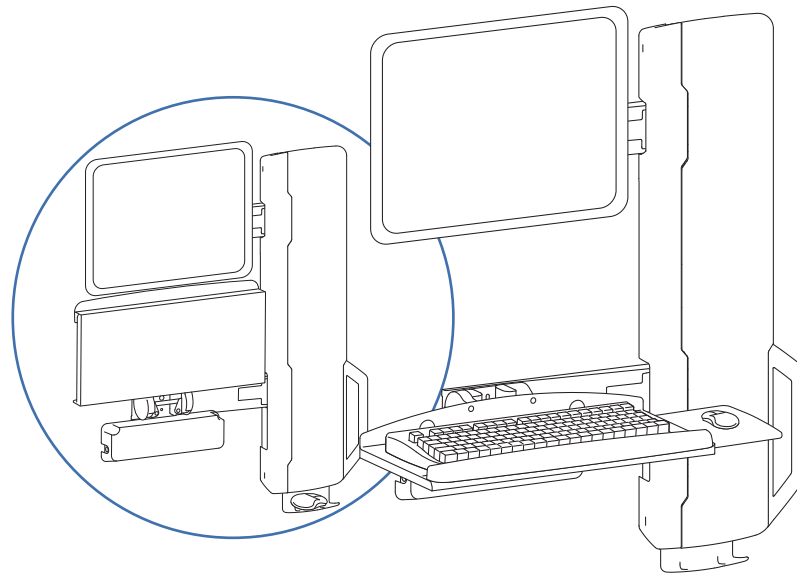


# ergotron®

## StyleView Sit Stand VL Hi Traffic Areas




**≤ 25 lbs (11.34 kg)**

**≤ 4 lbs (1.8 kg)**

**Max weight 29 lbs (13.2 kg)**  
**CAUTION: DO NOT EXCEED MAXIMUM LISTED WEIGHT CAPACITY. SERIOUS INJURY OR PROPERTY DAMAGE MAY OCCUR!**





English

 For the latest User Installation Guide please visit: [www.ergotron.com](http://www.ergotron.com)  
English, Español, Français, Deutsch, Nederlands, Italiano, Svenska, 日本語, 汉语

[www.ergotron.com](http://www.ergotron.com) | USA: 1-800-888-8458 | Europe: +31 (0)33-45 45 600 | China: 400-120-3051 | Japan: [japansupport@ergotron.com](mailto:japansupport@ergotron.com)

# Hazard Symbols Review

These symbols alert users of a safety condition that demands attention. All users should be able to recognize and understand the significance of the following Safety Hazards if encountered on the product or within the documentation. Children who are not able to recognize and respond appropriately to Safety Alerts should not use this product without adult supervision!

Symbol	Signal Word	Level of Hazard
	<b>NOTE</b>	A NOTE indicates important information that helps you make better use of this product.
	<b>CAUTION</b>	A CAUTION indicates either potential damage to hardware or loss of data and tells you how to avoid the problem.
	<b>WARNING</b>	A WARNING indicates either potential for property damage, personal injury, or death.
	<b>ELECTRICAL</b>	An Electrical indicates an impending electrical hazard which, if not avoided, may result in personal injury, fire and/or death.

## Safety



**WARNING:** Because surfaces vary widely and the ultimate mounting method is out of Ergotron's control, it is imperative that you consult with appropriate engineering, architectural or construction professional to ensure that your Ergotron mounting solution is mounted properly to handle applied loads.



**CAUTION:** Make sure the wall mount bracket is level, flush and snug to the wall surface. **DO NOT OVERTIGHTEN THE BOLTS.**



**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.

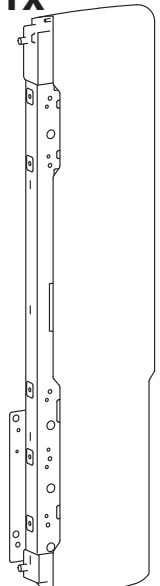
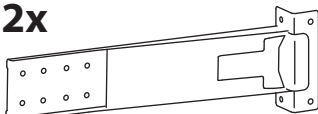
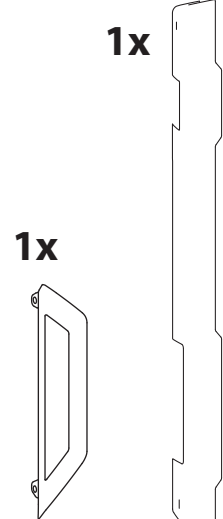
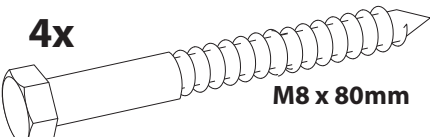
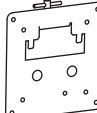

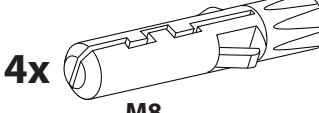

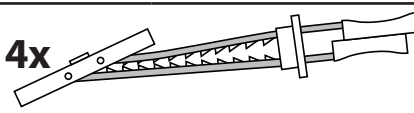



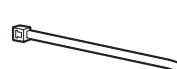
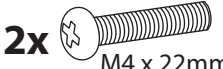
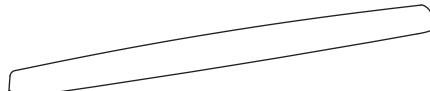
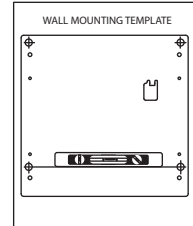


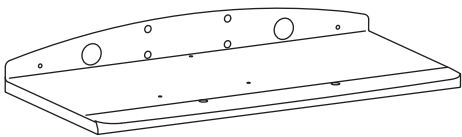
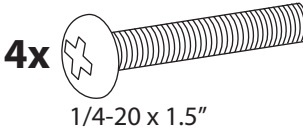
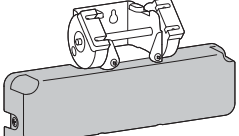
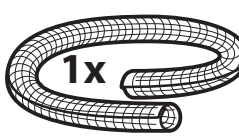

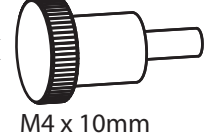


**CAUTION:**

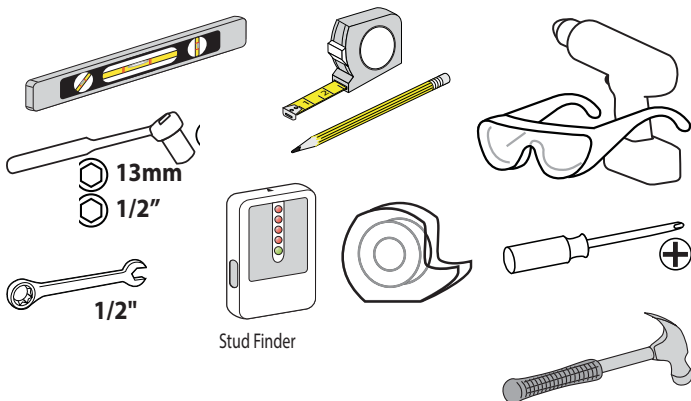
**Product is shipped with a stop screw that MUST be removed before use.**

**DO NOT REMOVE STOP SCREW BEFORE ATTACHING KEYBOARD TRAY. Failure to follow these instructions will cause equipment damage.**

# Components

	A	B	C	D		
1	1x 	2x 	1x 	4x  M8 x 80mm		
2		1x 		1x 	4x  M8	
3		1x 			4x 	
4		2x 			10x  M4 x 8mm	
5		4x 			4x 	2x  M4 x 22mm
6	1x 	1x 	4x  M4 x 12mm	10x  M6 x 8mm		
7	1x 		4x  1/4-20 x 1.5"			
8	1x 	1x 	2x 	4x  M4 x 10mm		


# Tools Needed




## HOLLOW WALL

 Ø 1/2" (13 mm)

## WOOD

 Ø 7.32" (5.5 mm)  
Ø 1/2" (13 mm)

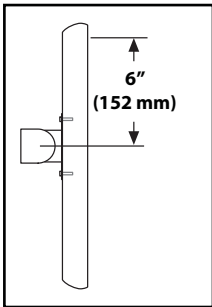
## CONCRETE

 Ø 3/8" (9.5 mm)

