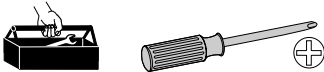
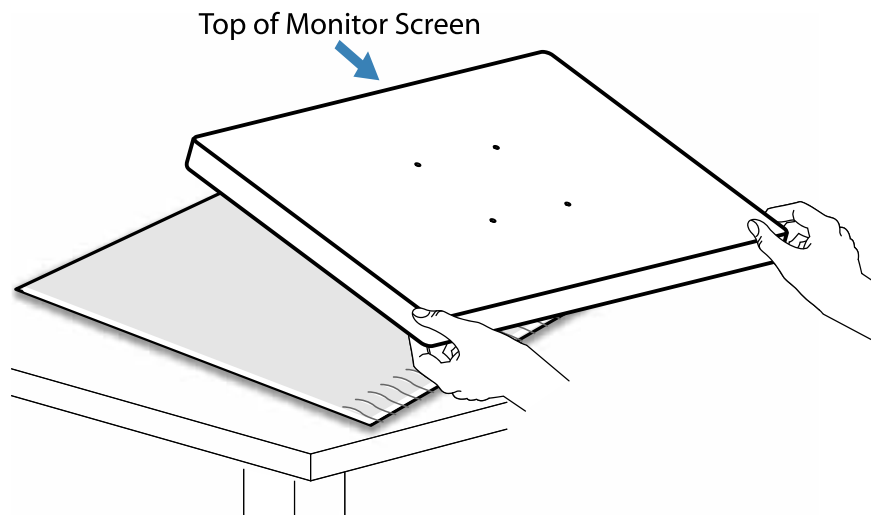
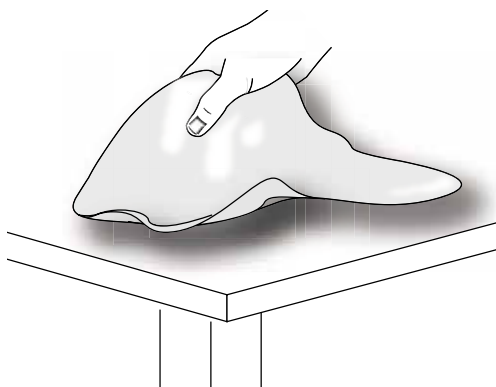


	A	B	C	D
<b>1</b>	<b>1x</b> 	<b>4x</b>  M5 x 8mm (5/16")	<b>1x</b>  <b>1x</b> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto;">For optimum ergonomic viewing, set top of monitor screen 1" below eye height of operator.</div>	<b>1x</b> 75mm - 100mm  <b>4x</b> M4 x 10mm  <b>4x</b> M4 x 5mm 



### 1 Clean work area.

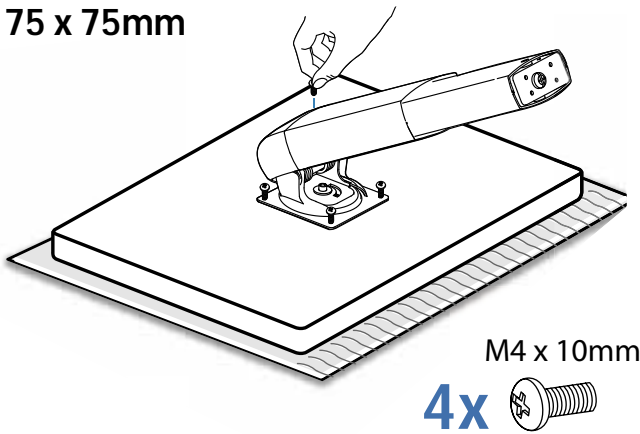
To protect monitor screen: wipe off work area and place monitor (screen-side down) on a soft cloth or towel before proceeding with installation.



