

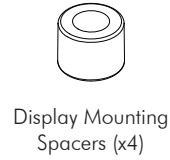
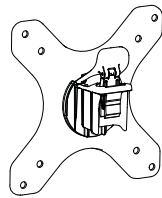
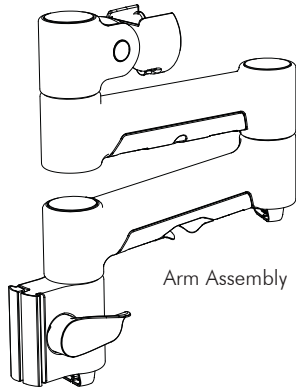
SA46S
SA46W
SA46B
SA46PB

Installation Instructions

SYSTEMA

Systema | Monitor Arm | 460mm

Component Checklist



HARDWARE



Display Mounting Screws



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

IMPORTANT INFORMATION:

! IMPORTANT - Install Systema Monitor Arm as per installation instruction.

! This product supports a maximum load of 12kg (26.4lbs).

! The manufacturer accepts no responsibility for incorrect installation.

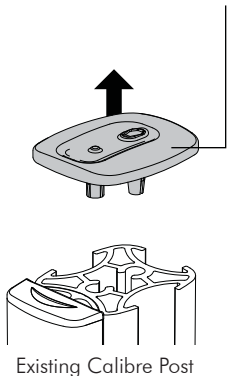
! The Systema Monitor Arm is compatible with Systema Posts: SP10, SP40, SP75 and with Wall Channels: SW6 & SW35.

Step 1. Check Components

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

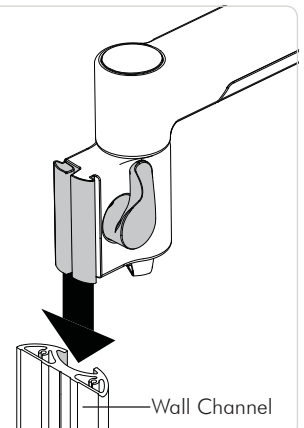
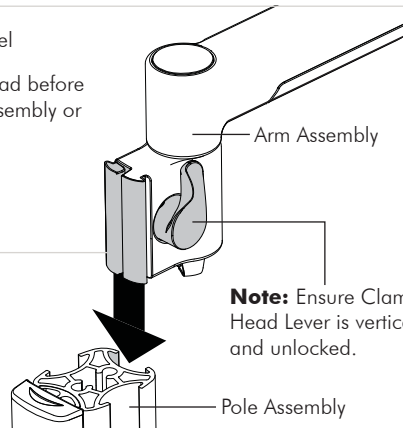
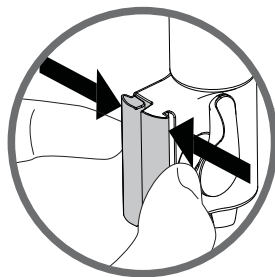
Step 2. Mount Arm Assembly

2.1 Remove Post Top Cap.

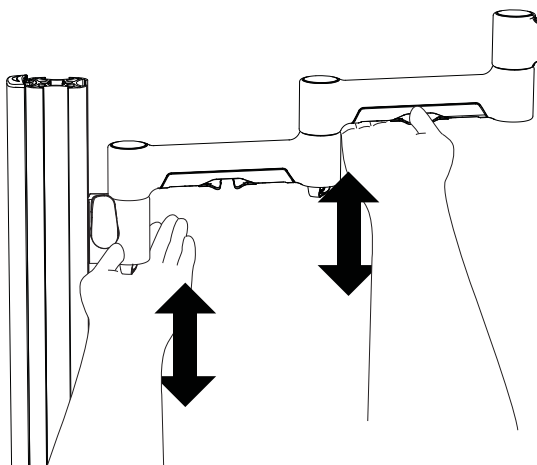


2.2 Insert Arm Assembly into Channel

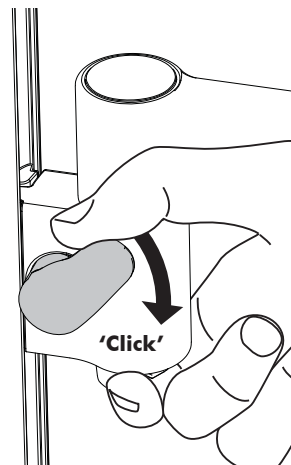
Note: Squeeze and hold Clamp Head before inserting into the channel on Post Assembly or Wall Channel.