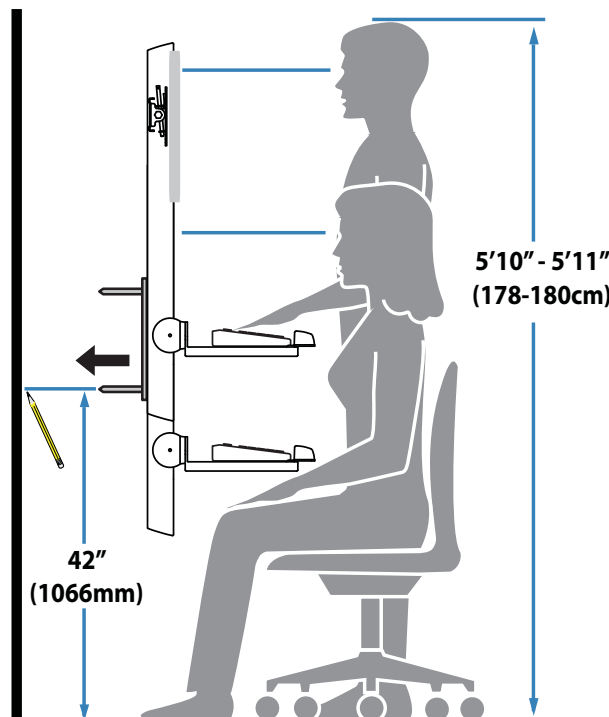
## Mounting Height for Ergonomic Workstation

This mounting height is a recommendation for an ergonomic workstation that accommodates user heights of 5'10"-5'11" (178-180cm).

If user heights are different than this, you should change mounting height to accommodate user heights. (Change mounting height one inch for every one inch difference in user heights).

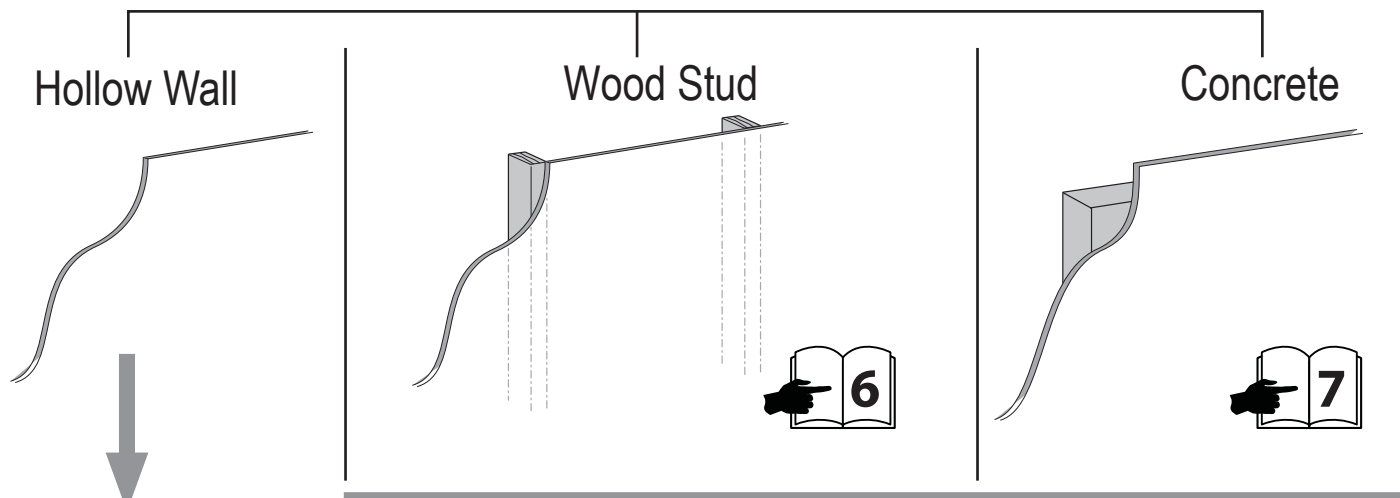


Mounting height assumes there is a 6" (152 mm) distance between the center of your monitor mounting holes and the top of the screen. If your distance is smaller, you should increase mounting height accordingly, if your distance is larger, you should decrease your mounting height accordingly.

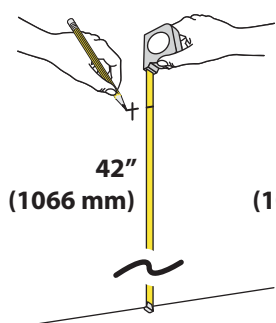


# Set-up Steps

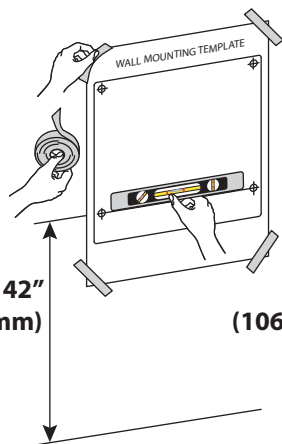
## 3 Mounting Options



**1 a**



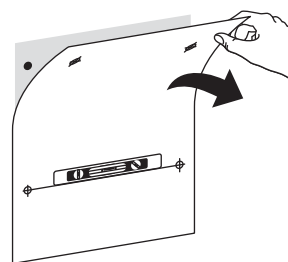
**b**



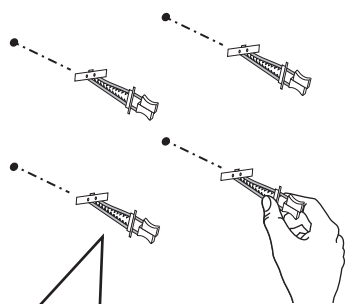
**c**



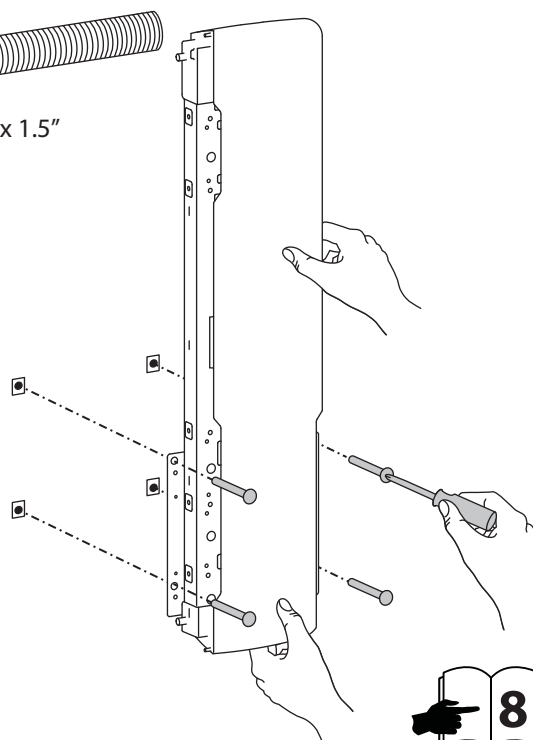
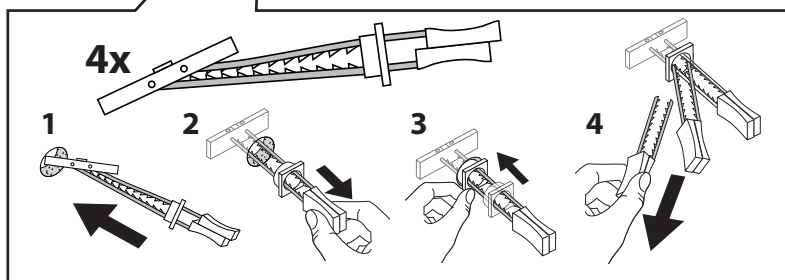
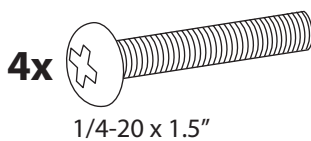
**d**



