

SSS
SSW
SSB

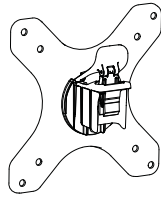
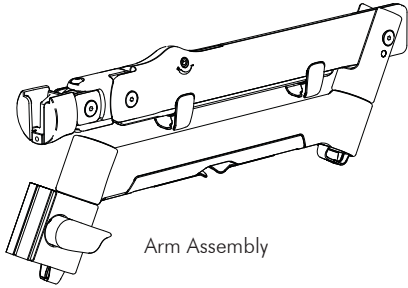
SSPW
SSPB

Installation Instructions

SYSTEMA

Systema | Monitor Spring Arm

Component Checklist

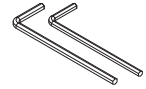


Display Mounting Spacers (x4)



M4 x 14mm (x1)
Silver Phillips Head
Security Screw

HARDWARE



3/4mm Allen Keys

Display Mounting Screws



M4 x 12/16/25mm (x4)
Black Phillips Head Mounting Screws

IMPORTANT INFORMATION:

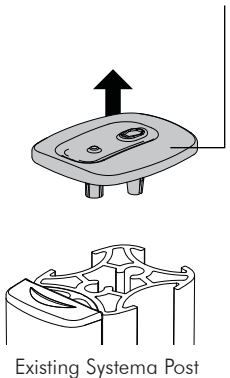
- ! **IMPORTANT - Install Systema Monitor Spring Arm as per installation instruction.**
- ! This product supports a minimum load of 1.5kg (3.3lbs) and maximum load of 8kg (17.6lbs).
- ! The manufacturer accepts no responsibility for incorrect installation.
- ! Compatible with Systema Posts: SP10, SP40, SP75 and Wall Channels: SW6 & SW35.

Step 1. Check Components

Check what you have received against the component checklist and hardware above.

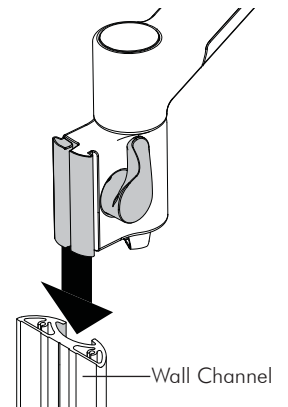
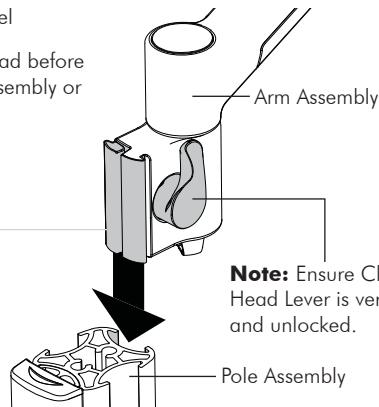
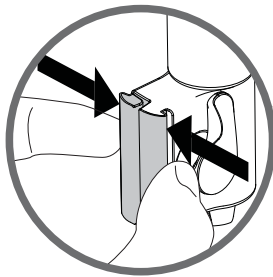
Step 2. Mount Arm Assembly

2.1 Remove Post Top Cap.

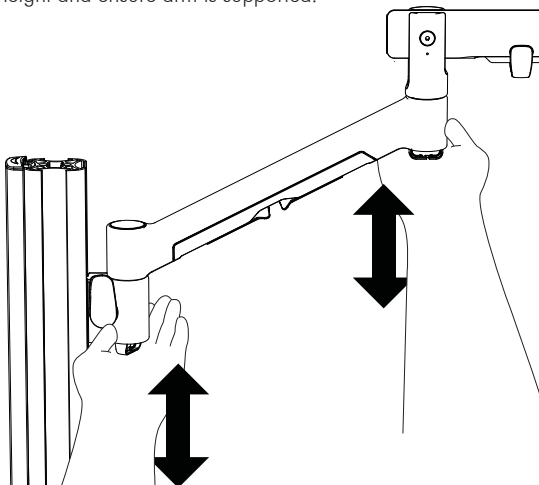


2.2 Insert Arm Assembly into Channel

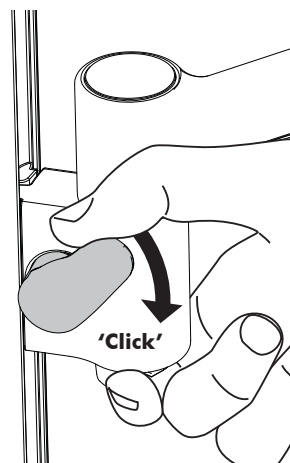
Note: Squeeze and hold Clamp Head before inserting into the channel on Post Assembly or Wall Channel.



