

CAUTION! The LX Arm Accessory is designed to be used only with the 45-295 LX Desk Mount LCD Arm, Tall Pole product, with a total of two (2) arms per pole. Using the LX Arm Accessory with any other product or in quantities greater than two (2) arms per pole may create an unstable situation resulting in equipment damage and/or personal injury.

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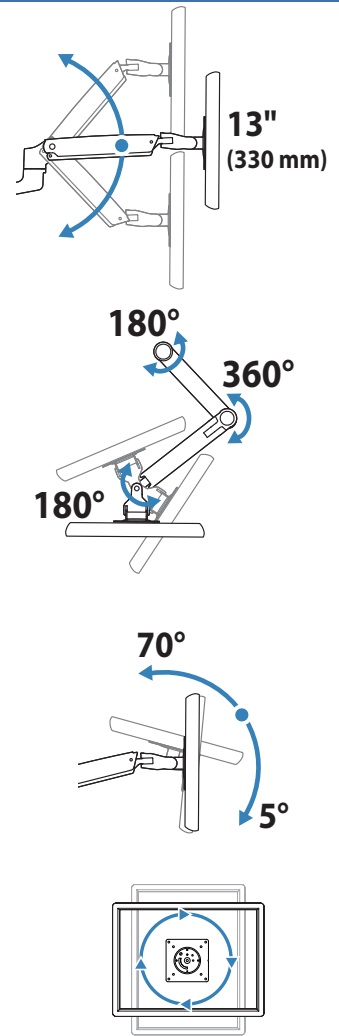
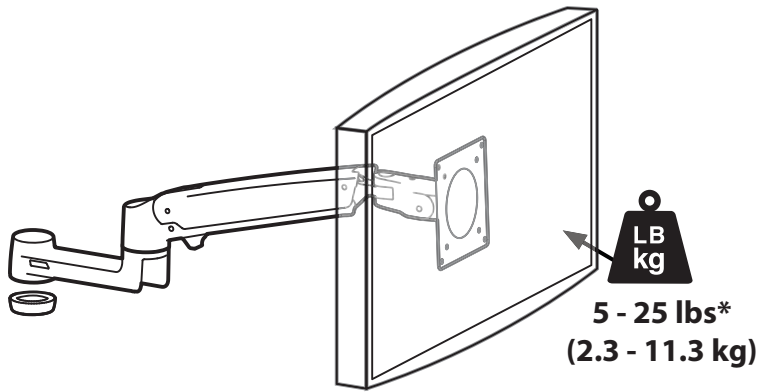


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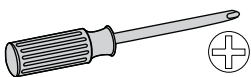


*The lower most range of motion for vertical lift is decreased up to 4.5" (114 mm) when arm is adjusted to hold over 20lbs (9 kgs).

