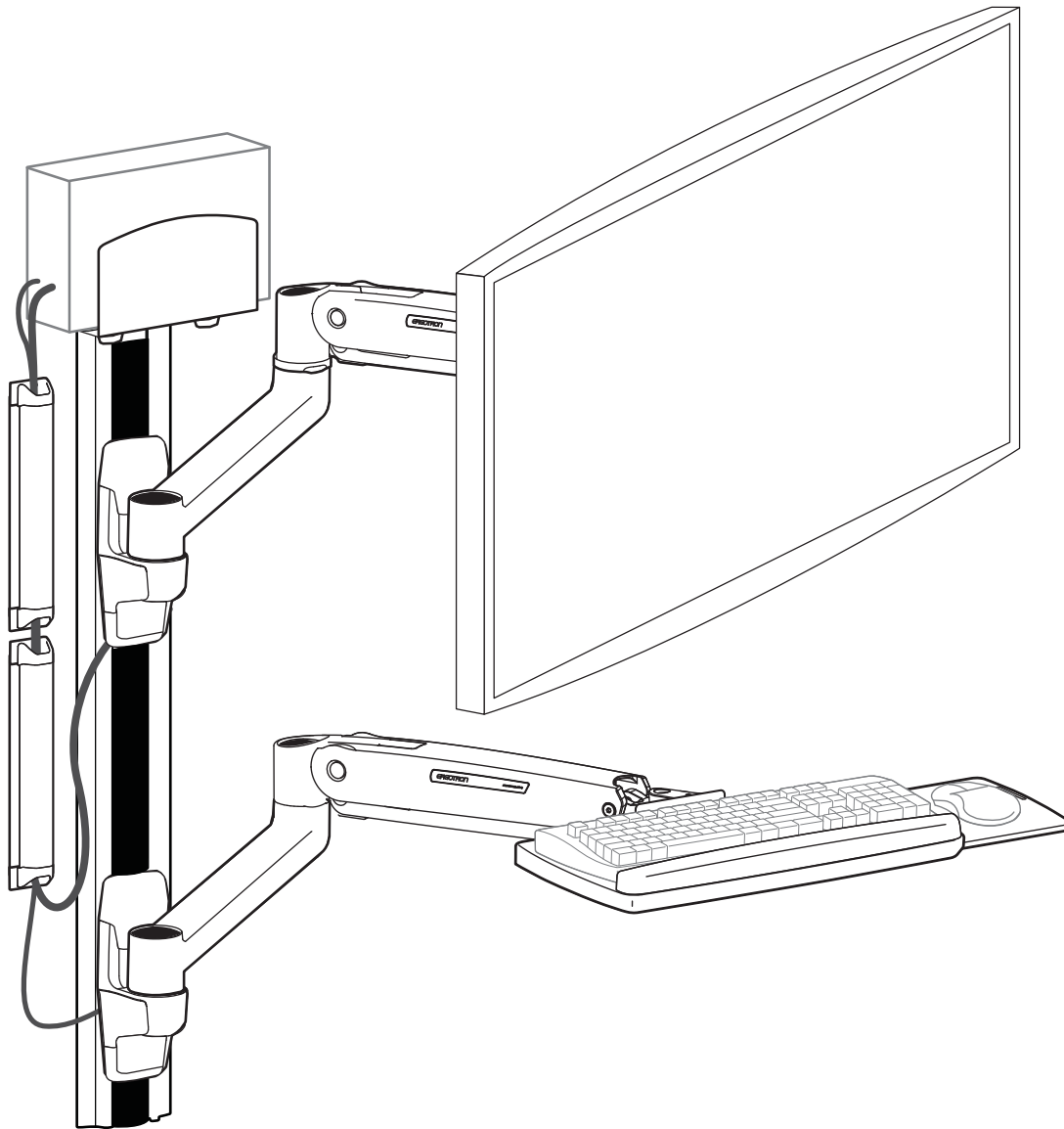


LX Sit-Stand Wall Mount System with Universal CPU Holder



SVENSKA

För den senaste Installationshandboken se: www.ergotron.com



User's Guide - English
Guía del usuario - Español
Manuel de l'utilisateur - Français
Gebruikersgids - Deutsch
Benutzerhandbuch - Nederlands
Guida per l'utente - Italiano
Användarhandbok - svenska
ユーザーガイド：日本語
用户指南：汉语



www.ergotron.com

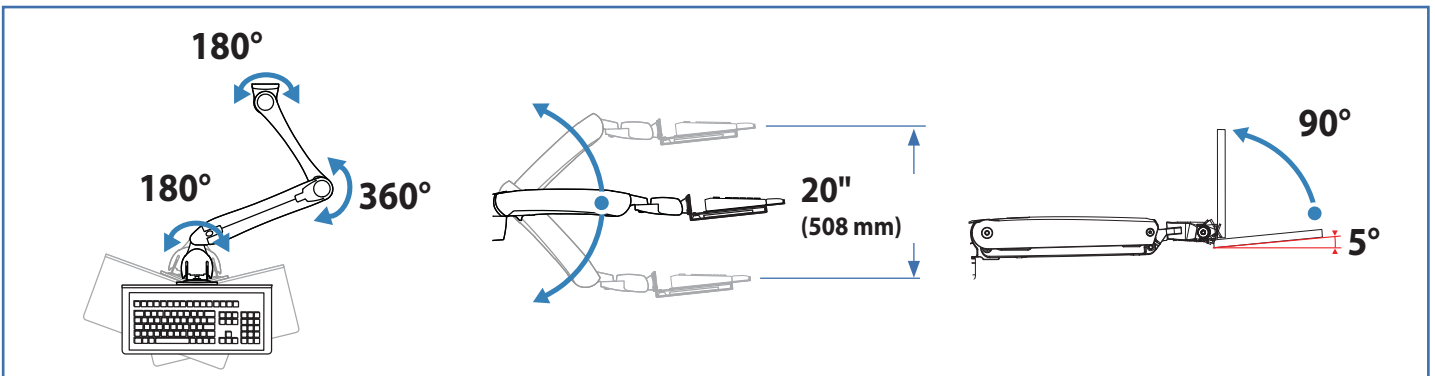
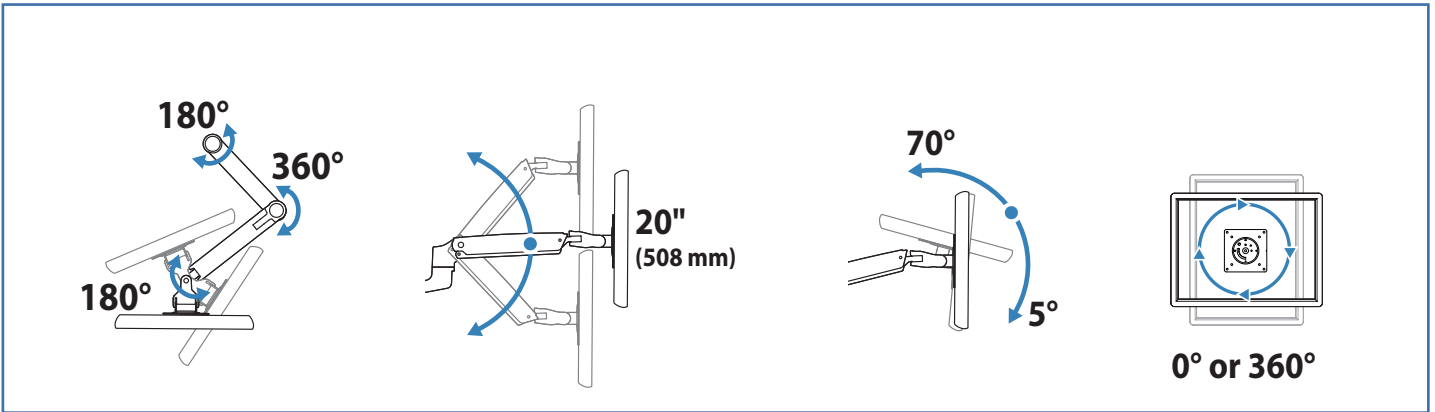
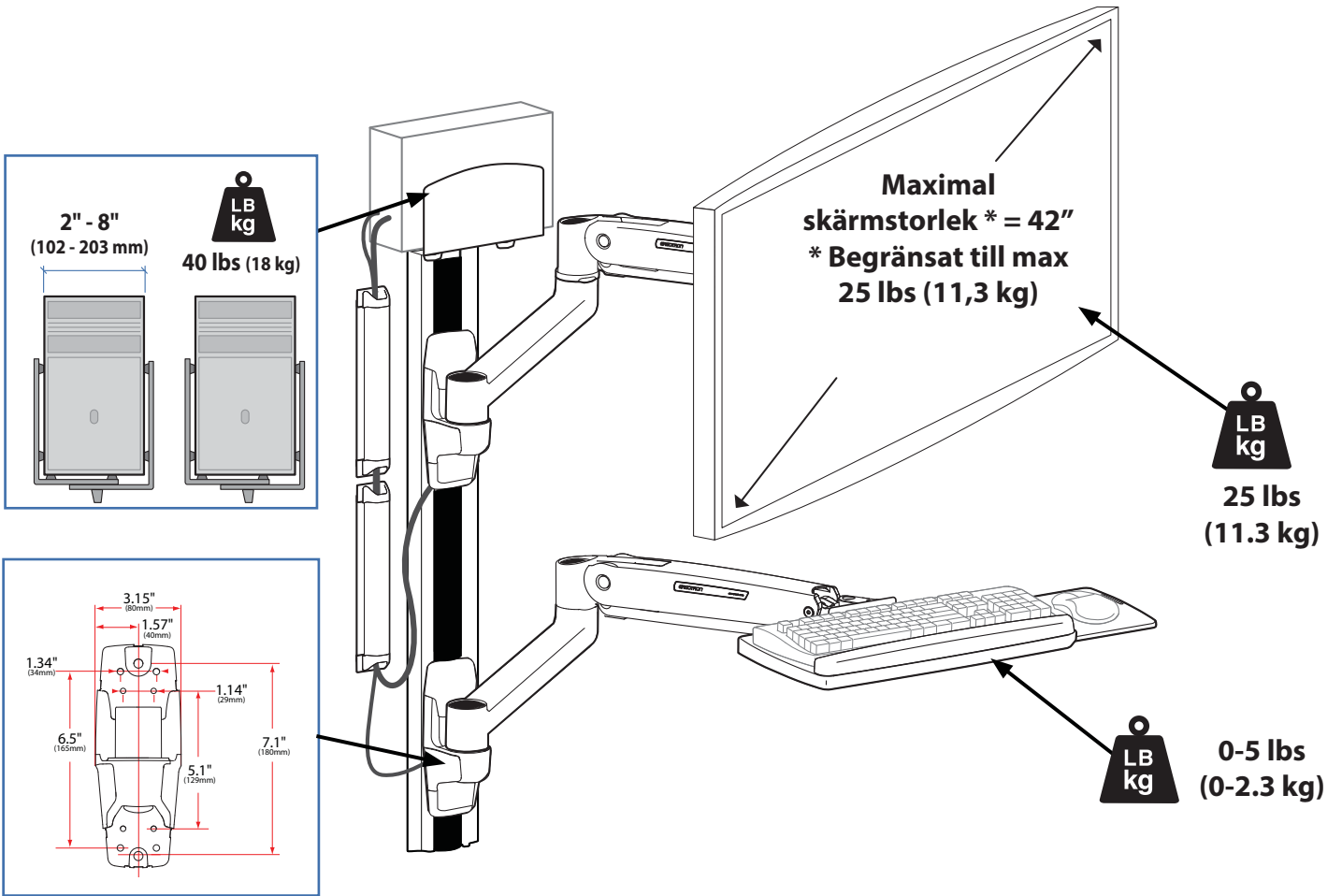
USA 1-800-888-8458

Europe +31 (0)33-45 45 600

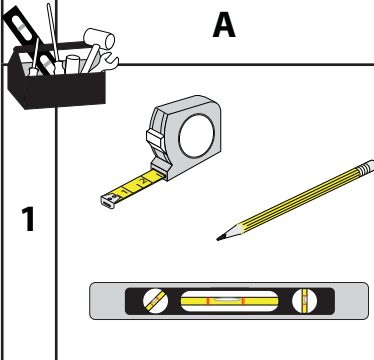
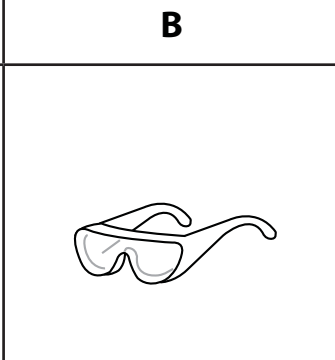
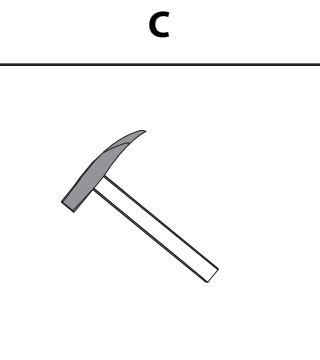
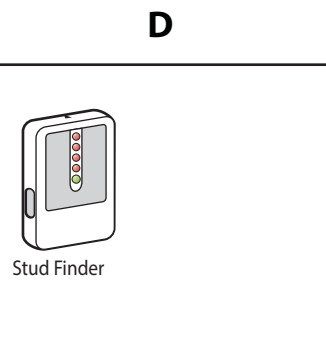

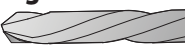
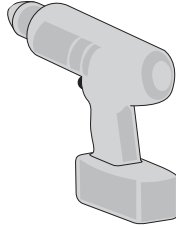
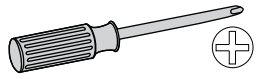
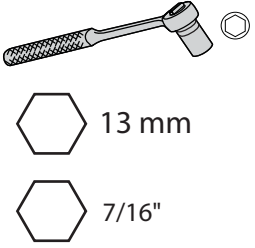
China 86-769-86018920

Funktioner och specifikationer

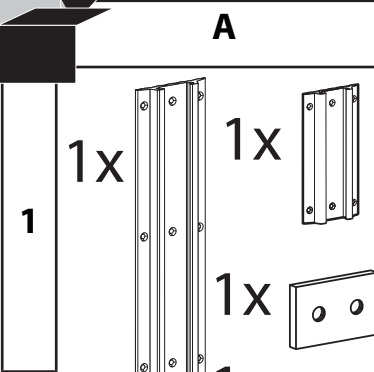




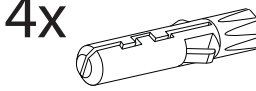




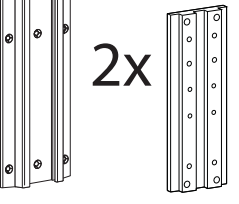
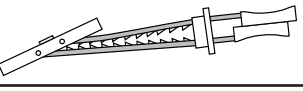
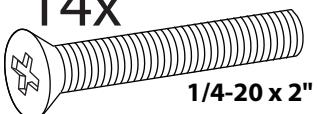
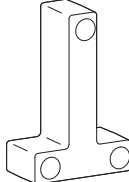
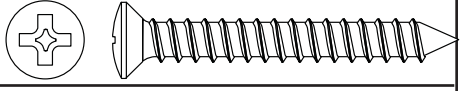
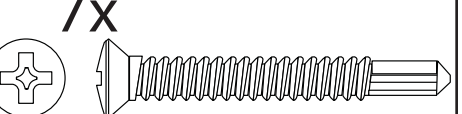
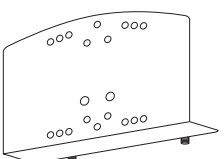
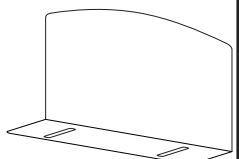


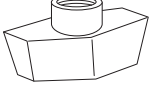
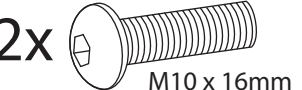

SVENSKA



Verktyg som behövs

	A	B	C	D
1				 <p>Stud Finder</p>
2	<p>Betongväggsmontage</p>  <p>Ø 3/8" (10mm)</p> <p>Träregrismontage</p>  <p>Ø 3/16" (5mm)</p>			 <p>13 mm</p> <p>7/16"</p>

Komponenter

	A	B	C	D
1		<p>2x </p> <p>2x </p> <p>2x </p> <p>1x </p>	<p>4x </p> <p>4x  M4.2 x 25mm</p>	<p>2x  M4 x 14mm</p> <p>9x  1/4-20 x 1/2"</p>
2	<p>1x </p> <p>2x </p>	<p>14x </p> <p>14x  1/4-20 x 2"</p>	<p>1x </p>	<p>7x </p> <p>7x </p>
3	<p>1x </p> <p>1x </p>	<p>2x </p>	<p>12x </p> <p>2x </p>	<p>2x  M10 x 16mm</p> <p>1x  6mm</p>

