

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°.

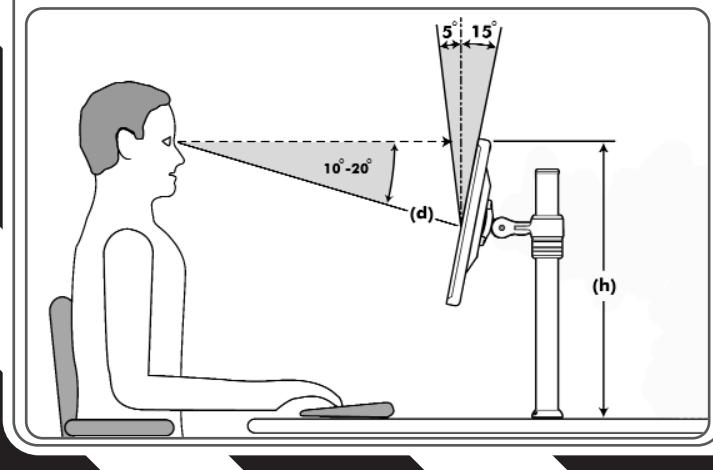
Height: As a guide, the height (**h**) of your display should approximately be as follows:

- 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 display should range between 5° forward tilt to 15° backward tilt.



ViSIDEc
FOCUS MICRO

Please do not
remove card from
the Visidec Focus
Micro

USER OPERATING CARD

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

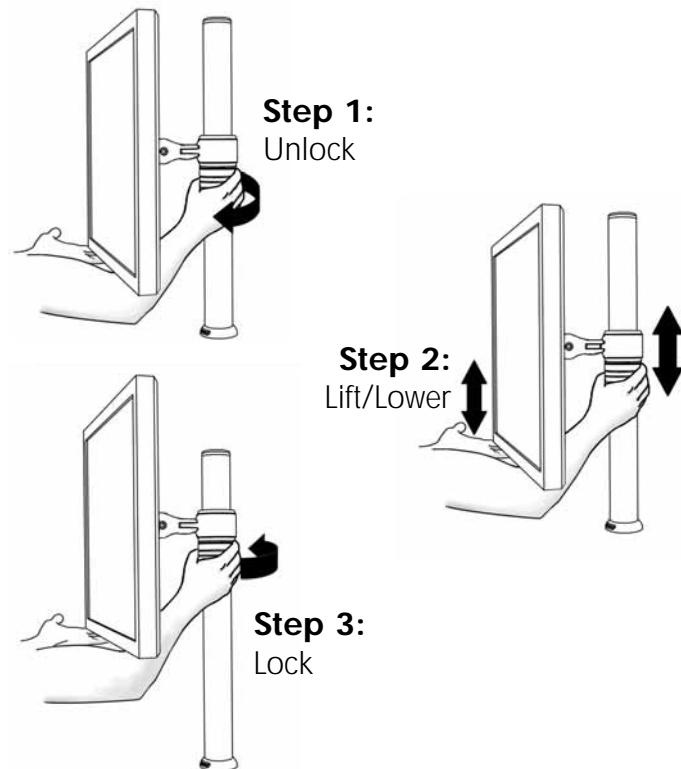
To adjust the Visidec Focus Micro please refer to the instructions overleaf. Use the Ergonomic Guidelines on the back page as a guide for correct positioning.

atdec

USER OPERATING CARD

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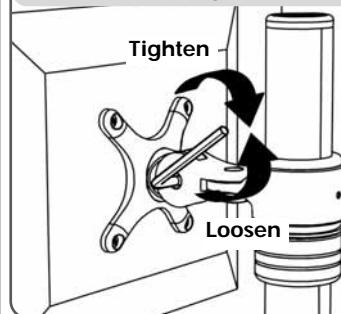
1 Adjusting Height



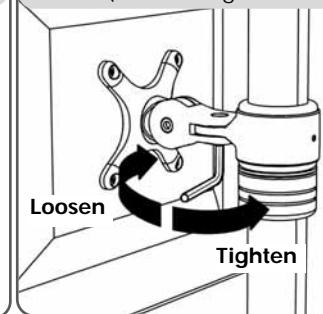
OVISIDEC
FOCUS MICRO

2 Adjusting the Display Bracket

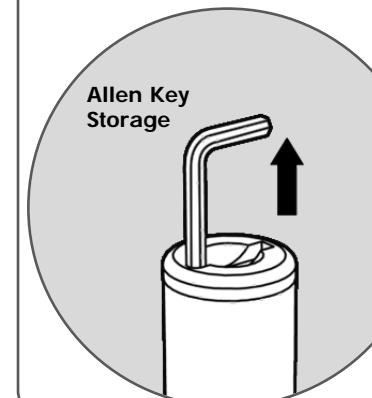
TILT (screen angle up/down)



PAN (screen angle left/right)



Allen Key Storage



PORTRAIT/LANDSCAPE