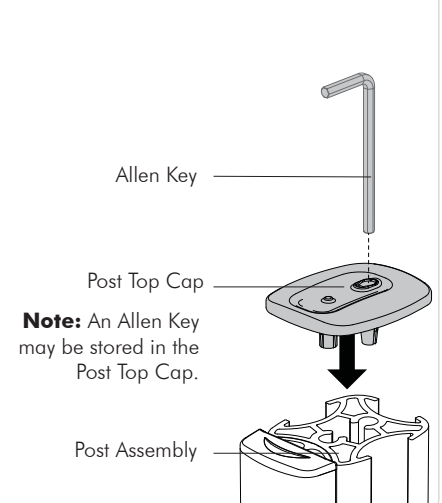
2.3 Move Channel Clamp to desired height and ensure arm is supported.



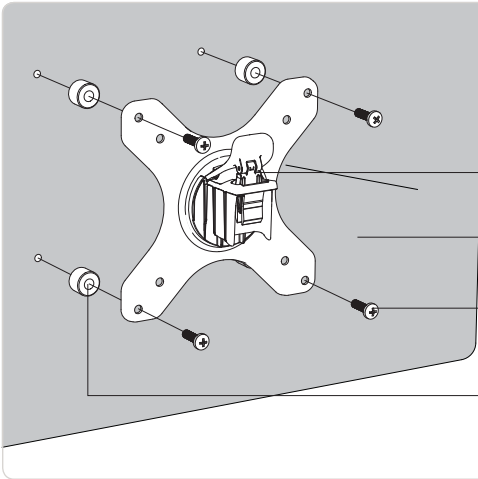
2.4 Lock Channel Clamp at preferred height.



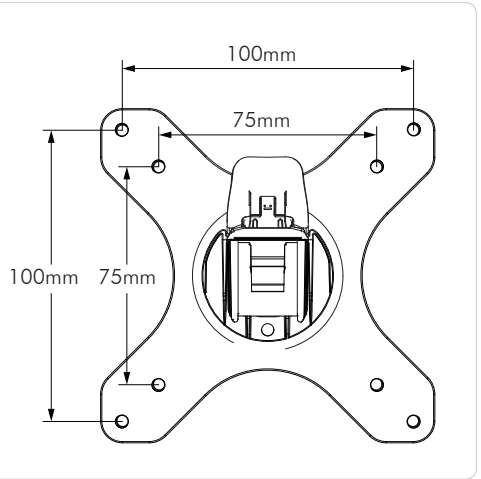
2.5 Insert Post Top Cap into Post Assembly.