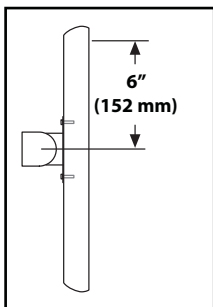
Komponenter

	A	B	C	D
1	2x	1x	1x	1x 1x
	2x		1x	
2	2x	1x	1x 1x	
	4x			
3	4x	4x 4x 4x	2x	4x
	4x			
4	8x	4x	1x	4x 4x
			1x	
5	5x	4x	5mm	1x
6	M8 M5 Kit	4x	4x	4x
	4x			

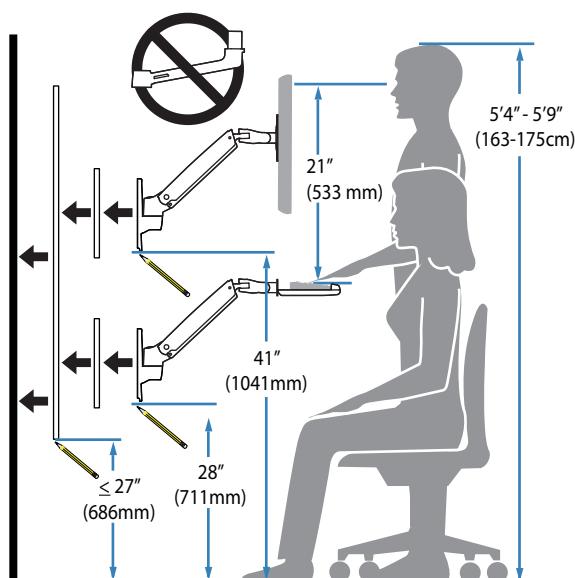
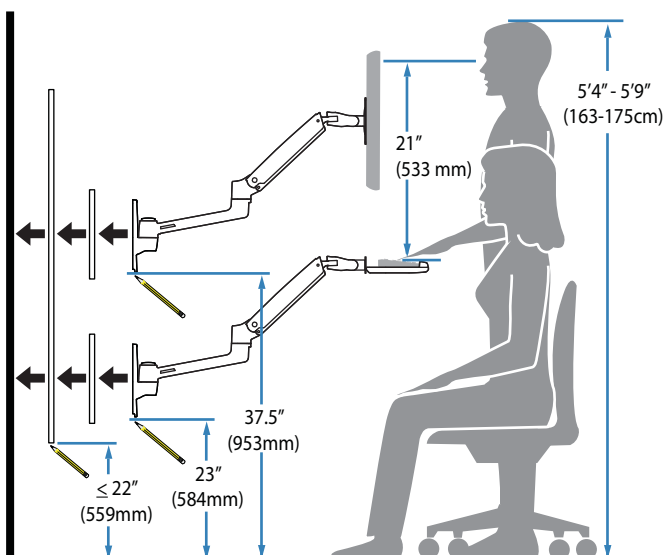
SVENSKA

1 Monteringshöjd för ergonomisk arbetsstation

Denna monteringshöjd rekommenderas för en ergonomisk arbetsstation som passar användare på 5'4"-5'9" (163-175cm). Om användaren är kortare eller längre, bör du ändra monteringshöjden för att tillgodose användarens längd. (Ändra monteringshöjden en tum för varje en tums skillnad i användarens längd.)

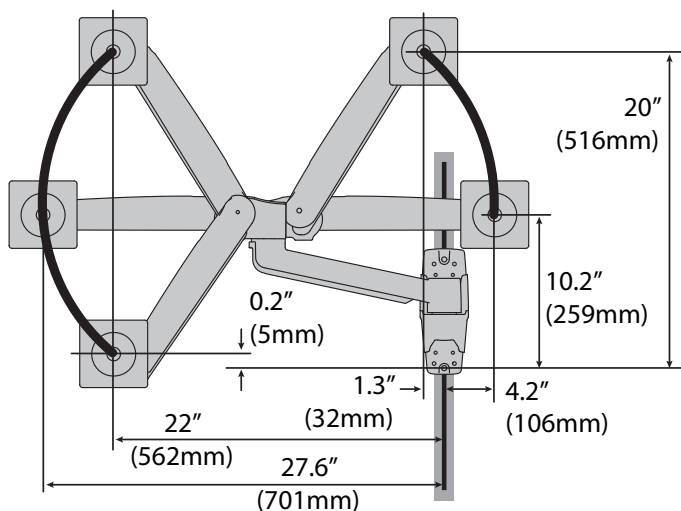


Monteringshöjden utgår från att det är 152 mm (6") avstånd mellan mitten på skärmens monteringshål och den övre delen av skärmen. Om avståndet är mindre, bör du öka monteringshöjden med motsvarande avstånd, om avståndet är större bör du minska monteringshöjden i samma mån.

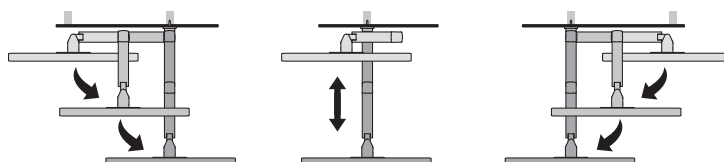


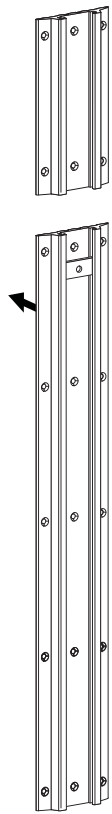
Bestäm monteringsplats:

Vy framifrån med armen skjuten tillbaka mot väggen.



Vy uppifrån visar rörelseområdet utdragen från väggen.





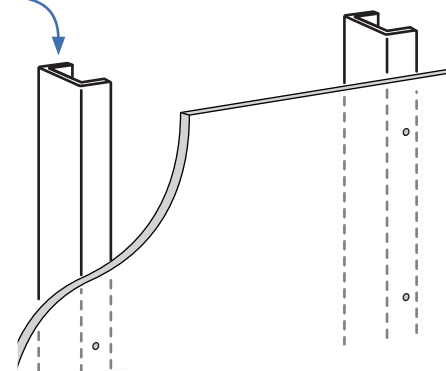
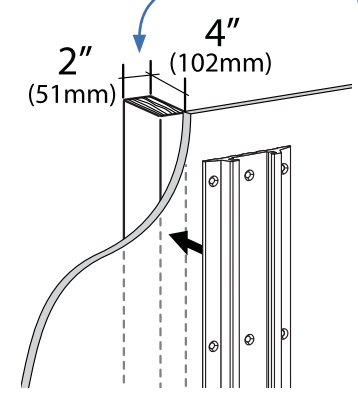
WARNING: Ensure that the wall structure is capable of supporting four times the total weight of mounted equipment. Mounting to wall surfaces that do not meet this criteria may result in an unstable, unsafe condition which could lead to personal injury and/or property damage. Consult a construction professional if you have any doubt about what this means in regard to your particular application.



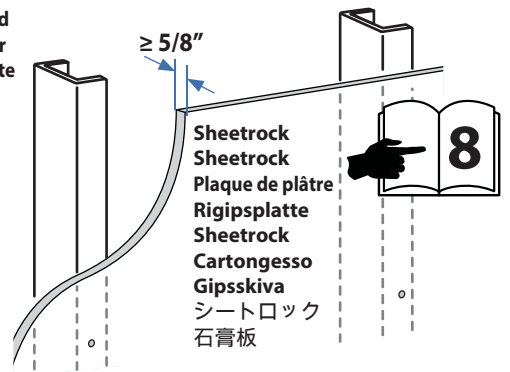
CAUTION: Make sure the wall mount bracket is level, flush and snug to the wall surface. **DO NOT OVERTIGHTEN THE BOLTS.**

Wood
Madera
Bois
Solide Holzbalkenträger
Massief Houten Pilaren
Due montanti in legno massiccio
 木
 木质

Studs ≥ 25 gauge steel
Pernos de acero de calibre ≥ 25
Goujons ≥ calibre 25 en acier
Bolzen ≥ Blechlehre Nr. 25
Verbindingsbouten ≥ 25 gauge staal
Prigionieri in acciaio spessore ≥ gauge 25 (0,556 mm)
Reglar ≥ 25-gauge stål
 25ゲージのスチールよりも強力なスタッド
 板墙筋为不小于 25 标号的钢材



Hollow Wall
Pared
Mur
Wand
Muur
Parete
壁
墙壁



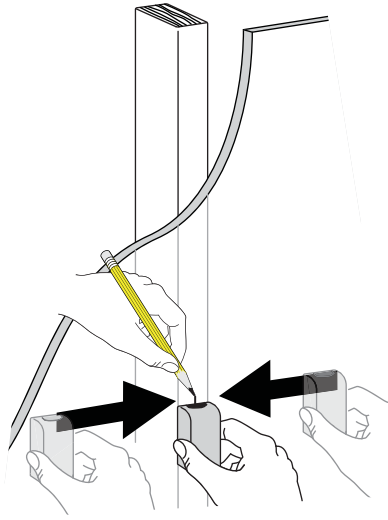
Requires minimum material thickness of 5/8" (16 mm).
 Requiere un grosor mínimo de 16 mm.
 Epaisseur minimum de 16 mm.
 Requer uma espessura mínima de 5/8" (16 mm).
 Mit einer Materialdicke von mindestens 16 mm.
 Vereist een minimale materiaaldikte van 1,6 cm.
 Richiede uno spessore del materiale non inferiore a 16 mm.
 厚さが最低 5/8" (16 mm) の資材が必要。
 需要最低材料厚度为 5/8" (16 mm)。

2

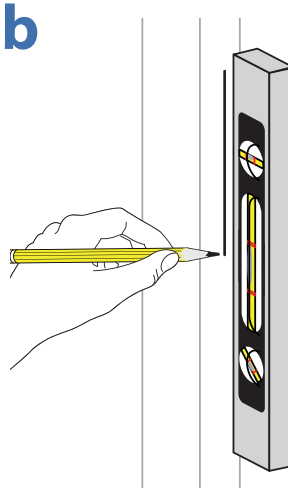
Wood Studs ≥ 25 gauge steel
Madera Pernos de acero de calibre ≥ 25
Bois Goujons ≥ calibre 25 en acier
Solide Holzbalkenträger Bolzen ≥ Blechlehre Nr. 25
Massief Houten Pilaren Verbindingsbouten ≥ 25 gauge staal
Due montanti in legno massiccio Prigionieri in acciaio spessore ≥ gauge 25 (0,556 mm)
木 Reglar ≥ 25-gauge stål
木质 25ゲージのスチールよりも強力なスタッド
 板墙筋为不小于 25 标号的钢材

a

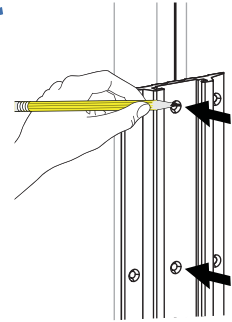
Stud Finder



b

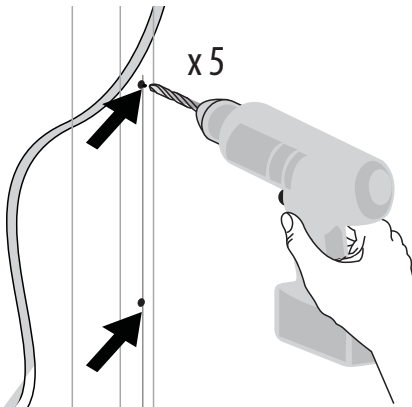


c

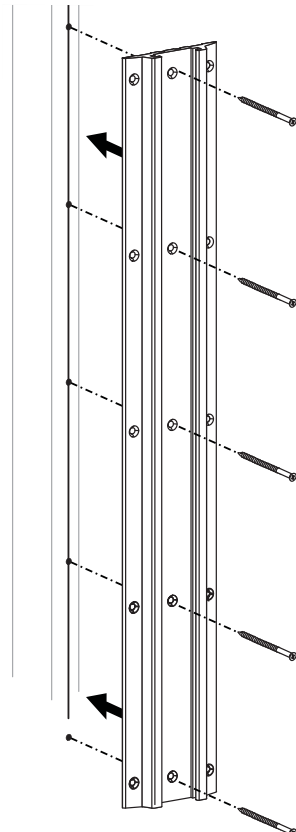
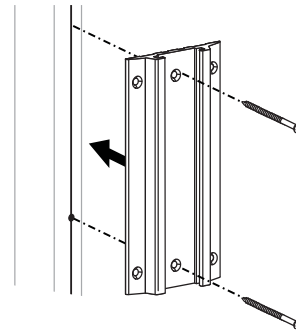


d

Ø 3/16" (5 mm)



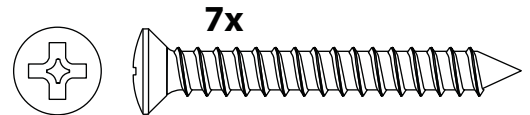
e



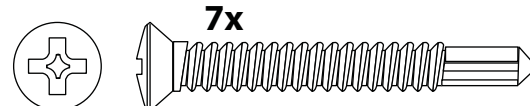
f



Träregelsmontering

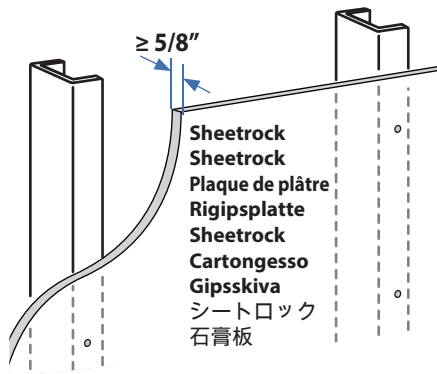


Studs ≥ 25 gauge steel
Pernos de acero de calibre ≥ 25
Goujons ≥ calibre 25 en acier
Bolzen ≥ Blechlehre Nr. 25
Verbindingsbouten ≥ 25 gauge staal
Prigionieri in acciaio spessore ≥ gauge 25 (0,556 mm)
Reglar ≥ 25-gauge stål
 25ゲージのスチールよりも強力なスタッド
 板墙筋为不小于 25 标号的钢材



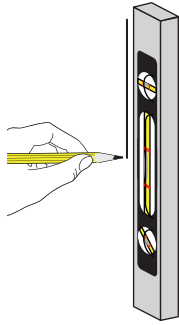
2

Hollow Wall
Pared
Mur
Wand
Muur
Parete
壁
墙壁

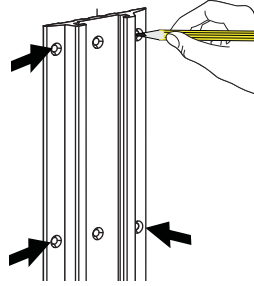


Requires minimum material thickness of 5/8" (16 mm).
Requiere un grosor mínimo de 16 mm.
Epaisseur minimum de 16 mm.
Requer uma espessura mínima de 5/8" (16 mm).
Mit einer Materialdicke von mindestens 16 mm.
Vereist een minimale materiaaldikte van 1.6 cm.
Richiede uno spessore del materiale non inferiore a 16 mm.
厚さが最低 5/8" (16 mm) の資材が必要。
需要最低材料厚度为 5/8" (16 mm)。

