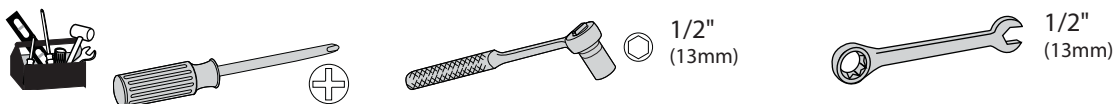
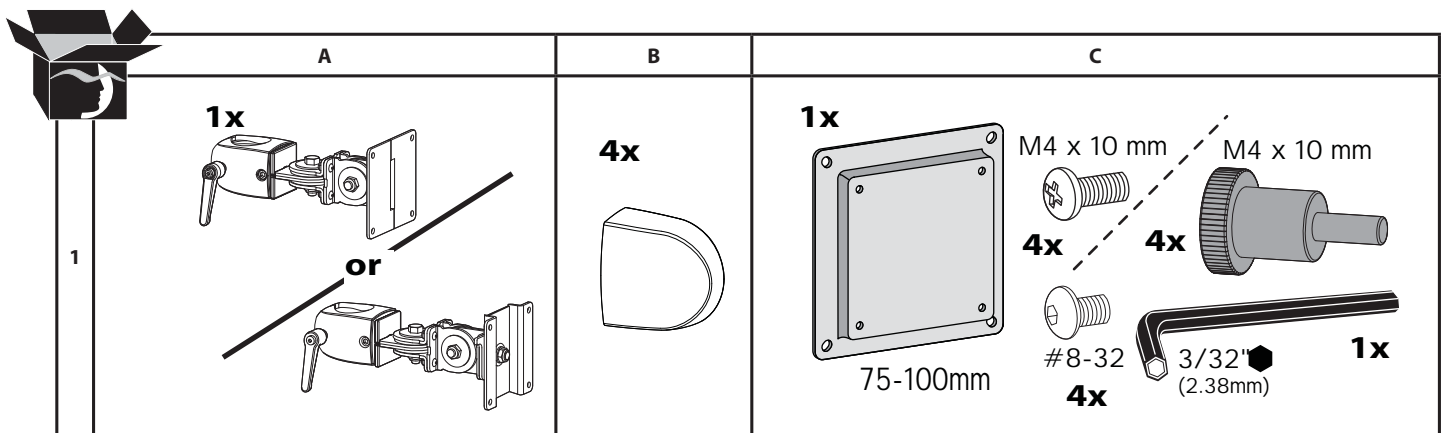
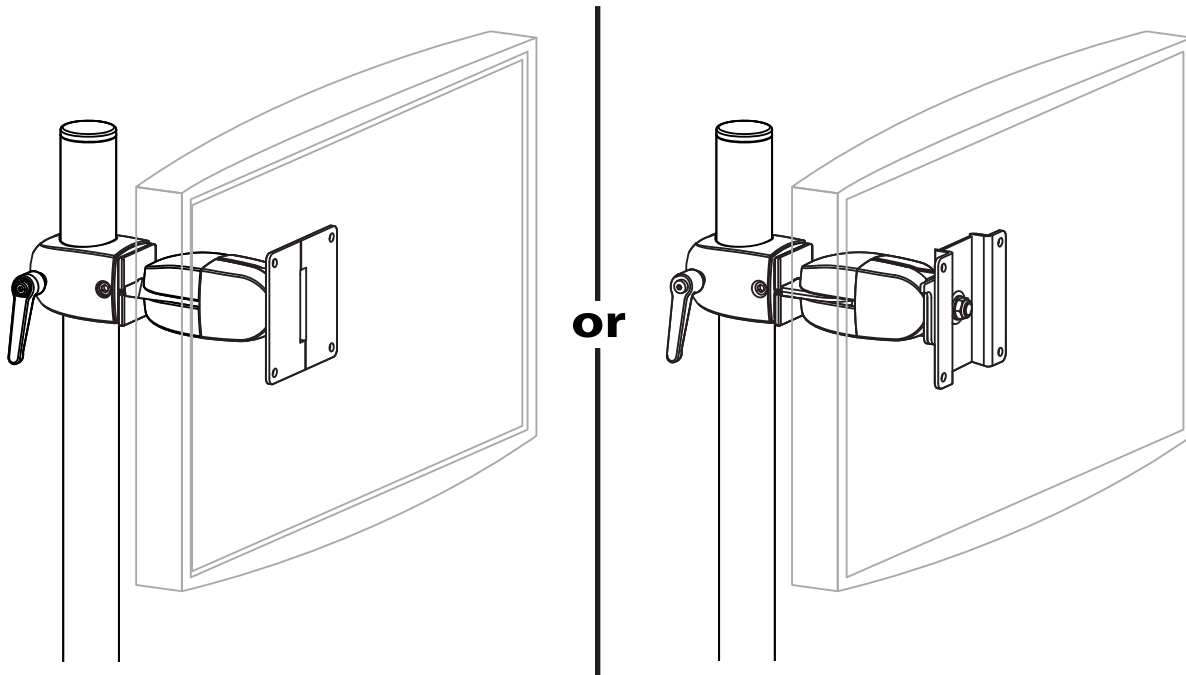