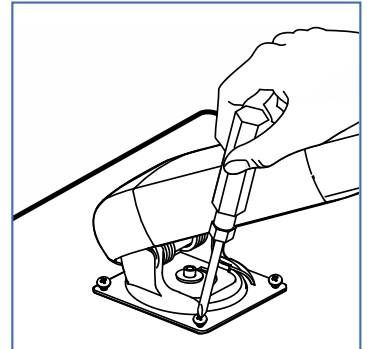
## 2 Attach stand to monitor (75mm x 75mm or 100mm x 100mm)

Start screws as far as possible by hand, then tighten with screwdriver. If your monitor has a 75mm (3") interface, you can gain better access by rotating the stand and angling the screwdriver as illustrated.

### • 75 x 75mm

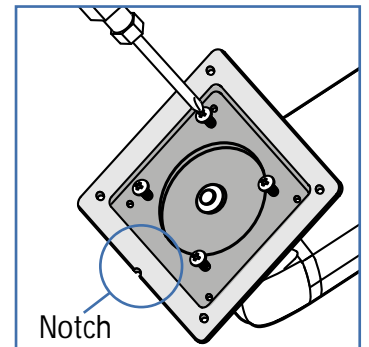
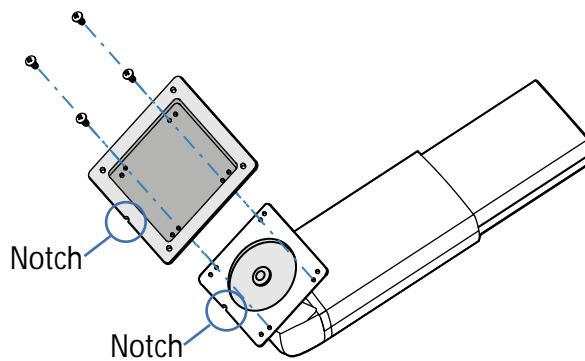


If your monitor uses a screw size other than M4 x 10mm, DO NOT use the M4 x 10mm screws provided as they could result in damage to the monitor.

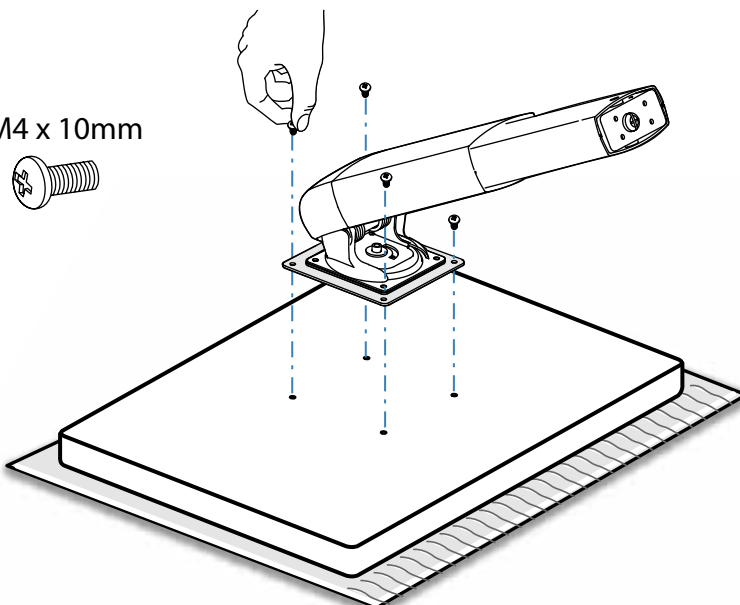


### • 100 x 100mm

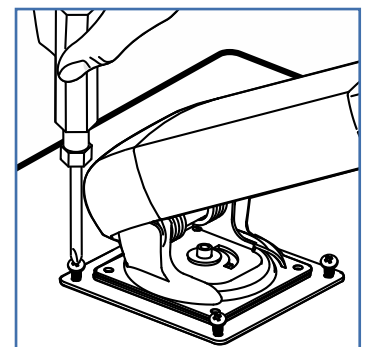
**a** Attach 75-100mm adaptor plate to stand (match notches at top of plates to allow 90° clockwise rotation from landscape to portrait).