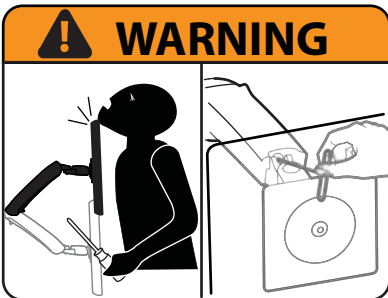
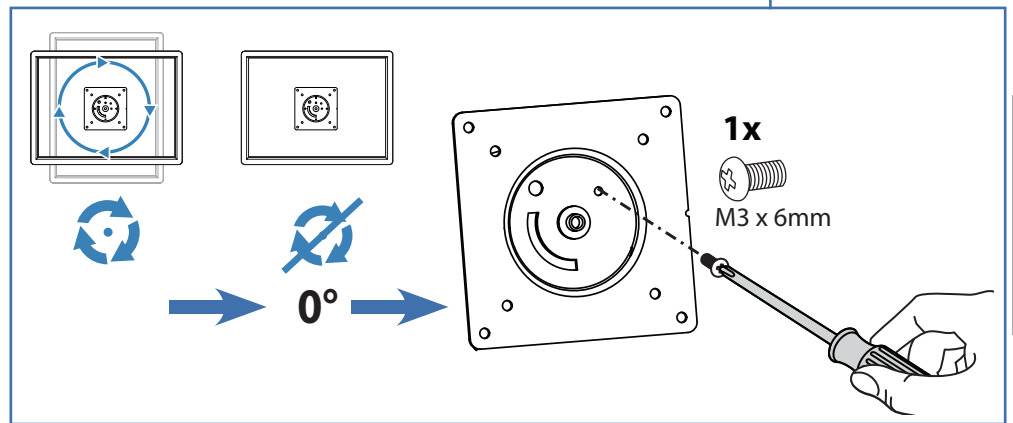
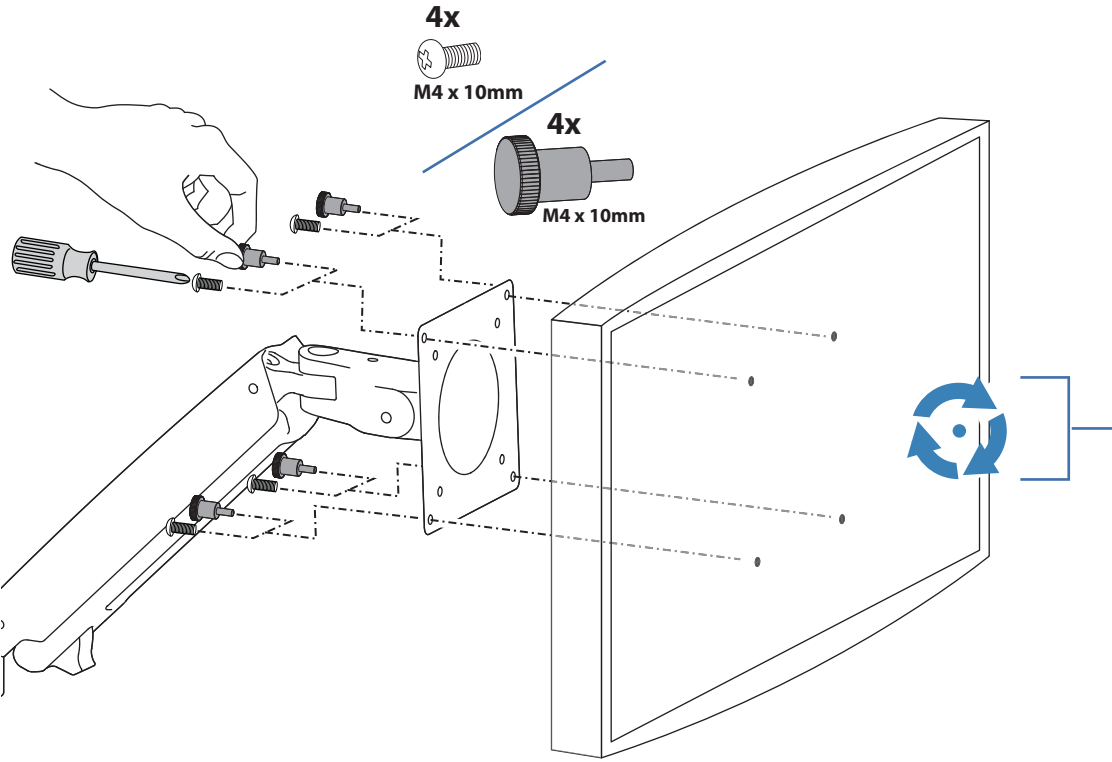
Components

	A	B	C	D
1	1x 	1x 	4x M4 x 10mm	1x
2	1x 2.5mm		4x M4 x 10mm	
3	2x 	1x 	1x M3 x 6mm	1x 4mm
4	1x 1/8"	4x 10 - 24 x 1/2"		