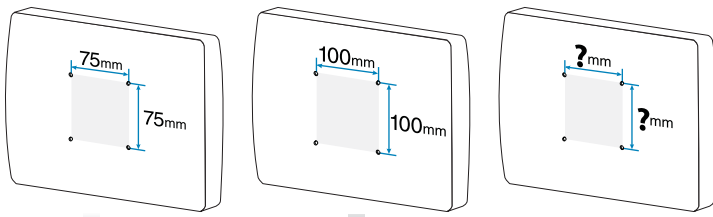
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**Guida per l'utente**  
**ユーザーガイド**  
**用户指南**

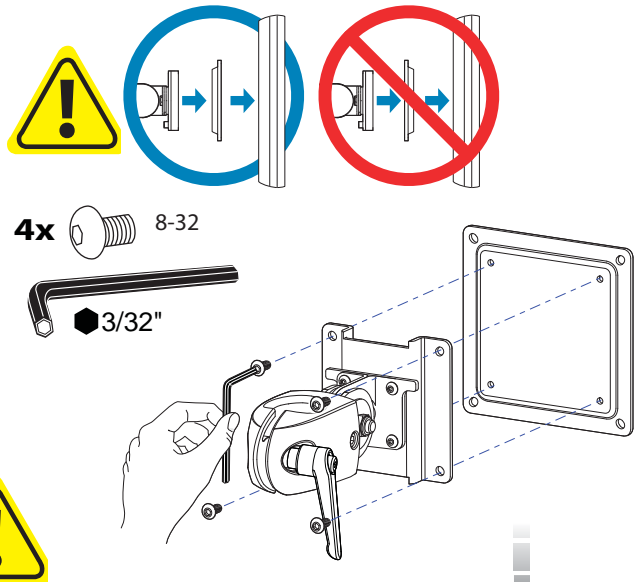
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# 1