**b** Attach stand (with adaptor plate) to monitor.



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

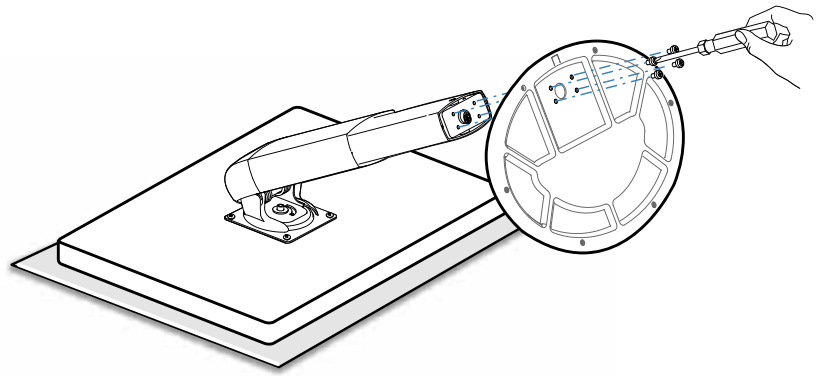


### 3 Attach base to arm

4x

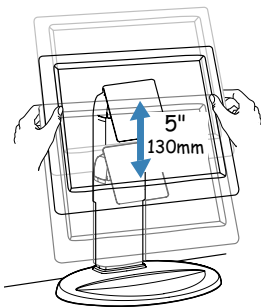


M5 x 8mm (5/16")

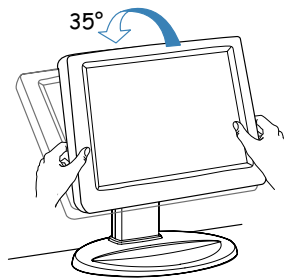


### 4 Range of Motion

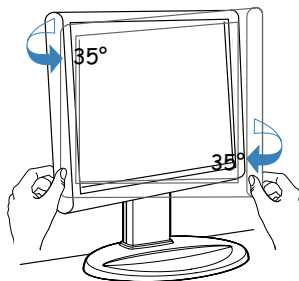
Lift - Up & Down



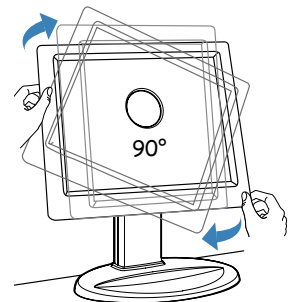
Tilt - Back & Forth



Pan - Side-to-side



Rotate - Portrait/Landscape

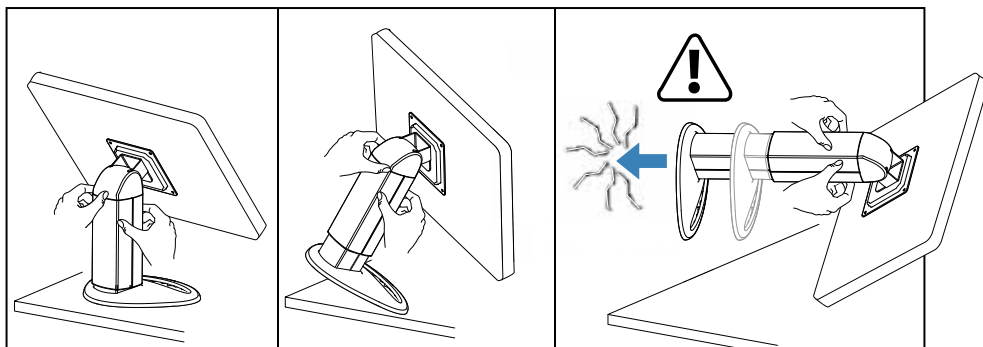


#### WARNING

The base of the Neo-Flex Stand is held down by the weight of the monitor and will extend on its own if lifted off the desk (fig.1). To avoid possible injury, always extend the Neo-Flex Stand to its full height BEFORE picking it up off the desk (fig. 2).