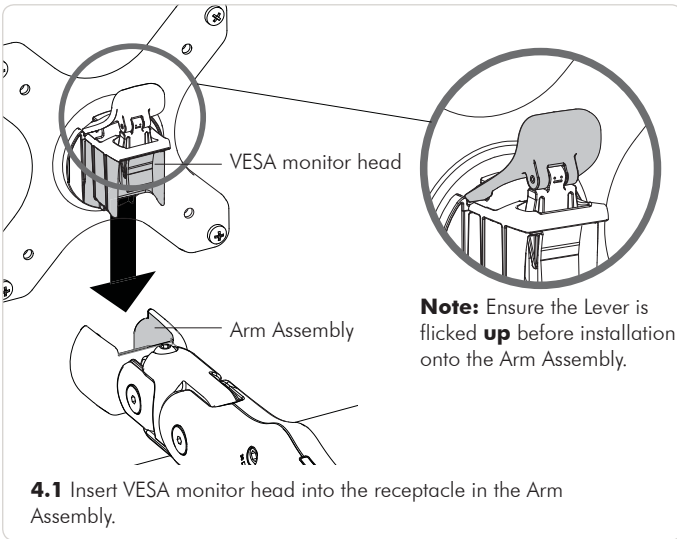
Step 3. Install VESA monitor head



3.1 Install VESA monitor head as shown.



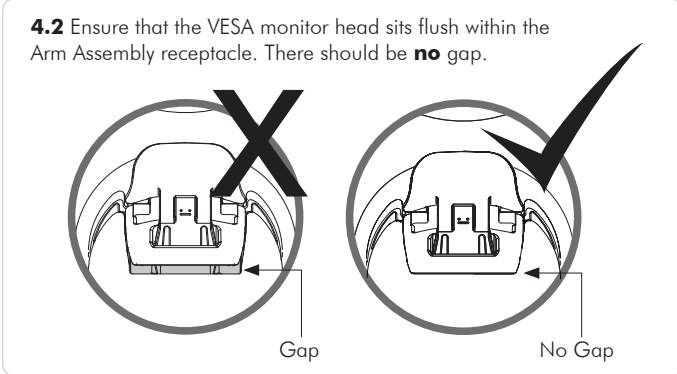
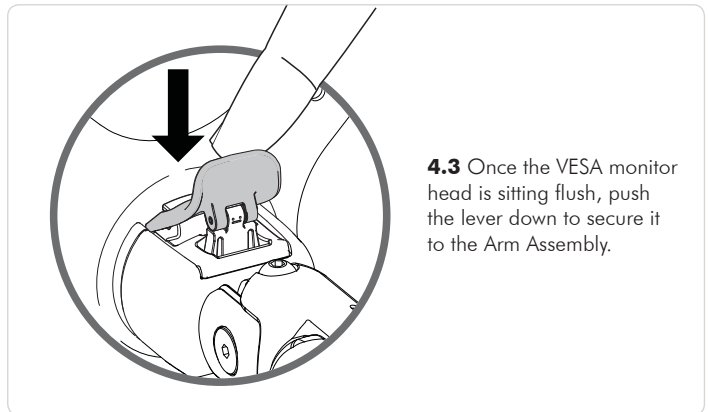
Step 4. Mount Display



4.1 Insert VESA monitor head into the receptacle in the Arm Assembly.

Note: Ensure the Lever is flicked **up** before installation onto the Arm Assembly.

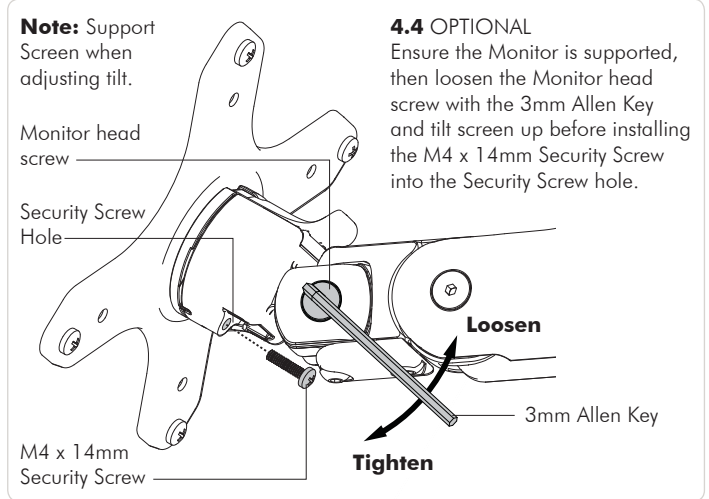
4.2 Ensure that the VESA monitor head sits flush within the Arm Assembly receptacle. There should be **no** gap.

4.3 Once the VESA monitor head is sitting flush, push the lever down to secure it to the Arm Assembly.

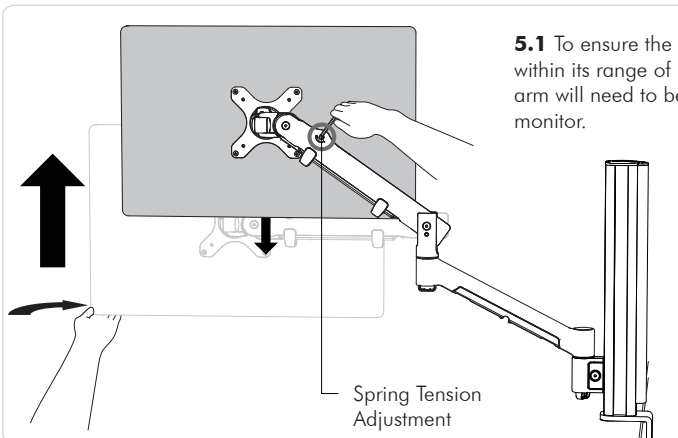
Note: Support Screen when adjusting tilt.

4.4 OPTIONAL Ensure the Monitor is supported, then loosen the Monitor head screw with the 3mm Allen Key and tilt screen up before installing the M4 x 14mm Security Screw into the Security Screw hole.