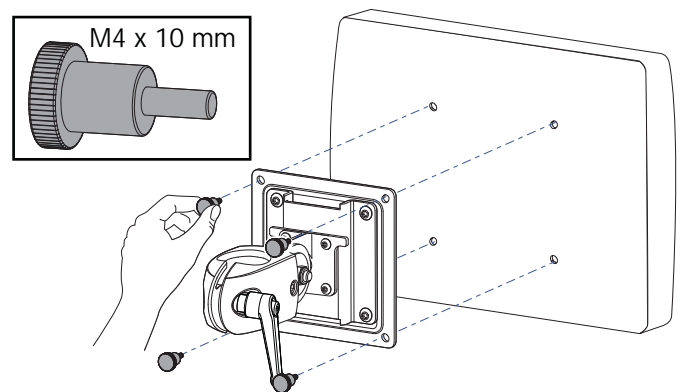
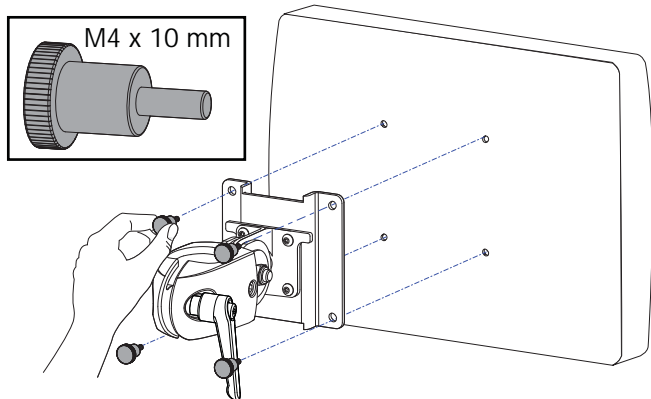
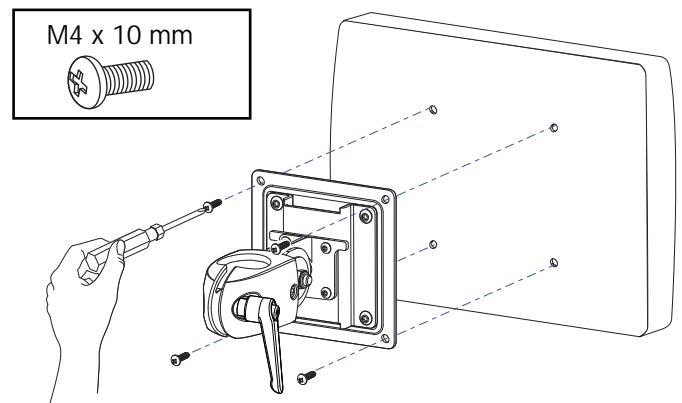
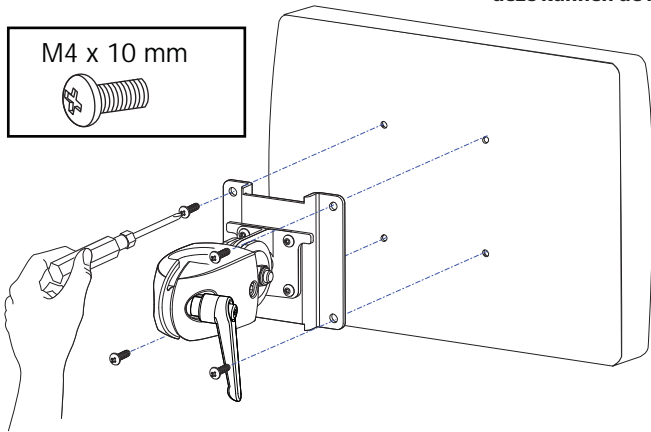


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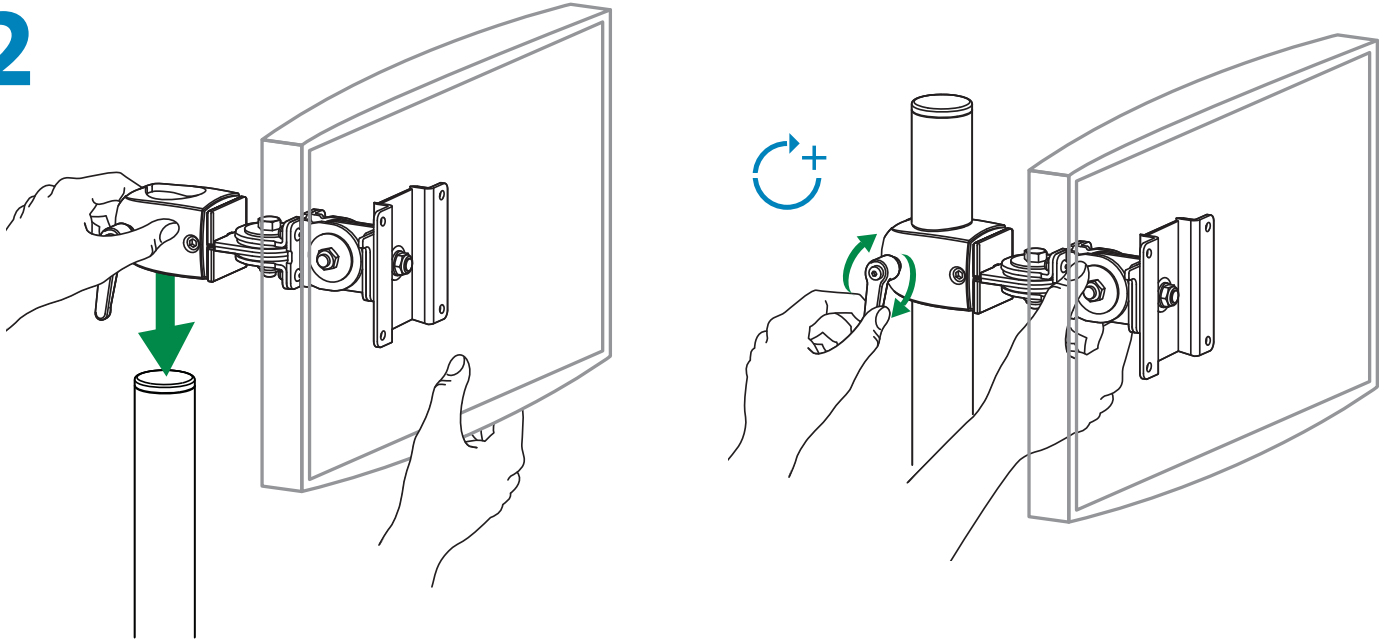


