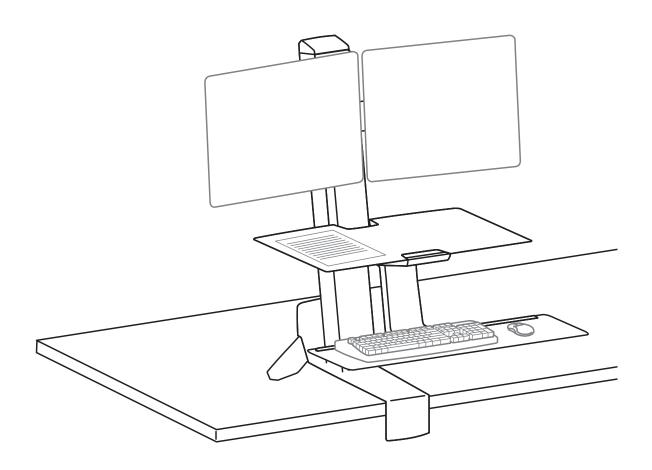
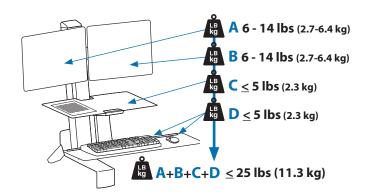


WorkFit-S, Dual





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



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



User's Guide - English Guía del usuario - Español Manuel de l'utilisateur - Français Gebruikersgids - Deutsch Benutzerhandbuch - Nederlands Guida per l'utente - Italiano Användarhandbok - svenska ユーザーガイド: 日本語

ユーリーカイド: 日本語 用户指南 : 汉语





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.
	\triangle	CAUTION	A CAUTION indicates either potential damage to hardware or loss of data and tells you how to avoid the problem.
	<u>(i</u>	WARNING	A WARNING indicates either potential for property damage, personal injury, or death.
. [Ŕ	ELECTRICAL	An Electrical indicates an impending electrical hazard which, if not avoided, may result in personal injury, fire and/or death.

Safety



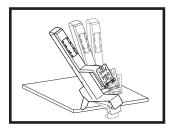
Important! You will need to adjust this product after installation is complete. Make sure all your equipment is properly installed on the product before attempting adjustments. This product should move smoothly and easily through the full range of motion and stay where you set it. If movements are too easy or difficult or if product does not stay in desired positions, follow the adjustment instructions to create smooth and easy movements. Depending on your product and the adjustment, it may take many turns to notice a difference. Any time equipment is added or removed from this product, resulting in a change in the weight of the mounted load, you should repeat these adjustment steps to ensure safe and optimum operation.

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.





CAUTION! Tipping Hazard. Support the stand until the clamp is securely tightened. Failure to follow these instructions may result in the stand tipping over causing possible equipment damages and or personal injury.



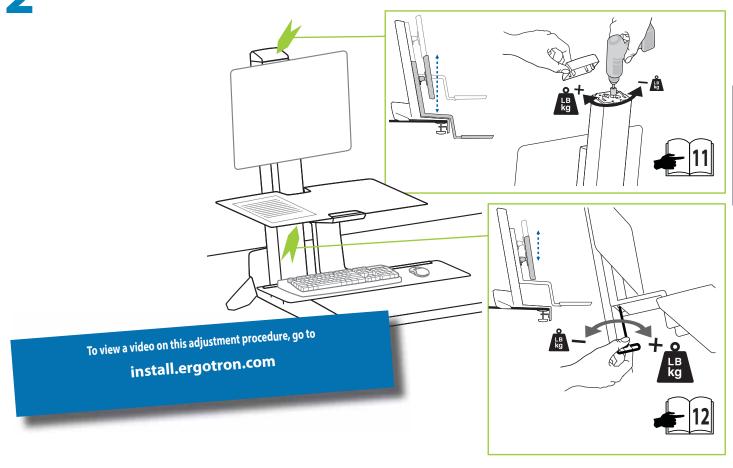
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GREEN ARROWS MARK IMPORTANT ADJUSTMENT POINTS