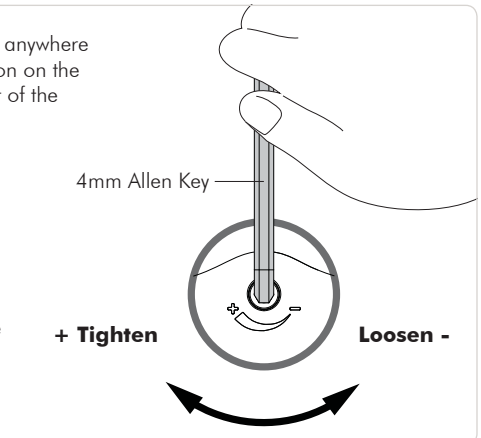
Monitor head screw
Security Screw Hole
Loosen
3mm Allen Key
Tighten
M4 x 14mm Security Screw

Step 5. Adjust Spring Tension



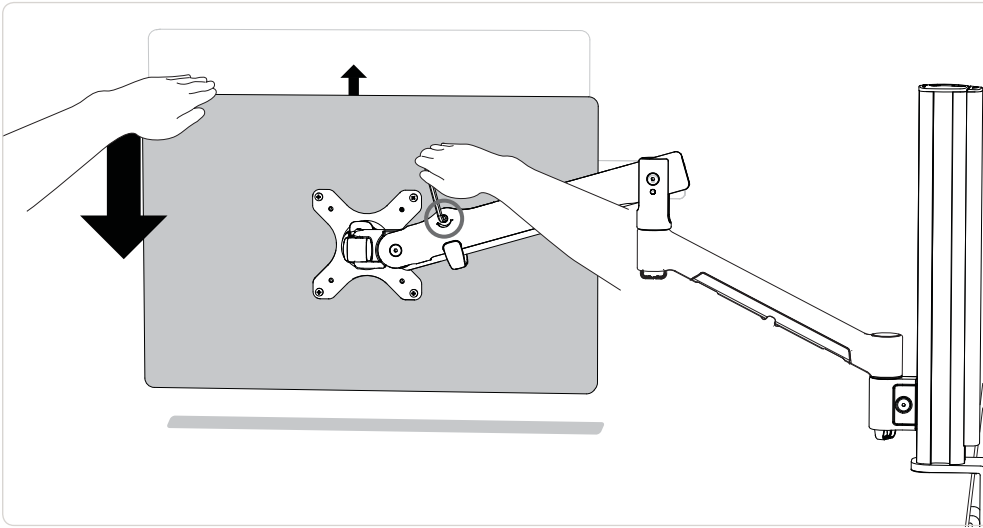
5.1 To ensure the monitor will stay in position anywhere within its range of movement, the spring tension on the arm will need to be adjusted to suit the weight of the monitor.

Support the weight of the monitor at a high position (as shown) and tighten the spring tension until you feel the arm supporting the weight of the monitor.



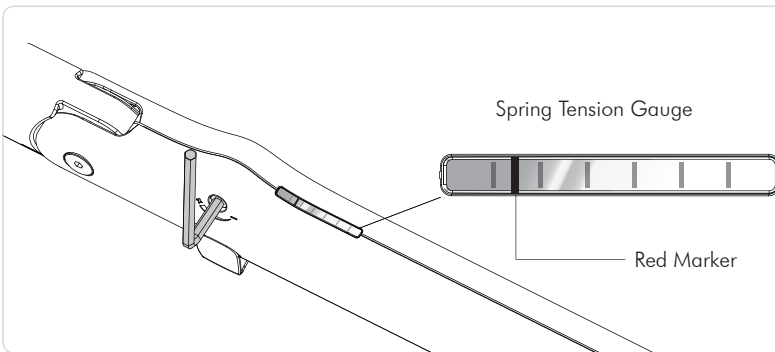
4mm Allen Key
+ Tighten
Loosen -

Step 5. Adjust Spring Tension (cont.)



5.2 Push the monitor down to the bottom. If the screen bounces back this may indicate too much tension. Loosen the spring tension **1 turn at a time** until no bounce is observed.

Once adjustments have been made, move the arm assembly through the full range of movement to ensure it moves freely and holds its position.