If your monitor uses a screw size other than M4 x 10mm, DO NOT use the M4 x 10mm screws or knob provided as they could result in damage to the monitor.

Indien uw monitor voorzien is van een ander type schroef dan de M4 X 10 mm, gebruik dan beslist niet de door Ergotron geleverde M4 X 10mm schroeven of schroefknoppen, want deze kunnen de monitor beschadigen.



2

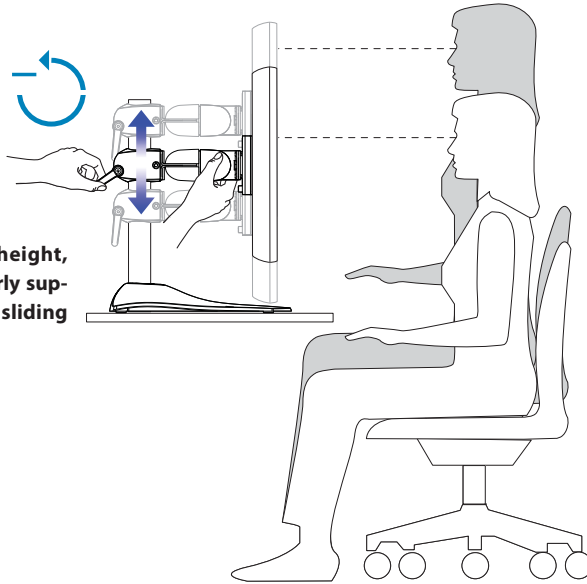


3

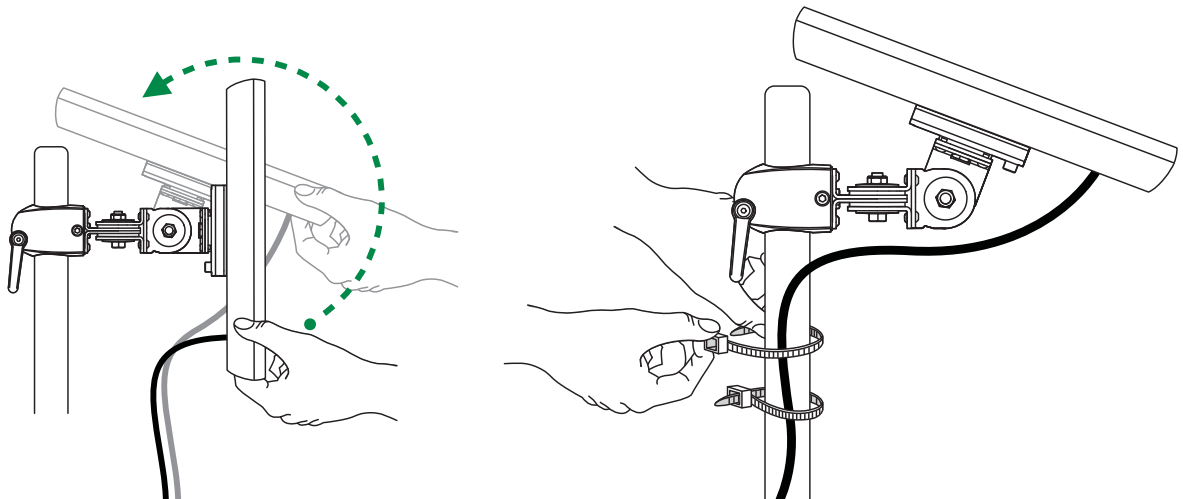


**CAUTION**

When adjusting Desk Stand height, make sure monitors are properly supported to prevent them from sliding down too quickly.



