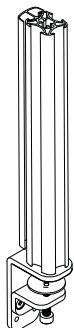


# SYSTEMA

Systema | 400mm Post

## Component Checklist



Post Assembly



M8 x 80mm  
Bolt Through Screw



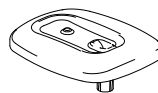
M8 x 25mm  
CSK screw



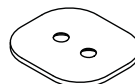
Cable Clips (x2)



Bolt Through  
Washer



Pole Cap



Bolt Through Plate



Cable Cover Cap



5mm Allen Key

### Tools Required:

- Power Drill
- Phillips Head Screw Driver
- 9mm (0.35") Drill Bit

## IMPORTANT INFORMATION:

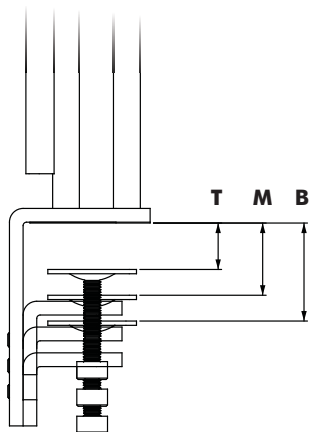
- ! **IMPORTANT - Install Systema 400mm Post as per installation instruction.**
- ! Systema 400mm Post is compatible with Systema monitor arms SA13, SA46, SA71 & SS
- ! The manufacturer accepts no responsibility for incorrect installation.

## Step 1. Check Components

Check what you have received against the component checklist above.

## Step 2. Mount Base

### Option 1: Mount using Desk Clamp

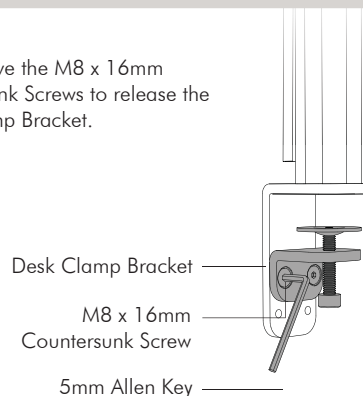


**1.1** The Desk Clamp bracket can be repositioned to suit different mounting surface thicknesses. The maximum mounting surface thicknesses supported are listed below from the Top to Middle to Bottom Screw Holes. The Desk clamp bracket comes factory set in the top position.

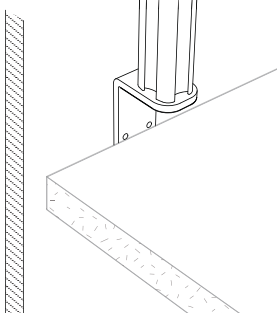
<b>Top</b>	0 - 38mm (0 - 1.5")
<b>Middle</b>	11 - 53mm (0.43 - 2.08")
<b>Bottom</b>	25 - 68mm (1 - 2.67")

If you need to reposition the desk clamp bracket or you have no access to the rear of your table continue to **Step 1.2**.  
 If you **DO NOT** need to reposition the desk clamp bracket and you have access to the rear of your table skip to **Step 1.5**.

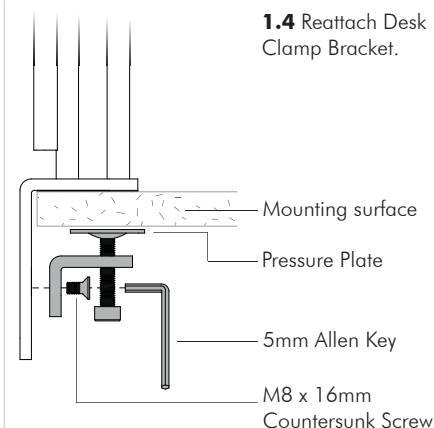
**1.2** Remove the M8 x 16mm Countersunk Screws to release the Desk Clamp Bracket.



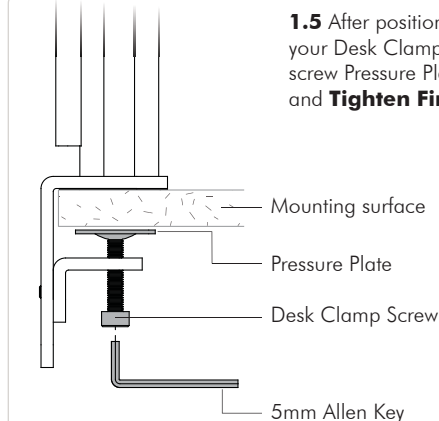
**1.3** Place in desired location.



**1.4** Reattach Desk Clamp Bracket.



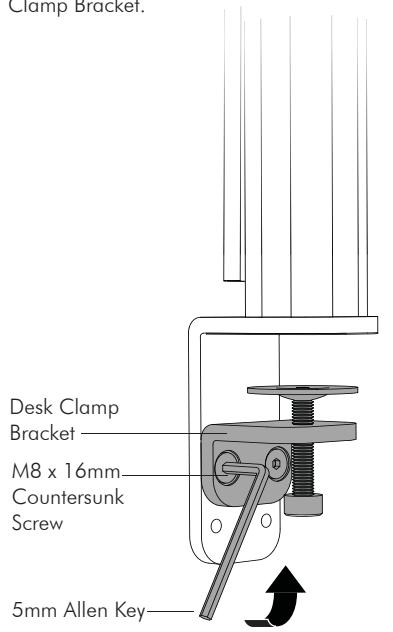
**1.5** After positioning your Desk Clamp, screw Pressure Plates in and **Tighten Firmly**.



