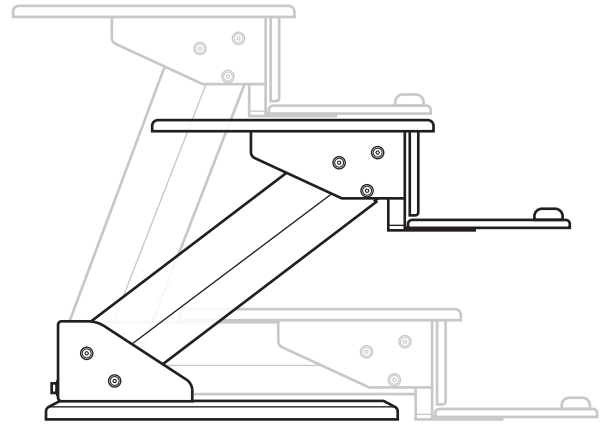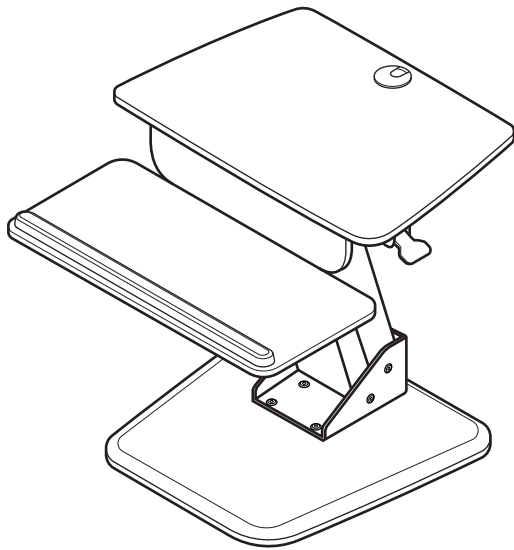# Installation Instructions
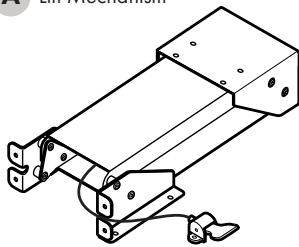# Sit-to-Stand Workstation
Freestanding
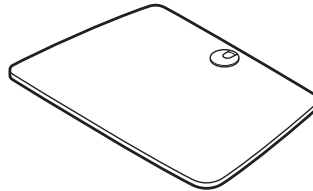

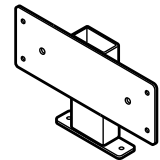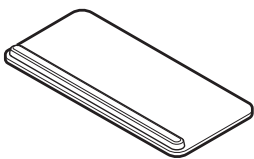## Component Checklist

A Lift Mechanism

B Work Surface

C Keyboard Panel
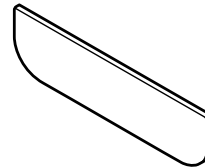
D Keyboard Bracket
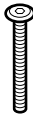
E Keyboard Tray

F Tabletop Base

Hardware

G	**H**	**I**	**J**
Square Pad (x2)	Spacer (x2)	Large Allen Key	Small Allen Key
K	**L**	**M**	**N**	**O**
Round Pad (x4)	M6X8 (x2)	M6X12 (x10)	M6X25 (x4)	M6X35 (x2)

IMPORTANT INFORMATION

! IMPORTANT - Install as per Installation Instructions

! This product is compatible with Visidec™ Focus and SYSTEMA™ monitor mounts.

! This product supports a total maximum load of 28.6lbs (13Kg).

! The manufacturer accepts no responsibility for incorrect installation.

! Excessive pressure on the Keyboard Tray may result in the workstation tipping over.

! Ensure any required electrical/data cables have sufficient length to accommodate the sit-to-stand workstation's movement.

Step 1. Check components

Check that you have received all parts against the Component Checklist.