Follow Steps 1 - 8 for Installation



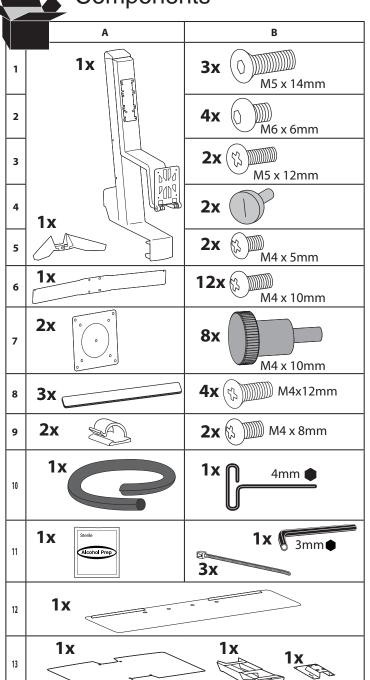
After installation, adjust product to properly handle added weight.

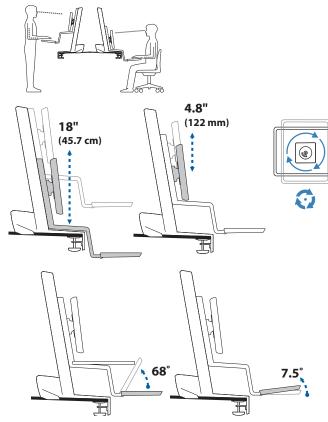


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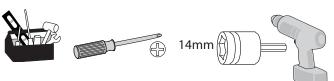
Components

