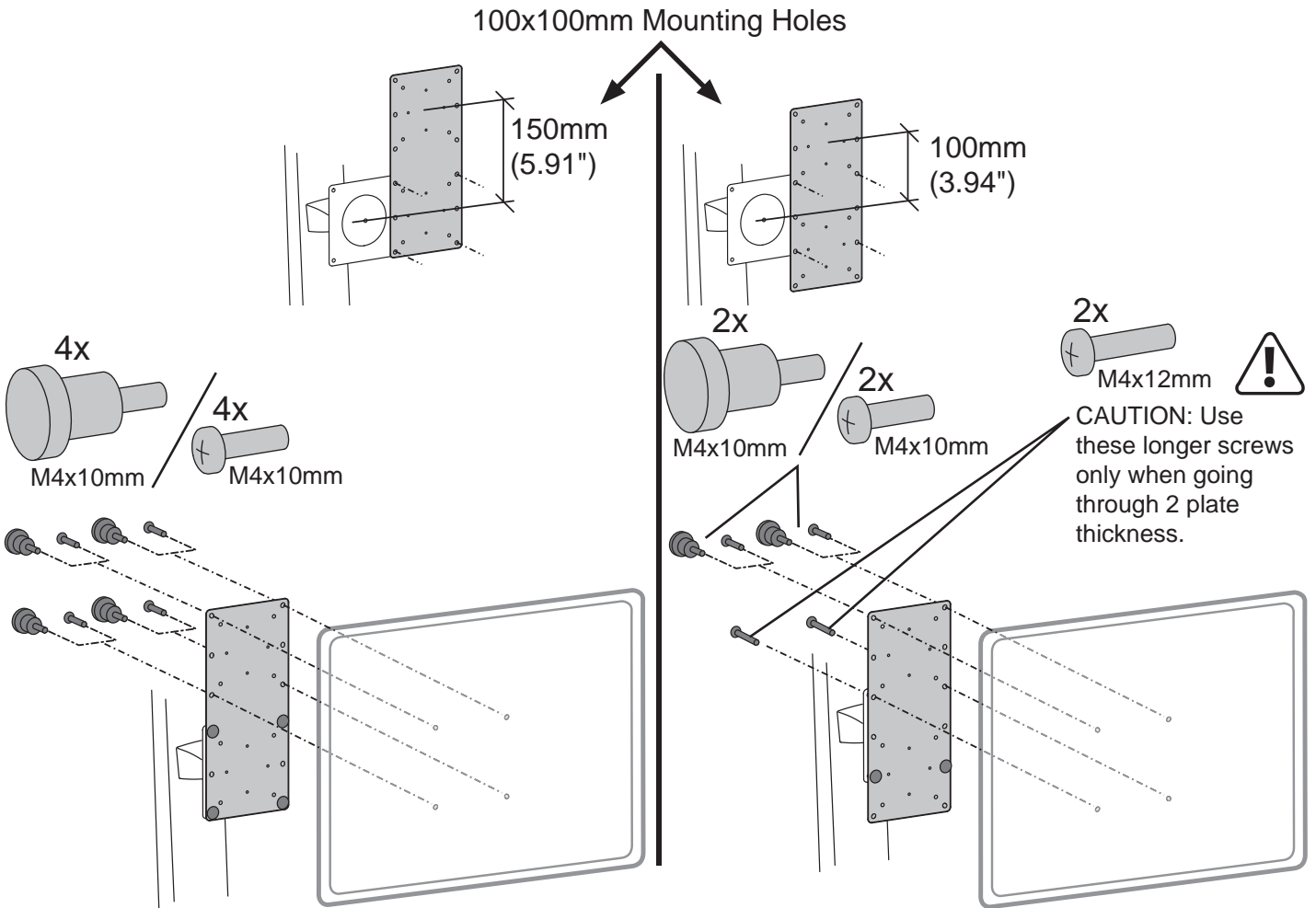
WARNING: Make sure you use the specified screws for each connection point. Using incorrect screws may cause product damage or create an unstable situation that could lead to product damage and/or personal injury.