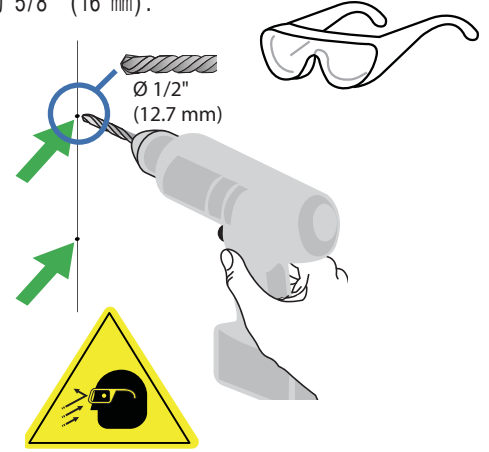
a



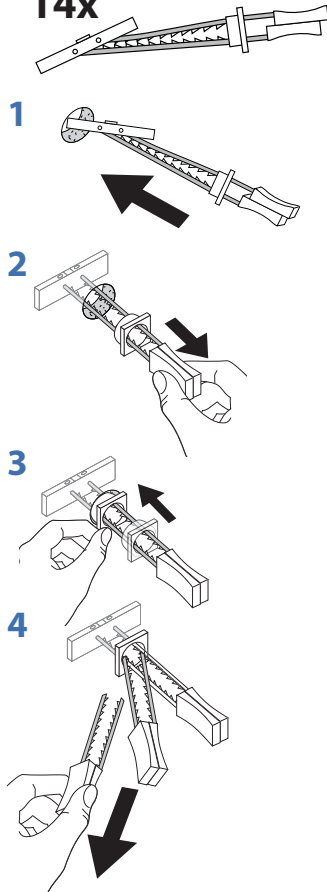
b



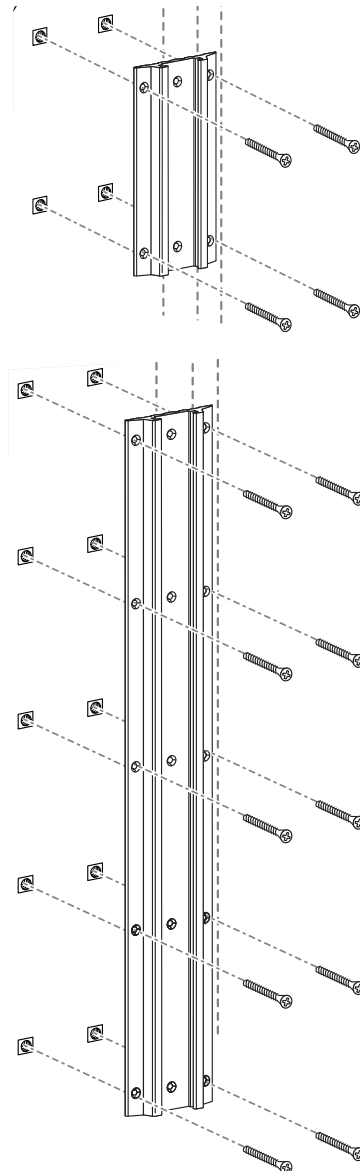
c



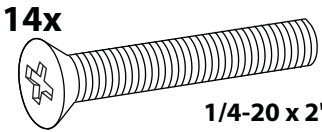
d 14x



e



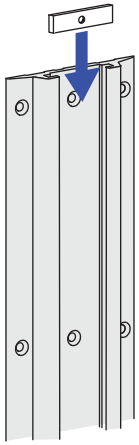
14x



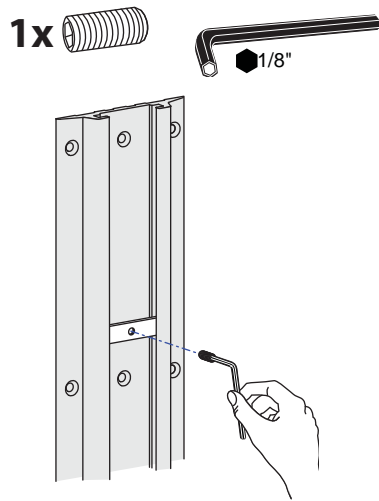
f



3 a



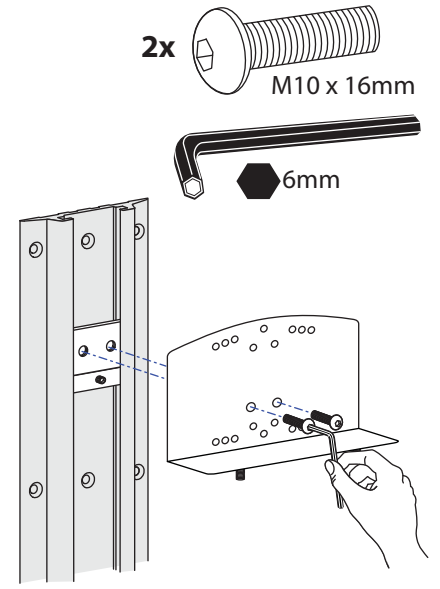
b



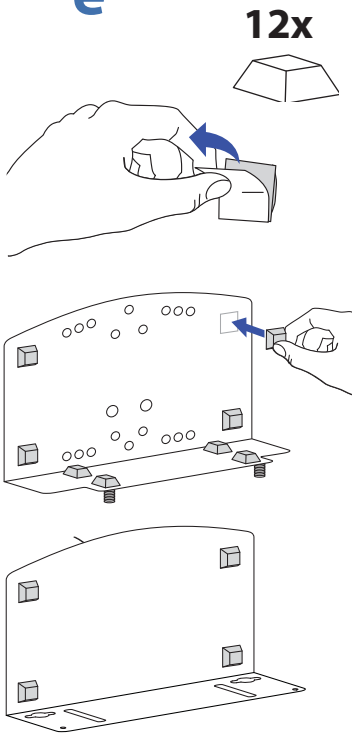
c



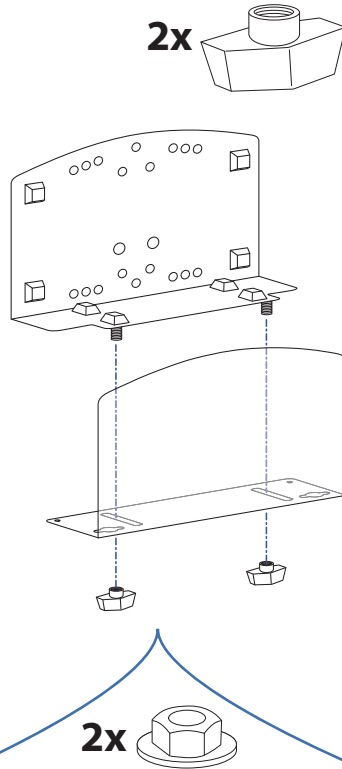
d



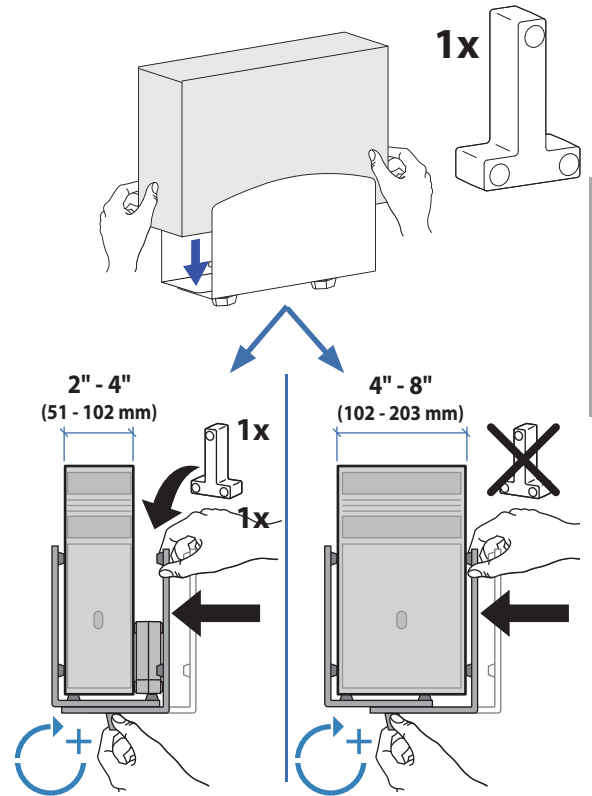
e



f

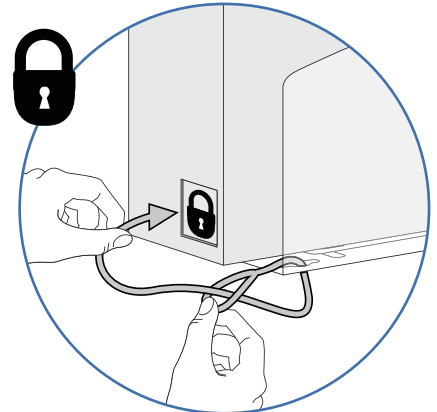
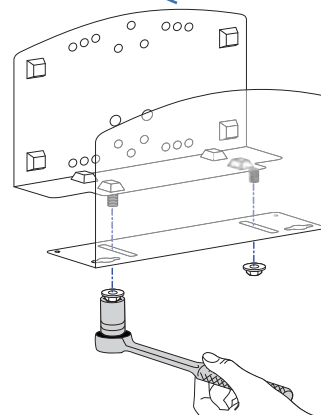


g



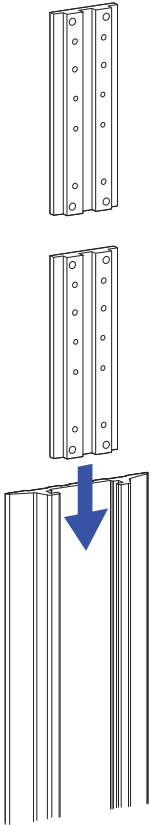
SVENSKA

Security Feature
Función de seguridad
Fonction de sécurité
Sicherheitsmerkmal
Beveiligingsfunctie
Dispositivo antifurto
セキュリティ機能
安全特性

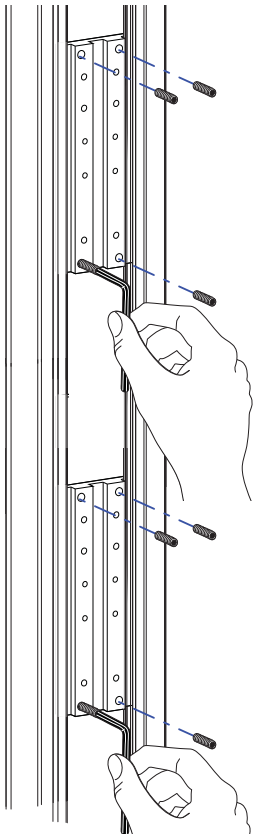



4

4 a

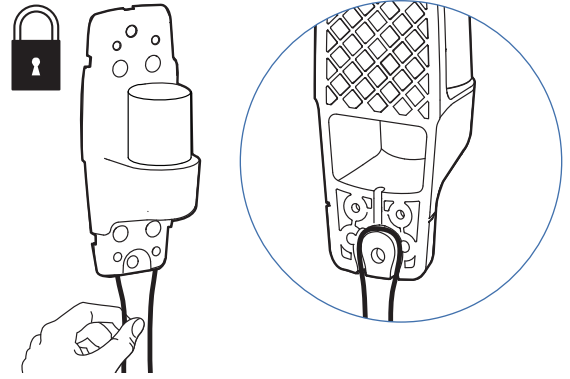


b

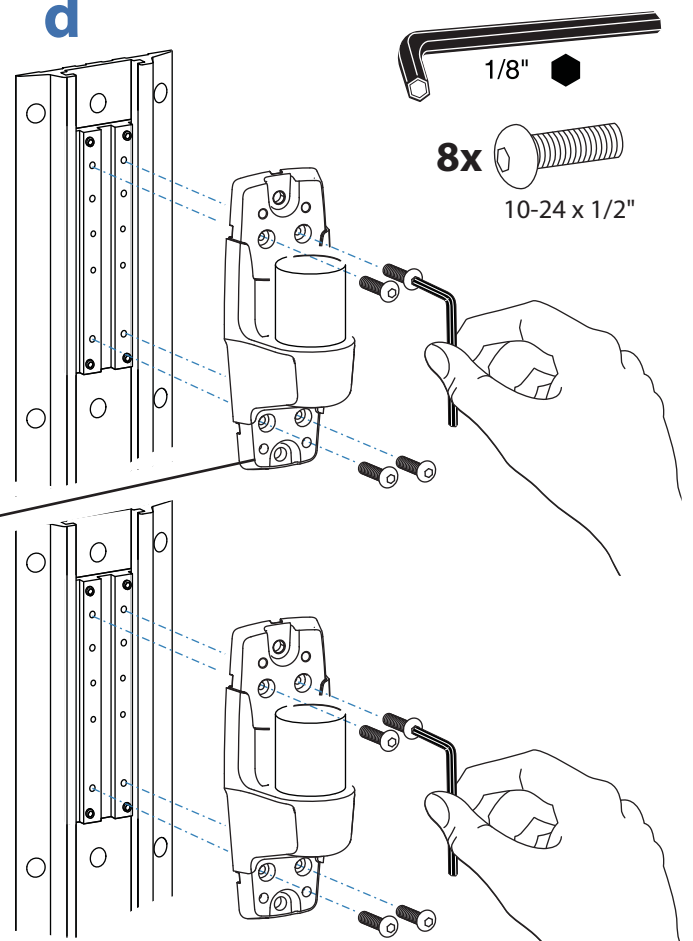


8x 
1/4-20 x 1/2"

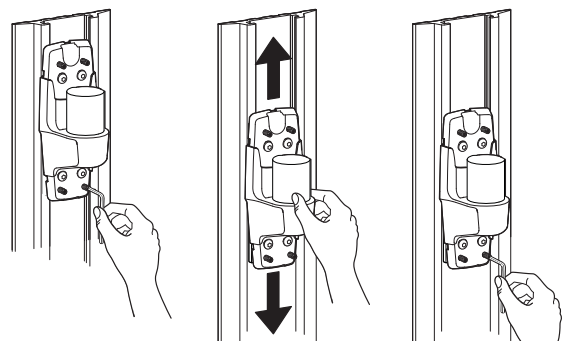
c Låsmöjlighet (tillval)
(Lås tillhandahålls av kund)



d

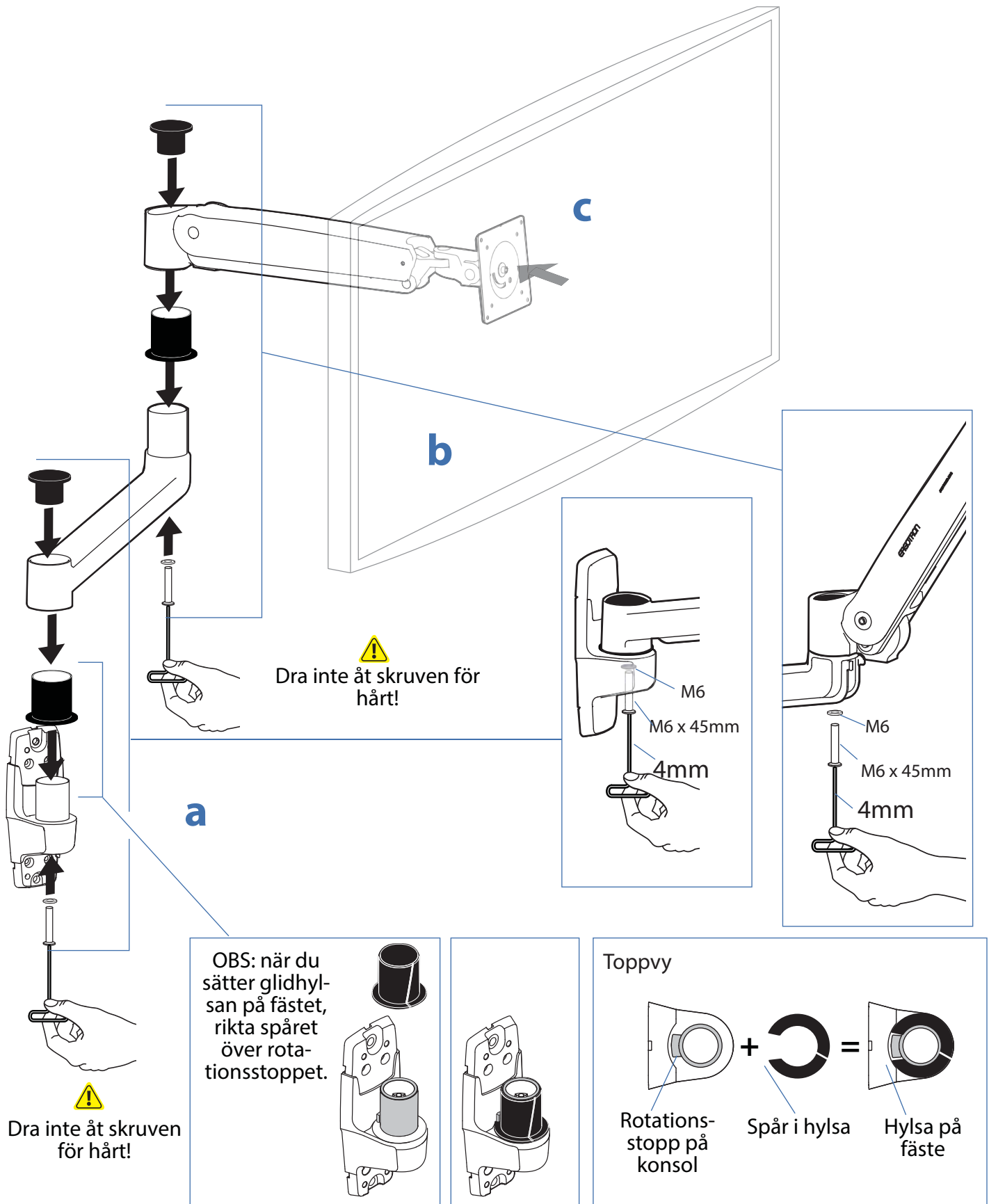


OBS! Monteringsfästet kan omlaceras vertikalt på väggskenan, genom att man lösgör de fyra skruvarna i väggplattan.



OBS: Det är möjligt att skruvar kan lossna på grund av vibrationer som orsakas av monteringslösningens rörelser över en längre period. Inspektera regelbundet monteringslösningen och titta efter lösa skruvar. Om så önskas kan man applicera ett milt gängläsningsklister på skruvarna innan de installeras, för att förhindra att de skruvas loss.

