

Adjusting the M7

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HEIGHT

A. Make sure the tension knob is loose.

Note: The knob should only be tightened to counterbalance very heavy monitors.



B. Push monitor back toward post.



C. Raise or lower monitor to desired height.

Note: For most users, top of monitor should be at or just below eye level.

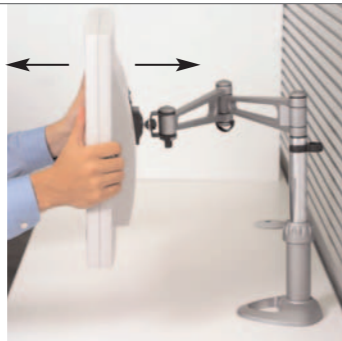


DEPTH

Push monitor back or pull monitor out to desired depth.

Note: Monitor should be at arm's length during use.

Note: When not in use, monitor can be moved back toward post to open up workspace.



SWIVEL

Swivel or tilt the monitor as desired.



ROTATION

Rotate 90° for portrait or landscape viewing.



How to Evaluate Monitor Arms

The best flat panel monitor arms offer:

1. Space Savings – The monitor should easily move all the way to the back of the desk to maximize available desk space, which is the primary benefit of monitor arms.

2. Independent height and depth adjustments – Monitor height is considered a setting—positioned one time based on your height. Conversely, depth may be adjusted many times per day as you change tasks. Independent depth adjustment allows depth to be changed easily without disturbing height setting.

3. Accommodation for future monitor sizes – To support future technology, the arm should be flexible to accommodate larger monitor sizes while maintaining the full range of height adjustment.

4. Easy Installation – Will save valuable time and money; in some case, a large percentage of the arm cost.

5. No Tools Required – Some arms need to be adjusted for different monitor weights. These adjustments require tools which will get lost. If these adjustments are not made, the arm is often unusable. Choose an arm that does not require

Important information for determining the right monitor arm for you.

tools to adjust the arm's counterbalancing mechanism.

6. Protection for monitor – If the monitor can bang into the work surface, it will. The arm should have a built-in stop to keep monitor from hitting the surface.

7. Pleasing design – The arm should complement the look of the workstation and office – now and in the future. It should not overwhelm the space or look too industrial.