**2 a**



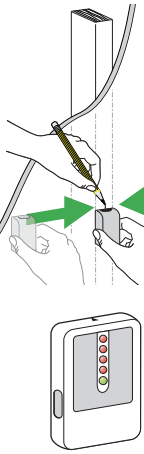
**b**



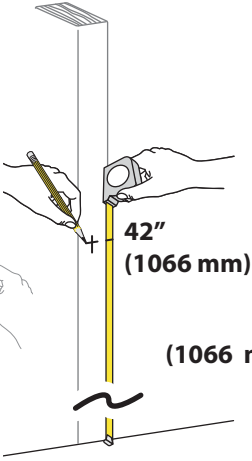
**8**

# Set-up Steps Wood Stud

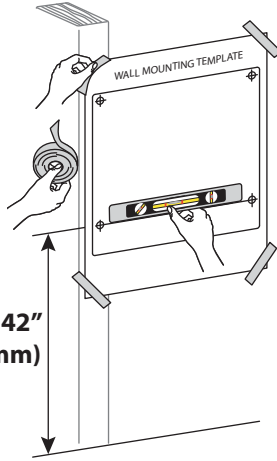
**1 a**



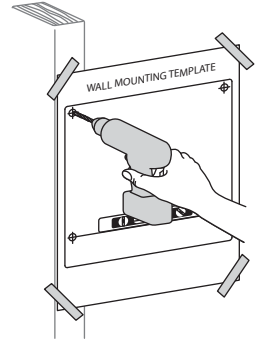
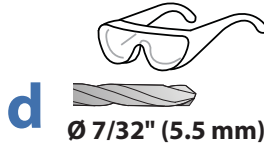
**b**



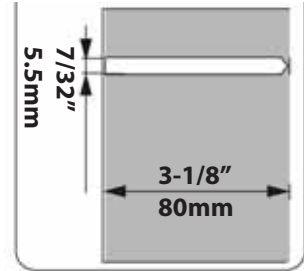
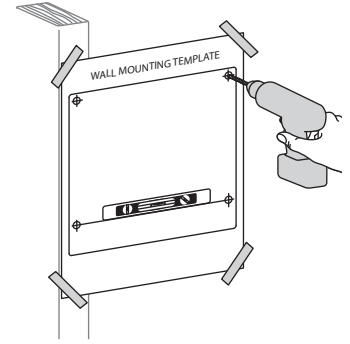
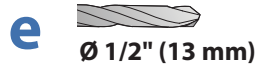
**c**



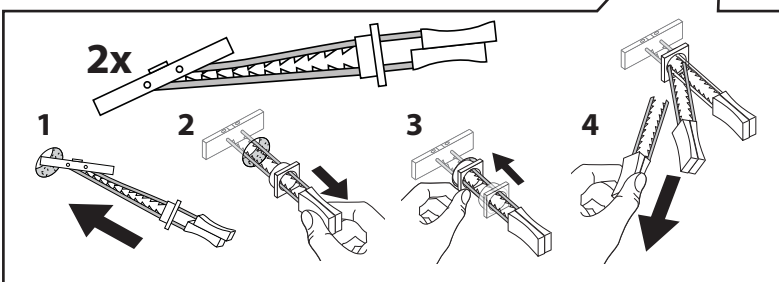
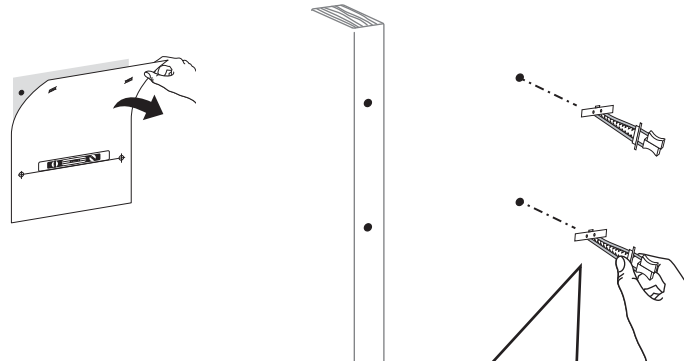
**d**



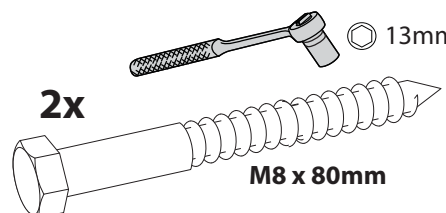
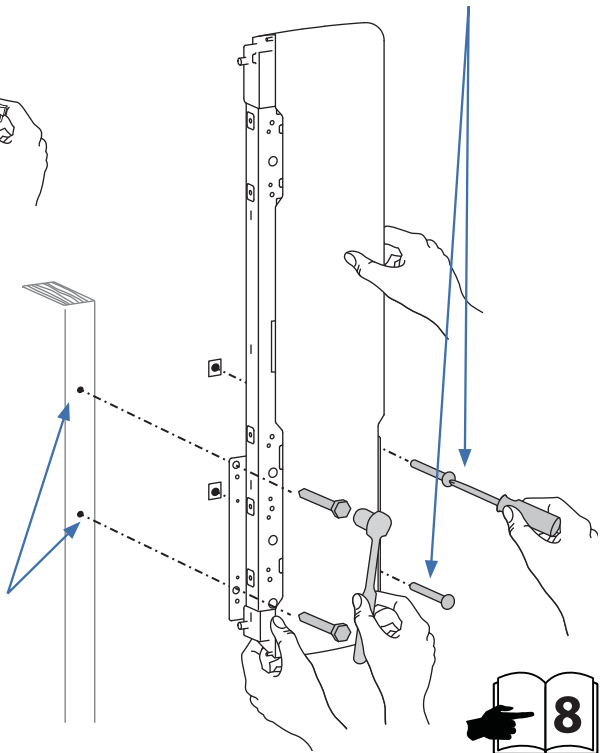
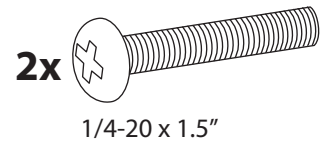
**e**



**2 a**

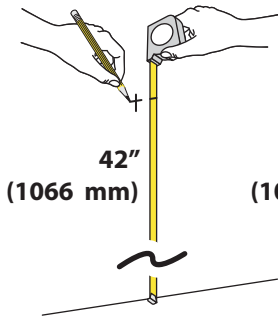


**b**

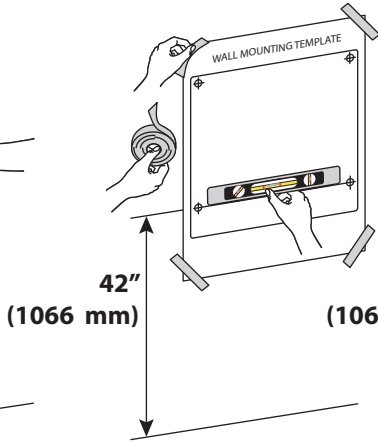


# Set-up Steps Concrete

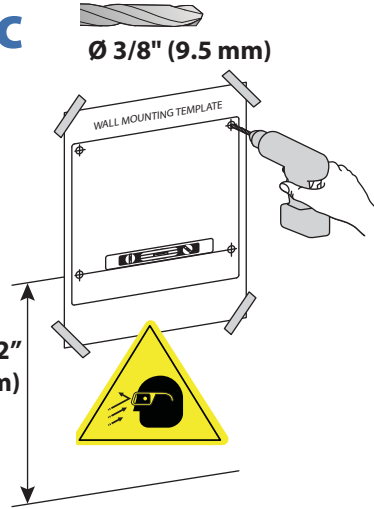
1 a



b



c

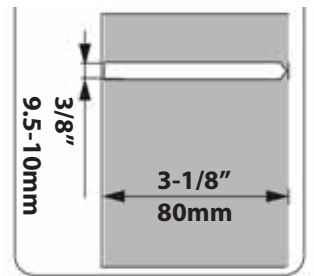


Ø 3/8" (9.5 mm)

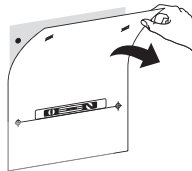


**WARNING:**

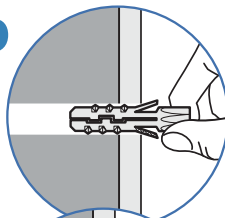
Mounting holes must be at least 3-1/8" (80mm) deep and must be located within solid concrete, not mortar or covering material. If you drill into an area of concrete that is not solid, reposition mounting holes until both anchors can be fully inserted into solid concrete!