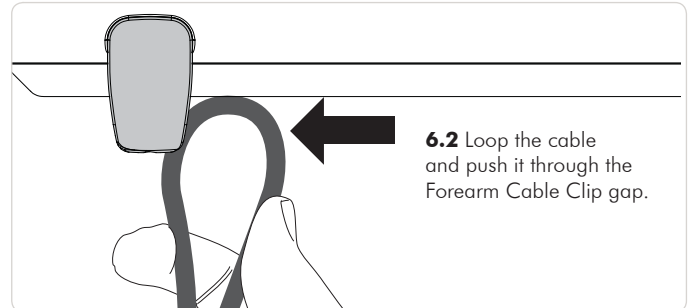
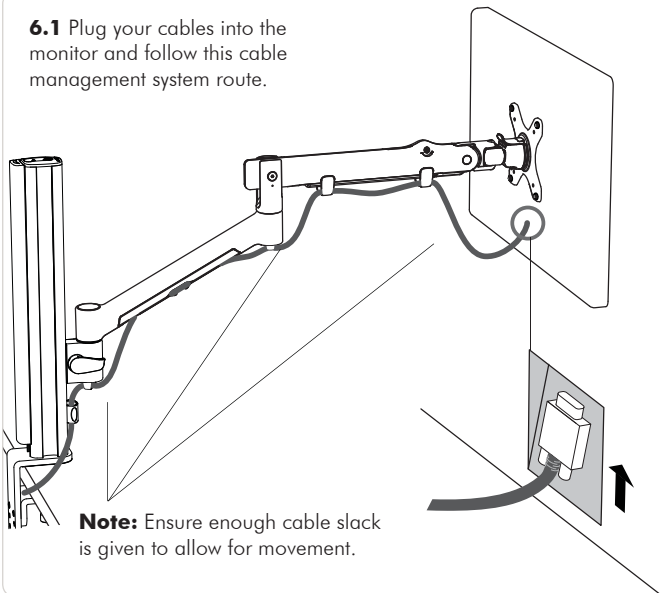
5.3 MULTIPLE ARM INSTALLATIONS

When installing multiple SYSTEMA products using monitors of the same weight, observe the location of the **red marker** on the Spring Tension Gauge and set the tension to the same position on all arms.

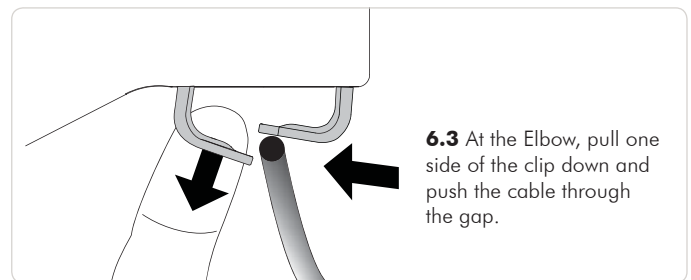
Max weight: 8 kg.

Step 6. Cable Management

6.1 Plug your cables into the monitor and follow this cable management system route.

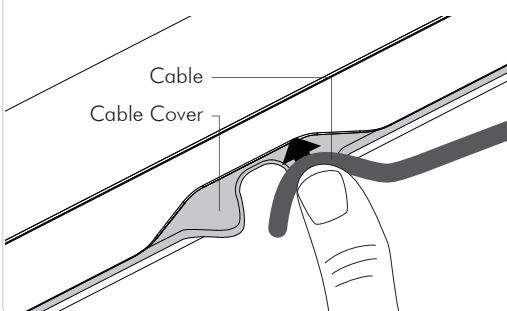


6.2 Loop the cable and push it through the Forearm Cable Clip gap.

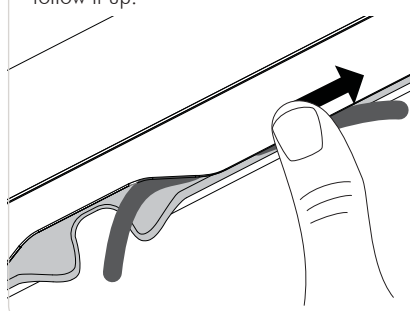


6.3 At the Elbow, pull one side of the clip down and push the cable through the gap.

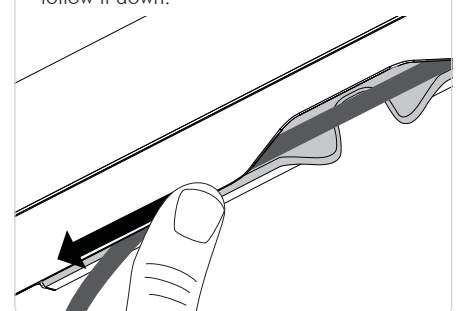
6.4 Push the cable up into the gap in the lower arm Cable Cover.