5 Montera förlängning och arm på väggfästet.



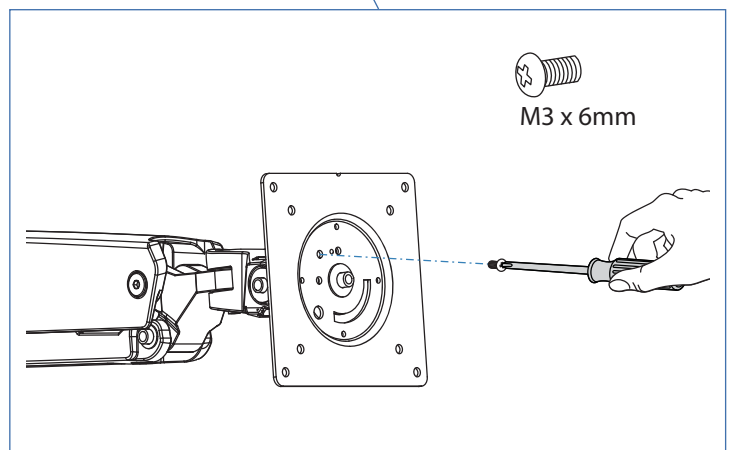
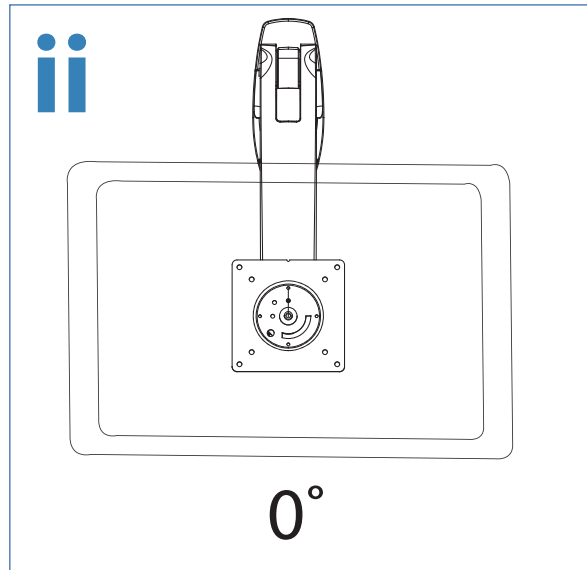
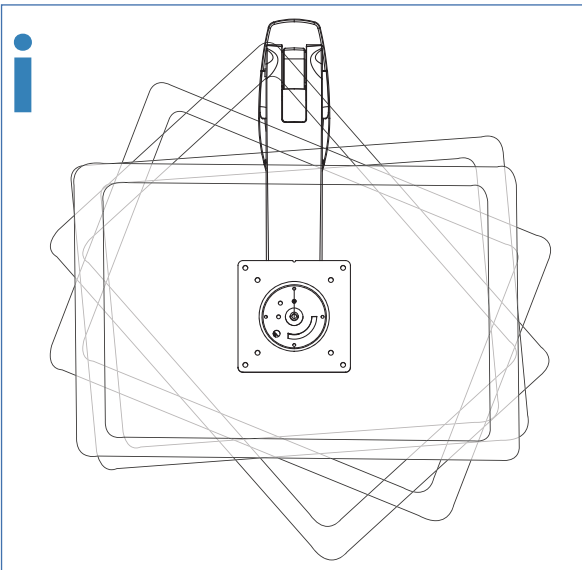
5 Stående / Liggande alternativ

Alternativ I

Om du vill rotera mellan stående och liggande, gå till steg 8 på nästa sida.

Alternativ II

Om du inte vill att din TV / bildskärm ska rotera, installera en ställskruv.

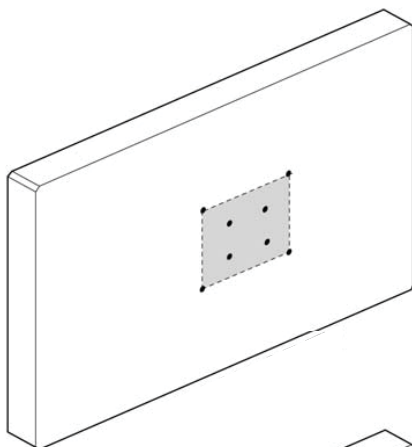


7 Kontrollera monteringshålen på din TV / bildskärm

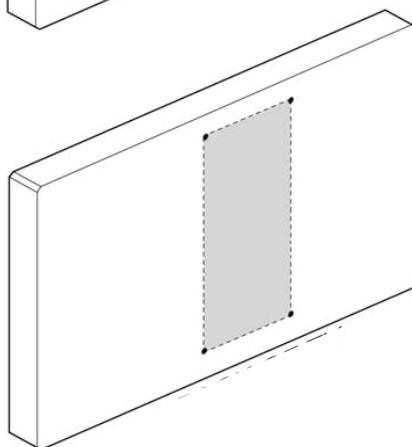
Hållkonfigurationer för TV / Bildskärm

Konfigurationer för VESA-adapter

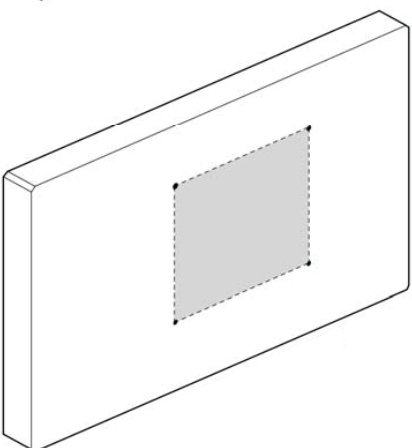
A 75x75mm
100x100mm



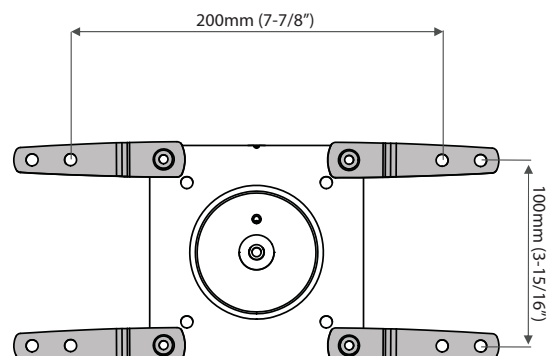
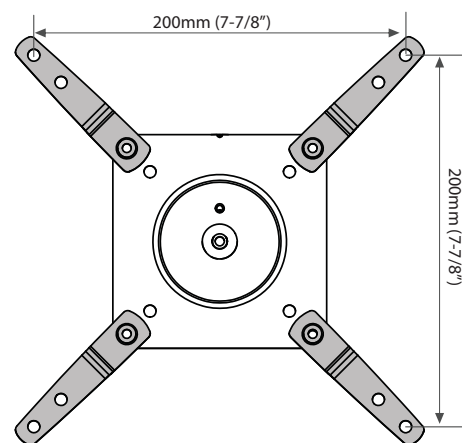
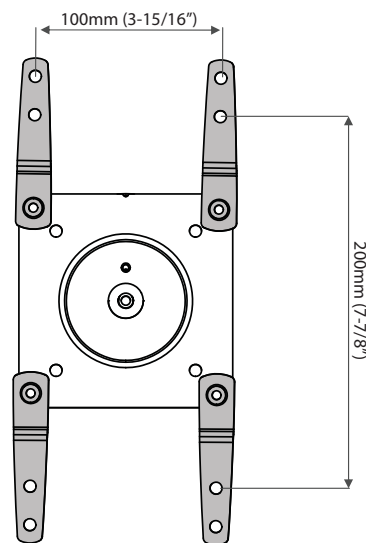
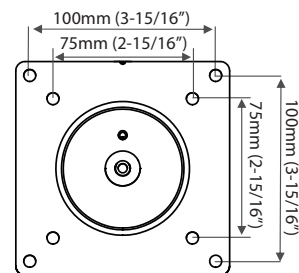
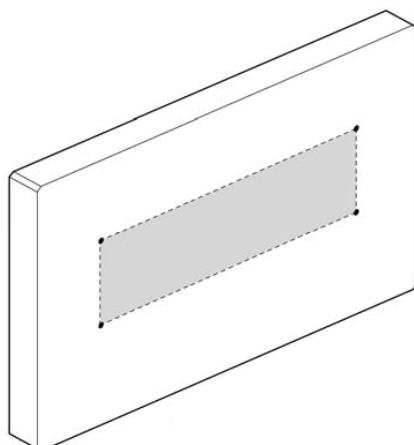
B 100x200mm



C 200x200mm



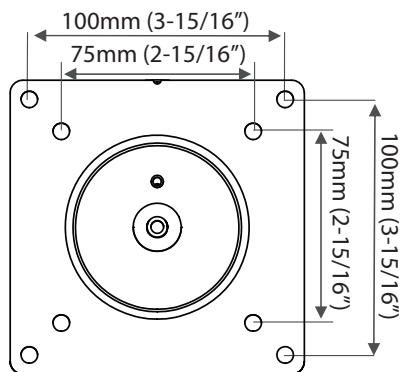
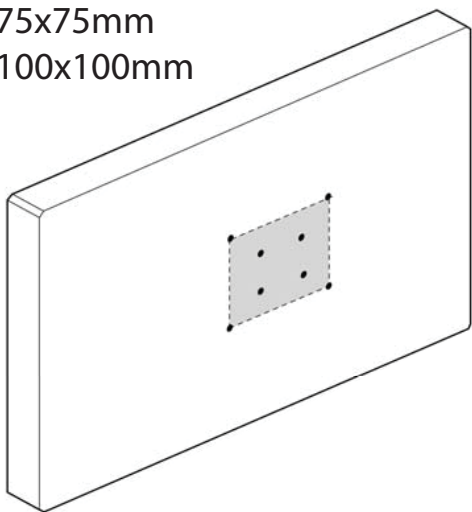
D 200x100mm



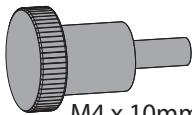
7 Montera Typ A-TV / -bildskärm på Armen

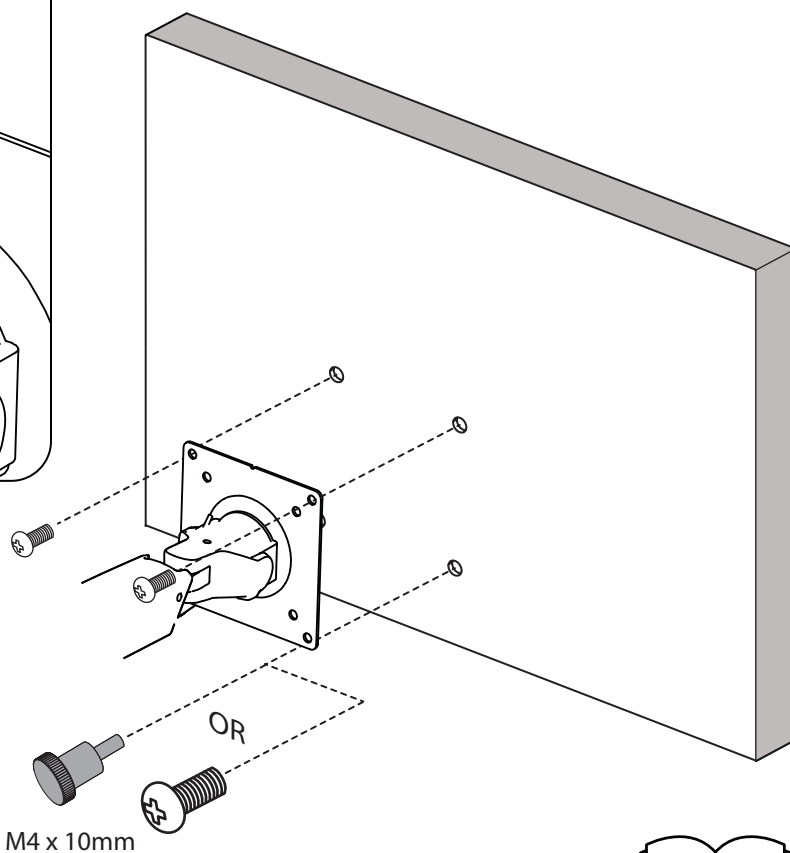
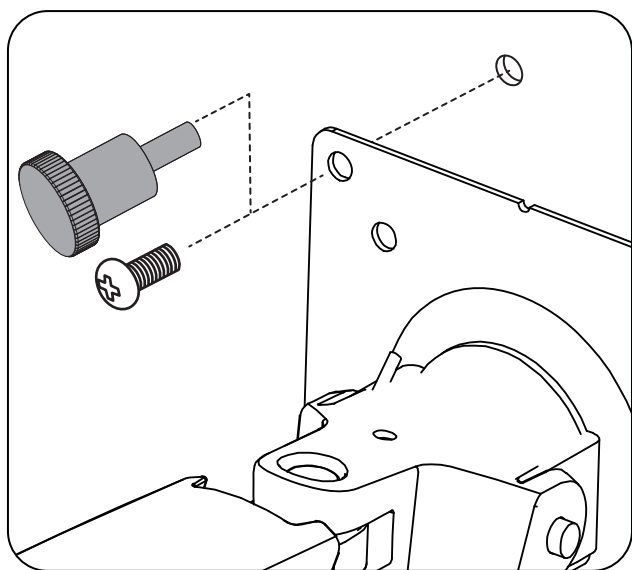
A


75x75mm
100x100mm



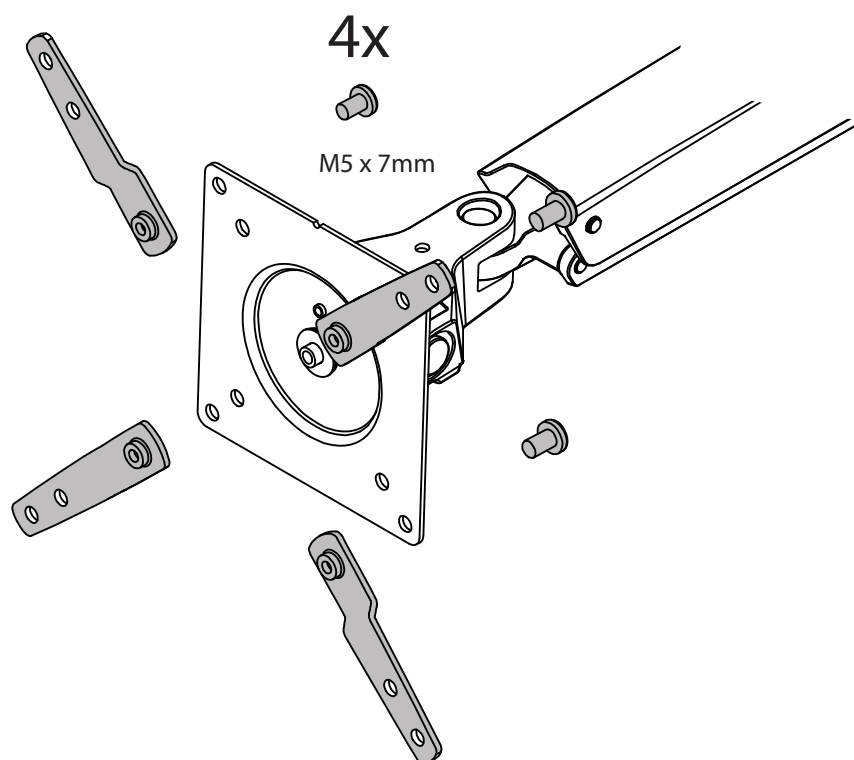
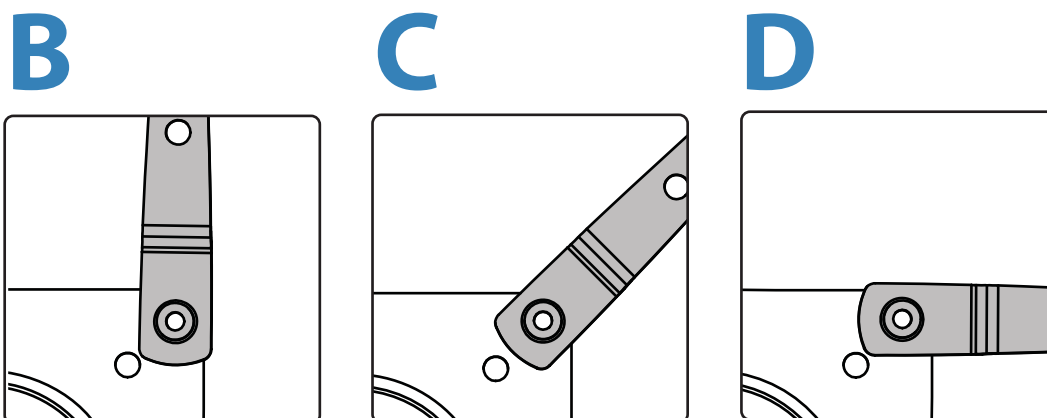
4x 
M4 x 10mm