4

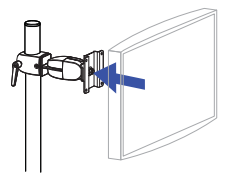
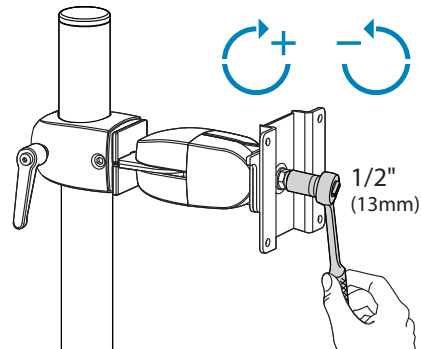
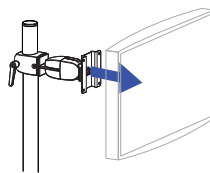
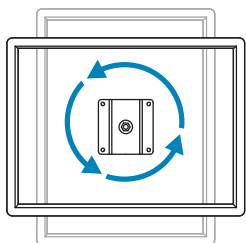
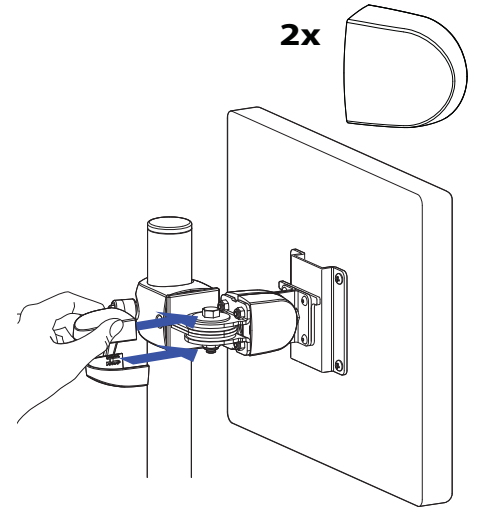
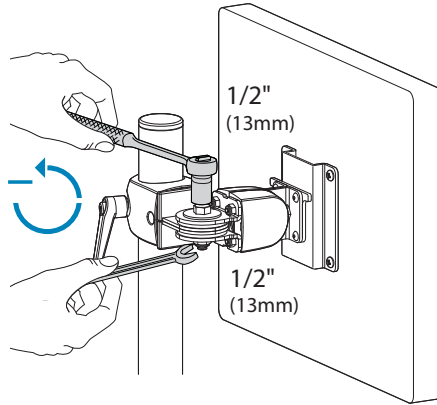
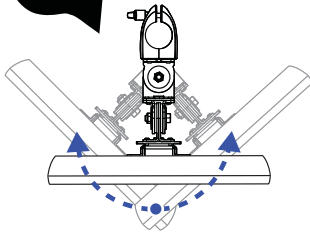
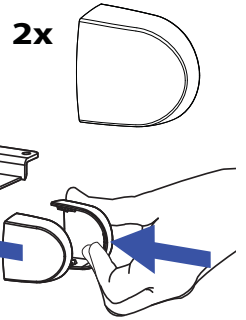
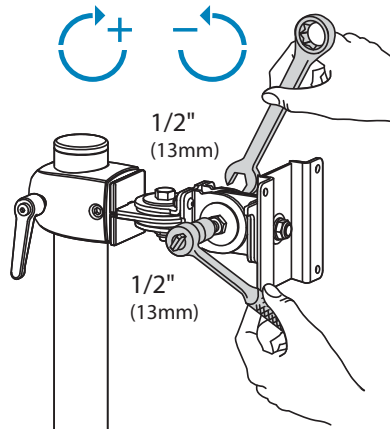
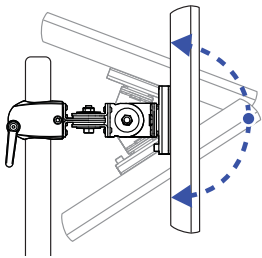