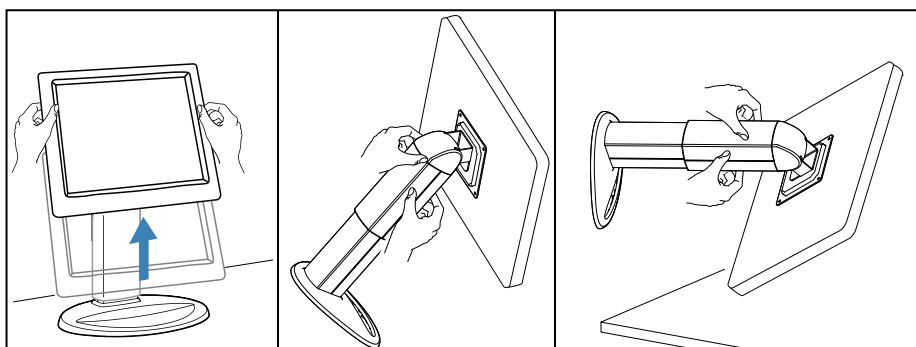
**NO!**

fig.1



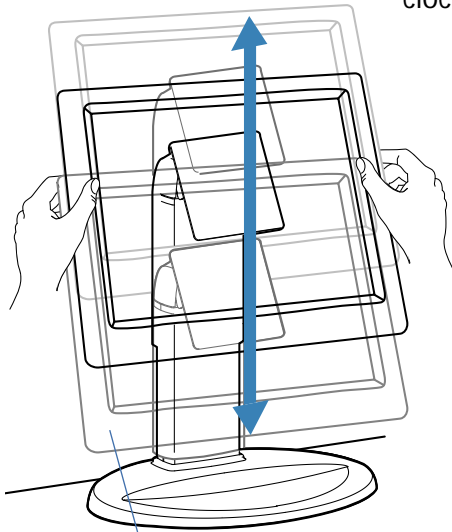
**YES!**

fig.2



## 5 Lift Motion

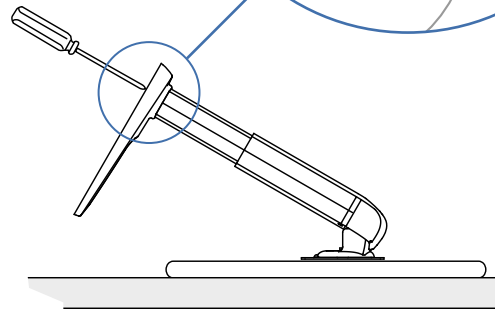
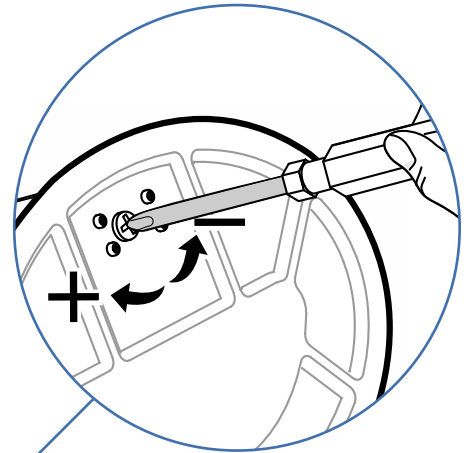
Move monitor up and down through entire range of motion. If it does not stay in place at any point it will need adjustment - see below. Adjust so upward and downward moving forces are equal. Once this is achieved turn adjustment screw 2-4 turns clockwise to give slight upward bias to lift system.



### Adjust Lift

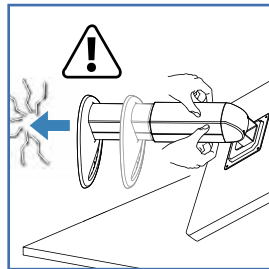
If Monitor weighs less than 11 lbs. Turn screw counterclockwise.

If Monitor weighs over 11 lbs. Turn screw clockwise.