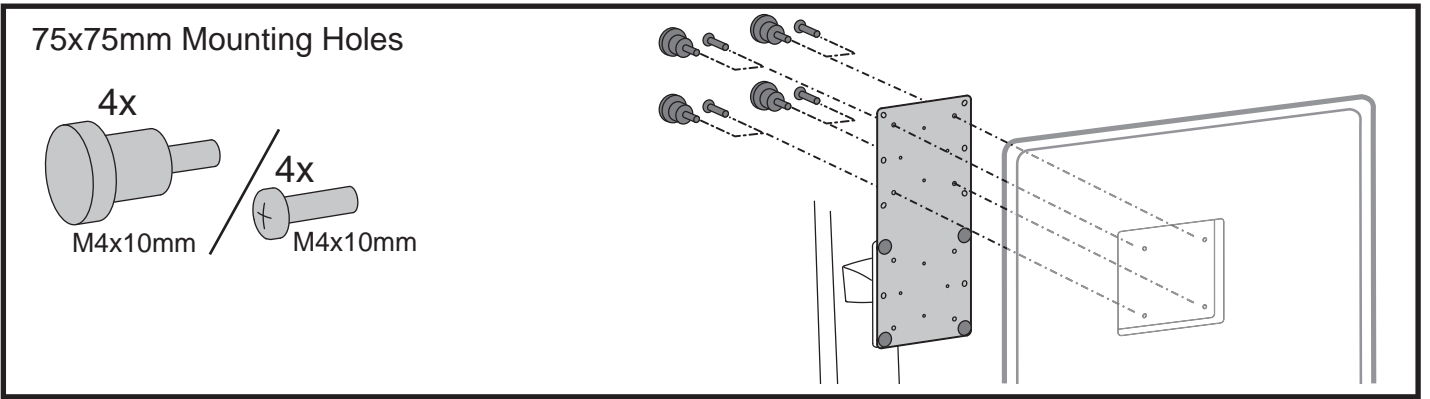
3 Attach display.

! WARNING: Make sure you use the specified screws for each connection point. Using incorrect screws may cause product damage or create an unstable situation that could lead to product damage and/or personal injury.

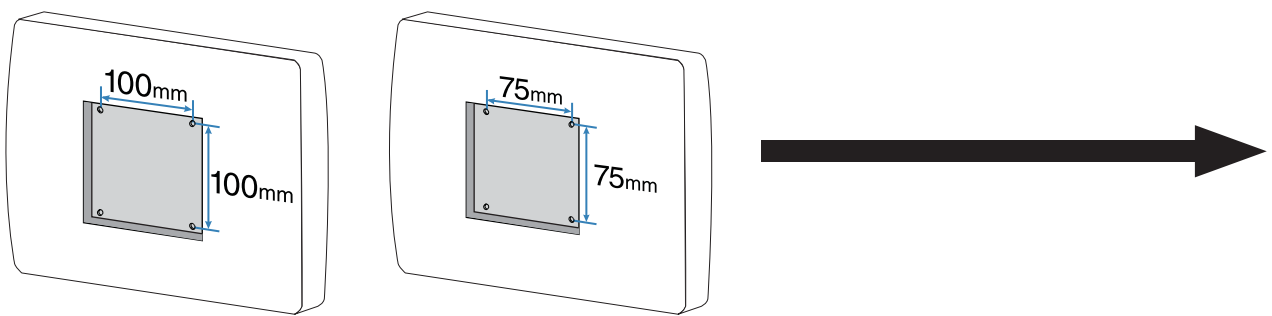
! WARNING: Do not over tighten screws. Over tightening screws may cause product damage.



ENGLISH



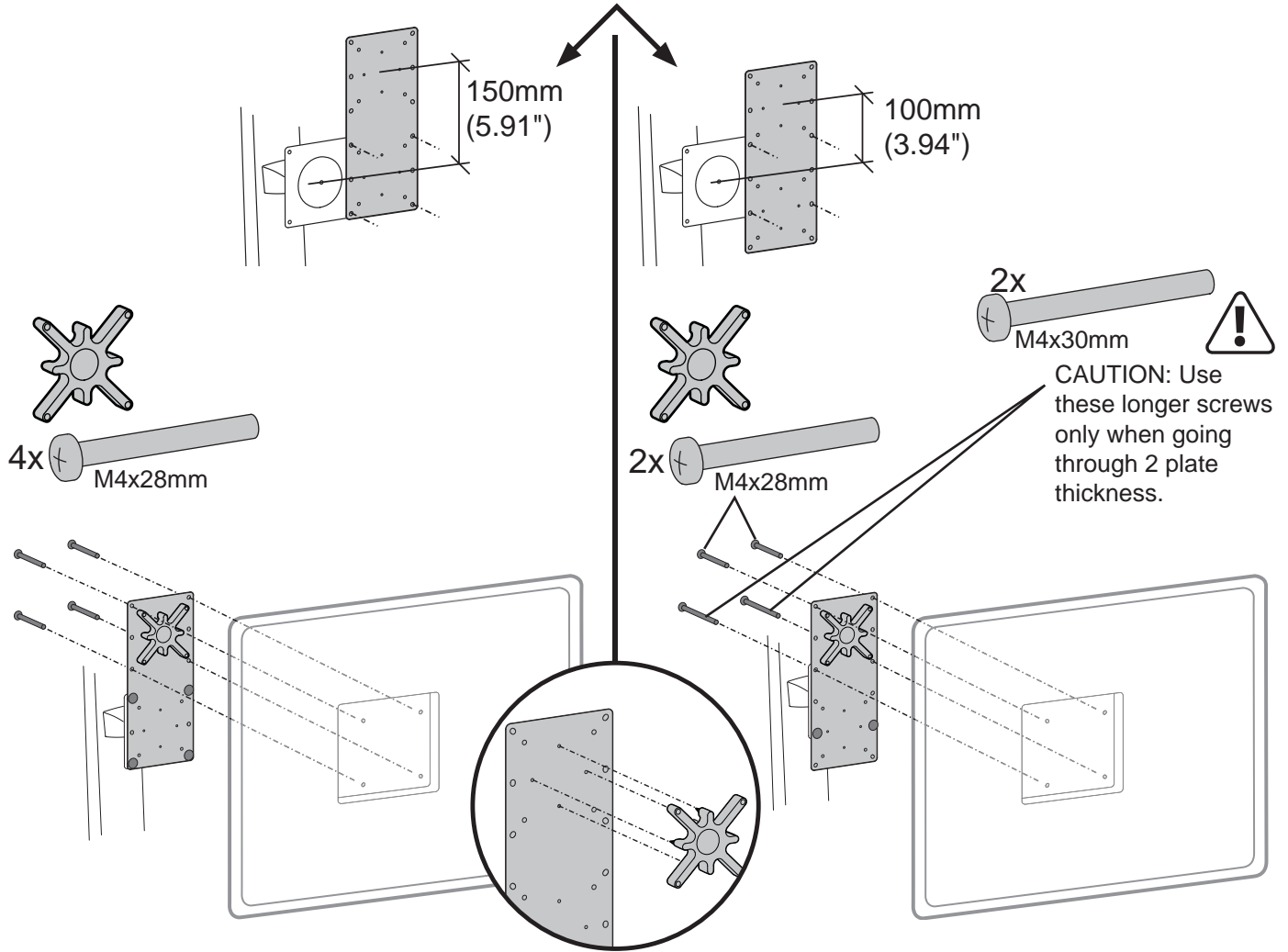
✍ NOTE: For displays with recessed mounting holes, see instructions on next page.



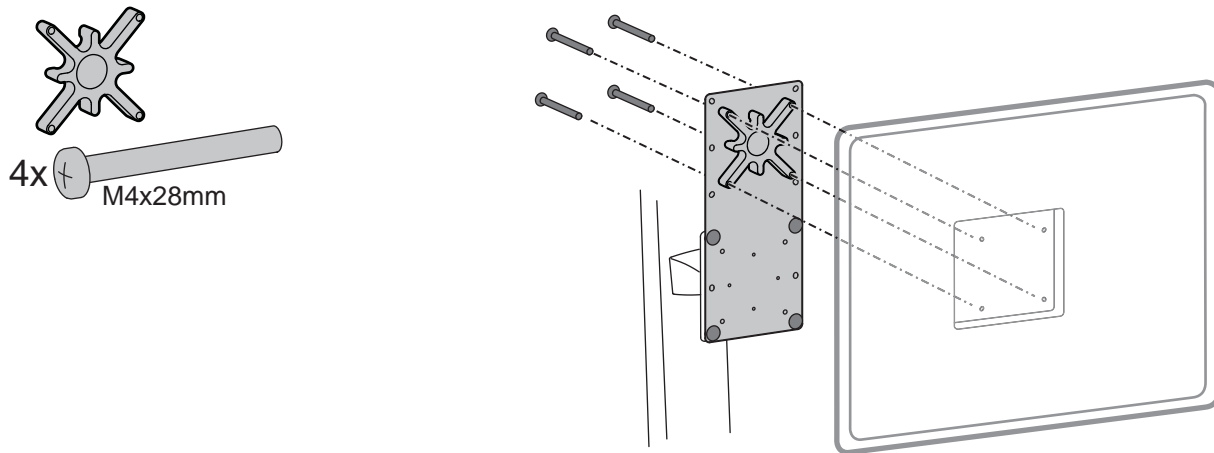


NOTE: Use spacer and specified screws if your display has recessed mounting holes.

100x100mm Recessed Mounting Holes



75x75mm Recessed Mounting Holes



4

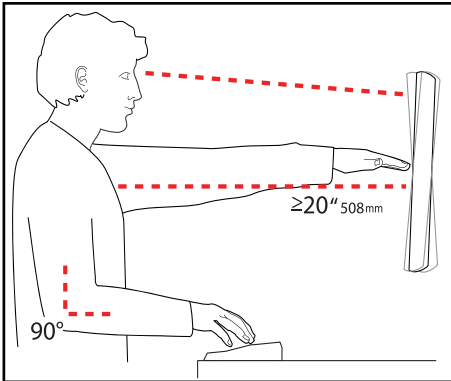


Adjustment Step

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

- 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.

Service and Warranty

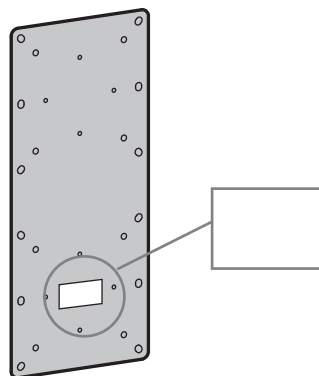
For service and warranty visit www.ergotron.com

For service and warranty visit www.omnimount.com

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



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



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