# 5



## Adjustment · Ajuste · Réglage · Einstellung · Instellen · Regolazione · 調整 · 调节 ·

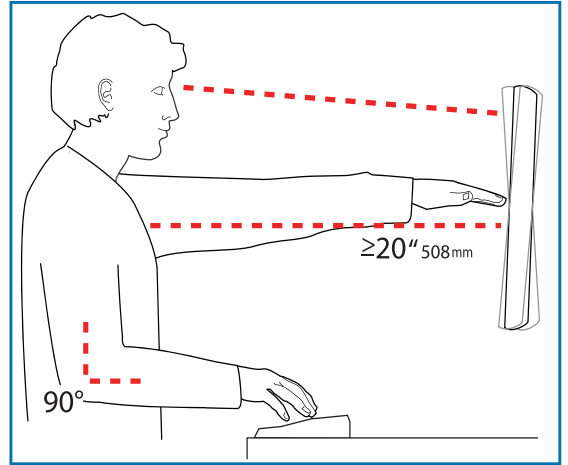
**IMPORTANT!** This product will need tension adjustments once installation is complete. Make sure all equipment is properly installed on the product before attempting range of motion or tension adjustments. Any time equipment is added or changed on this product resulting in a different mounted weight, you should repeat the adjustment steps to ensure safe and optimum operation. This product should move smoothly and easily through the full range of motion and stay where you set it. If movement is difficult or the product does not stay where you set it, follow the adjustment instructions to loosen or tighten the tension to create a smooth, easy motion. Depending on your product and the adjustment, it may take many turns to notice a difference.



# 6

**Set Your Workstation to Work For YOU!**  
**Configure su estación de trabajo para que trabaje para USTED.**  
**Ajustez votre station de travail en fonction de VOS besoins!**  
**Richten Sie Ihren Arbeitsplatz so ein, dass er für SIE arbeitet!**  
**Stel uw werkstation zo in dat het voor U werkt!**  
**Approntare la stazione di lavoro nella posizione ergonomica ottimale.**  
**一人ひとりにピッタリのワークステーション!**  
**按照您自身的需要设置工作站!**

Learn more about ergonomic computer use at:  
**Más información sobre el uso ergonómico de ordenadores:**  
**Apprenez-en plus sur l'utilisation ergonomique d'un ordinateur sur:**  
**Weitere Informationen zur ergonomischen Computernutzung finden Sie unter:**  
**Leer meer over ergonomisch computergebruik op:**  
**Per ulteriori informazioni sull'uso ergonomico del computer:**  
 人間工学的なコンピュータの使用法については次のサイトを参照してください  
 想进一步了解以符合人体工程学的方式使用计算机的知识, 请访问:  
**www.computingcomfort.org**



