

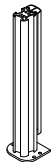
SPC40S  
 SPC40SW  
 SPC40SB  
 SPC40B

Installation Instructions

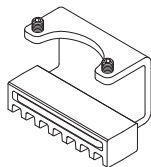
# SYSTEMA

Systema | 400mm Post C-Clamp

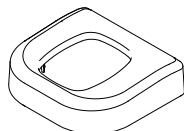
## Component Checklist



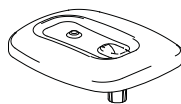
C-Clamp Base Plate with Post and Cable Cover



C-Clamp Bracket with Spacer Block and Set Screw M8x16 (2x)



C-Clamp Cover



Pole Cap



Cable Cover Cap

### HARDWARE



4mm Ball-tip Allen Key

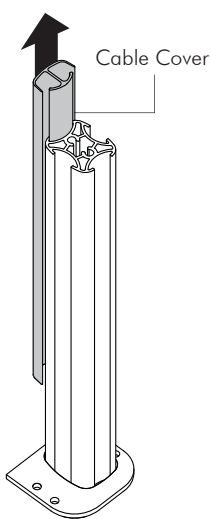
## IMPORTANT INFORMATION:

- ! **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.

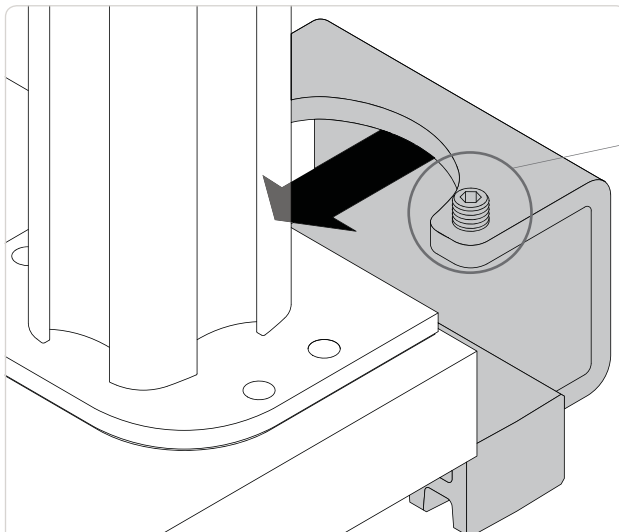
## Step 1. Check Components

Check what you have received against the component checklist above.

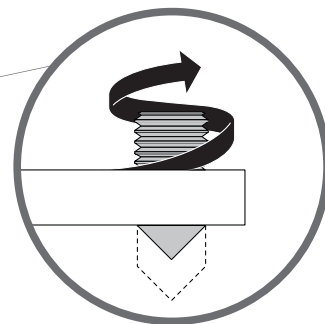
## Step 2. Mount C-Clamp



**A.1** Remove the Cable Cover, pull it straight up and out of the post.

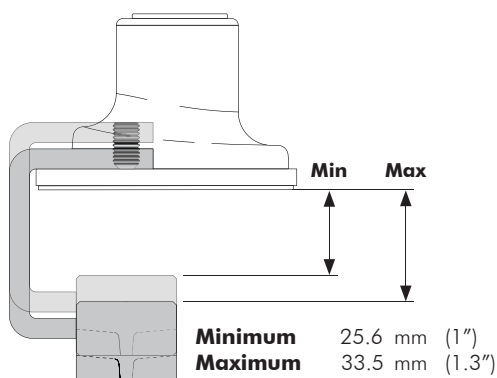


**A.2** Place C-Clamp Base onto the mounting surface. Slide the Bracket onto the Base Plate and position screw tips in the indents on the Base Plate.

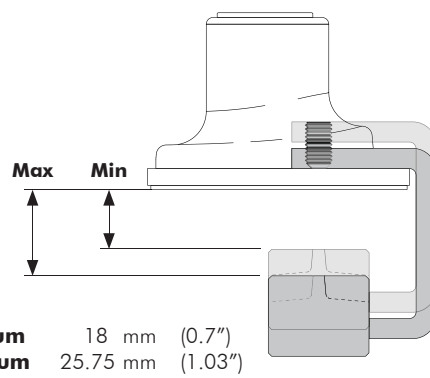
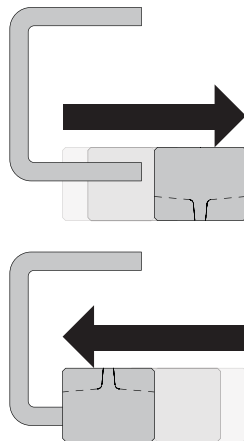


**A.3** Depending on the thickness of the mounting surface you may need to extend the set screws out of the plate using the 4mm Allen key.

**A.4** The C-Clamp supports a range of different mounting surface thicknesses. By inverting the Spacer Block on the Clamp Bracket, mounting surfaces with a thinner profile can be supported.