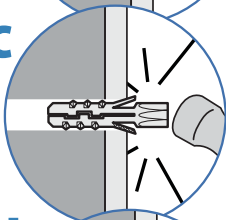
2 a



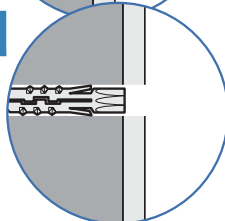
b



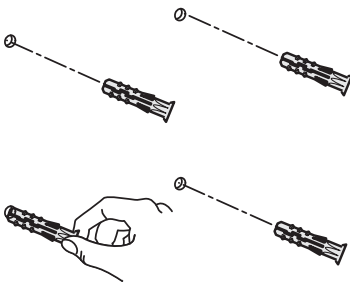
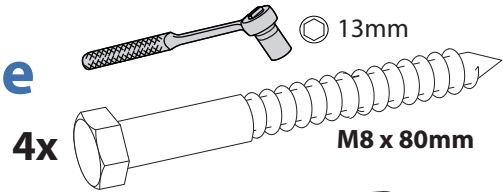
c



d

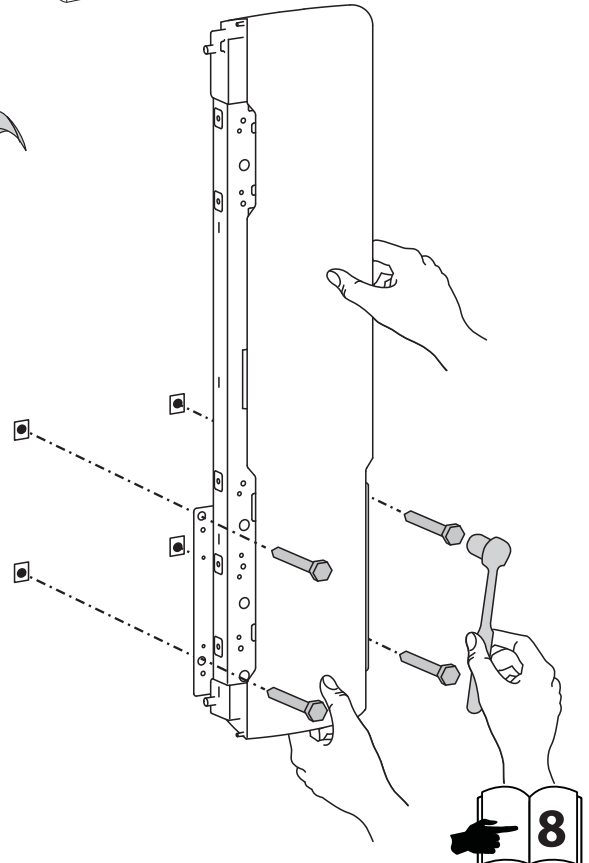
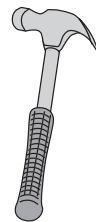


e



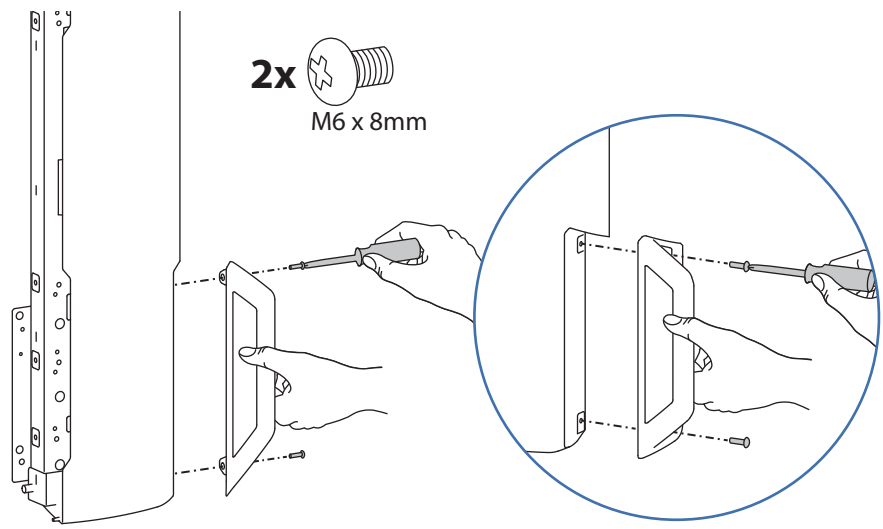
**WARNING:**

Anchors that are not fully set in solid concrete will not support the applied load resulting in an unstable, unsafe condition which could lead to personal injury and/or property damage. Consult a construction professional if you have any doubt about what this means in regard to your particular situation.

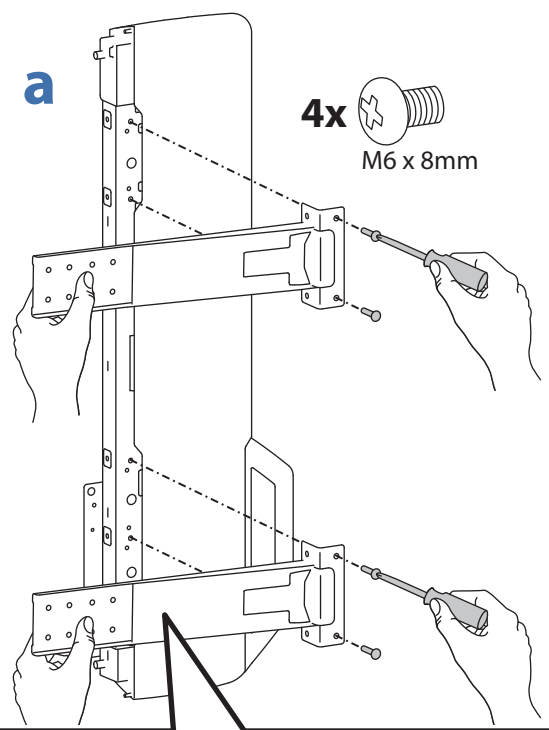


# Set-up Steps

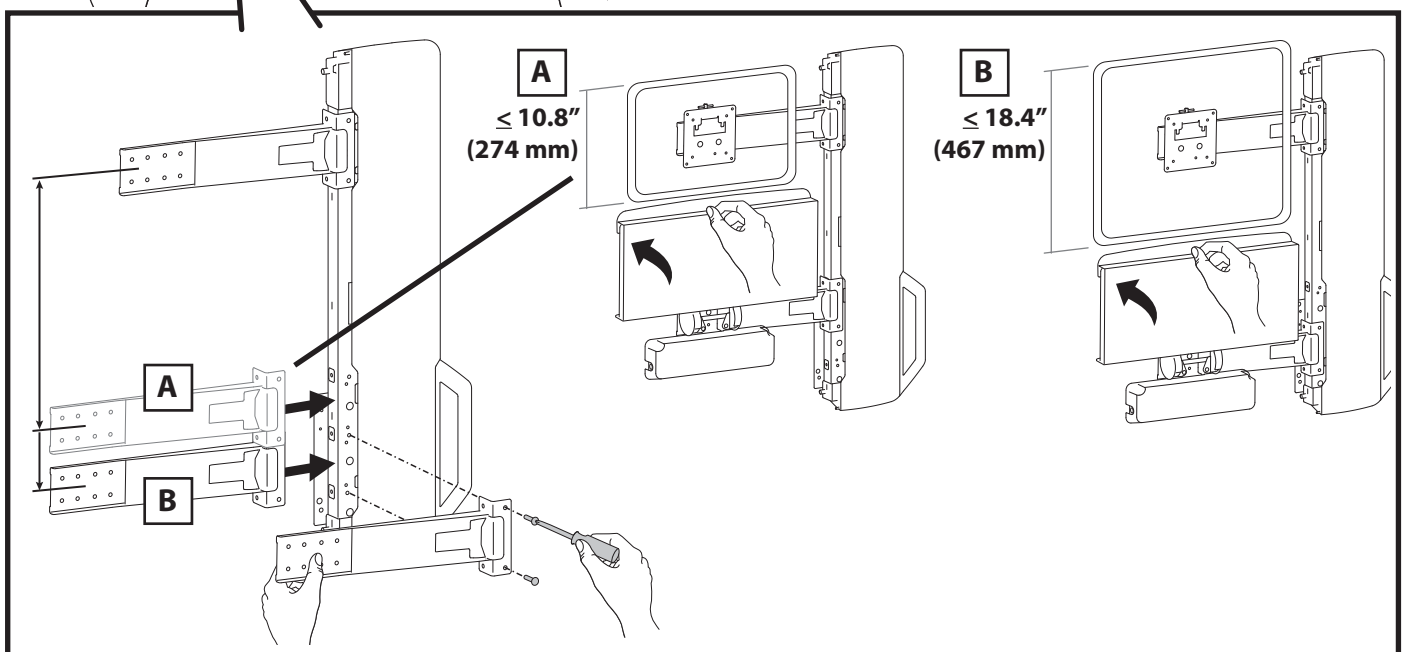
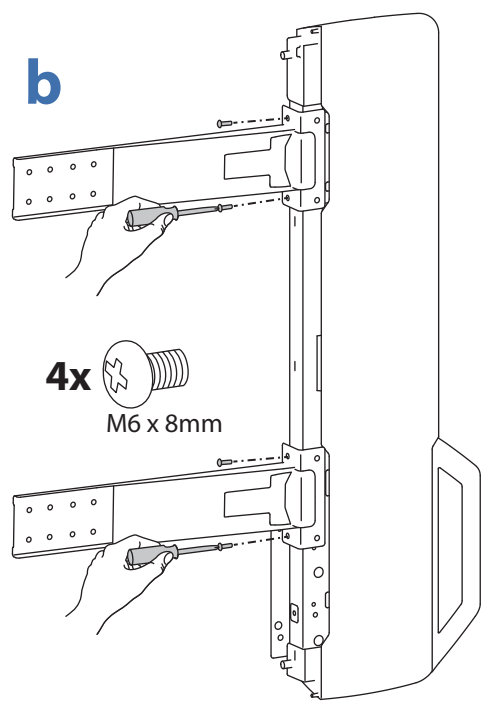
## 3