M4 x 10mm

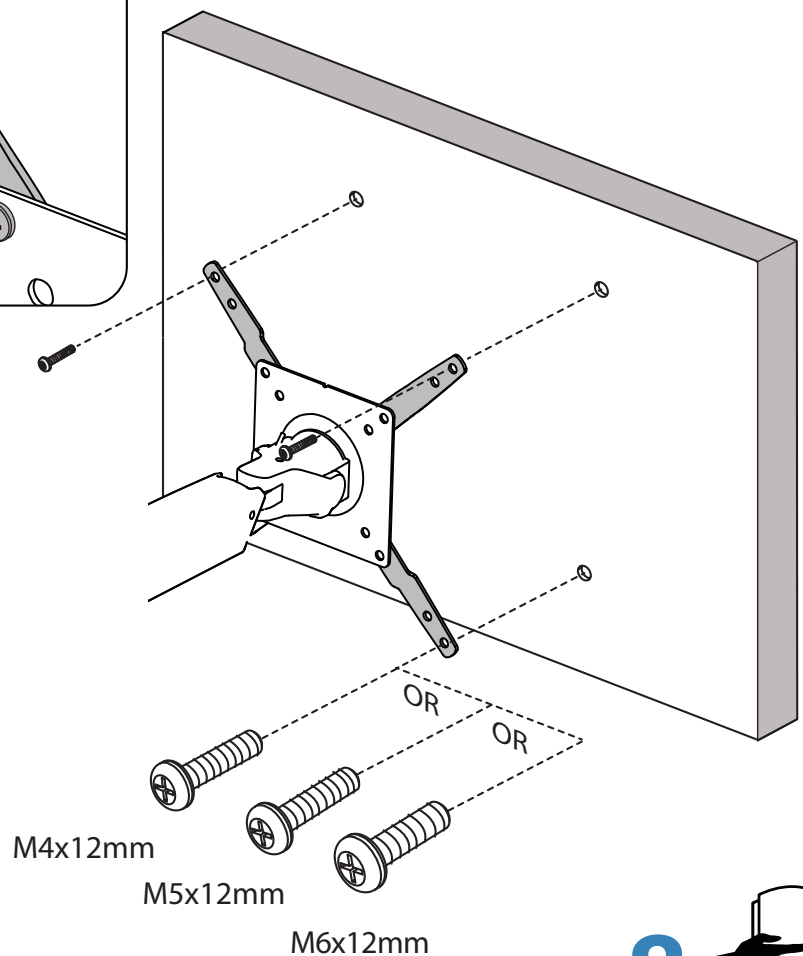
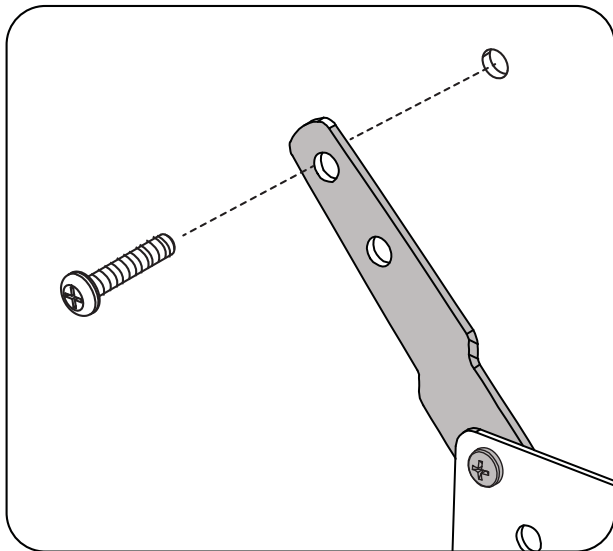
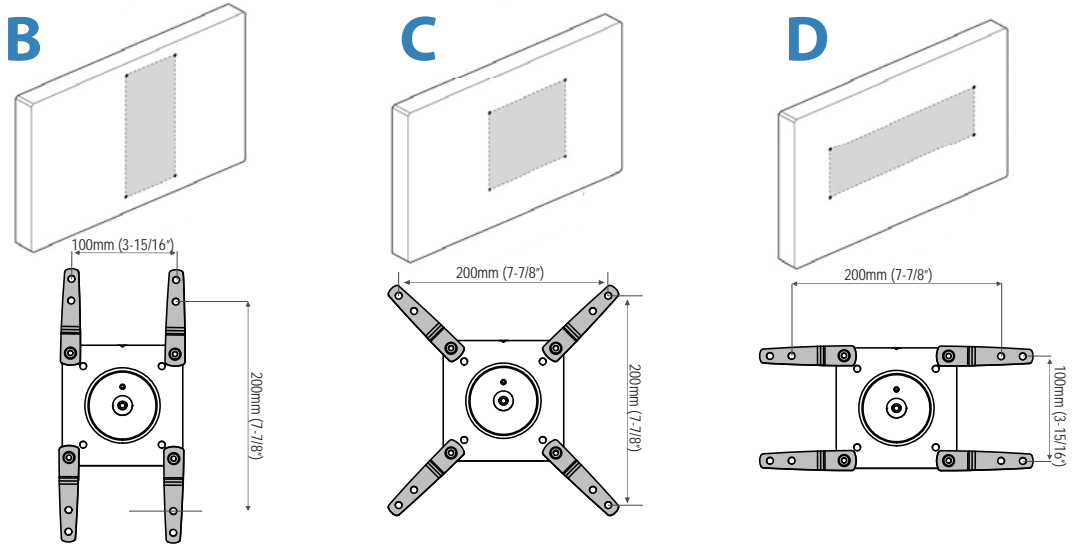


8  17

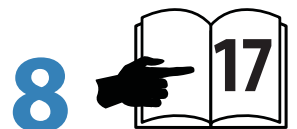
7 Montera VESA-adapter på armen enligt hållkonfigurationen för TV / bildskärm (B, C eller D).



7 Montera TV / Bildskärm Typ B, C, eller D på Armen



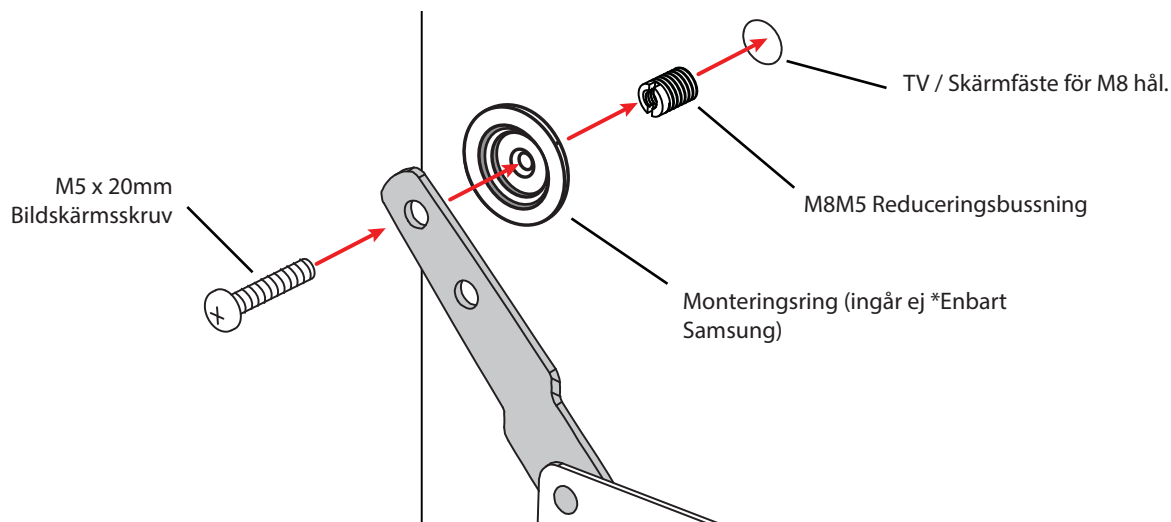
OBS: vill du minska M8 hål så att M5-skravar kan användas, eller om du har en modell med Samsung monteringsringar, följ anvisningarna för M8M5 KIT på nästa sida.



Anvisningar för M8M5 KIT

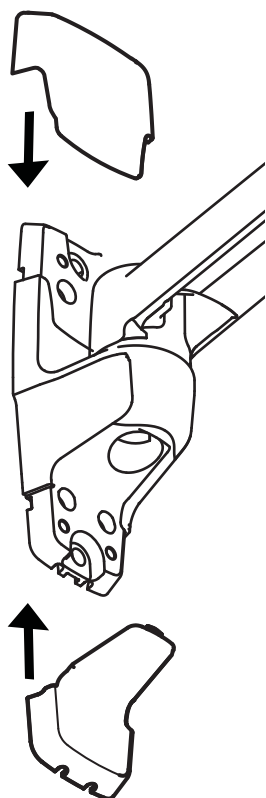
OBS: följ detta steg endast om din TV / bildskärm har M8 hål som måste reduceras till M5 eller för Samsungs modeller med monteringsringar.

Installera M8M5 reduceringsbusning till TV / bildskärm och använd M5 x 20 mm skärmskruvar om du använder Samsung monteringsringar.



8

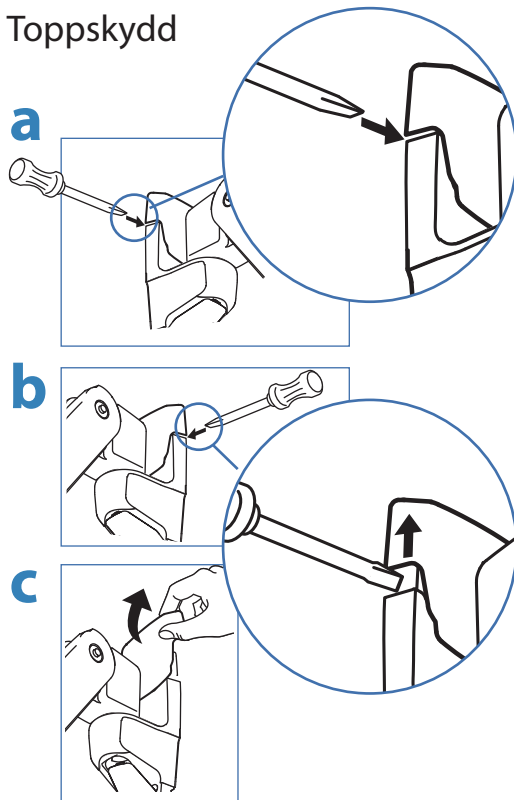
Fäst övre och undre konsolskydden



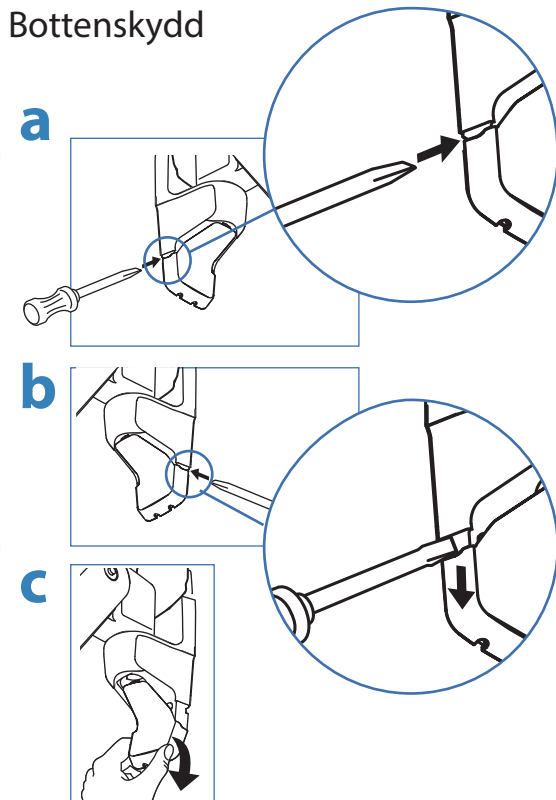
För att avlägsna skydden:

- Kila in bladet på en plattskrumvejsel i springan mellan väggfästet och skyddet. Roterar bladet uppåt för att bända bort skyddet.
- Upprepa på motsatt sida av väggfästet.
- När skyddet har lossat på båda sidor, lyft.