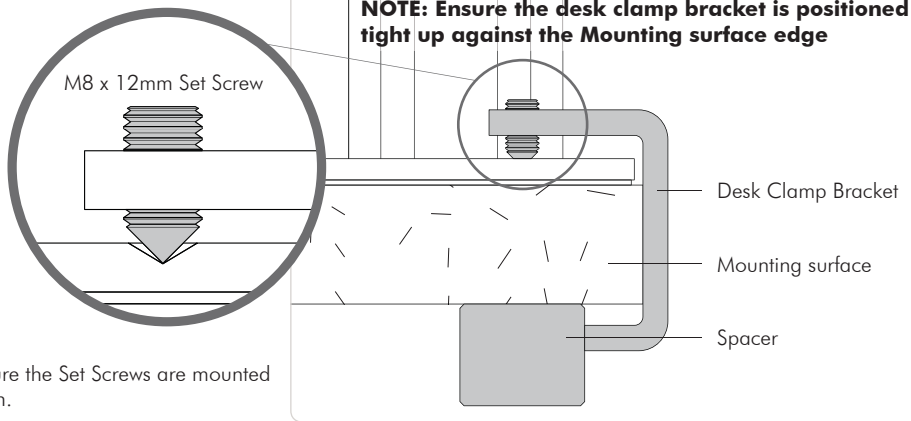


Default Spacer block position

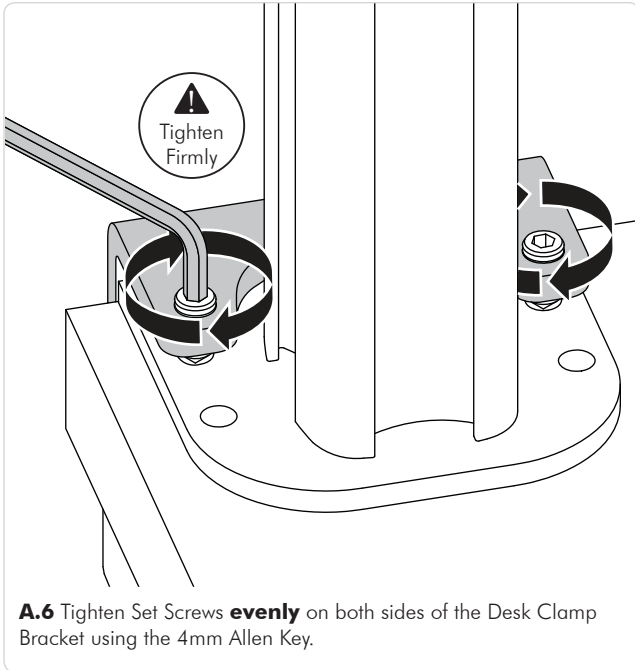


Inverted Spacer block position

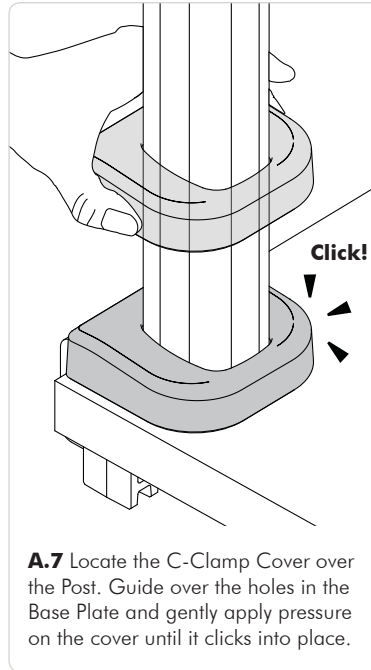
## Step 2. Mount Base (cont.)



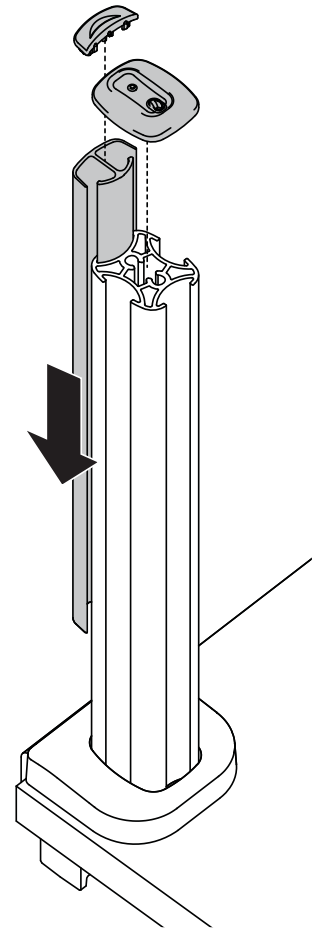
**A.5** Ensure the Set Screws are mounted in position.



**A.6** Tighten Set Screws **evenly** on both sides of the Desk Clamp Bracket using the 4mm Allen Key.



**A.7** Locate the C-Clamp Cover over the Base Plate and gently apply pressure on the cover until it clicks into place.



**A.8** Reattach the Cable Cover by sliding it into the rear channel of the Post. Fit the Pole Cap and the Cable Cover Cap.

## 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.**

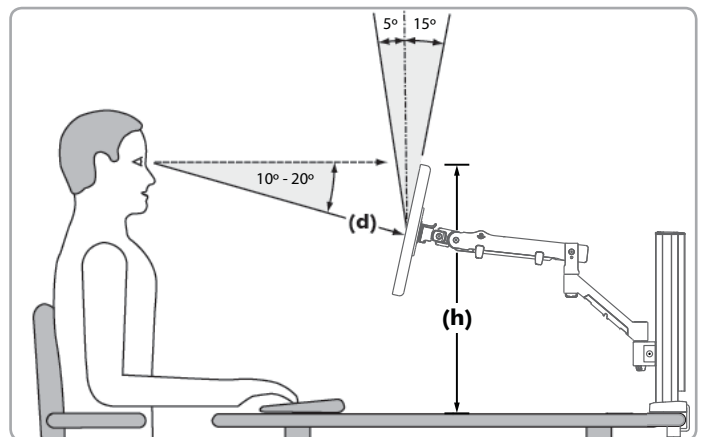
**Viewing angle:** Ergonomists recommend that the optimal position of your display should be slightly below eye level. When looking at the display's centre the user should have a downward visual angle of approximately 10°-20°.

**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.



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