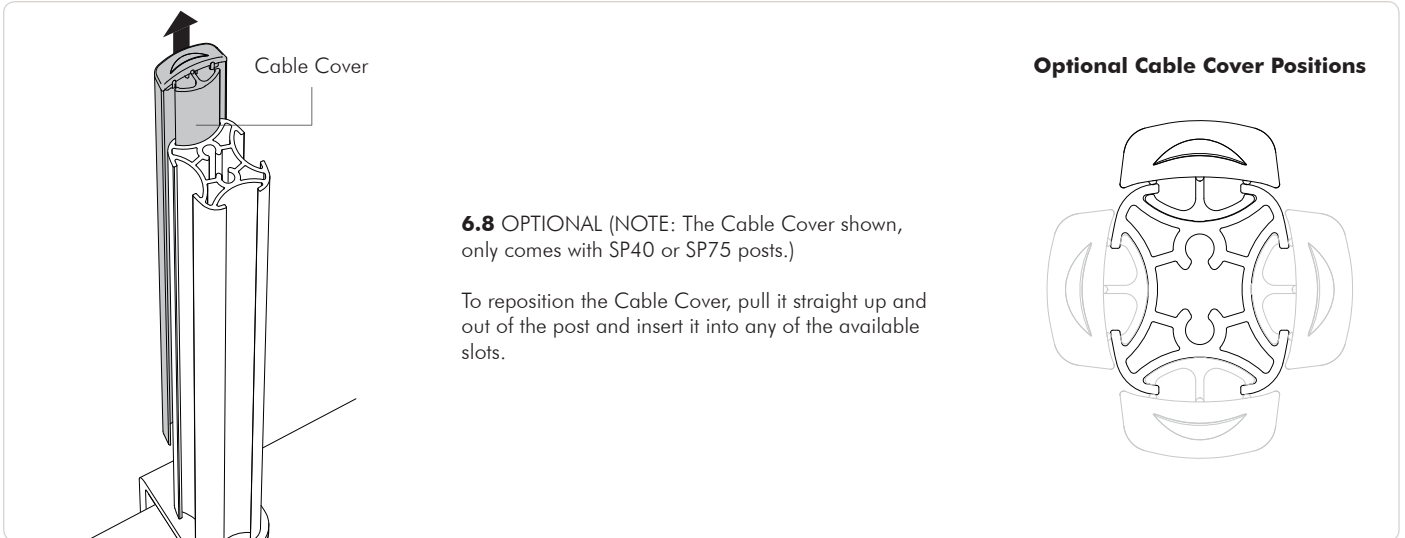
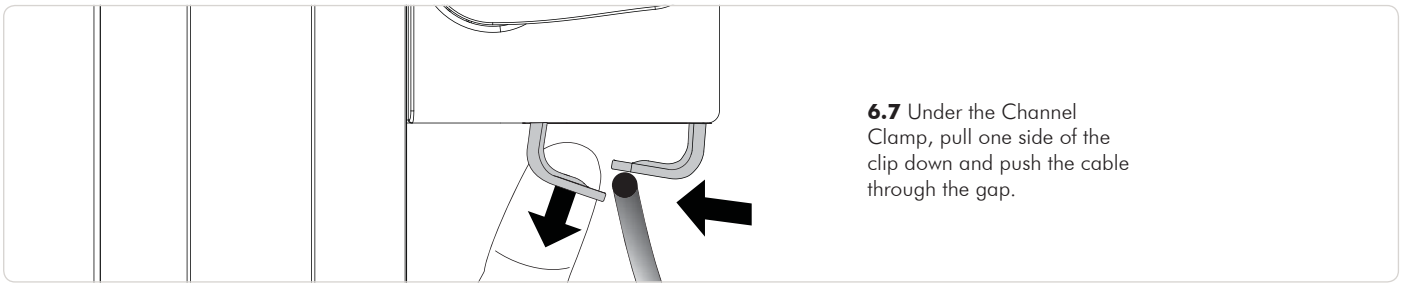
6.5 Whilst maintaining pressure on the cable, slide the cable into the groove and follow it up.