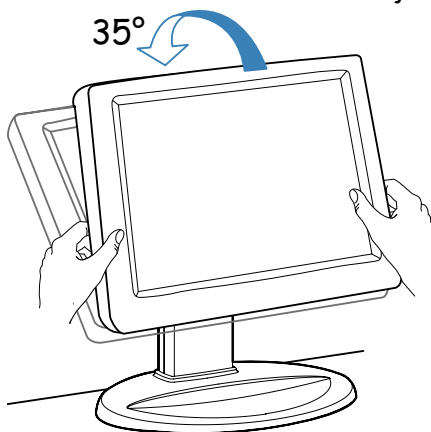
For optimum ergonomic viewing, set top of monitor screen 1" below eye height of operator.

Position this label in the lower left corner of your monitor bezel



## 6 Tilt Motion

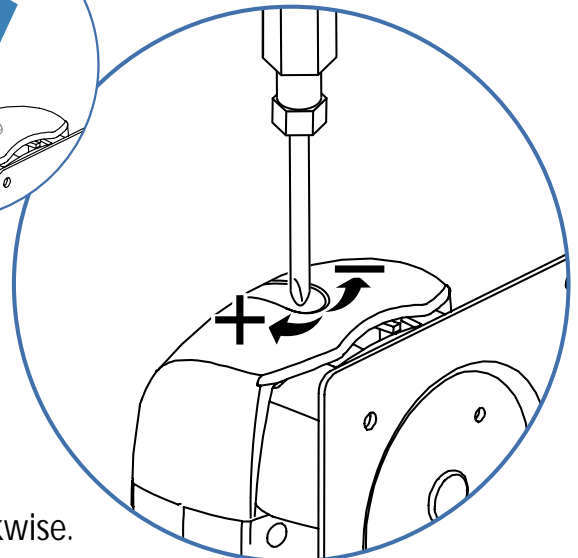
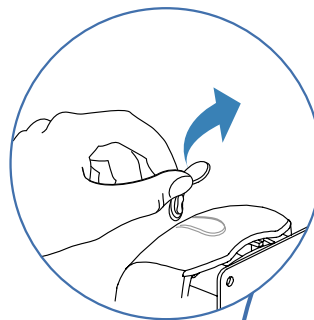
Tilt monitor back and forth through entire pivot range of motion. If it does not stay in place or movement in one direction is stiff, pivot needs adjustment - see below. Adjust until monitor stays in place and tilting forces, up or down, are equal.



### Adjust Tilt

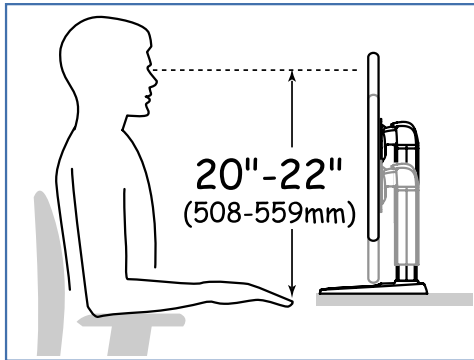
To Increase Tilt Lifting Force: Turn screw clockwise.

To Decrease Tilt Lifting Force: Turn screw counterclockwise.



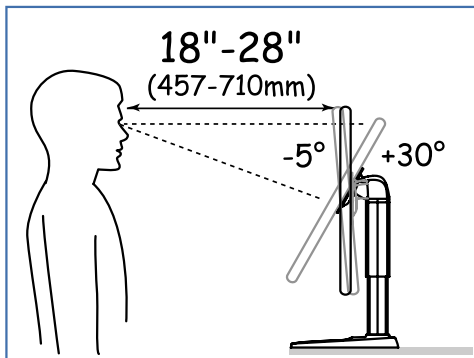
# 7 Ergonomic Ground Rules

The recommended mounting heights, the range of adjustability required to provide comfortable use by a range of operators, and the forces required for making adjustments to the display that are shown in this paper are based upon the following ergonomic ground rules gleaned from the available scientific literature and published standards on this subject. \*



## Screen Height

The recommended screen height for displays (except in special circumstances such as bifocal use) is that the top of the display screen should be set at or slightly below (approximately 25 mm [1"]) the eye height of the user when the user is sitting or standing in a comfortable, relaxed position. This will place the center of the screen at the ideal 15° to 20° below eye height for most desktop displays. The screen height should be easily adjustable to accommodate gender height differences and the operator's personal preferences throughout the day. Further, the viewing height should allow the operator to view the display screen within an orthopedically correct "viewing cone" to minimize musculoskeletal stress disorders (MSD's).