Tools Needed

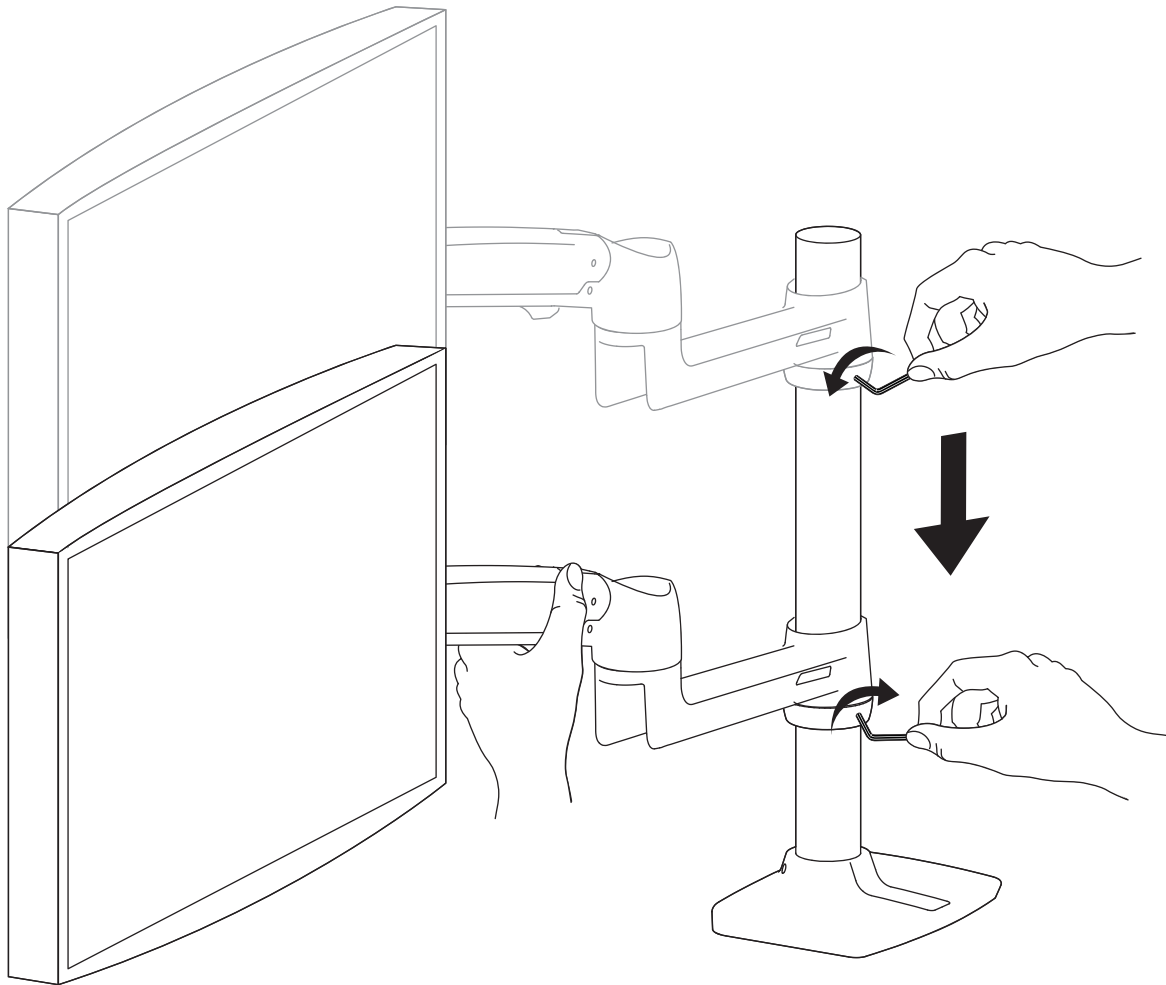
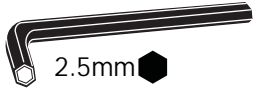


1



WARNING! Stored Energy Hazard: The arm mechanism is under tension and will move up rapidly, on its own, as soon as attached equipment is removed. For this reason, **DO NOT** remove equipment unless the arm has been moved to the highest position! Failure to follow this instruction may result in serious personal injury and/or equipment damage!