Step 2. Attach lift mechanism to work surface

A

M

J

O

Lift
Paddle

H

B

J
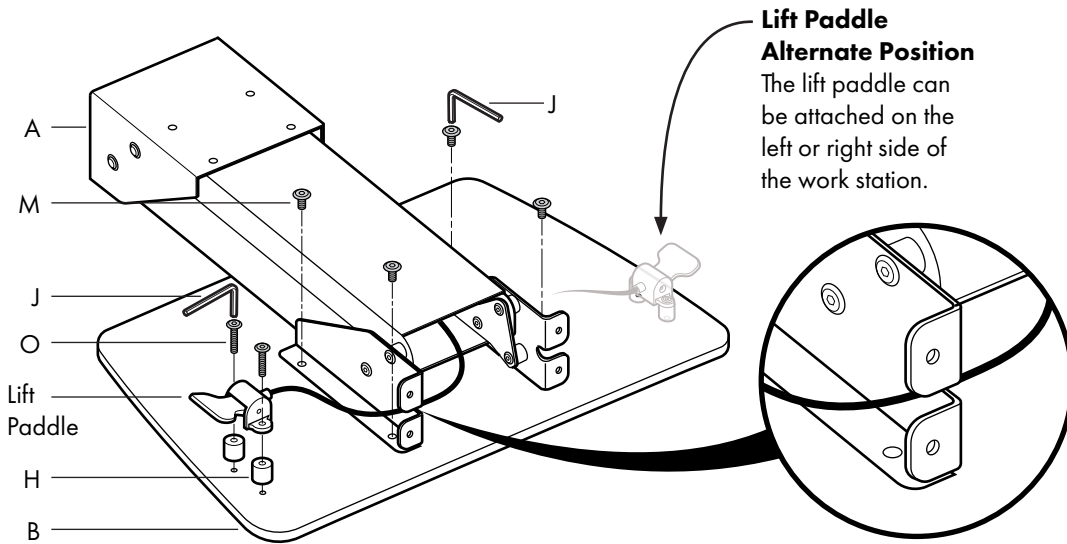
**Lift Paddle
Alternate Position**
The lift paddle can
be attached on the
left or right side of
the work station.

Caution
Avoid pressing
the lift paddle
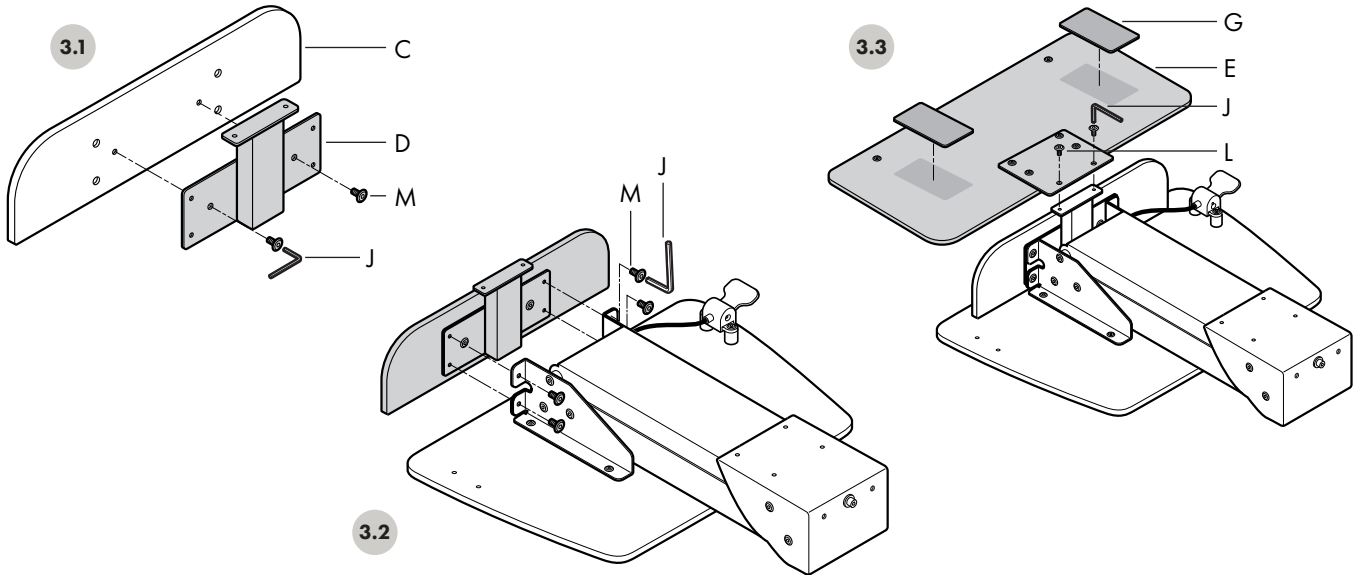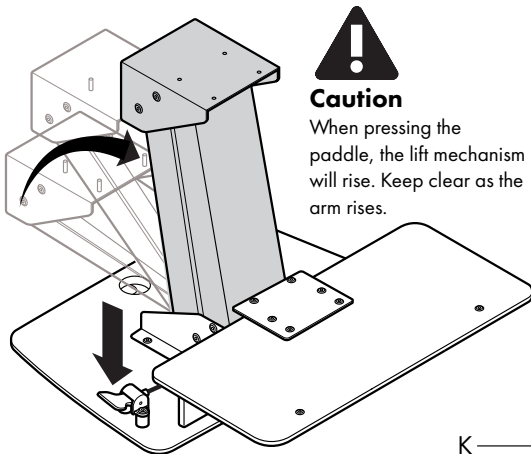until Step 4.