## 4 a



## b

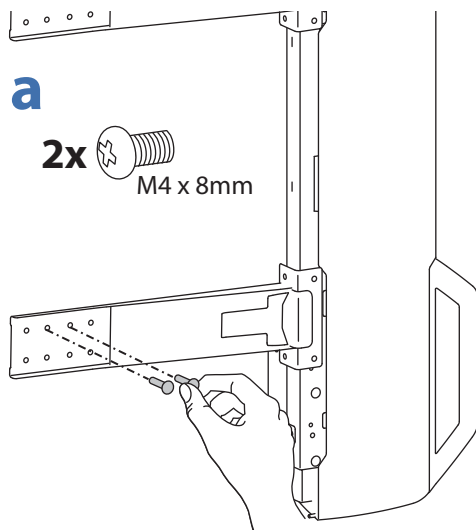




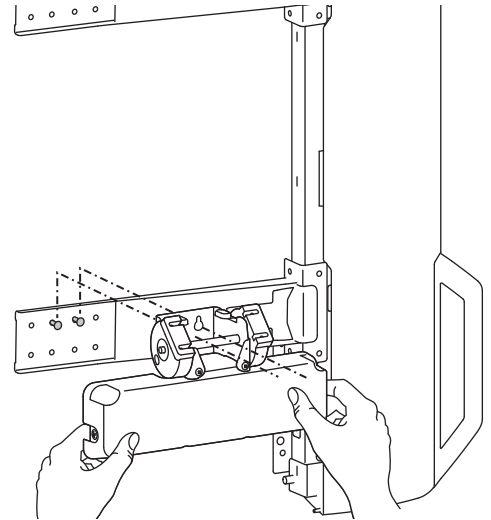
# Set-up Steps

## 5

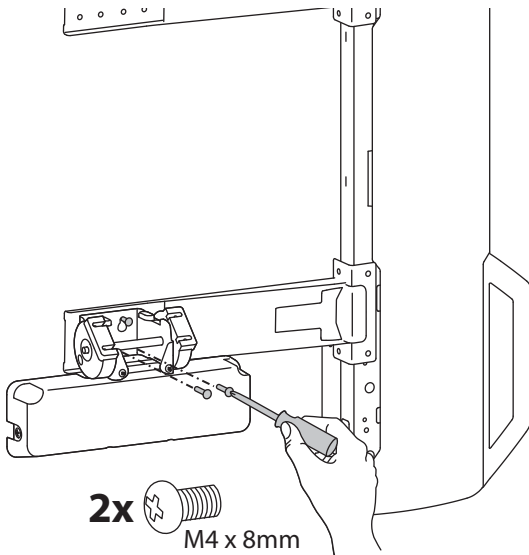
### a



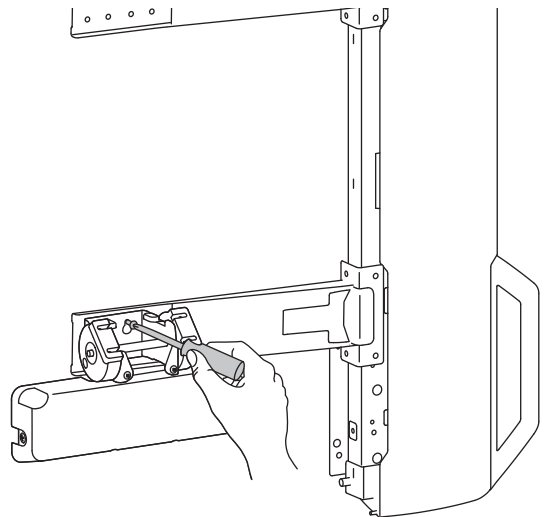
### b



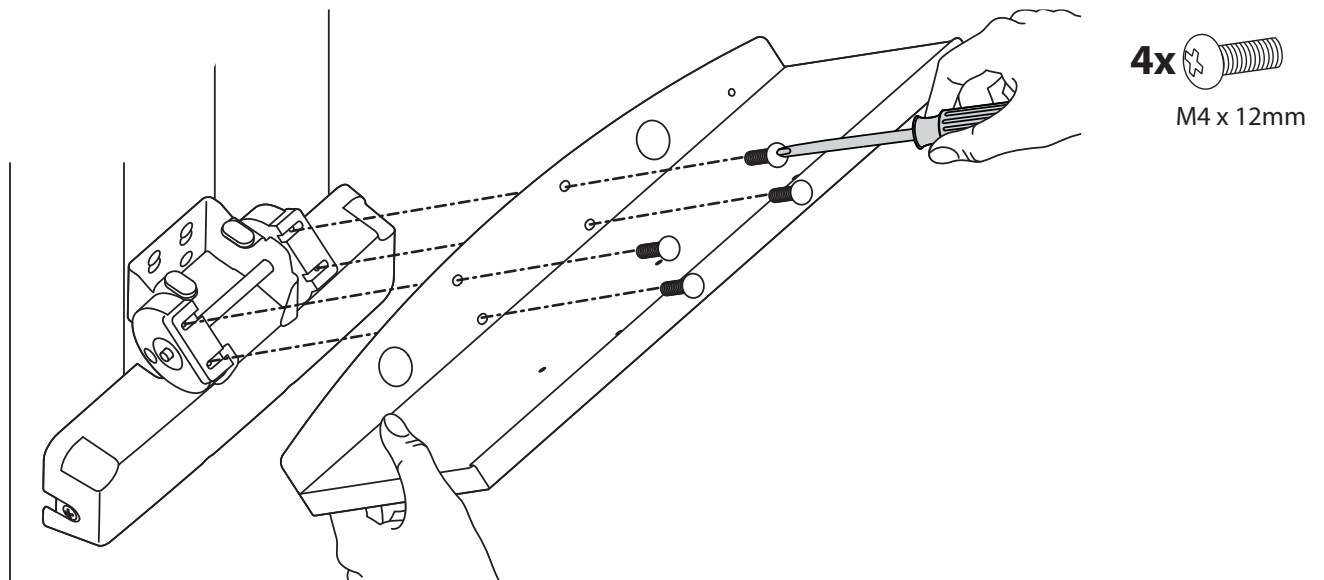
### c



### d



### e

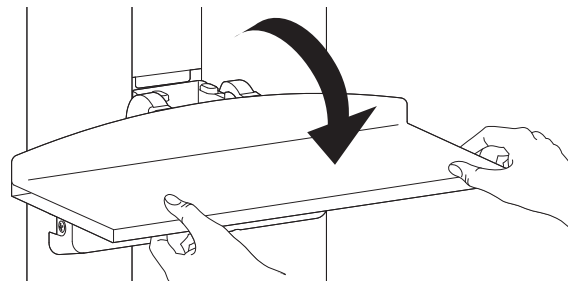
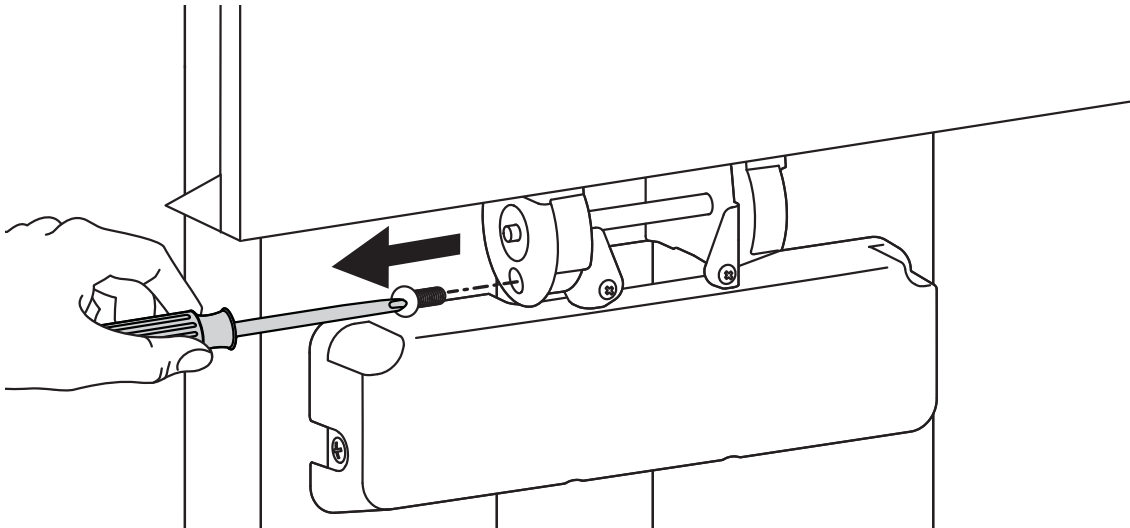