**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.**

<b>Height</b>	Position top of screen slightly below eye level. Position keyboard at about elbow height with wrists flat.	<b>Para reducir la fatiga</b> Respirar - Respire hondo por la nariz. Parpadear - Parpadee a menudo para que no se sequen los ojos. Descansar • 2 o 3 minutos cada 20 minutos • 15 o 20 minutos cada 2 horas.
<b>Distance</b>	Position screen an arm's length from face—at least 20" (508mm). Position keyboard close enough to create a 90° angle in elbow.	<b>Pour réduire la fatigue</b> Respirez - Respirez profondément par votre nez. Clignez des yeux - Clignez souvent des yeux pour ne pas avoir les yeux secs. Faites des pauses • 2 à 3 minutes toutes les 20 minutes • 15 à 20 minutes toutes les 2 heures.
<b>Angle</b>	Tilt screen to eliminate glare. Tilt the keyboard back 10° so that your wrists remain flat.	<b>Vermeiden von Ermüdungserscheinungen</b> Atmen - Atmen Sie tief durch die Nase ein und aus. Blinzeln - Blinzeln Sie so oft wie möglich, um trockene Augen zu vermeiden. Pausen • Machen Sie alle 20 Minuten eine Pause von 2-3 Minuten • Machen Sie alle 2 Stunden eine Pause von 15-20 Minuten.
<b>Altura</b>	Coloque el borde superior de la pantalla ligeramente por debajo de la altura de sus ojos. Coloque el teclado aproximadamente a la altura de los codos con las muñecas planas.	<b>Om vermoeidheid te verminderen</b> Ademen - Adem diep door uw neus in en uit. Knipperen - Knipper regelmatig om droge ogen te vermijden. Pauzes nemen • 2 tot 3 minuten elke 20 minuten • 15 tot 20 minuten elke 2 uur.
<b>Distanca</b>	Coloque la pantalla a una distancia de un brazo desde la cara, esto es, unos 50 cm (20 pulgadas). Coloque el teclado lo suficientemente cerca para que el codo forme un ángulo de 90°.	<b>Per ridurre l'affaticamento</b> Respirazione - Respirare profondamente dal naso. Battito delle palpebre - Battere spesso le palpebre per evitare che gli occhi si asciughino. Pause • Fare una pausa di 2 - 3 minuti ogni 20 minuti • Fare una pausa di 15 - 20 minuti ogni 2 ore.
<b>Ángulo</b>	Incline la pantalla para eliminar los reflejos. Incline el teclado 10° hacia atrás para que las muñecas sigan en posición plana.	<b>疲れを軽減する方法</b> 呼吸 - 鼻から深く呼吸します。 まばたき - 目の乾燥を防ぐために頻りにまばたきしてください。 休憩 • 20分ごとに2~3分 • 2時間ごとに15~20分
<b>Hauteur</b>	Positionnez l'écran du haut légèrement en dessous du niveau du regard. Positionnez le clavier à peu près à la même hauteur que vos coudes, pour que vos poignets soient à plat.	<b>为了减轻疲劳</b> 呼吸 - 通过鼻子深呼吸。 眨眼 - 经常眨眼可避免眼睛干涩。 休息 - 每隔 20 分钟休息 2 至 3 分钟 • 每隔 2 小时休息 15 至 20 分钟。
<b>Distance</b>	Positionnez l'écran à un bras de distance de votre visage, à au moins 508 mm (20 pouces). Positionnez le clavier assez près pour que vos coudes forment un angle de 90°.	
<b>Angle</b>	Inclinez l'écran pour ne pas être ébloui. Inclinez le clavier vers l'arrière de 10° pour que vos poignets soient à plat.	
<b>Höhe</b>	Positionieren Sie die obere Kante des Bildschirms knapp unter Augenhöhe. Positionieren Sie die Tastatur bei flach aufgelegten Handgelenken auf Ellenbogenhöhe.	
<b>Abstand</b>	Positionieren Sie den Bildschirm mindestens eine Armlänge (50 cm) von Ihrem Gesicht entfernt. Positionieren Sie die Tastatur nahe genug, um einen Ellenbogenwinkel von 90° zu ermöglichen.	
<b>Winkel</b>	Neigen Sie den Bildschirm so, dass ein Spiegeleffekt vermieden wird. Neigen Sie die Tastatur um 10° nach hinten, sodass Ihre Handgelenke flach aufliegen.	
<b>Hoogte</b>	Zet de bovenkant van het scherm iets boven ooghoogte. Plaats het toetsenbord op ongeveer ellebooghoogte met de polsen plat.	
<b>Afstand</b>	Plaats het scherm op een armlengte van uw gezicht — op ten minste 508 mm (20 in). Zet uw toetsenbord zo dichtbij dat u een hoek van 90° in de ellebogen hebt.	
<b>Hoek</b>	Kantel het scherm om weerspiegeling te elimineren. Kantel het toetsenbord 10° naar achteren, zodat uw polsen plat blijven liggen.	
<b>Altezza</b>	Posizionare la parte superiore dello schermo leggermente sotto il livello degli occhi. Posizionare la tastiera circa all'altezza dei gomiti, in modo che i polsi siano piatti.	
<b>Distanza</b>	Posizionare lo schermo a un braccio di distanza dal viso, almeno a 20" (508 mm) di distanza. Posizionare la tastiera affinché sia abbastanza vicina da costringere i gomiti a un angolo di 90°.	
<b>Angolazione</b>	Inclinare lo schermo in modo da eliminare i riflessi. Inclinare la tastiera indietro di 10° in modo che i polsi rimangano piatti.	
<b>高さ</b>	スクリーンの上端が目よりわずかに下に来るようにします。 キーボードが、手首を水平に伸ばした状態でひじとほぼ同じ高さに来るようにします。	
<b>距離</b>	スクリーンを顔から腕の長さ分(少なくとも508mm)離します。 ひじが直角になる位置にキーボードを置きます。	
<b>角度</b>	反射光をなくすようにスクリーンの角度を調整します。 キーボードを後方に 10° 傾けて、手首が水平になるようにします。	



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