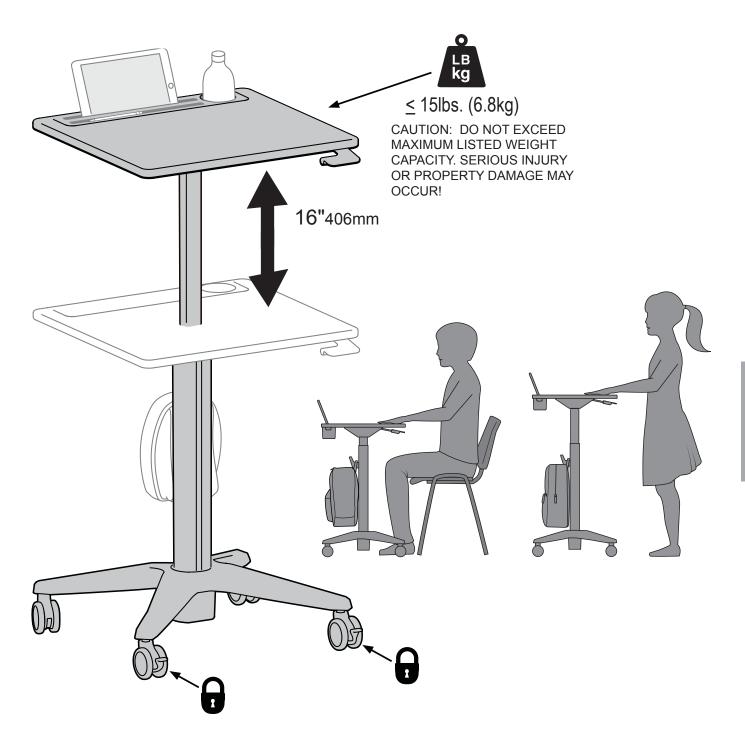


LearnFit®



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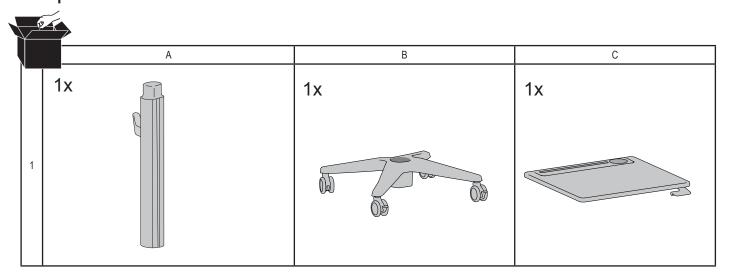


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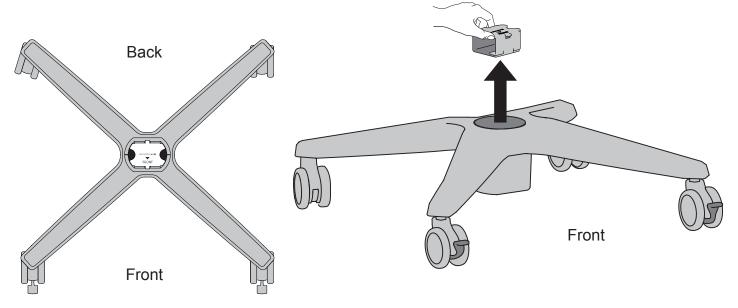
Components



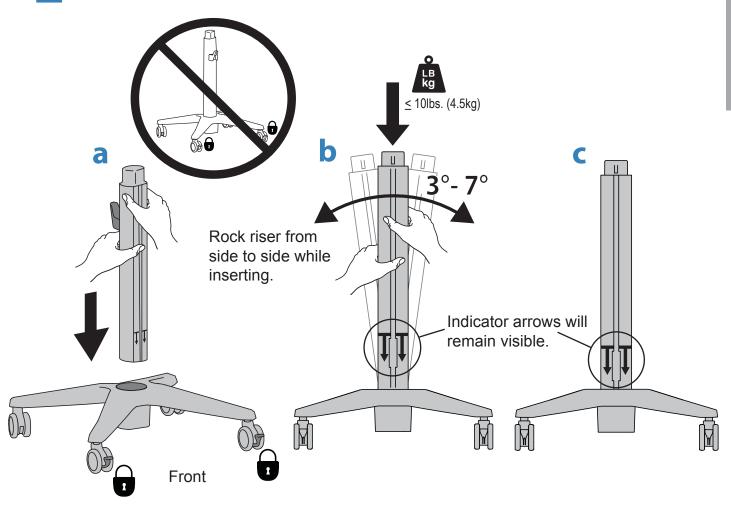


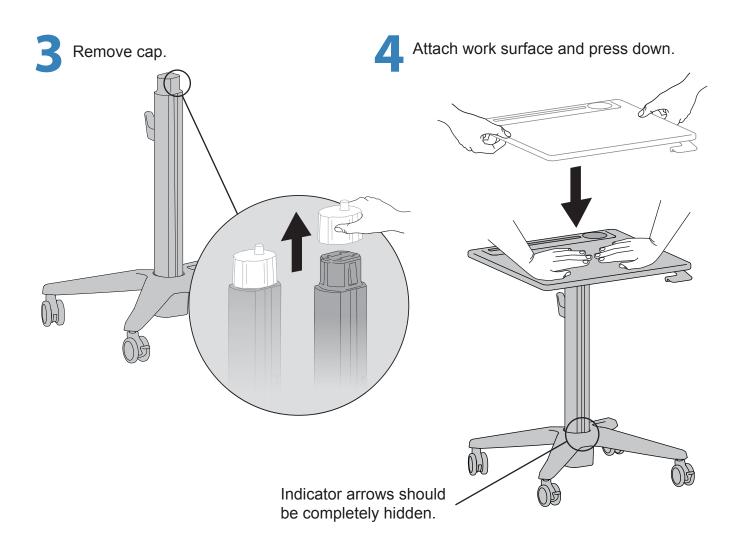


Remove base orientation indicator from base.

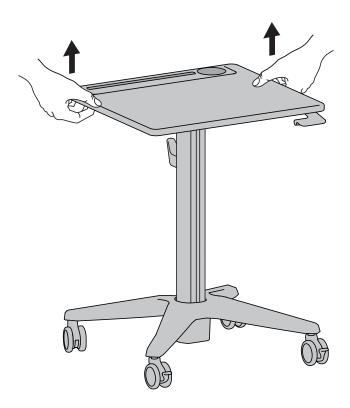


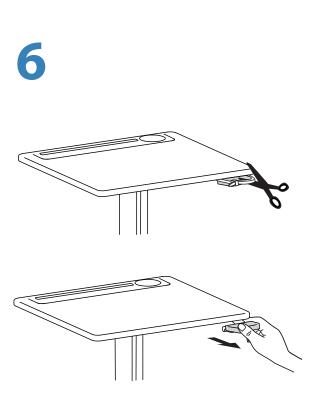
Partially insert riser into base.



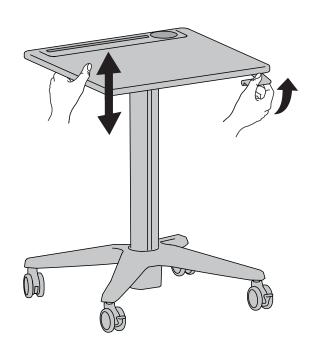


Lift up on the work surface to make sure it is securely attached to the base.