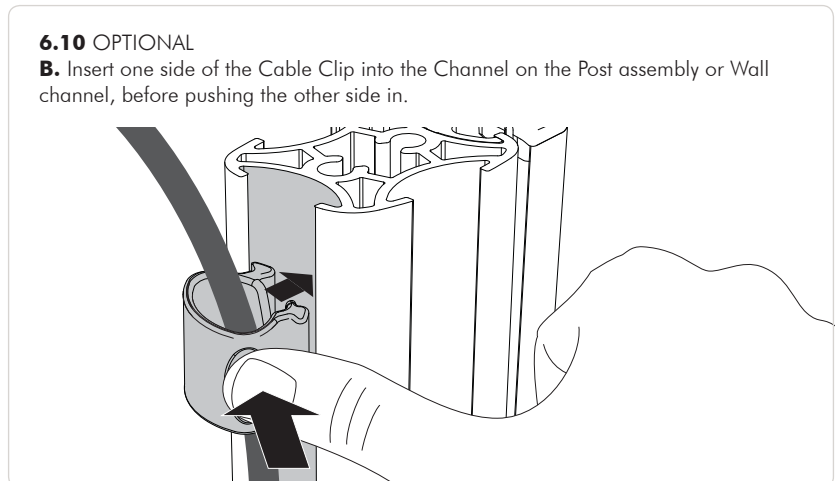
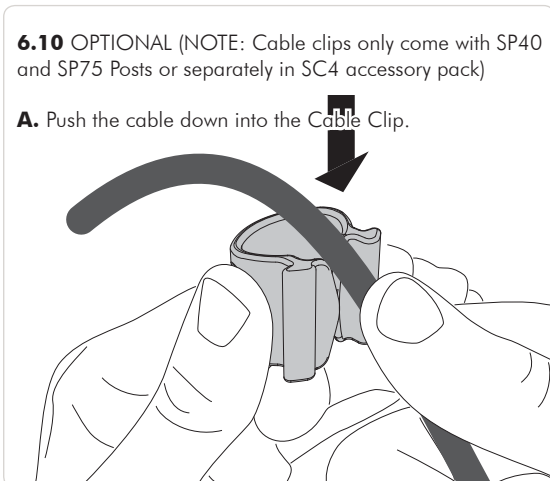
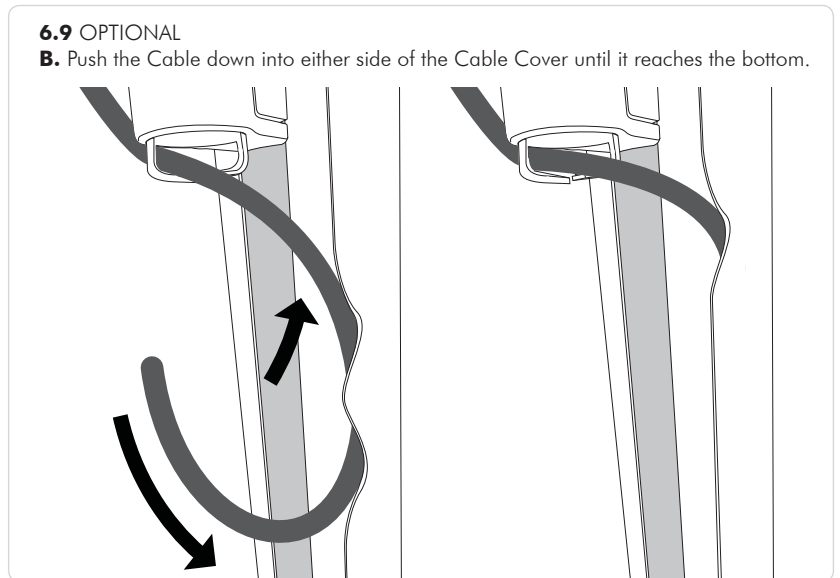
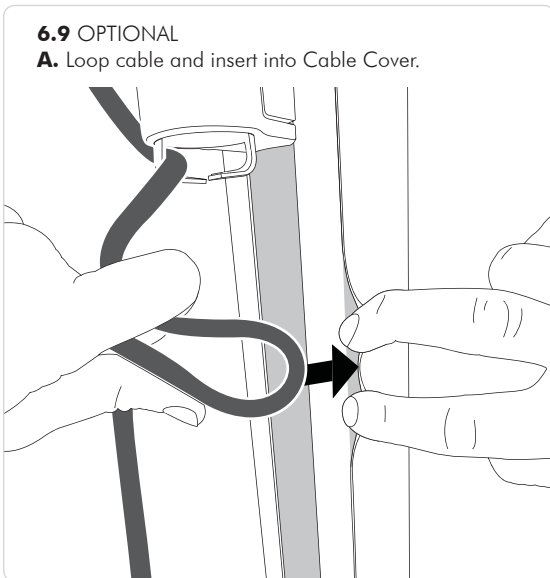
6.6 Whilst maintaining pressure on the cable, slide the cable into the groove and follow it down.



Step 6. Cable Management (cont.)



Note: Choose 6.9 and/or 6.10 for your column cable management depending on your needs.

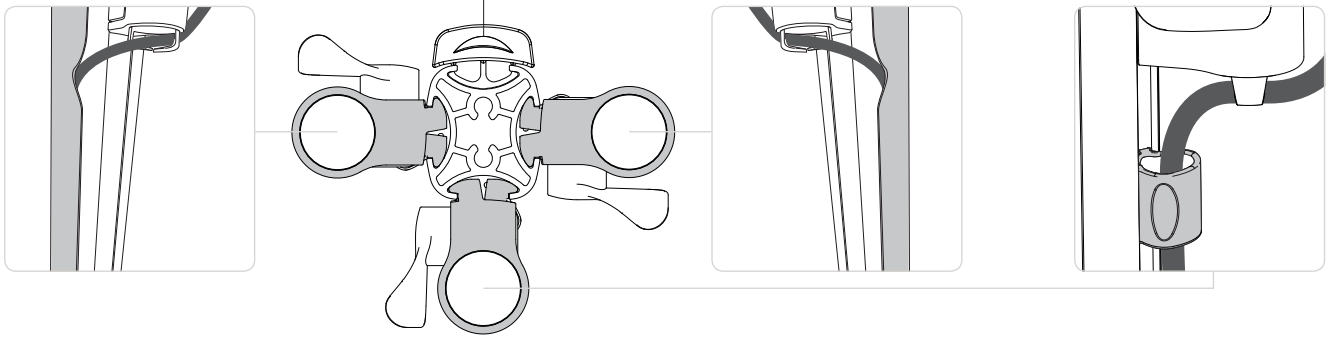


For a triple configuration Atdec recommends using:

Post Cable Cover

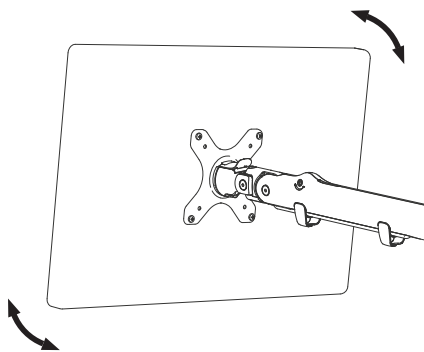
Post Cable Cover

Post Cable Clip

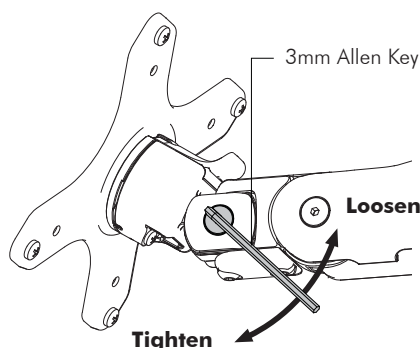


Step 7. Adjusting the Display Bracket

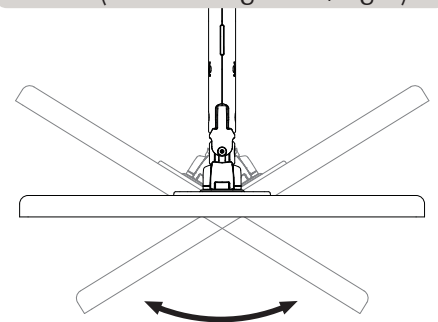
Portrait/Landscape



Tilt (Screen angle up/down)



Pan (Screen angle left/right)



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.

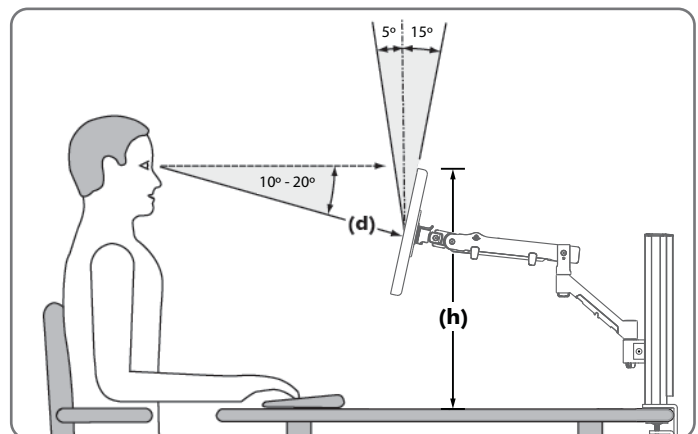
Viewing angle: Ergonomists recommend that the optimal position of your display should be slightly below eye level. When looking at the display's centre the user should have a downward visual angle of approximately 10°-20°.

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



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