Toppskydd

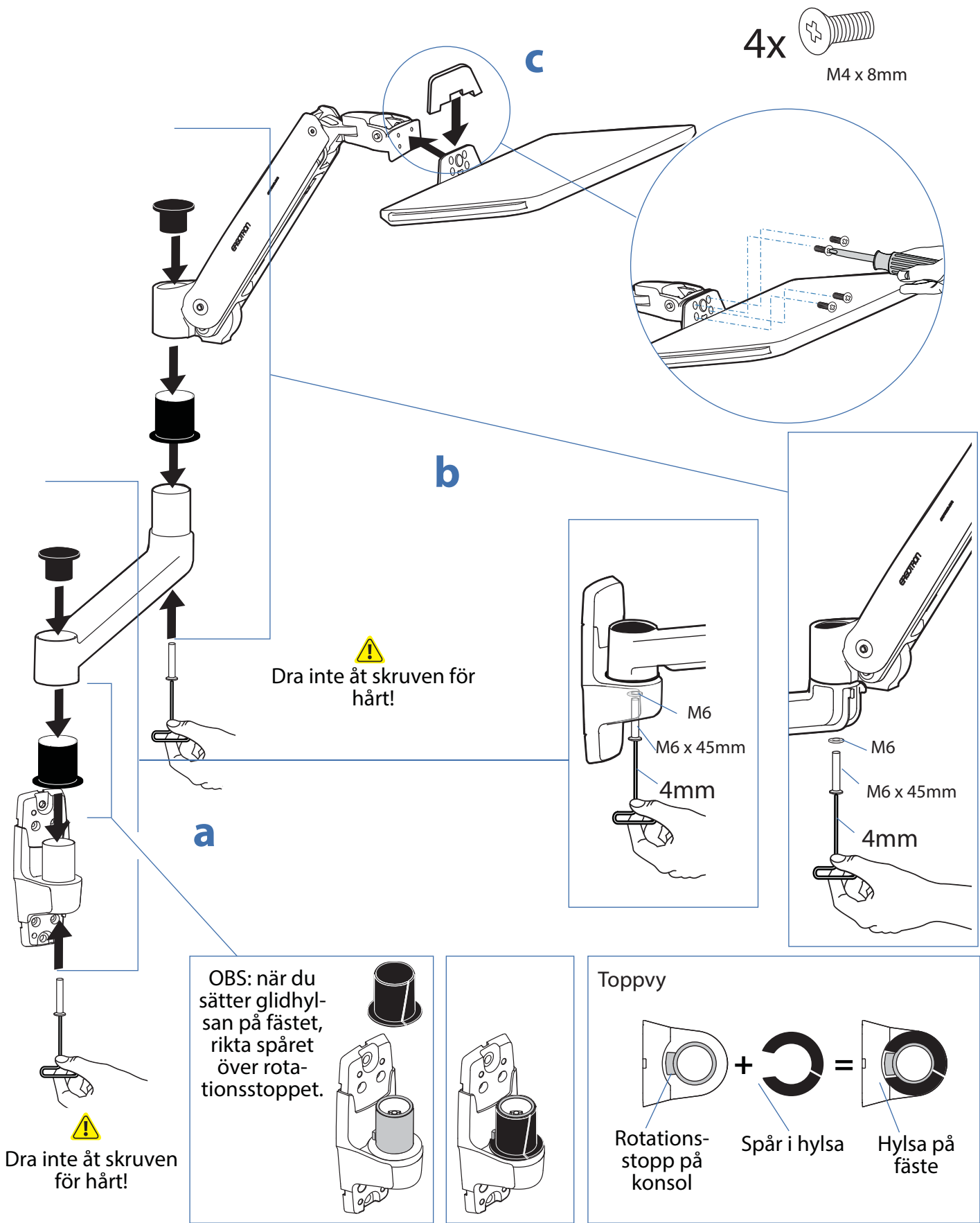


Bottenskydd

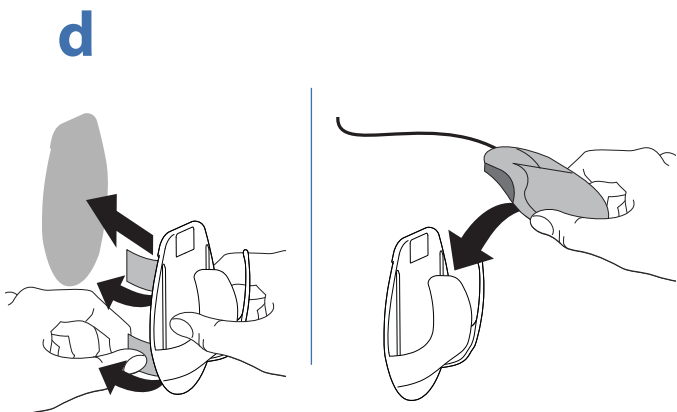
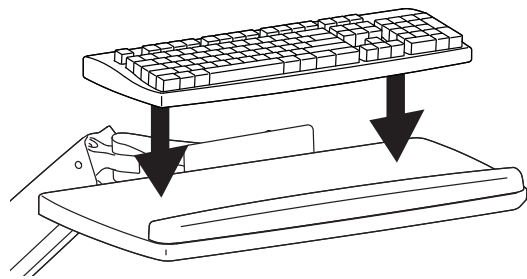
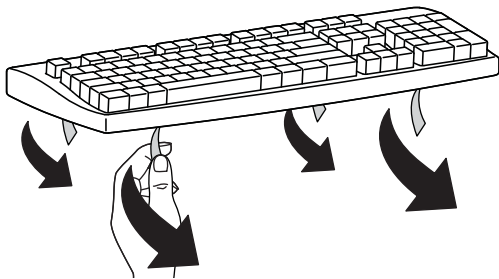
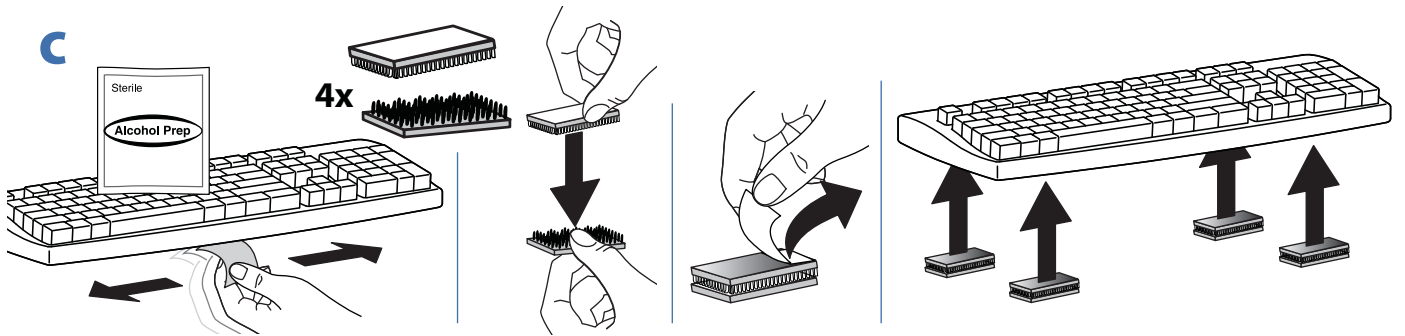
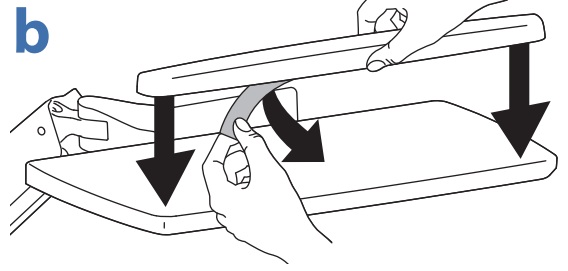
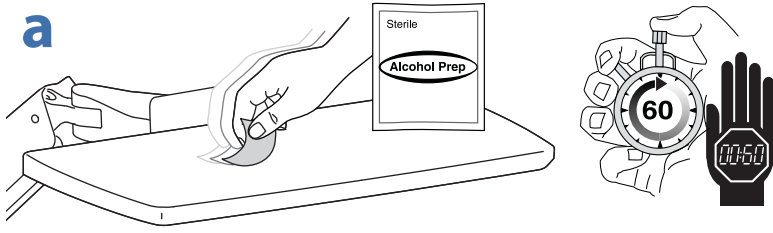


9 Montera förlängning och arm på väggfästet.

SVENSKA

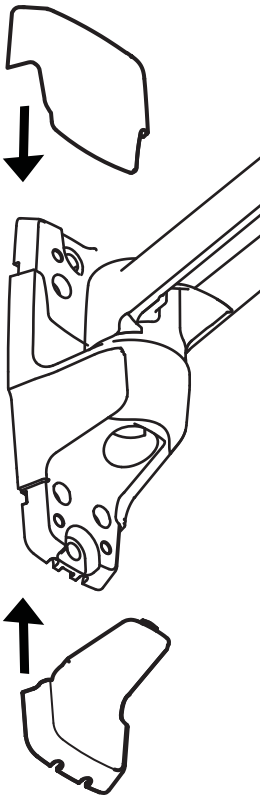


10



11

Fäst övre och undre konsolskydden

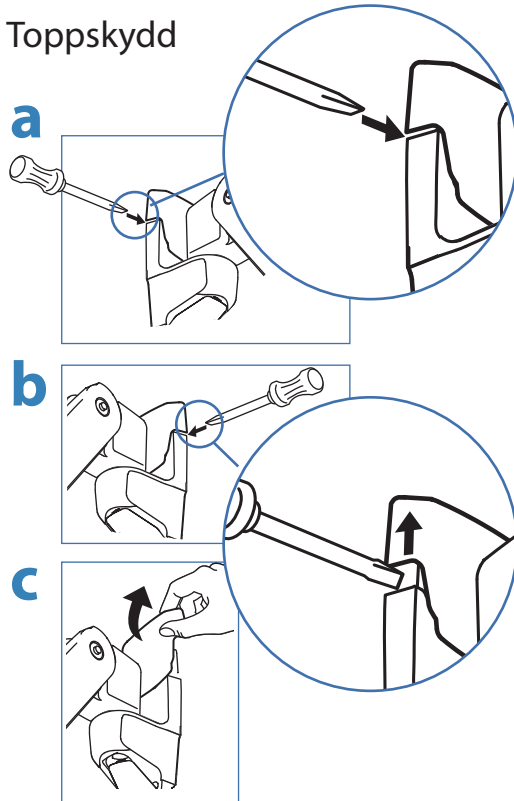


SVENSKA

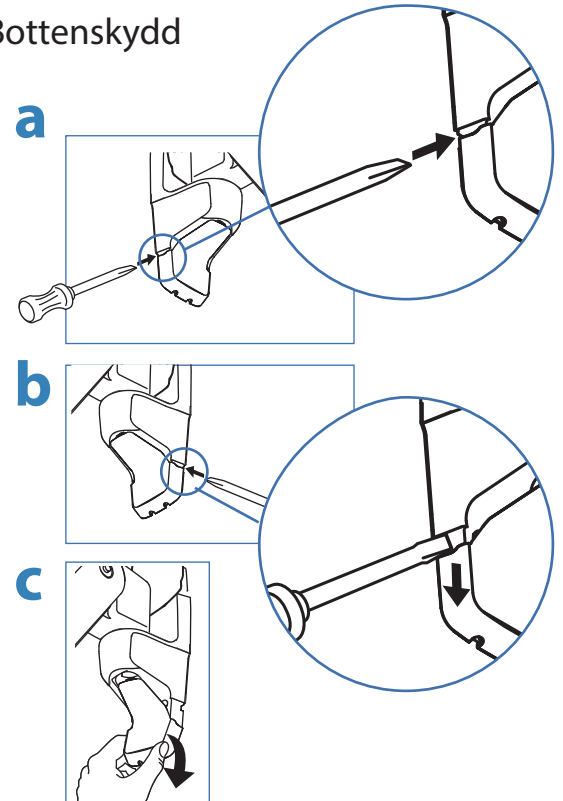
För att avlägsna skyddet:

- Kila in bladet på en plattskruvmejsel i springan mellan väggfästet och skyddet. Rotera bladet uppåt för att bända bort skyddet.
- Upprepa på motsatt sida av väggfästet.
- När skyddet har lossat på båda sidor, lyft.