## Screen Tilt

Ideally an upward tilt with the bottom of the screen tilted toward the operator provides optimum viewing because it provides a consistent focal length when scanning from the top of the screen to the bottom. A tilt range of -5° to +30° is usually adequate depending upon the size of the display. Note: When upward tilt is used, special care must be taken to minimize screen glare.

## Screen Distance from Operator

Normally the display screen should be placed as far away as possible from the operator, consistent with the ability to read the information presented on the screen. (The normal focal length for most people exceeds 762 mm (30") or greater, however, from a practical standpoint a recommended viewing distance

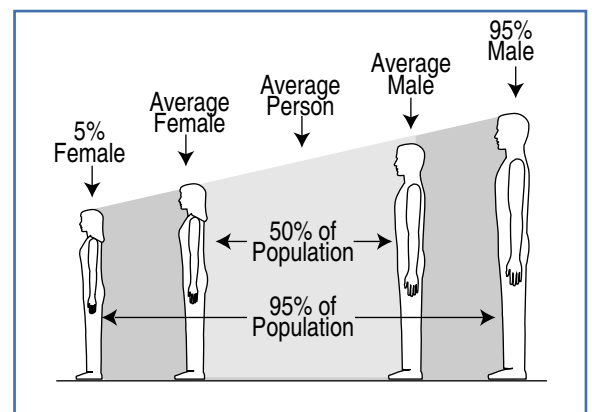
from 457 mm (18") to 710 mm (28") is mentioned by several ergonomic standards.) A good rule of thumb for most installations is that the display screen should be placed at arms length, with the ability to move the display back and forth to suit individual needs being the ideal. Vertical adjustments should not result in a change in focal length.

## Screen Adjustment Forces

The moving force to make any adjustment to the display, vertical position, tilt, pan or portrait/landscape rotation should not exceed 2.32 kg (5.1 lbs).

## Keyboard Height/Positioning

Keyboards should be placed at a height that allows the operator to operate the keyboard with the forearms level and hands sloping slightly downward. A negatively tilting keyboard, allowing the operator to "keep the wrinkles out of the top of the wrists" is ideal. Fore and aft positioning of the keyboard should be consistent with allowing the hands to move easily over the keyboard with forearms level and elbows at the sides, maintaining a 90° - 120° angle between upper and lower arms. If the top of the display screen is set 25 mm (1") below the operator's eye height as recommended, then the central row of the keyboard should be positioned 50.8 cm (20") below the top of the display screen for the average range of users.



\* For details on the scientific basis for this remarkable product or to utilize the stand for the 5% Female to 95% Male Range of Population, check out the white paper entitled "Design of an Ergonomically Correct Desk Stand for Flat Panel Monitors" on our web site, [www.ergotron.com](http://www.ergotron.com).

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# Warranty

Ergotron warrants that its products will remain free of defects in material and workmanship for (5)- years.

**Exclusive Remedy :** If an Ergotron equipment is or becomes defective in material or workmanship during the warranty period, Purchaser must return the item to Ergotron with a written explanation of the defect. Ergotron will promptly repair or replace the item and ship it to Purchaser without charge to Purchaser. Performance of repair or replacement does not renew or extend the warranty period.

**THIS REMEDY IS THE EXCLUSIVE REMEDY FOR BREACH OF WARRANTY AS TO THE EQUIPMENT,** except in respect to personal injury. Purchaser shall give Ergotron immediate written notice of an personal injury resulting from use of Ergotron equipment.

**Exclusions and Limitations:** Ergotron disclaims liability for injuries or losses caused by or associated with installation or use of its equipment in an manner other than in strict conformance with the instruction sheets, technical bulletins or product literature, or by equipment that has been altered, damaged or misused.

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