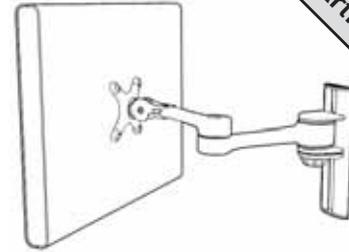
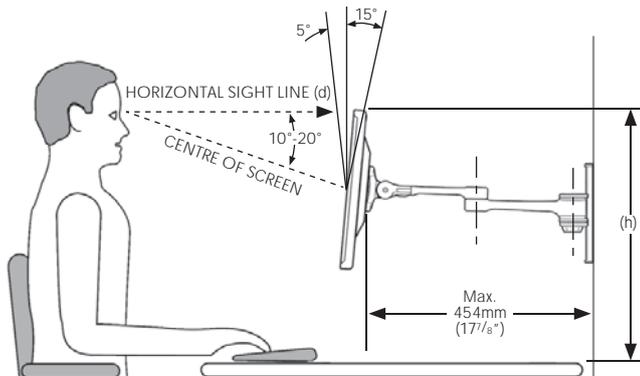


Ergonomic Guidelines

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 display.

- Ergonomists recommend that the optimal position of your screen should be slightly below eye level. When looking at the screen's centre the user should have a downward visual angle of approximately 10°-20°. As a guide, the height (h) of your display should be approximately as follows:
 - Tall Male (Max): 560mm (22")
 - Tall Female (Max): 520mm (20½")
 - Short Male (Min): 368mm (14½")
 - Short Female (Min): 356mm (14")
- For visual comfort, a viewing distance (d) between 500mm (20") to 750mm (29½") is recommended.
- Angular adjustments to normalise or reduce reflection on your display should range between 5° forward tilt to 15° backward tilt.



VISIDEC
FOCUS ARTICULATED ARM WALL

USER OPERATING CARD

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

To adjust the Visidec Focus Articulated Arm Wall, please refer to the instructions overleaf

Use the Ergonomic Guidelines on the back page as a guide for correct positioning

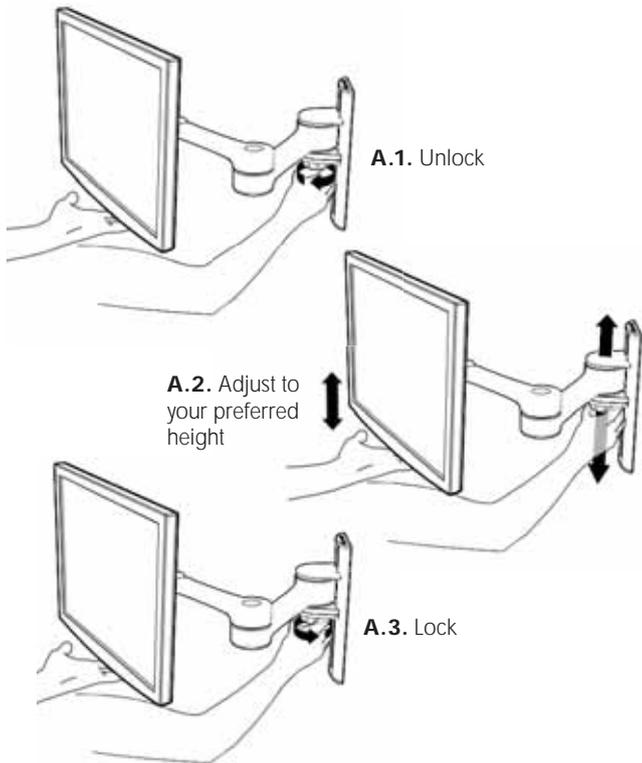
atdec

Please do not remove card from the Visidec Focus Articulated Arm Wall

Your Focus Articulated Arm Wall should already be preset to accommodate the average size/weight of a display. To adjust the height of your display follow the steps below, then simply hold both sides of the display and adjust to a comfortable viewing position.

A Adjusting Display Height

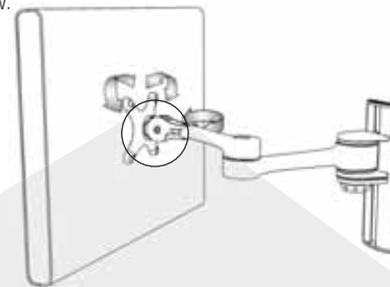
Adjust the height of your display as shown



B Mechanical Adjustment

If undesired tilt or pan occurs at any stage, this means the factory settings on your Focus Articulated Arm Wall require adjustment. Please refer to adjustment details below.

B.1. Yoke tension



B.1. Adjusting Yoke tension

Use the supplied 5mm Allen Key to adjust the tension of the Yoke.