**f REMOVE STOP SCREW BEFORE USE.**

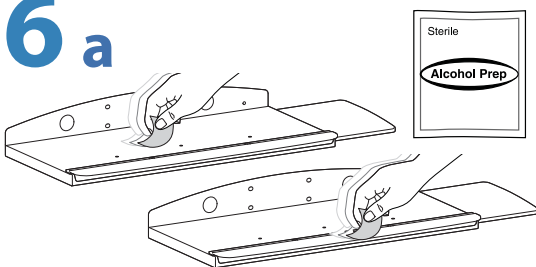


**CAUTION:**

**Product is shipped with a stop screw that MUST be removed before use.  
DO NOT REMOVE STOP SCREW BEFORE ATTACHING  
KEYBOARD TRAY.  
Failure to follow these instructions will cause  
equipment damage.**



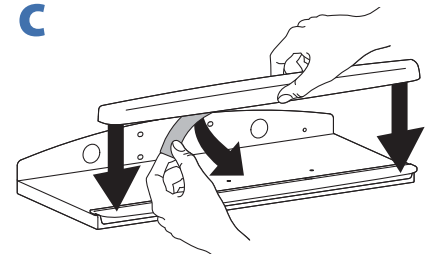
**6 a**



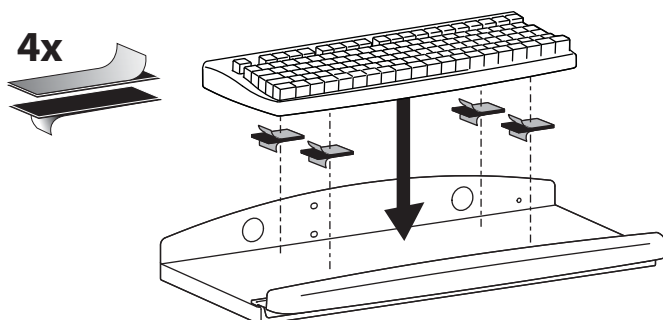
**b**



**c**

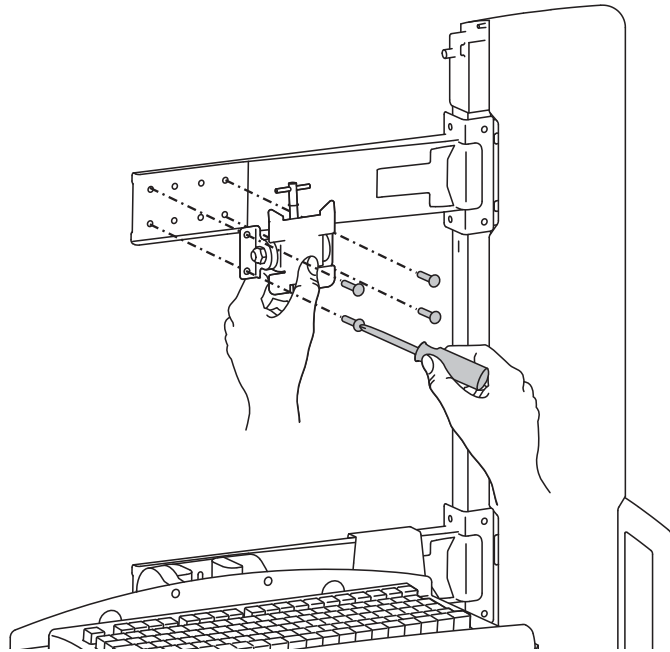


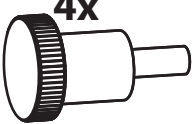
**d 4x**

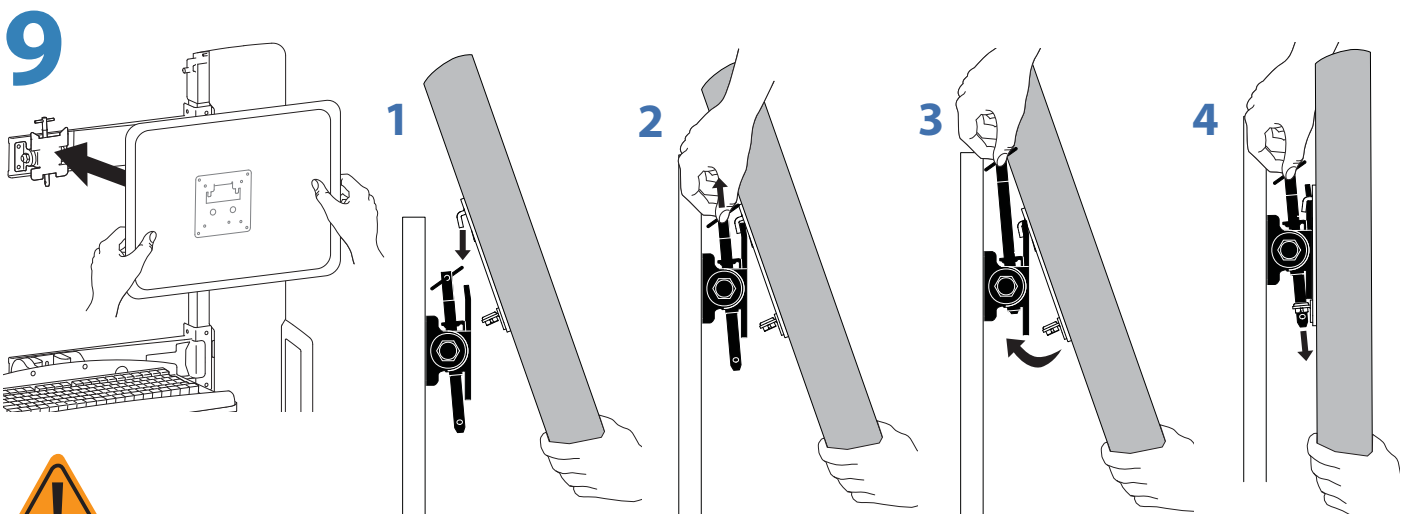
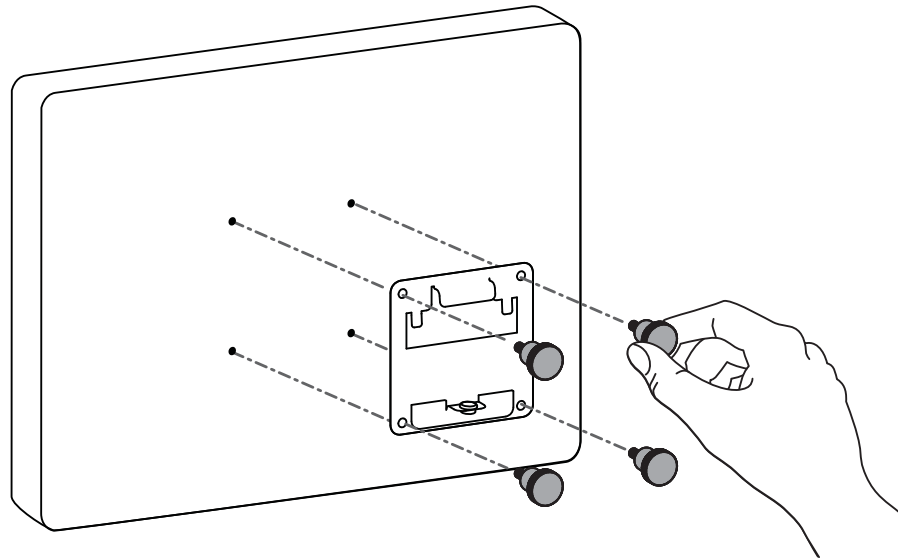