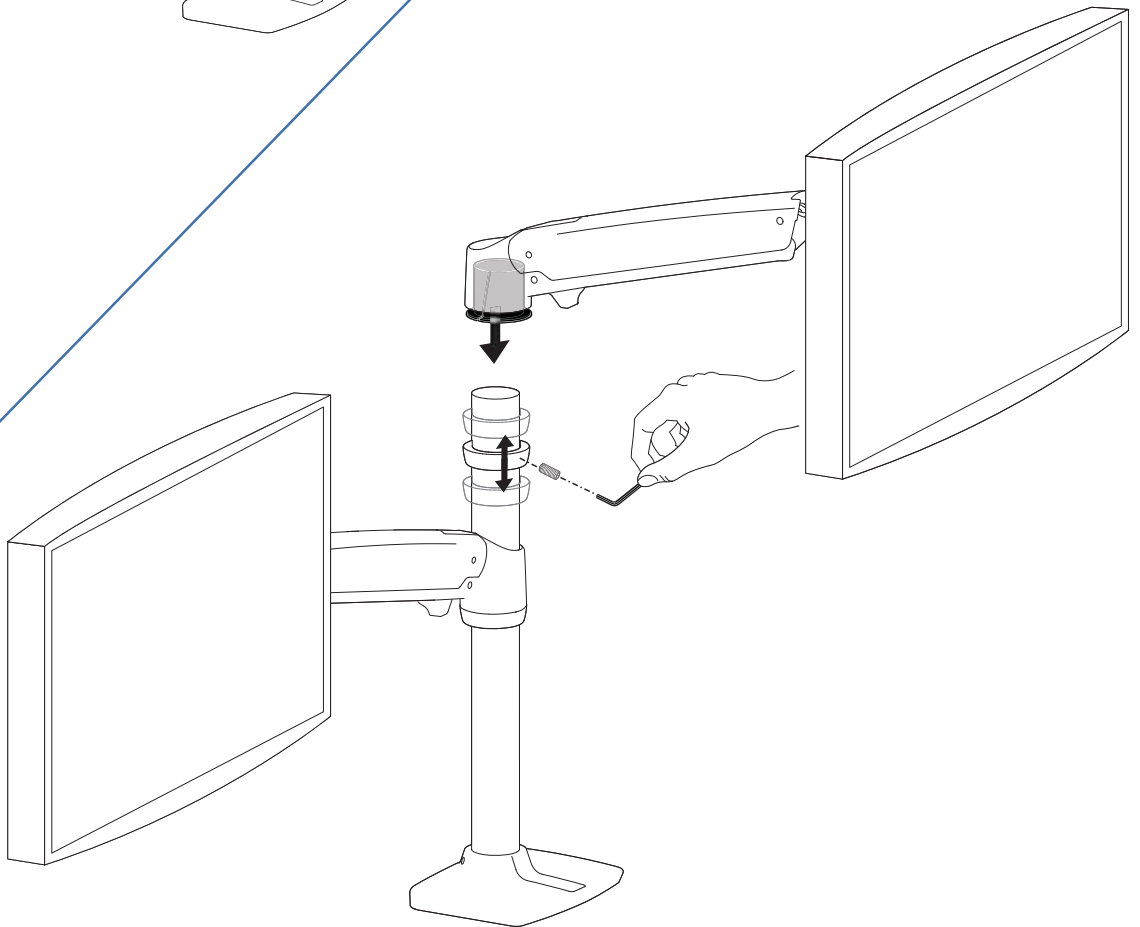
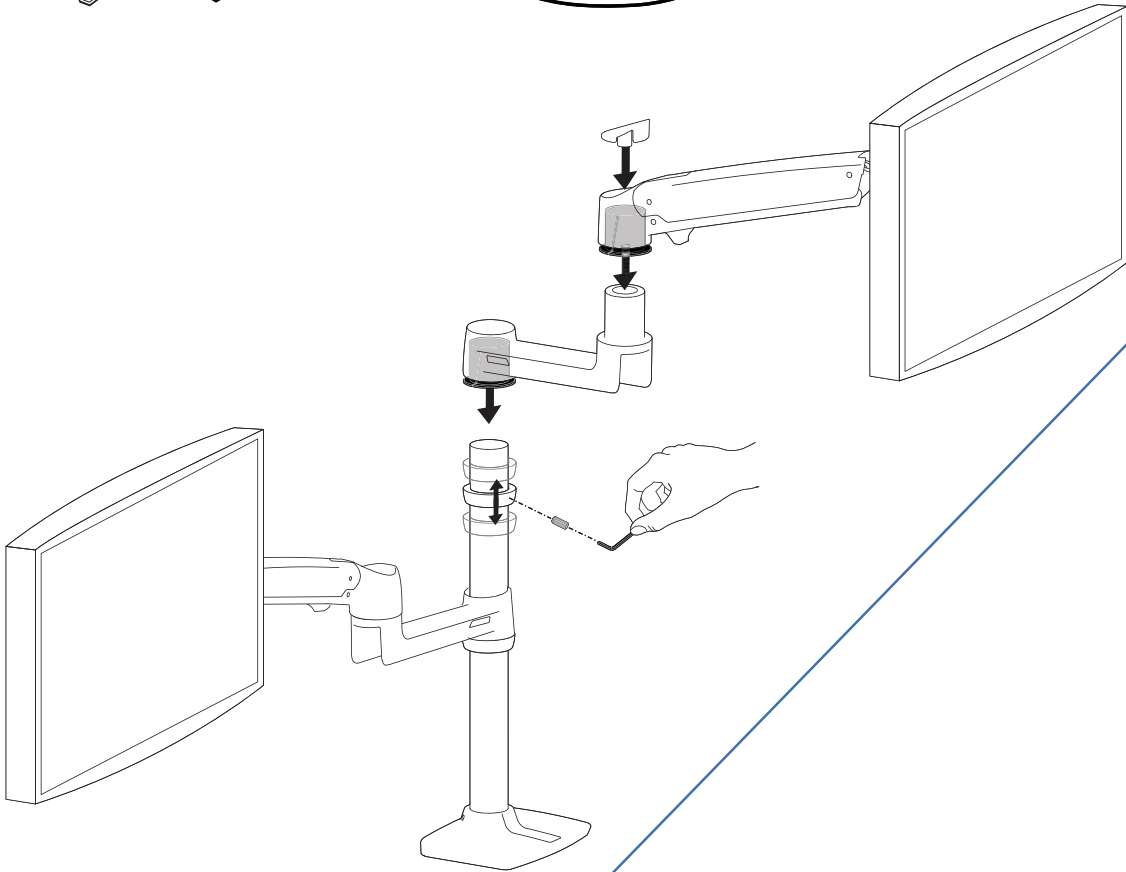
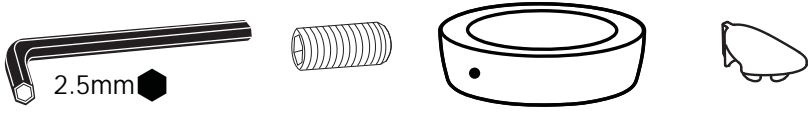
2