Features & Specifications

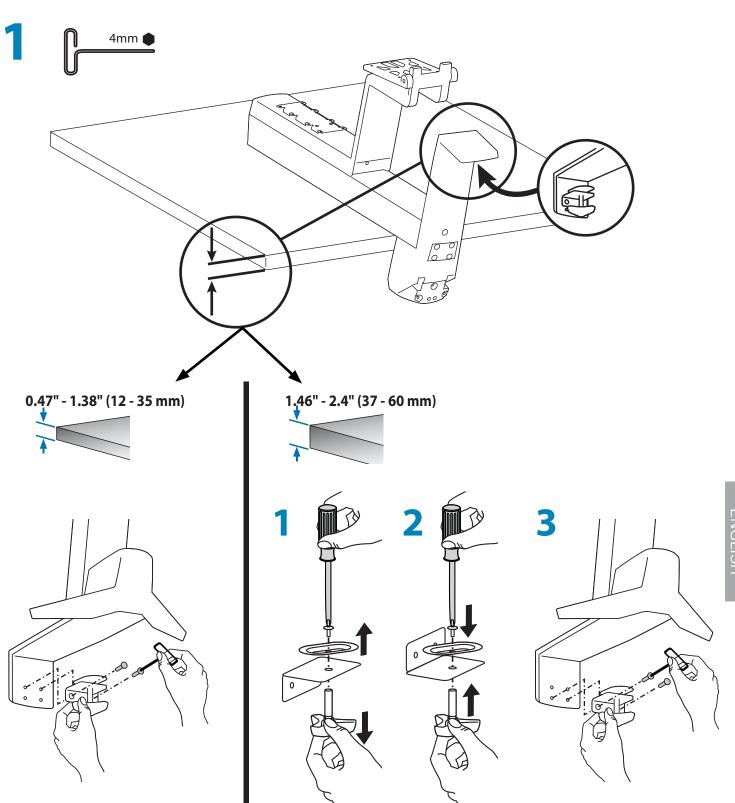




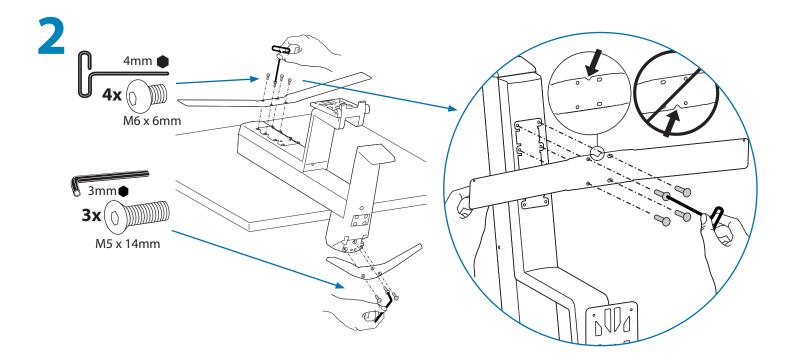
Tools Needed

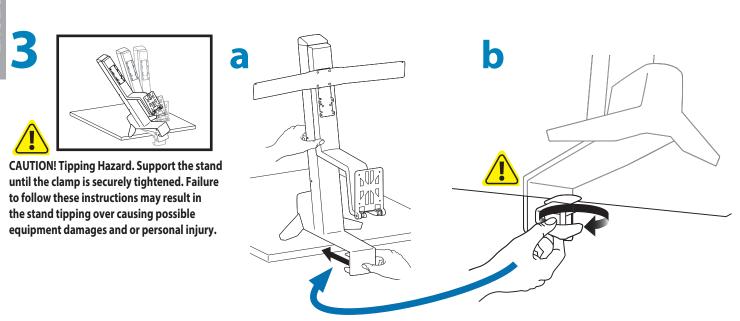


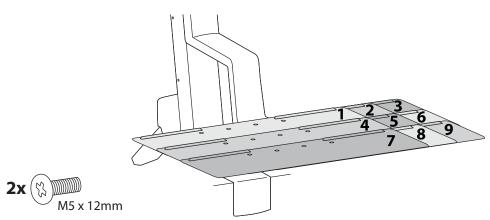
4 of 12

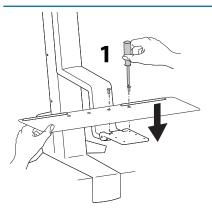


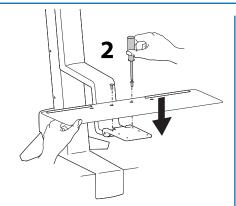
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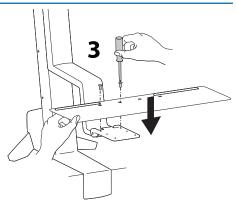