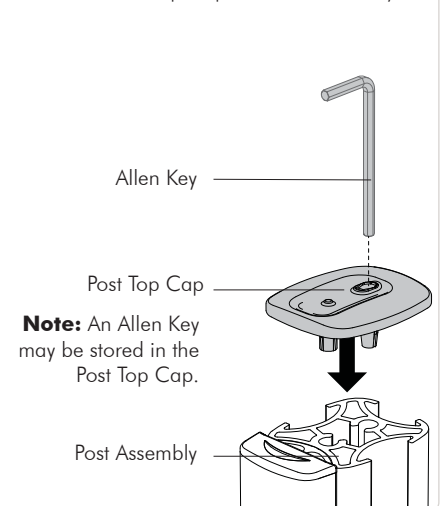
2.3 Move Channel Clamp to desired height and ensure arm is supported.



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.

VESA monitor head

Screen

M4x12/16/25mm Phillips Head Mounting Screws

Spacers (may be required for recessed and uneven surfaces)

100mm

75mm

100mm

75mm

Step 4. Mount Display

VESA monitor head

Arm Assembly

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

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

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

Gap

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 SECURITY SCREW
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

Phillips Head Screwdriver

Step 5. Cable Management

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

Note: Ensure enough cable slack is given to allow for movement.

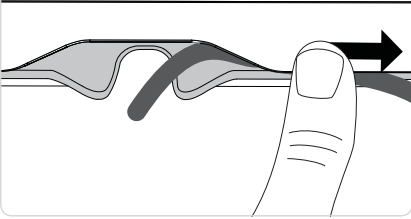
5.2 Push the cable up into the gap in the **upper** arm Cable Cover.

Cable Cover

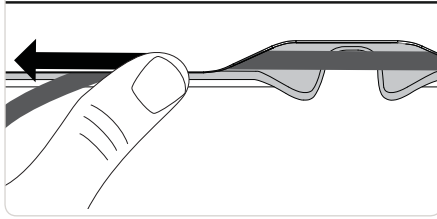
Cable

Step 5. Cable Management (cont.)

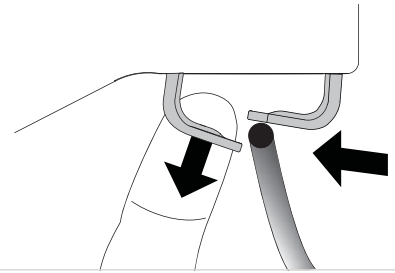
5.3 Whilst maintaining pressure on the cable, slide the cable into the groove and follow it up.