# Set-up Steps

**7** 4x  M4 x 8mm



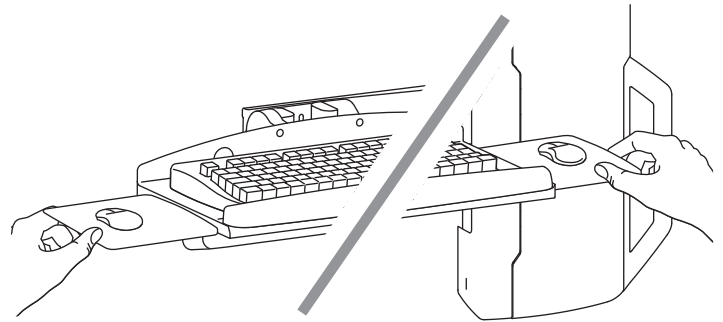
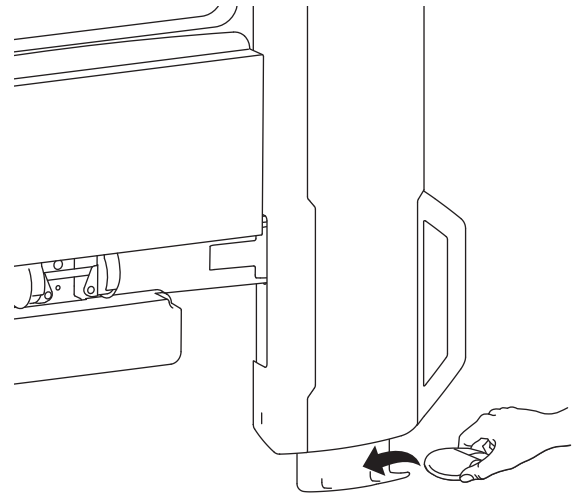
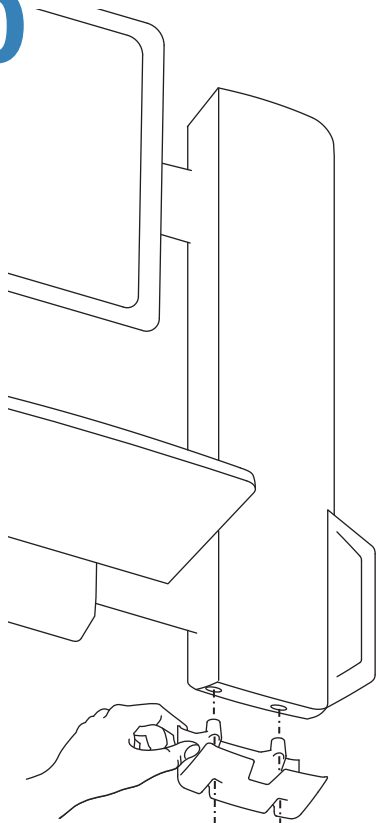
**8** 4x  M4 x 10mm




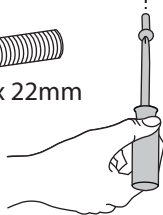
**WARNING:** The monitor will not be securely attached until the Locking Pin passes through the tab on the Quick Release Bracket. Do not leave the monitor unsupported until you are certain the Locking Pin is in place.

# Set-up Steps

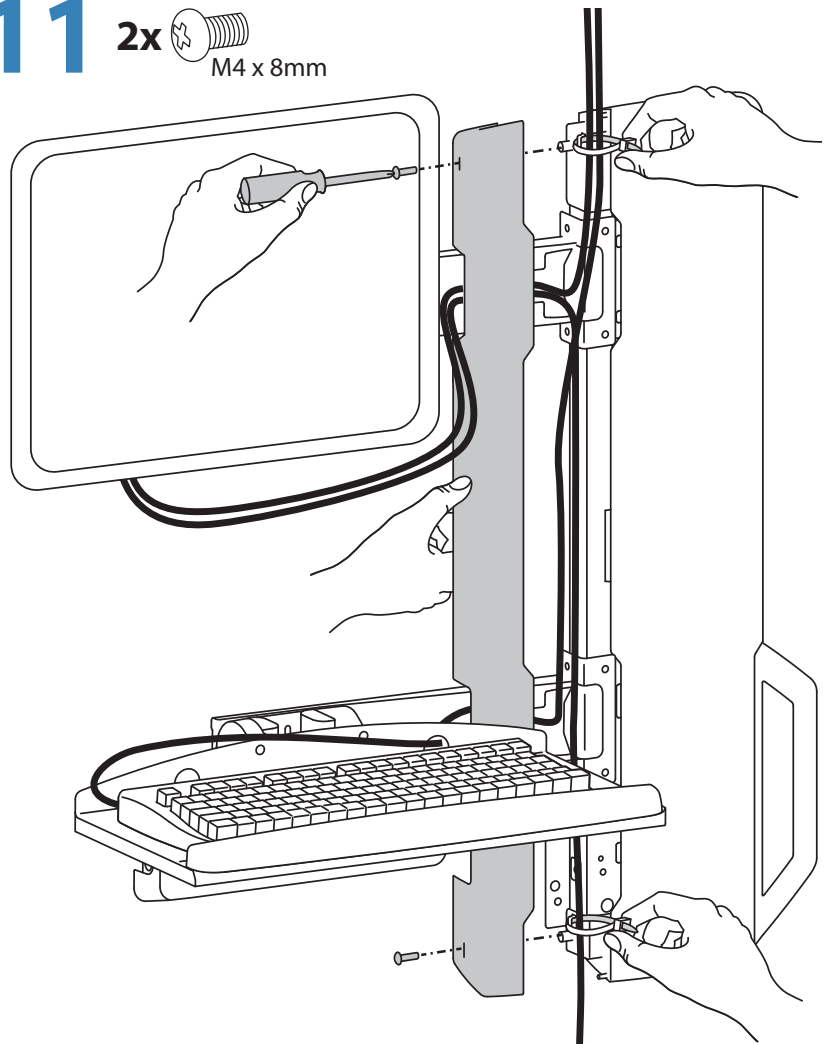
## 10



2x  M4 x 22mm



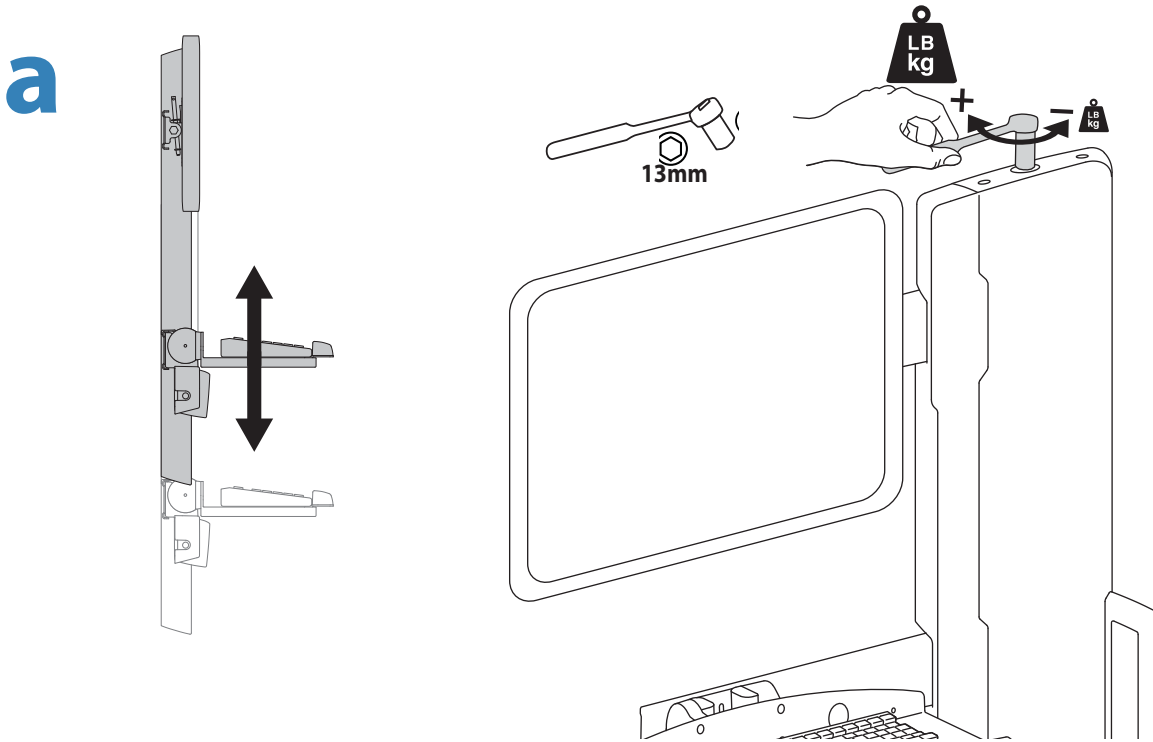
11 2x  M4 x 8mm





Leave enough slack in cable to allow full range of up-down motion.