Cable Routing
Route the lift
paddle cable
through the slot in
the plates on the lift
mechanism (A)

Step 3. Attach keyboard bracket and tray

3.1
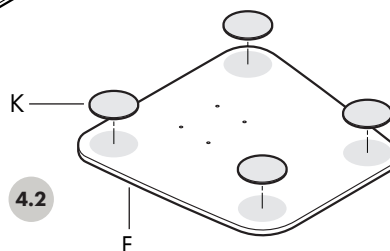
C

D

M

J

3.2

M   J

3.3
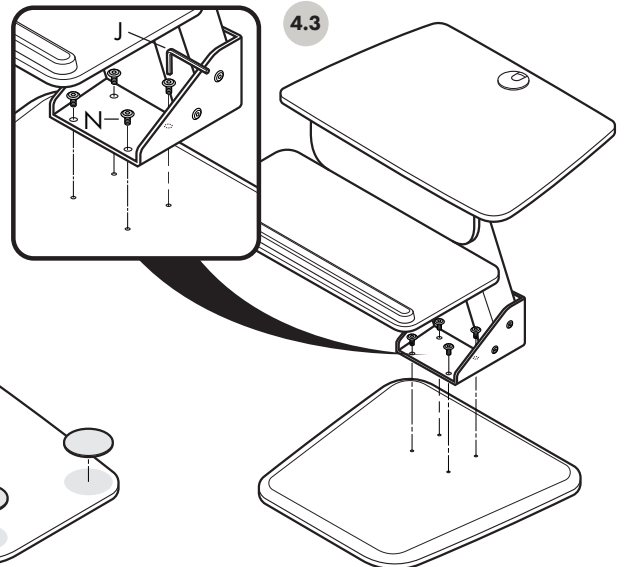
G

E

J

L

Step 4. Assemble tabletop base

Caution
When pressing the
paddle, the lift mechanism
will rise. Keep clear as the
arm rises.