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

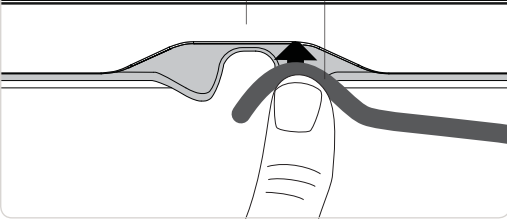


5.5 At the Elbow, pull one side of the clip down and push the cable through the gap.

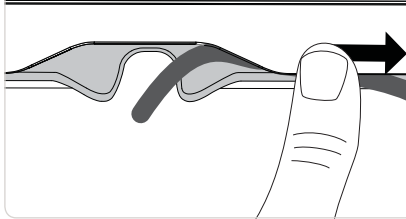


5.6 Push the cable up into the gap in the **lower** arm Cable Cover.

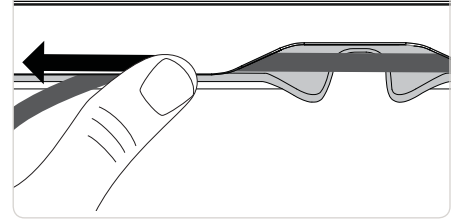
Cable Cover Cable



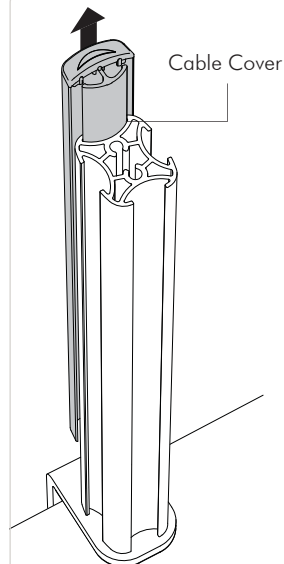
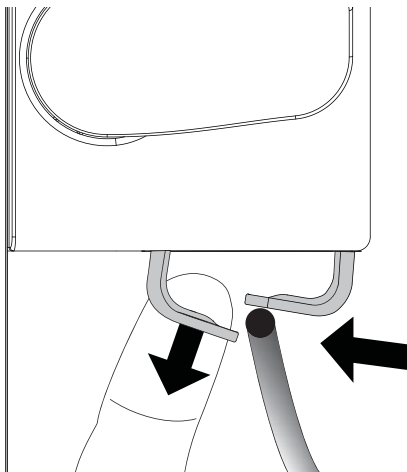
5.7 Whilst maintaining pressure on the cable, slide the cable into the groove and follow it up.



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



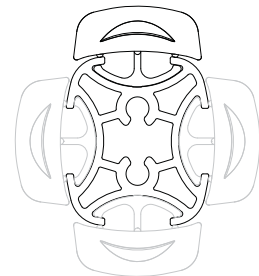
5.9 Under the Channel Clamp, pull one side of the clip down and push the cable through the gap.



5.10 OPTIONAL

To reposition the Cable Cover, pull it straight up and out of the post and insert it into any of the available channels.

Note: The Cable Cover shown, only comes with SP40 or SP75 posts.

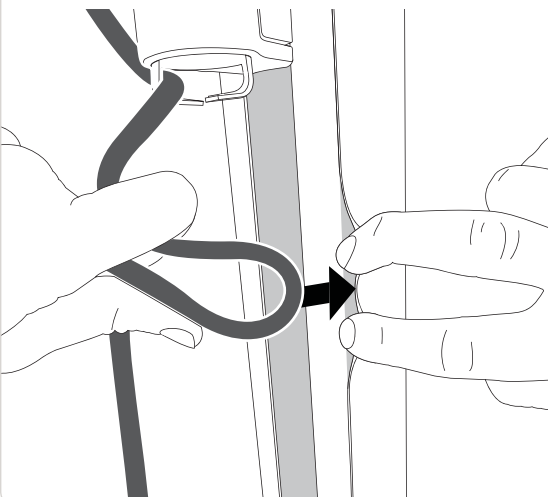


Optional Cable Cover Positions

Note: Choose 5.11 and/or 5.12 for your column cable management depending on your needs.

