

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.

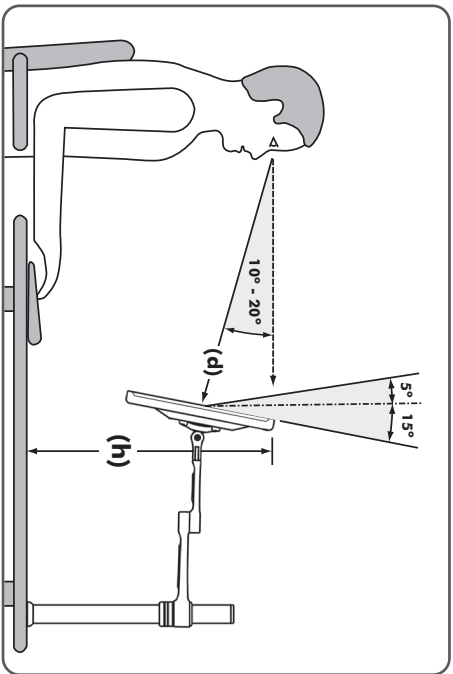
Viewing Angle: Ergonomists recommend that the optimal position of your monitor should be slightly below eye level. When looking at the monitor's centre the user should have a downward visual angle of approximately 10°-20°.

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

USER

OPERATING CARD

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

To adjust the Visidec 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

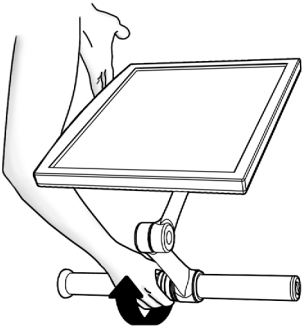
USER OPERATING CARD

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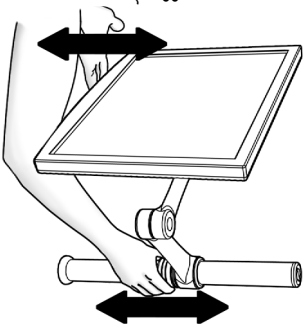


1 Adjusting Height

Step 1:
Unlock



Step 2:
Lift/Lower

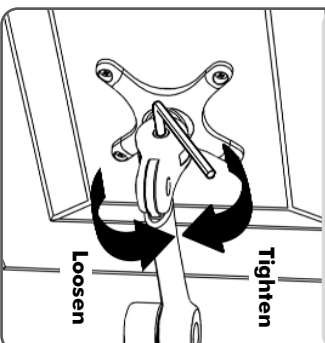


Step 3:
Lock



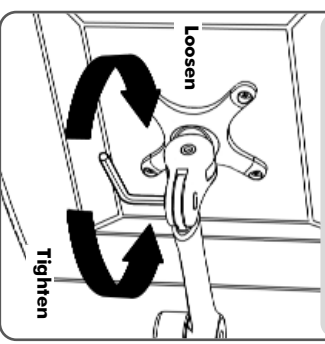
2 Adjusting the Monitor Bracket

TILT
(screen angle up/down)



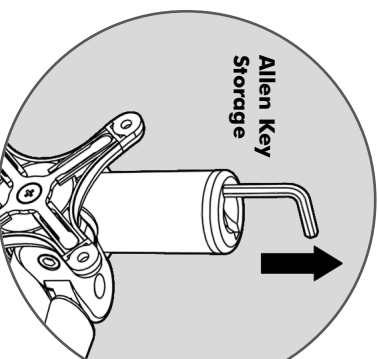
Tighten
Loosen

PAN
(screen angle left/right)



Loosen
Tighten

**Allen Key
Storage**



**95°
Max.**
**PORTRAIT/
LANDSCAPE**