Toppskydd

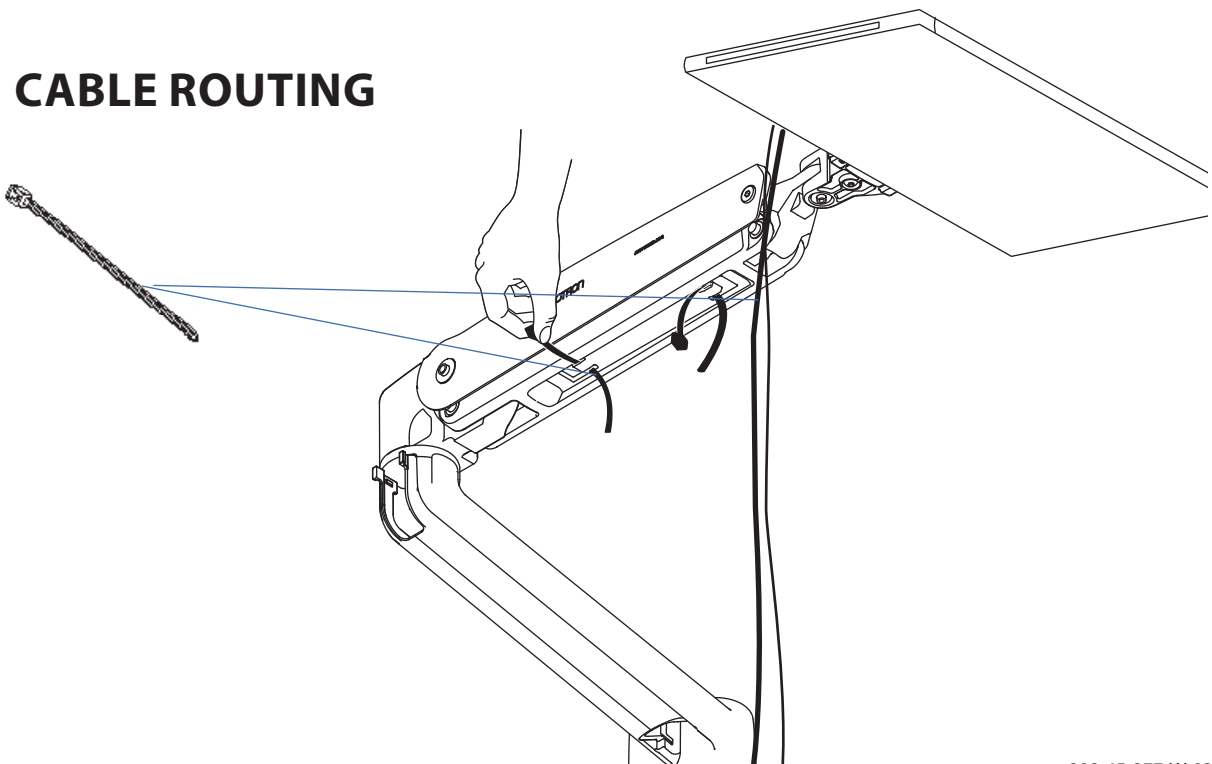


Bottenskydd



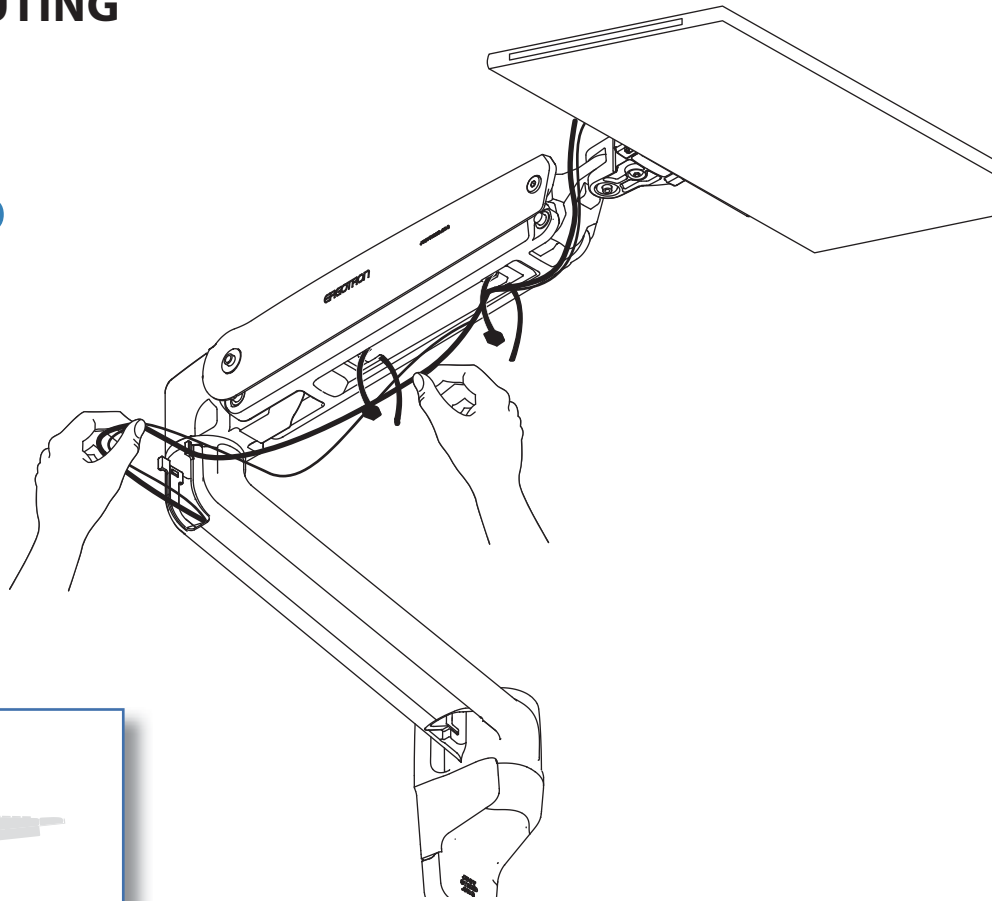
12 CABLE ROUTING

a

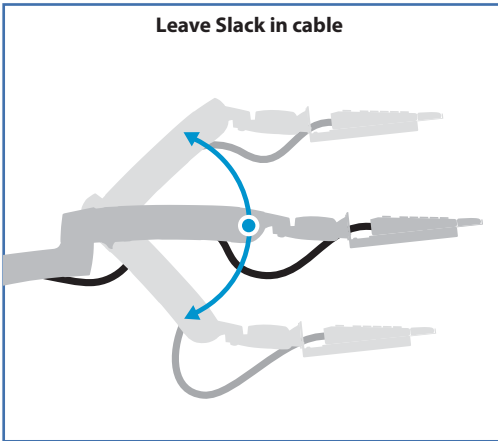


12 CABLE ROUTING

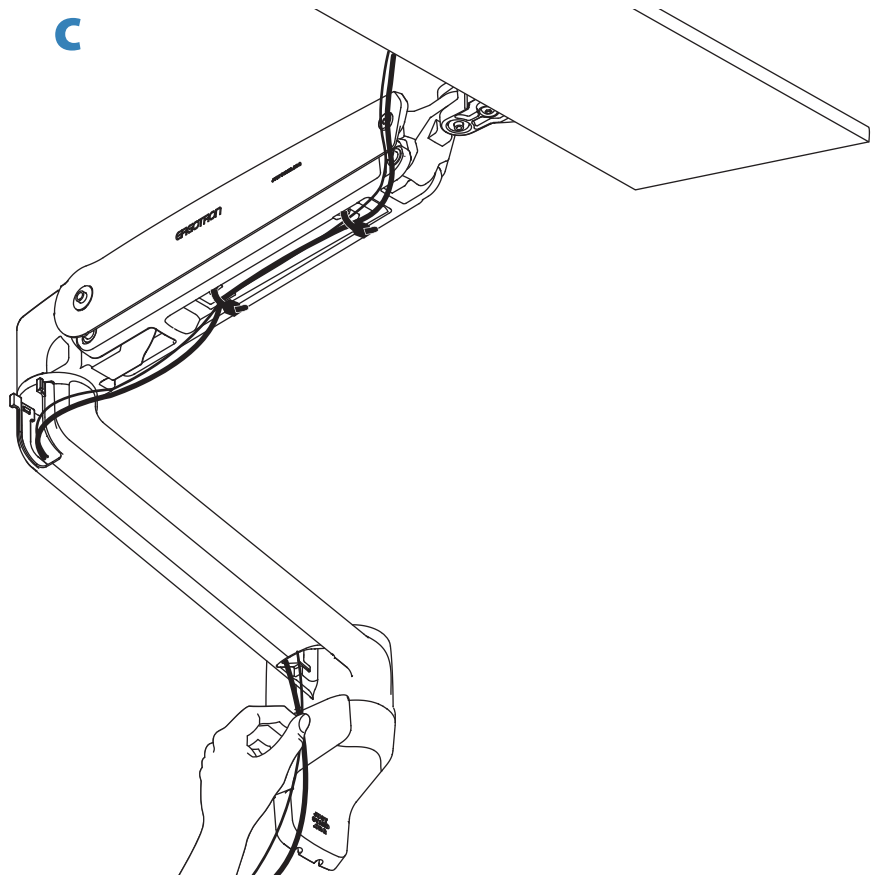
b



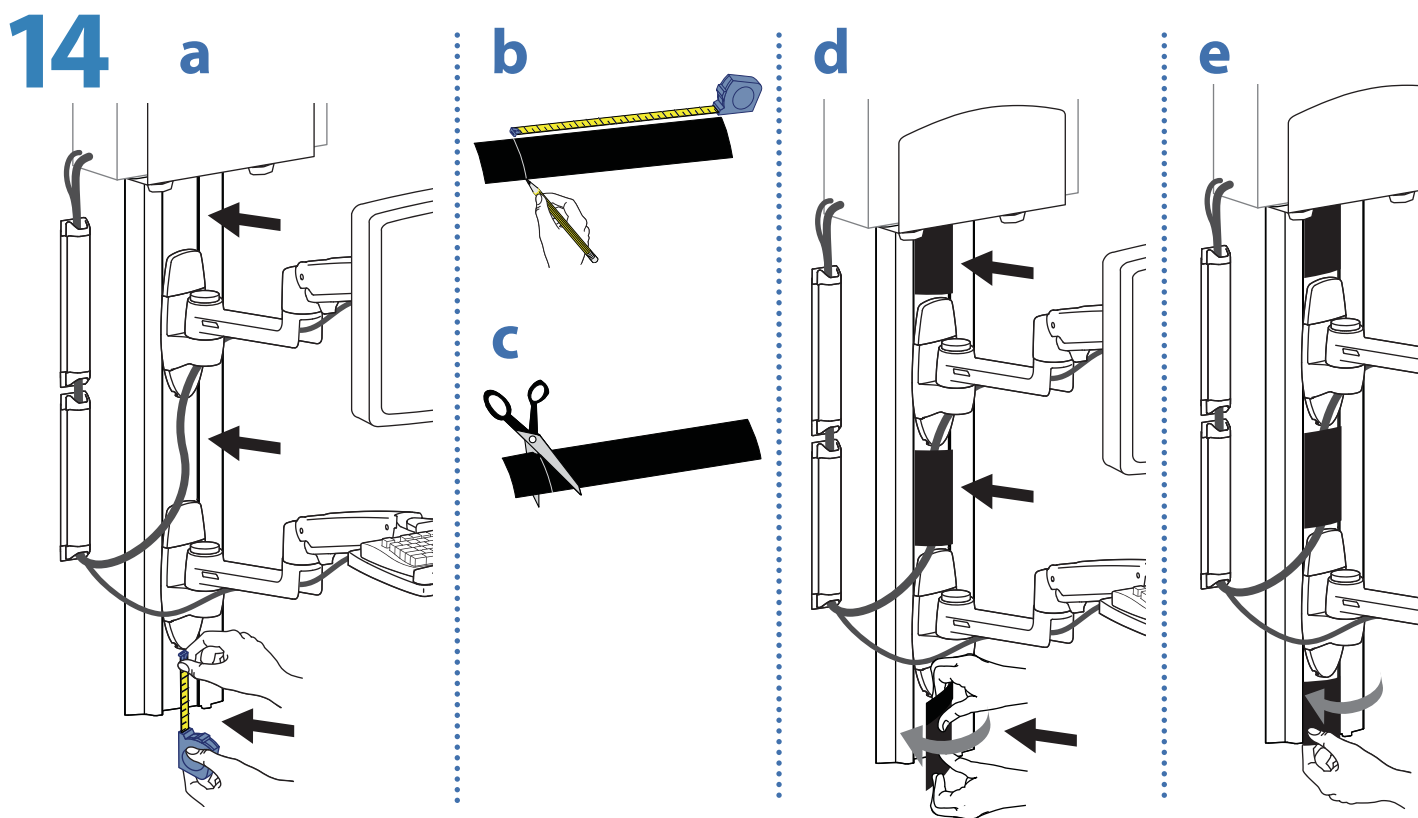
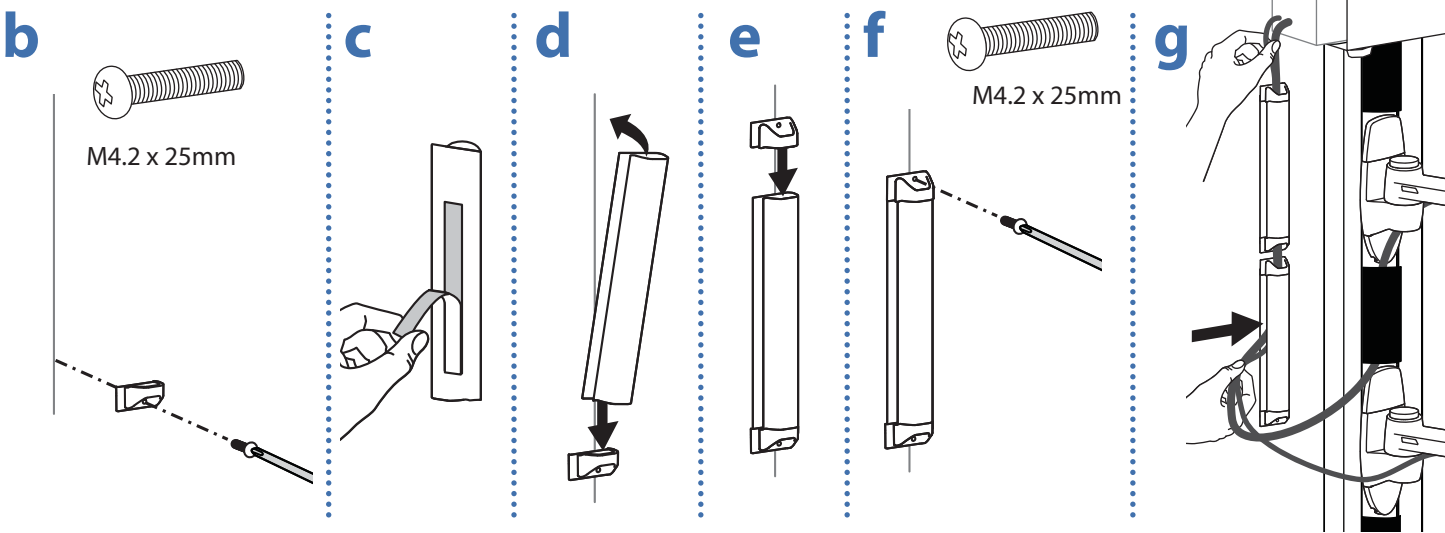
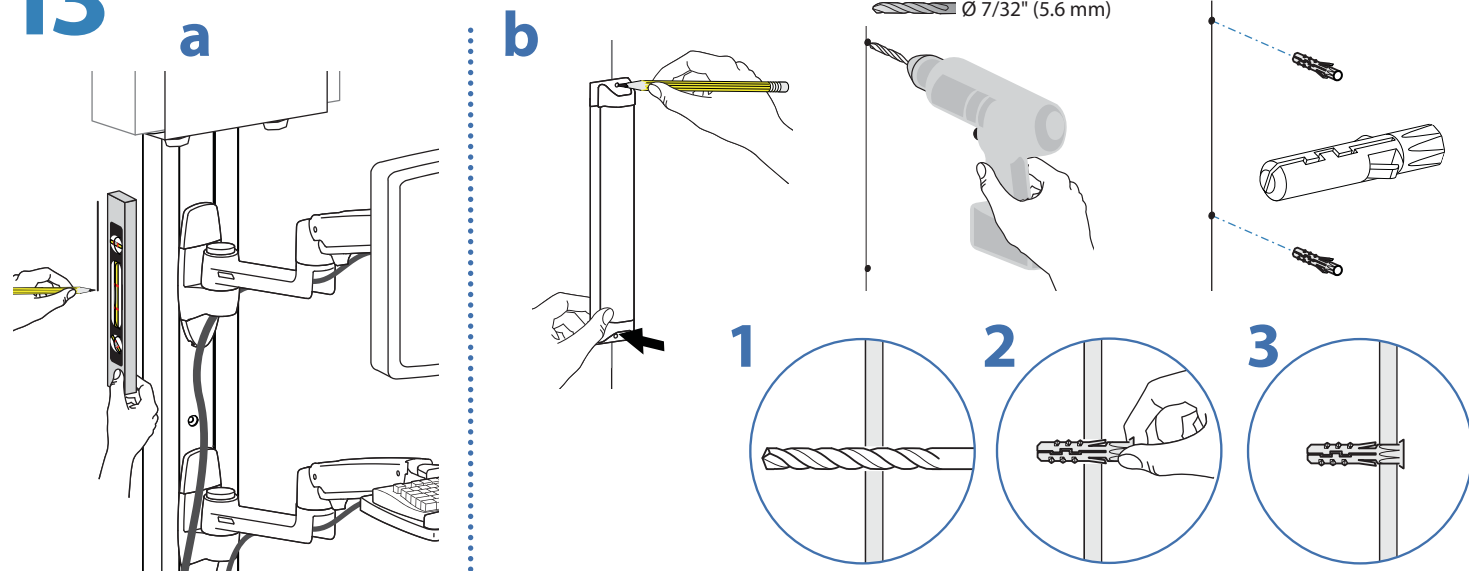
Leave Slack in cable