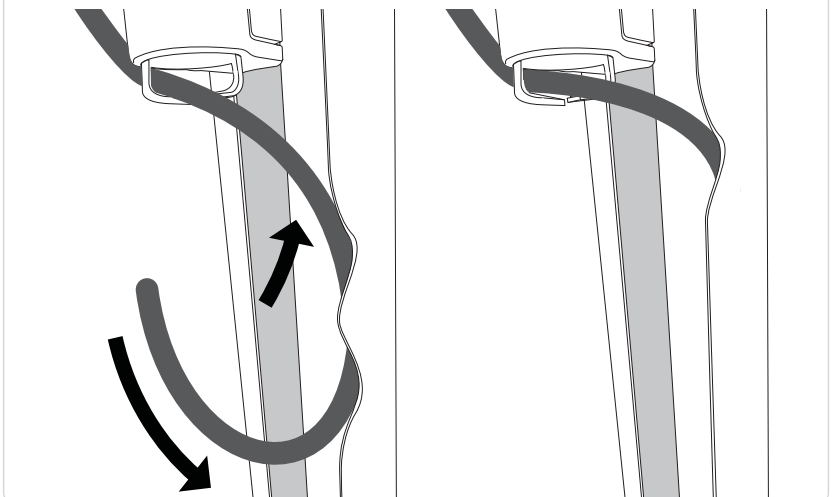
5.11 OPTIONAL

A. Loop cable and insert into Cable Cover.



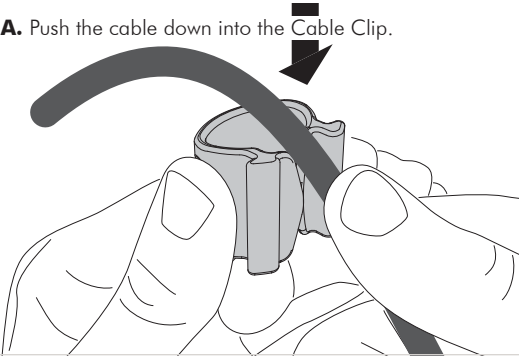
5.11 OPTIONAL

B. Push the Cable down into either side of the Cable Cover until it reaches the bottom.



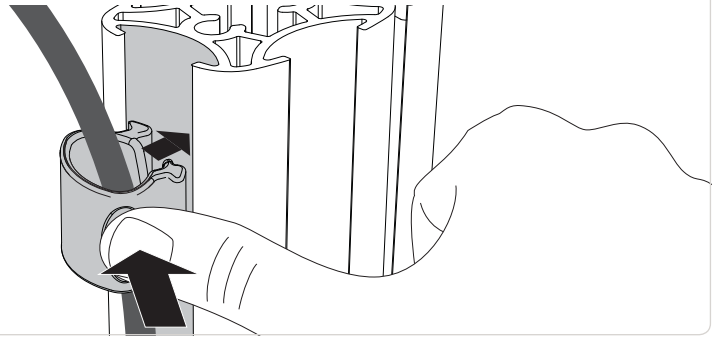
5.12 OPTIONAL (NOTE: Cable clips only come with SP40 and SP75 Posts or separately in SC4 accessory pack)

A. Push the cable down into the Cable Clip.



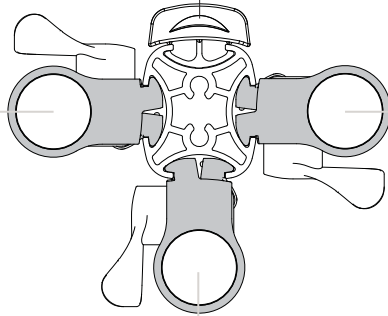
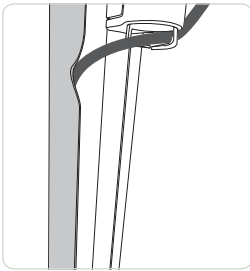
5.12 OPTIONAL

B. Insert one side of the Cable Clip into the Channel on the Post assembly or Wall channel, before pushing the other side in.

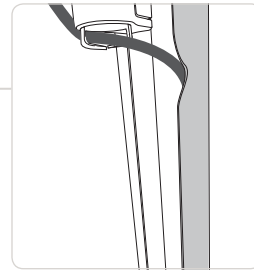


For a triple configuration Atdec recommends using:

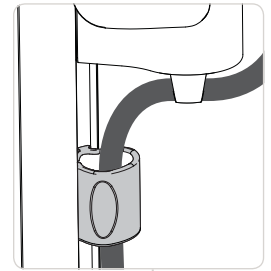
Post Cable Cover



Post Cable Cover

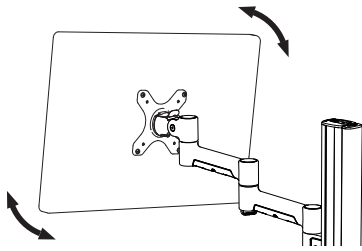


Post Cable Clip



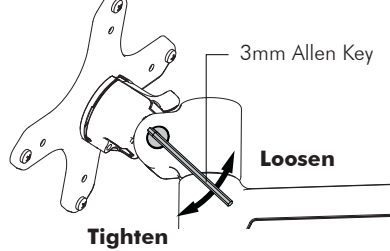
Step 6. