

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.

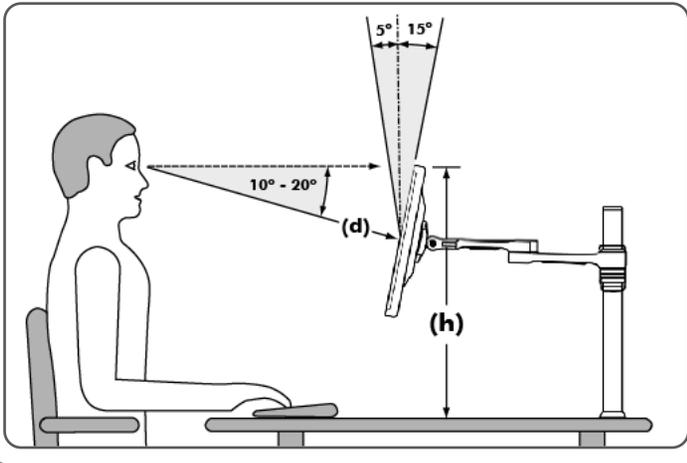
Viewing Angle: Ergonomists recommend that the optimal position of your display should be slightly below eye level. When looking at the display's centre the user should have a downward visual angle of approximately 10°-20°.

Height: As a guide, the height (**h**) of your display 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 display should range between 5° forward tilt to 15° backward tilt.



VISIDEC
FOCUS ARTICULATED ARM
DOUBLE

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

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 Double please refer to the
instructions overleaf. Use the Ergonomic
Guidelines on the back page as a guide
for correct positioning.

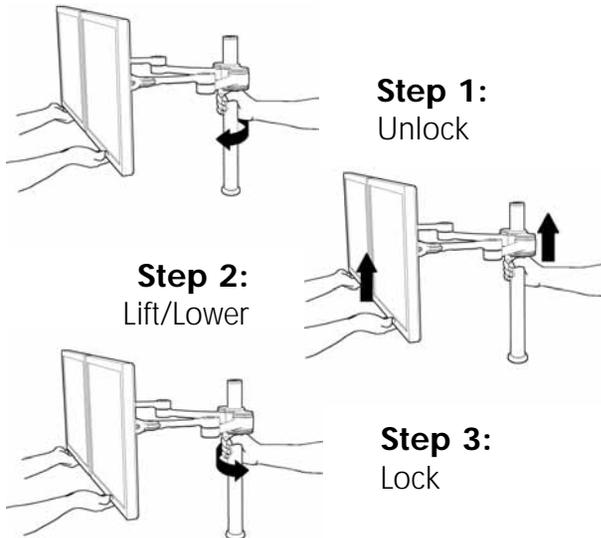
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USER OPERATING CARD

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

1 Adjusting Height

NOTE: This procedure requires two people.



NOTE: If the Visidec Focus Articulated Arm Double is set up using the Desk Clamp mounting option the displays can only be configured side by side as shown above.

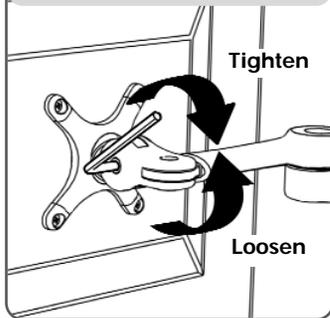


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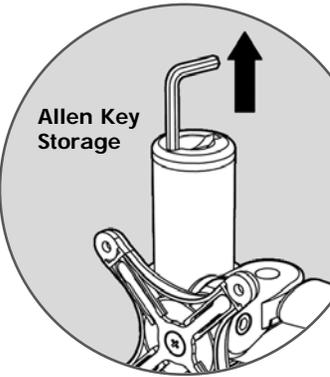
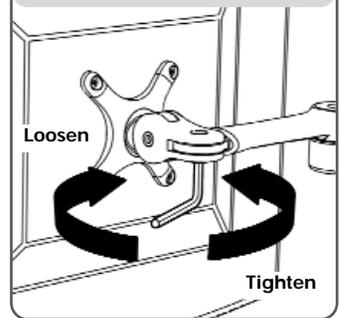


2 Adjusting the Display Bracket

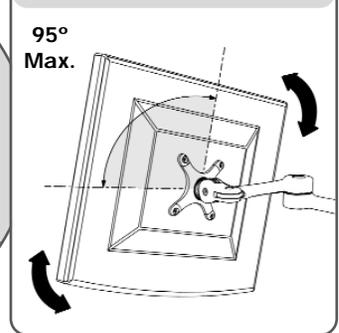
TILT (screen angle up/down)



PAN (screen angle left/right)



PORTRAIT/LANDSCAPE



Published
25.01.08 ©

Due to continuing product development, the manufacturer reserves the right to alter specifications without notice.