c



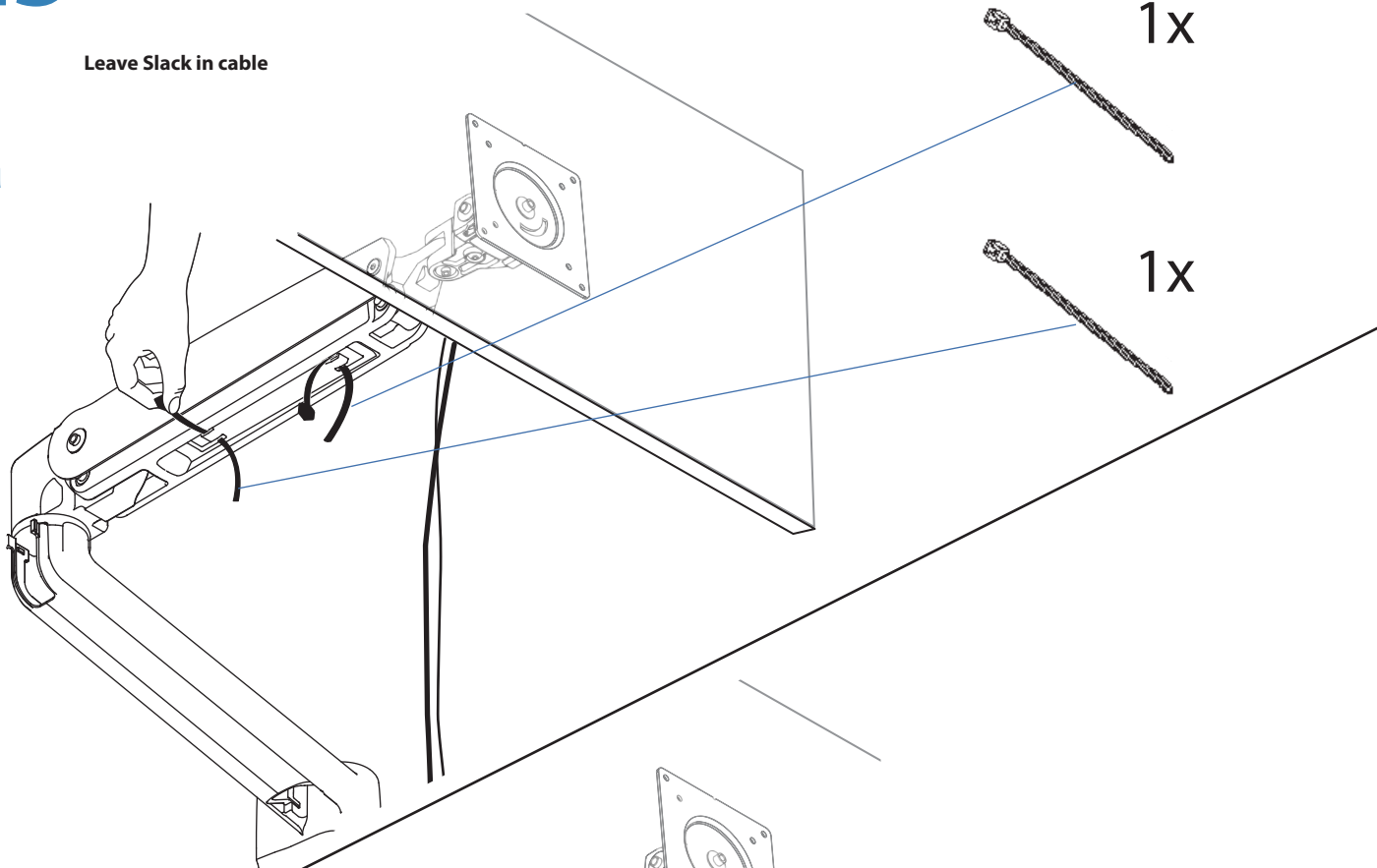
13 CABLE ROUTING



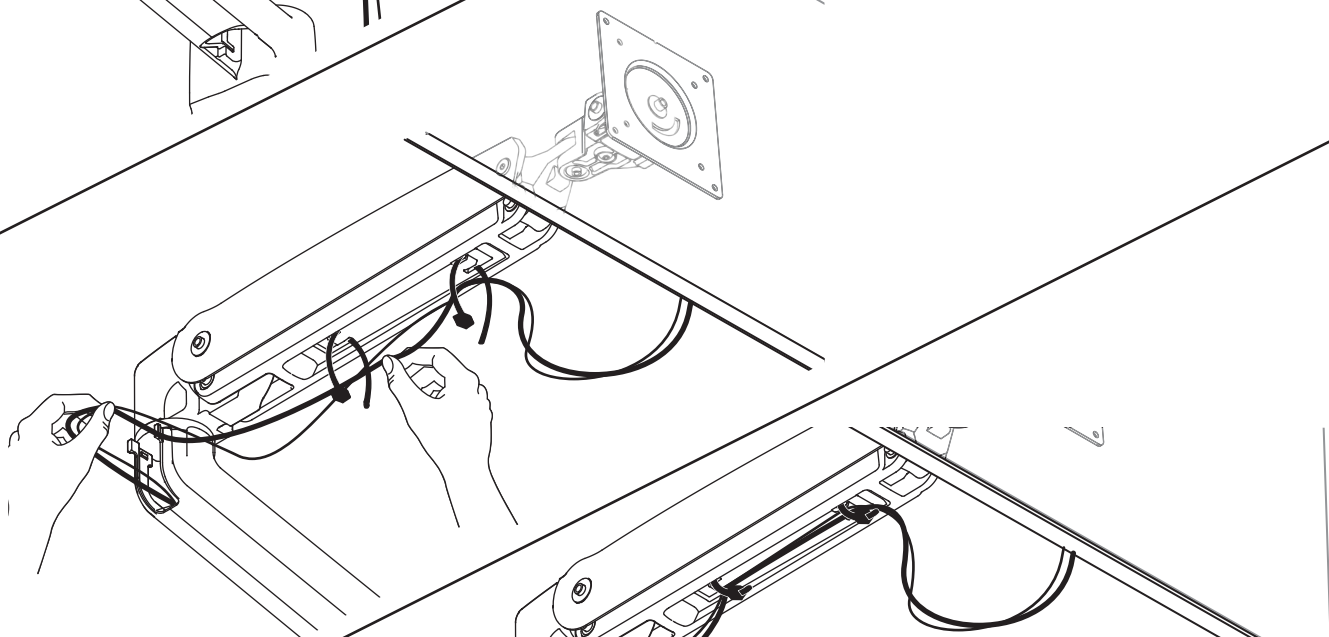
15 CABLE ROUTING

Leave Slack in cable

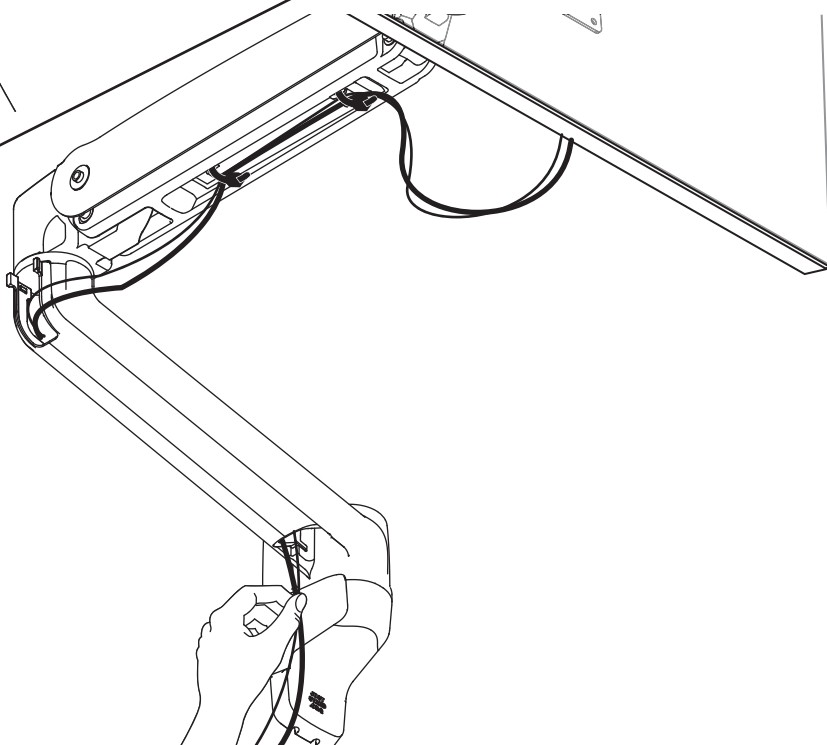
a



b



c

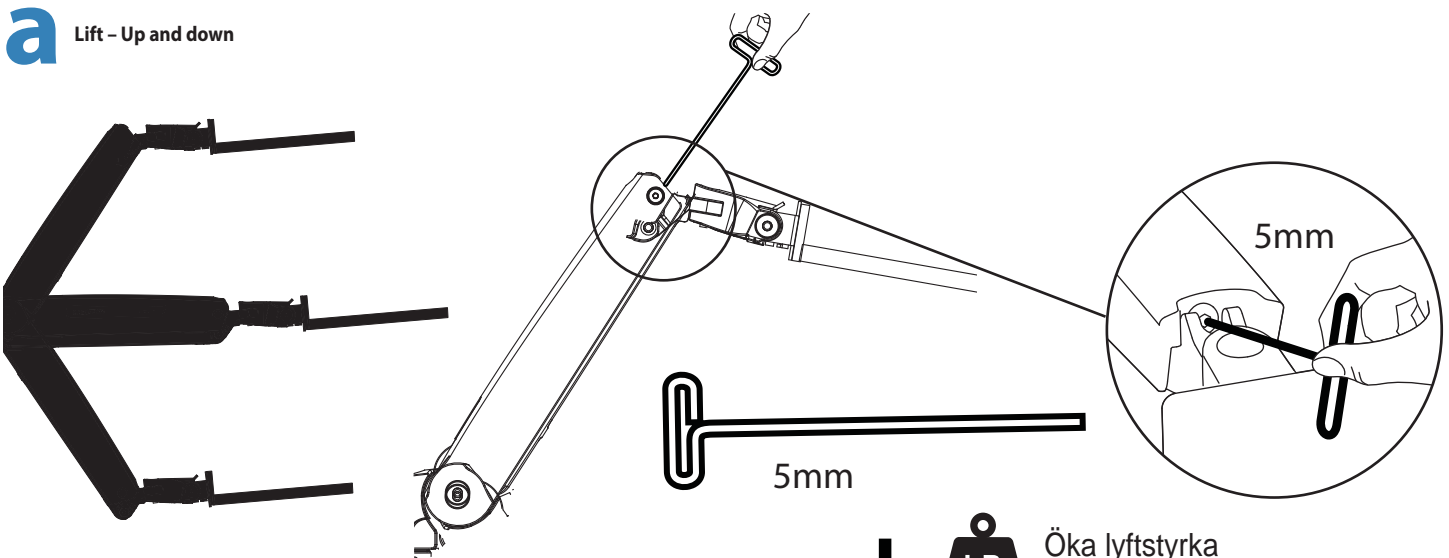


SVENSKA


16 Justeringssteg


Viktigt! Efter avslutad installation måste du justera produkten. Se till att all utrustning är installerad korrekt innan du påbörjar justeringen. Du ska lätt kunna flytta produkten över hela rörelseområdet och den ska stanna i den position du lämnar den. Om det är för lätt eller trögt att ändra positioner eller om produkten inte stannar i avsedd position, följ justeringsinstruktionerna för optimal positionsrörlighet. Det kan ta mer än en justering för att nå önskat beteende beroende på produkt och justering. Om du lägger till eller tar bort utrustning bör du justera produkten för den nya viktbelastningen. På så sätt bibehåller du en säker och behaglig arbetsituation.

a Lift - Up and down



SVENSKA

+  **Öka lyftstyrka**
Om den monterade utrustningens vikt är för stor så att produkten inte bibehåller sitt höjdläge måste du öka lyftstyrkan:

-  **Minska lyftstyrka**
Om den monterade utrustningens vikt är för liten så att produkten inte bibehåller sitt höjdläge måste du minska lyftstyrkan:

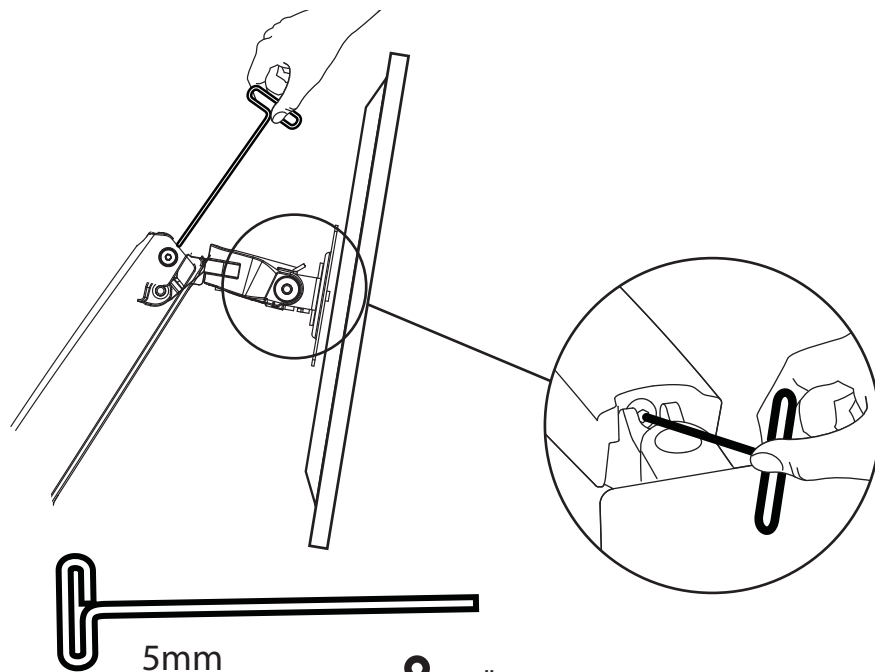


CAUTION: DO NOT overtighten fasteners. Overtightening may cause damage to your equipment.



WARNING! Stored Energy Hazard: The arm mechanism is under tension and will move up rapidly, on its own, as soon as attached equipment is removed. For this reason, **DO NOT** remove equipment unless the arm has been moved to the highest position! Failure to follow this instruction may result in serious personal injury and/or equipment damage!

b Lift - Up and down



Öka lyftstyrka
Om den monterade utrustningens vikt är för stor så att produkten inte bibehåller sitt höjdläge måste du öka lyftstyrkan:



Minska lyftstyrka
Om den monterade utrustningens vikt är för liten så att produkten inte bibehåller sitt höjdläge måste du minska lyftstyrkan:



CAUTION: DO NOT overtighten fasteners. Overtightening may cause damage to your equipment.



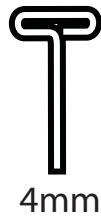
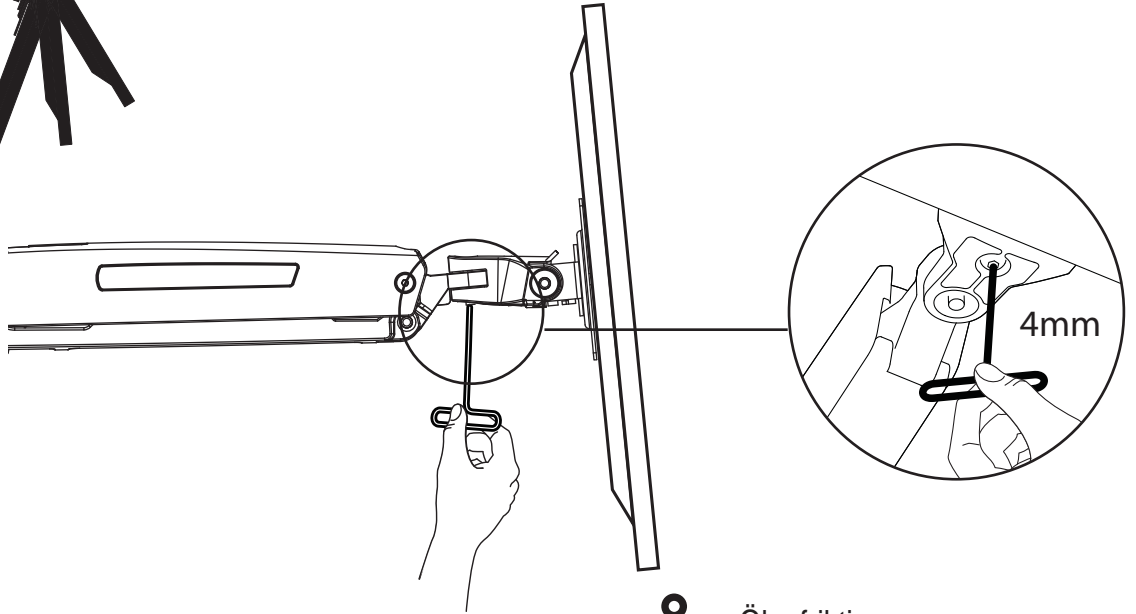
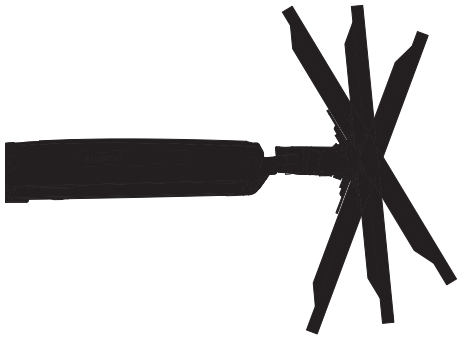
WARNING! Stored Energy Hazard: The arm mechanism is under tension and will move up rapidly, on its own, as soon as attached equipment is removed. For this reason, **DO NOT** remove equipment unless the arm has been moved to the highest position! Failure to follow this instruction may result in serious personal injury and/or equipment damage!



Tilt - Forward and Backward



CAUTION: DO NOT remove screw. Removing screw may cause damage to equipment.



4mm



Öka friktion

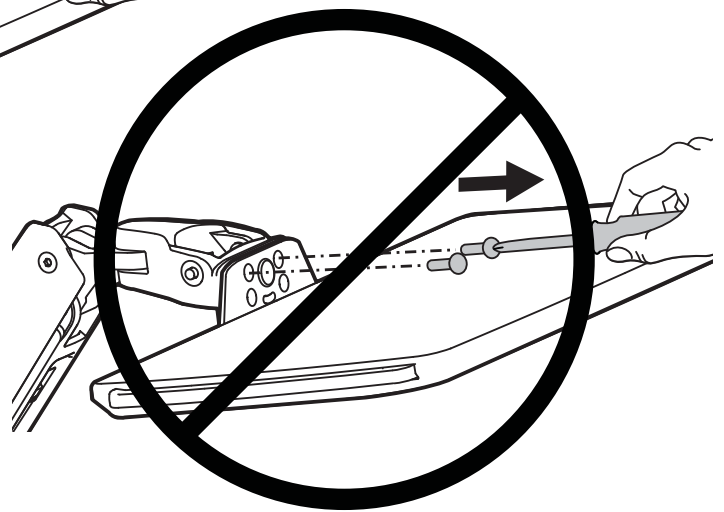
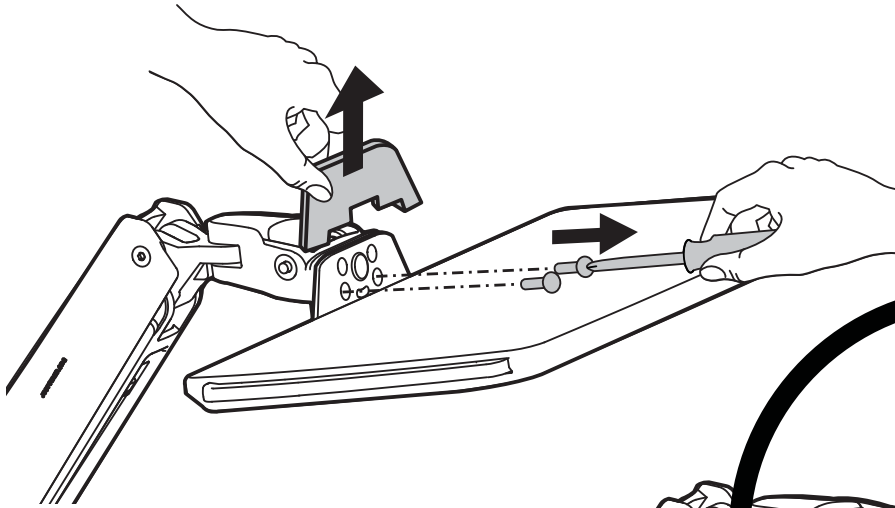
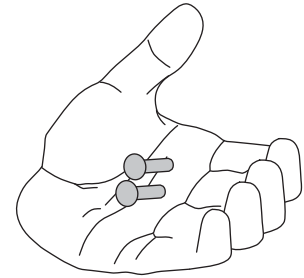
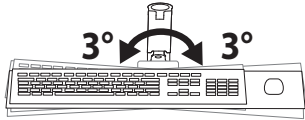
Om denna produkt flyttas för enkelt, behöver du öka friktionen:




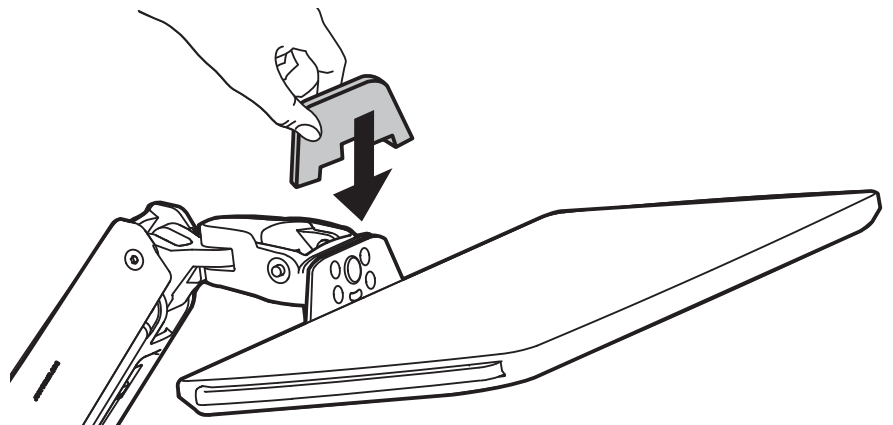
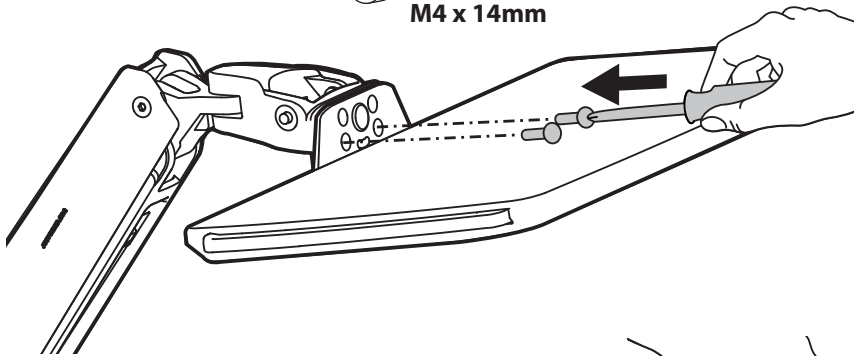
Minska friktion

Om denna produkt är för svår att flytta, behöver du minska friktionen:

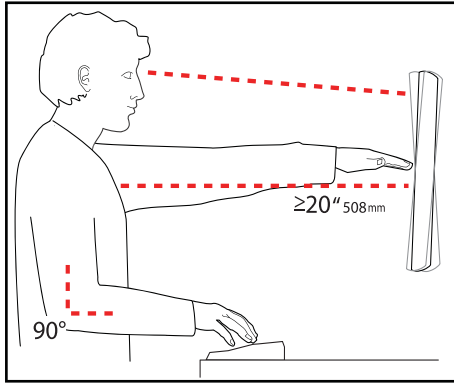
Hur man avlägsnar denna lutningsfunktion:



2x  M4 x 14mm



Set Your Workstation to Work For YOU!



Learn more about ergonomic computer use at:
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.

Gå in på www.ergotron.com för service och garanti

För lokala kundtjänstnummer, gå till: <http://contact.ergotron.com>

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Americas Sales and Corporate Headquarters

St. Paul, MN USA
(800) 888-8458
+1-651-681-7600
www.ergotron.com
sales@ergotron.com

EMEA Sales

Amersfoort, The Netherlands
+31 33 45 45 600
www.ergotron.com
info.eu@ergotron.com

APAC Sales

Tokyo, Japan
www.ergotron.com
apaccustomerservice@ergotron.com

Worldwide OEM Sales

www.ergotron.com
info.oem@ergotron.com