

## 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 monitor.

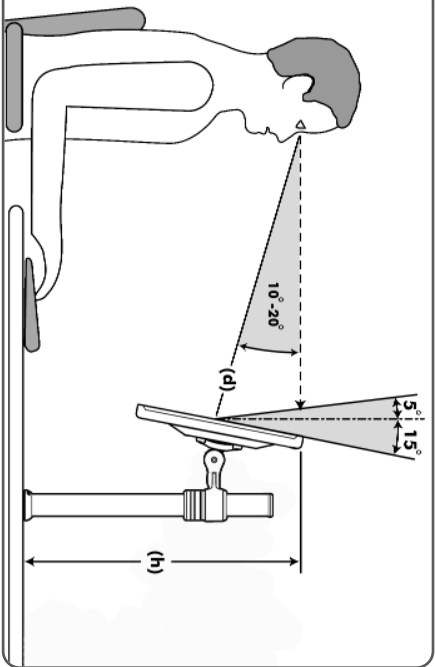
**Viewing Angle:** Ergonomists recommend that the optimal position of your monitor should be slightly below eye level. When looking at the monitor's centre the user should have a downward visual angle of approximately 10°-20°.

**Height:** As a guide, the height (h) of your monitor 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.



**VISIDEC**  
FOCUS MICRO

**USER**

**OPERATING CARD**

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

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

**atdec**

the visual display mounting company

Please do not  
remove card from  
the Visidec Focus  
Monitor Arm

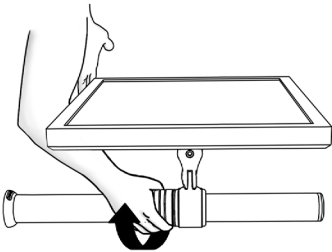
# USER OPERATING CARD

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

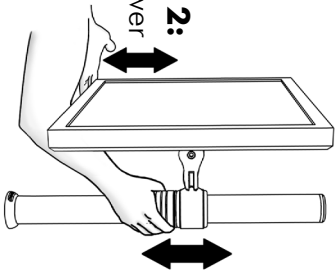


## 1 Adjusting Height

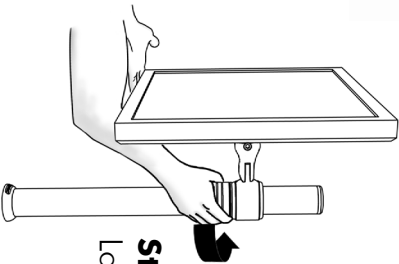
**Step 1:**  
Unlock



**Step 2:**  
Lift/Lower

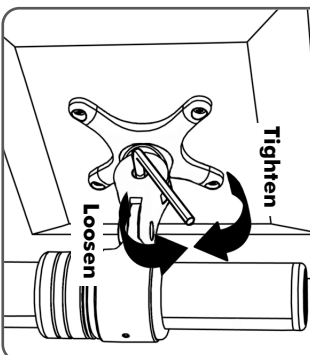


**Step 3:**  
Lock

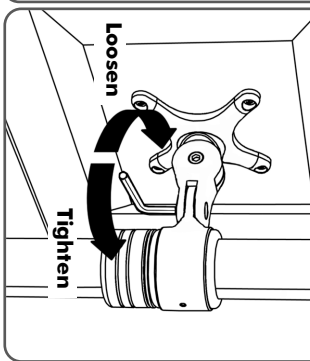


## 2 Adjusting the Monitor Bracket

**TILT** (screen angle up/down)

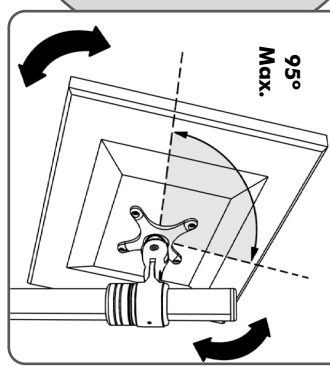


**PAN** (screen angle left/right)



**PORTRAIT/LANDSCAPE**

95°  
Max.



Allen Key  
Storage