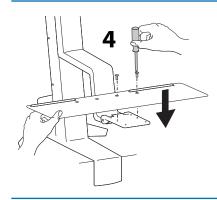


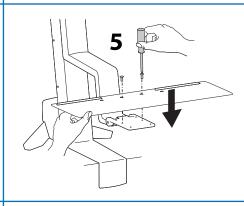


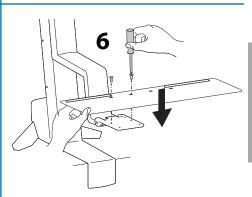


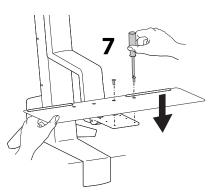


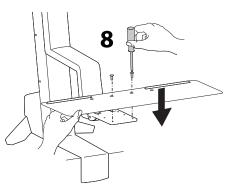


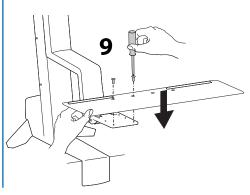


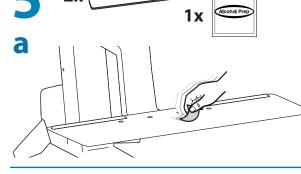


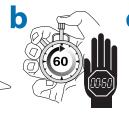


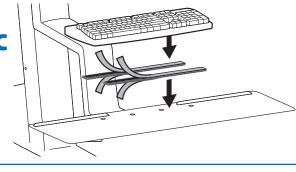


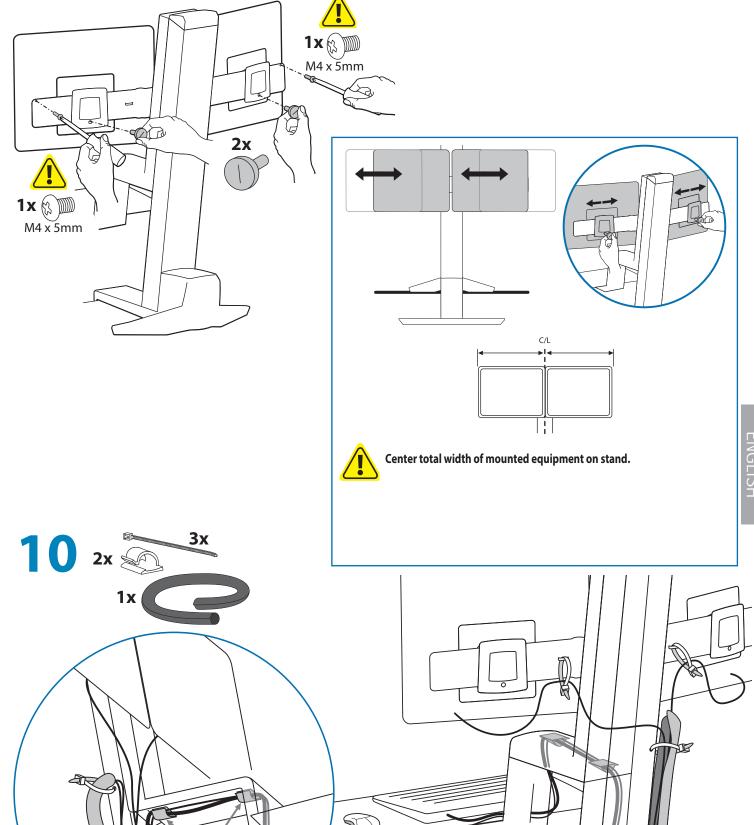








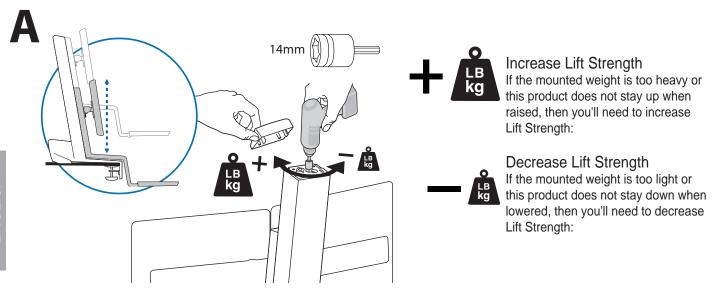




11 🔍

Adjustment Step

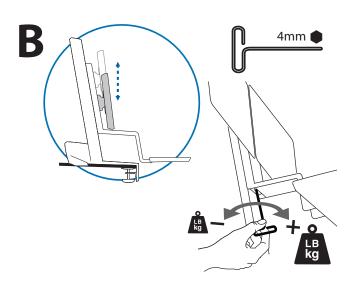
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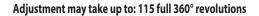


Adjustment may take up to: 72 full 360° revolutions



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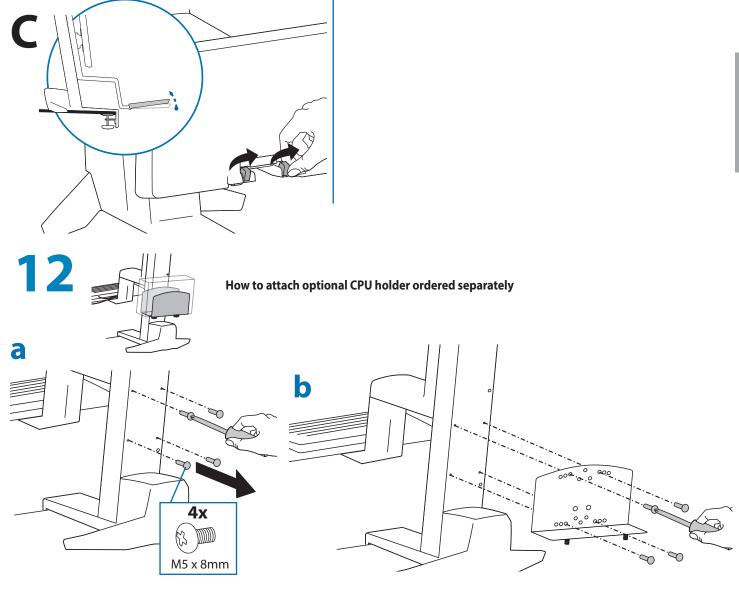




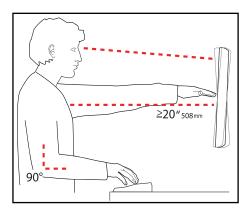
Increase Lift Strength
If the mounted weight is too heavy or this product does not stay up when raised, then you'll need to increase Lift Strength:



Decrease Lift Strength If the mounted weight is too light or this product does not stay down when lowered, then you'll need to decrease Lift Strength:



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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.

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