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3



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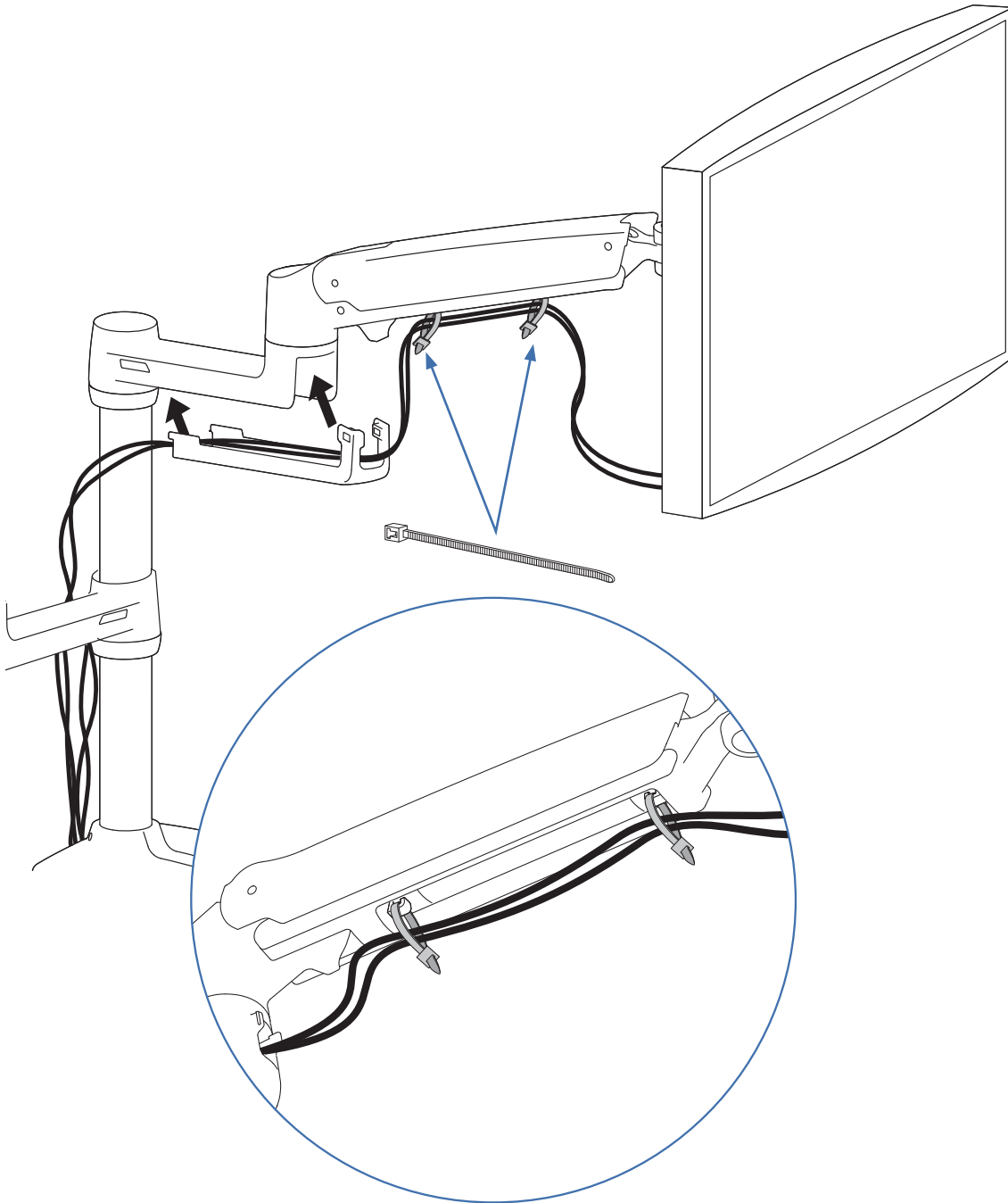
4



NOTE: Leave enough slack in cable to allow full range of motion.



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.

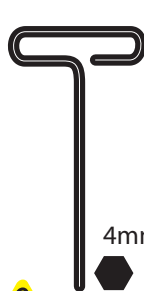
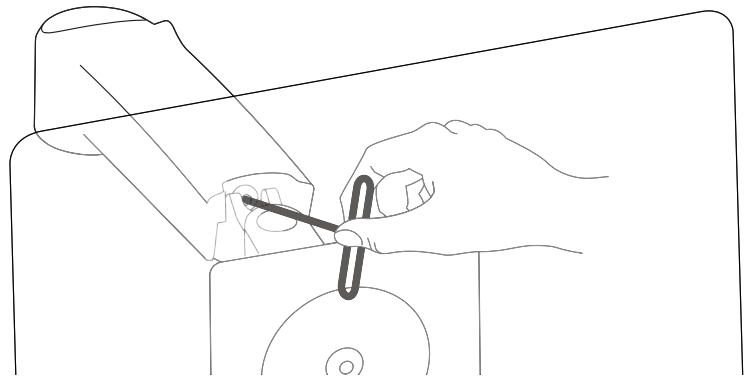
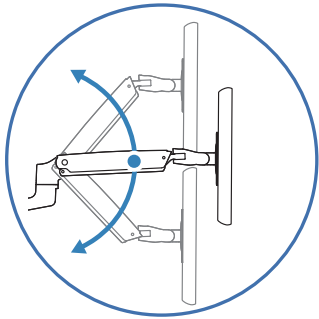


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5 Adjustment Step

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.

a Lift - Up and down



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:



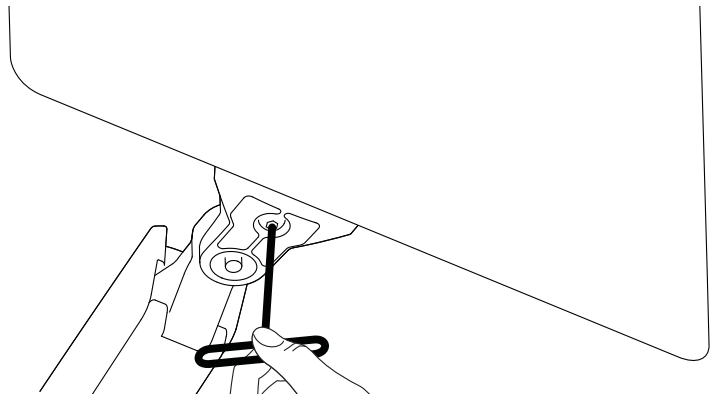
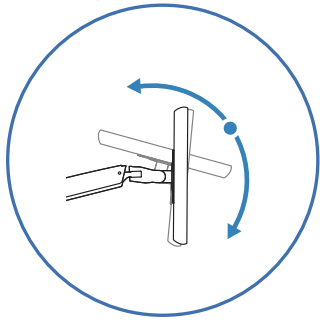
Decrease Lift Strength
If the mounted weight is too light or this product does not stay down when lowered, then you'll need to decrease Lift Strength:



CAUTION: DO NOT overtighten fasteners. Overtightening may cause damage to your equipment.



b Tilt – Forward and Backward



CAUTION: DO NOT remove screw. Removing screw may cause damage to equipment.



Increase Friction
If this product moves too easily, then you'll need to increase friction:

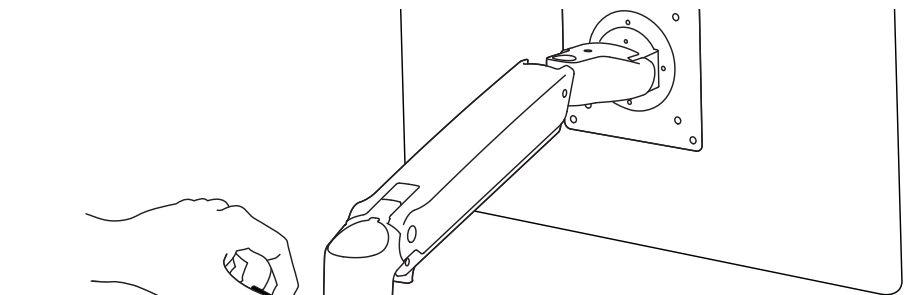
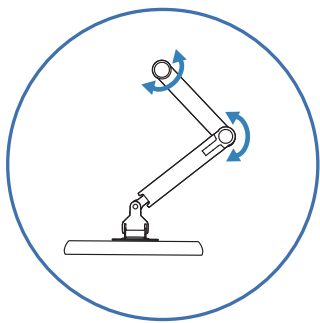


Decrease Friction
If this product is too difficult to move, then you'll need to decrease friction:

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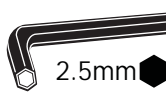
c Arm Swing – Side-to-side



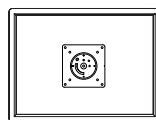
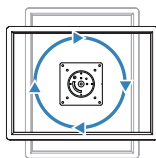
Increase Friction
If this product moves too easily, then you'll need to increase friction:



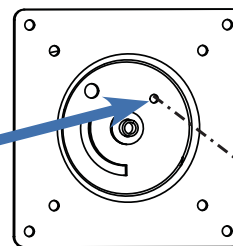
Decrease Friction
If this product is too difficult to move, then you'll need to decrease friction:



d Rotate – Portrait/Landscape

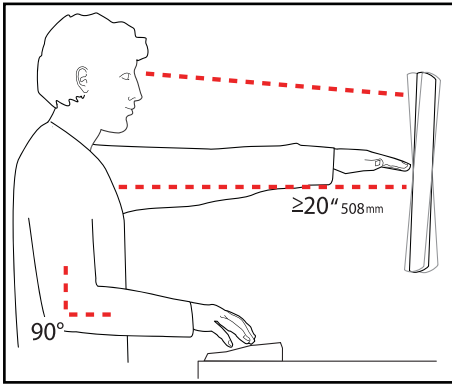


0°



M3 x 6mm

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- 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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