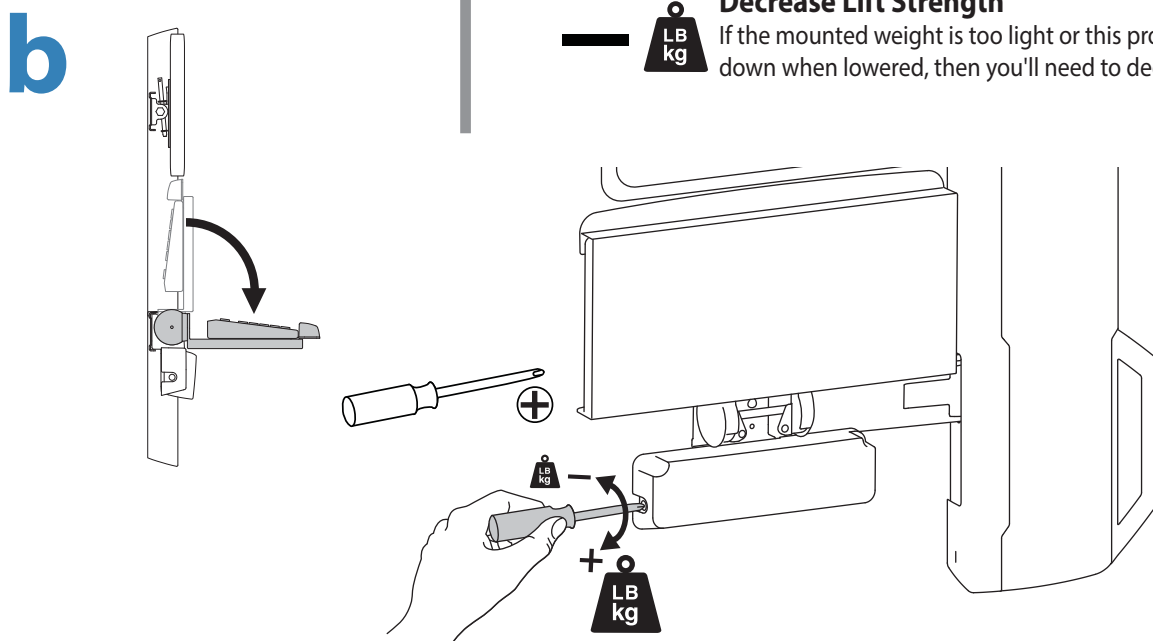
# 12 Adjustment Step

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.



**+  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:

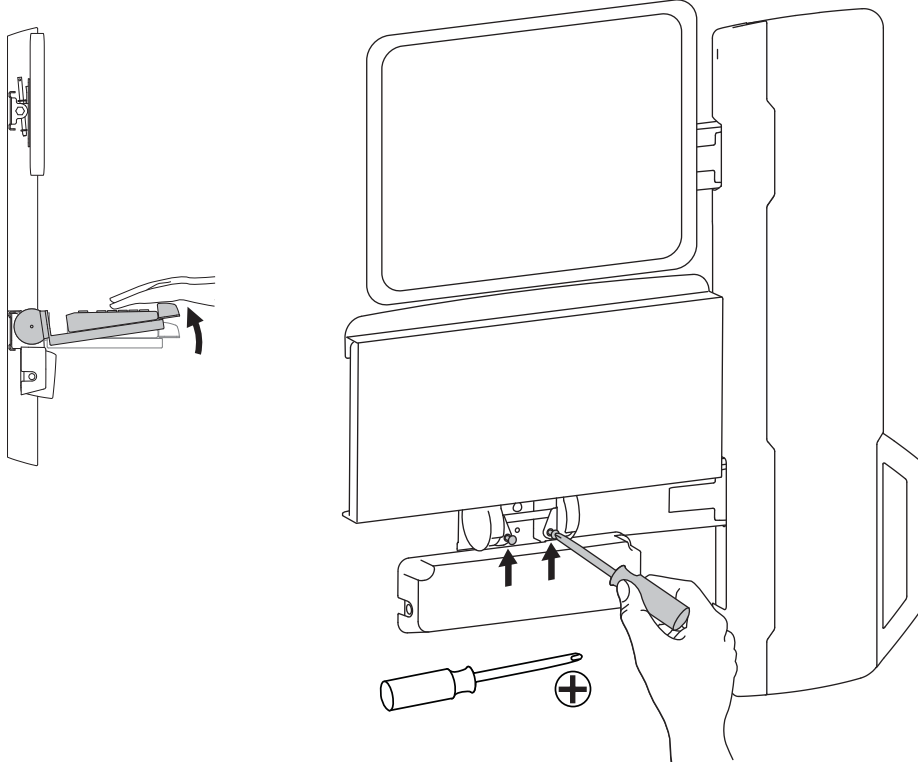
**-  Decrease Lift Strength**  
If the mounted weight is too light or this product does not stay down when lowered, then you'll need to decrease Lift Strength:



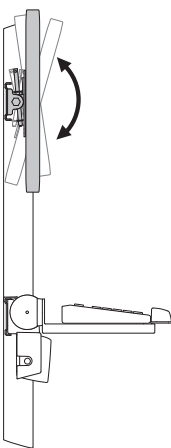


# Adjustment Step

**C**

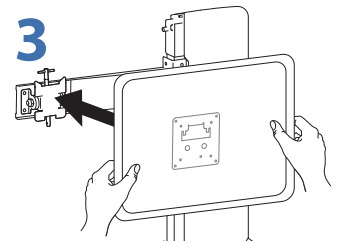
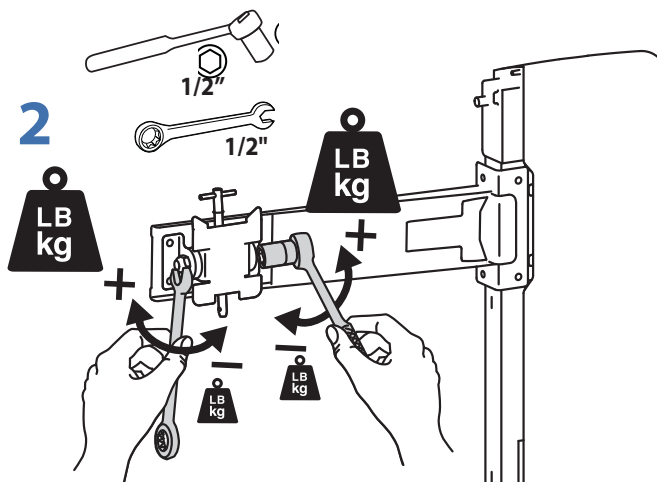
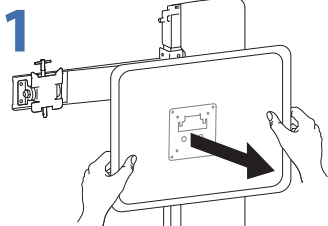


**d**

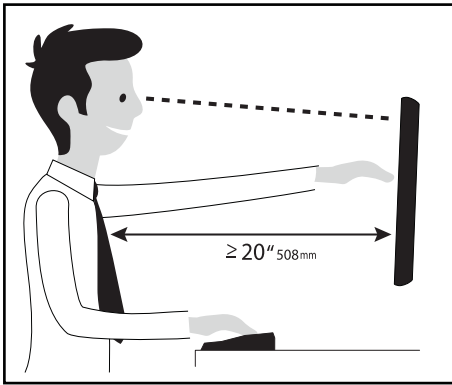


**+** **LB kg** **Increase Friction**  
If this product moves too easily, then you'll need to increase friction:

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



## Set Your Workstation to Work For YOU!



Learn more about ergonomic computer use at:  
[www.computingcomfort.org](http://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.

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