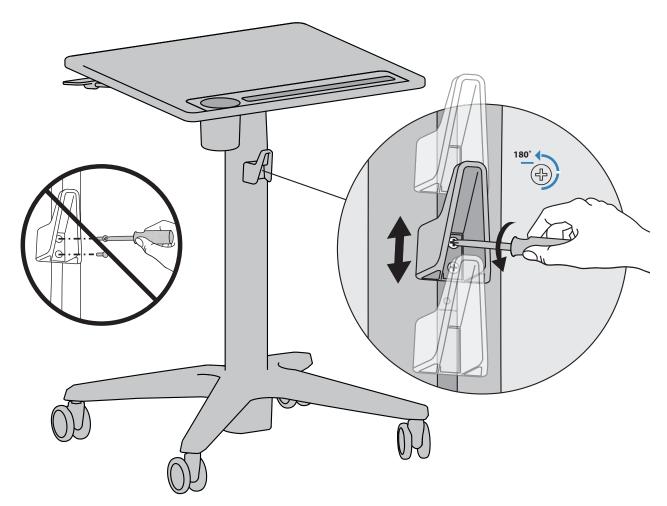


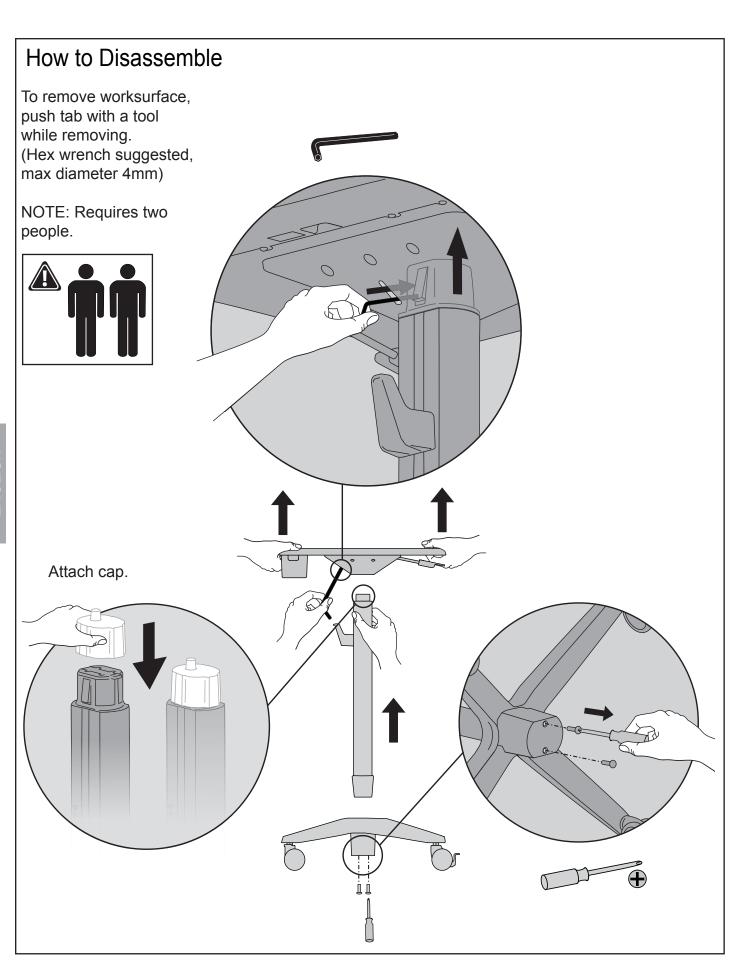


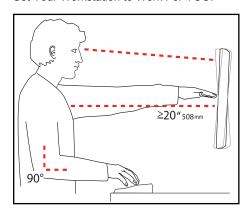
Lift brake release lever to raise and lower riser.



8 Loosen, but do not remove 2 screws to lift and lower hook to desired height.







Learn more about ergonomic computer use at: www.computingcomfort.org

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

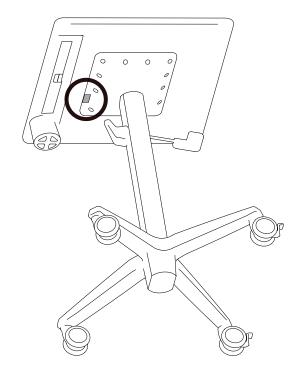
• 15 to 20 minutes every 2 hours.

For service and warranty visit www.ergotron.com/warranty

For local customer care phone numbers visit: http://contact.ergotron.com



NOTE: When contacting customer service, reference the serial number.



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