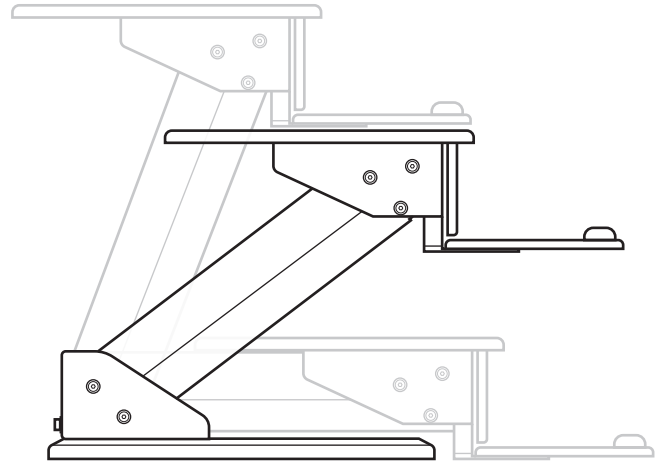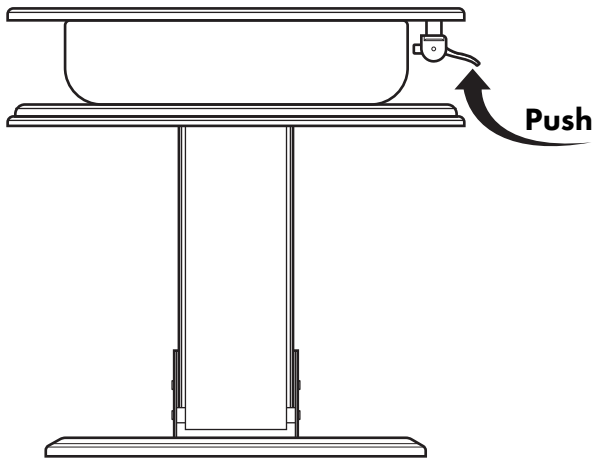**4.1** Depress the lift paddle to
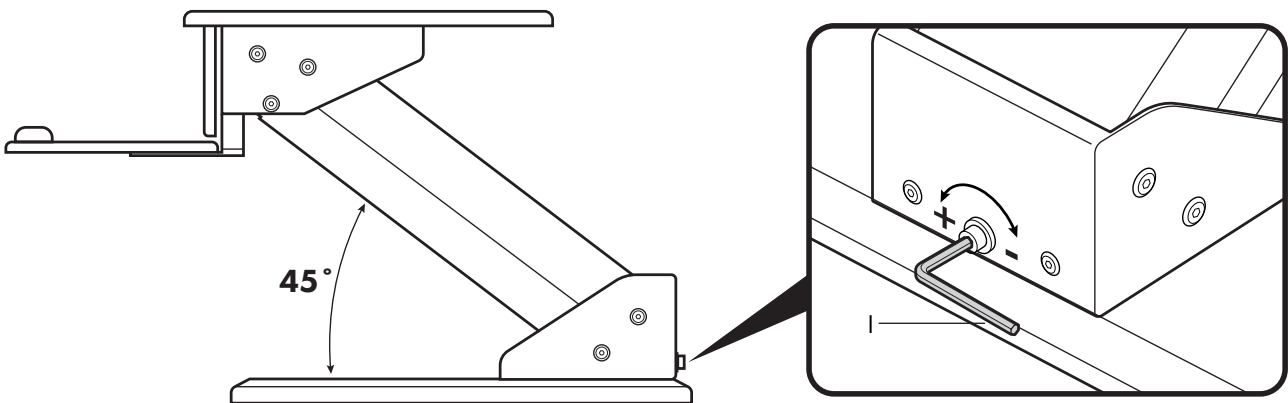raise the lift mechanism.

4.2

K

F

4.3

J

N

Step 5. How to adjust from sitting to standing

Push

While gripping onto the sides of the work surface, depress the lift paddle to adjust the height of the work station.

Step 6. Adjust lift assistance

45˚

+

−

|

6.1 **Position the workstation at mid height**
While gripping onto the sides of the work surface, depress the lift paddle and adjust the angle of the lift mechanism to 45° from the table.

6.2 Adjust the amount of lift assistance. The workstation should not fall when the lift paddle is depressed.

Note:
For heavier weights turn the adjustment screw towards '**+**'

For lighter weights turn the adjustment screw towards '**-**'

Installation Complete

This workstation is compatible with accessories such as monitor mounts. For advice on positioning accessories on this workstation please refer to the Technical Specifications for this product, found on atdec.com.