

## Ergonomic Guidelines

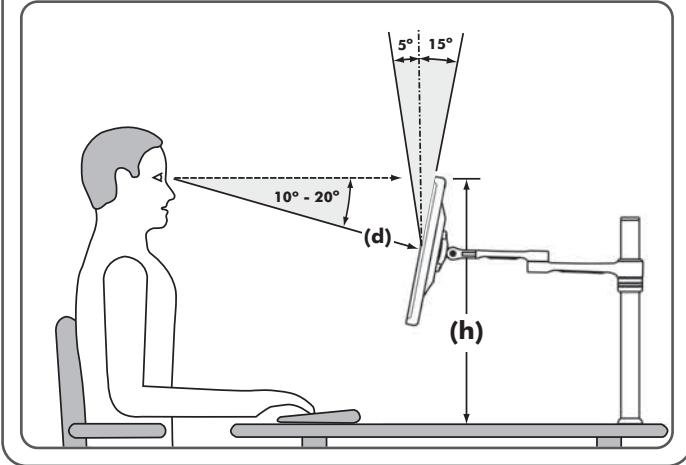
Many experts believe that the extended use of any computer screen has the potential to cause serious injury to your eyes, neck and back. This can be largely avoided by correctly positioning your display.

**Viewing Angle:** Ergonomists recommend that the optimal position of your display should be slightly below eye level. When looking at the display's centre the user should have a downward visual angle of approximately 10°-20°.

**Height:** As a guide, the height (**h**) of your display should approximately be as follows:  
- Tall Male (Max): 560mm (22")  
- Short Male (Min): 368mm (14½")  
- Tall Female (Max): 520mm (20½")  
- Short Female (Min): 356mm (14")

**Distance:** For visual comfort, a viewing distance (**d**) between 500mm (20") to 750mm (29½") is recommended.

**Tilt Angle:** Angular adjustments to reduce reflection on your monitor should range between 5° forward tilt to 15° backward tilt.



Please do not  
remove card from  
the Visidec Focus  
Articulated Arm

# USER OPERATING CARD

For your comfort and safety please take  
a few moments to adjust the position of  
your display

To adjust the Visidec Focus Articulated  
Arm please refer to the instructions  
overleaf. Use the Ergonomic Guidelines  
on the back page as a guide for correct  
positioning.



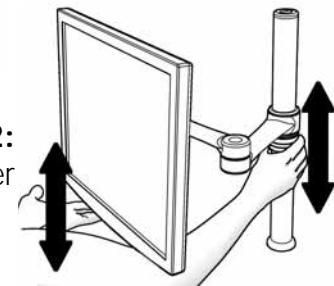
# USER OPERATING CARD

For your comfort and safety please take a few moments to adjust the position of your display

## 1 Adjusting Height



**Step 1:**  
Unlock



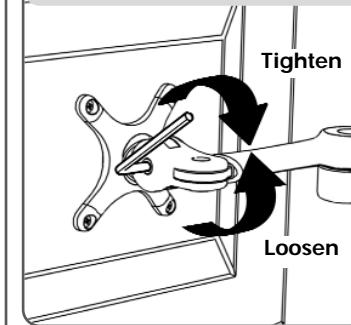
**Step 2:**  
Lift/Lower



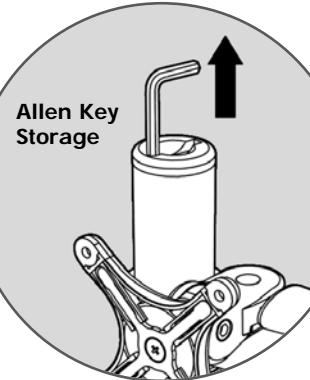
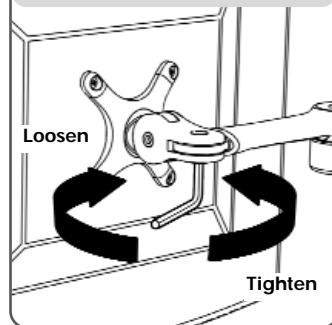
**Step 3:**  
Lock

## 2 Adjusting the Display Bracket

### TILT (screen angle up/down)

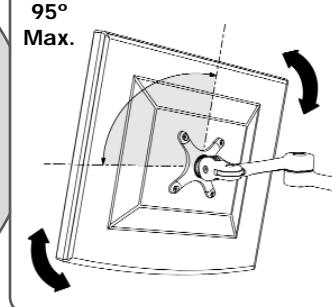


### PAN (screen angle left/right)



Allen Key  
Storage

### PORTRAIT/LANDSCAPE



95°  
Max.

atdec

atdec.com

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Due to continuing product development, the manufacturer reserves the right to alter specifications without notice.