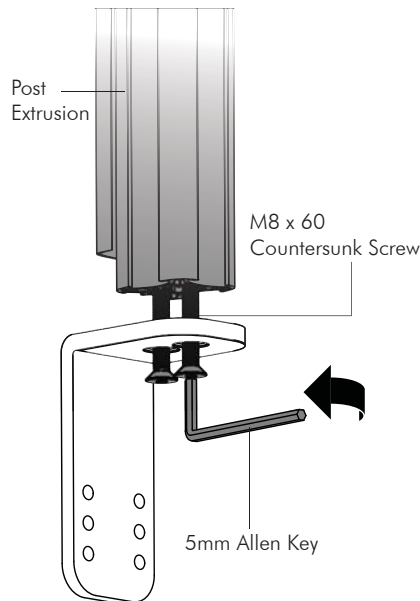
## Step 2. Mount Base (cont.)

**Option 2: Bolt Through** - NOTE: Suits mounting surfaces of up to 63.5mm (2.5") thickness.

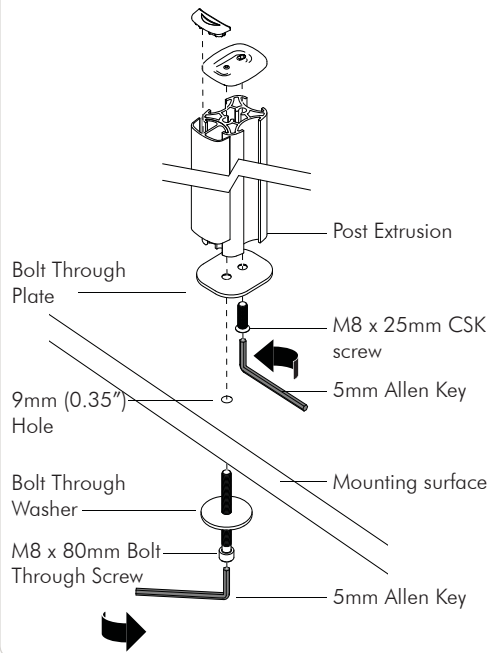
**2.1** Remove the M8 x 16mm Countersunk Screws to release the Desk Clamp Bracket.



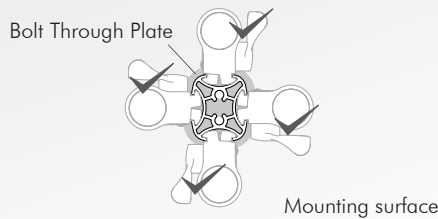
**2.2** Remove M8 x 60mm Countersunk Screws to release the post from the Desk Clamp.



**2.3** Drill a 9mm (0.35") hole in the Mounting surface in the desired position and assemble as shown below.

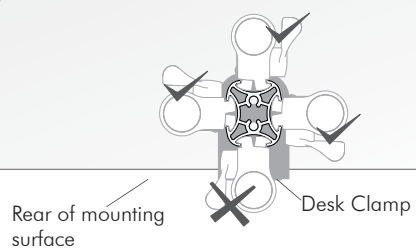


## Post placement & Arm configuration



When using the Bolt through method of attachment, arms can be mounted from all four channels and oriented at any angle.

When using the Desk Clamp method of attachment, mounting arms from the rear channel of the post and/or orienting the side mounted arms over the rear of the mounting surface may result in clamp failure.



## 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.

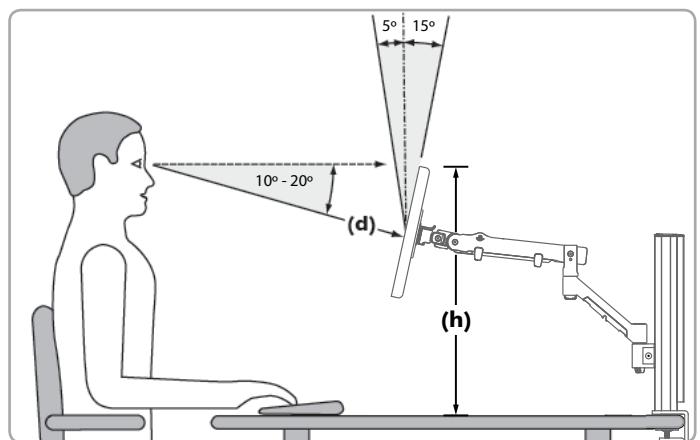
**Viewing angle:** Ergonomists recommend that the optimal position of your display should be slightly below eye level. When looking at the display's centre the user should have a downward visual angle of approximately 10°-20°.

**Height:** As a guide, the height (**h**) of your display should approximately be as follows:

- Tall Male (Max): 560mm (22")
- Short Male (Min): 368mm (14.5")
- Tall Female (Max): 520mm (20.5")
- Short Female (Min) 356mm (14")

**Distance:** For visual comfort, a viewing distance (**d**) between 500mm (20") to 750mm (29.5") is recommended.

**Tilt Angle:** Angular adjustments to reduce reflection on your monitor should range between 5° forward tilt to 15° backward tilt.



## Installation Complete

You are now ready to install your Systema Monitor Arms. Please refer to the Installation Instructions Included with these products.

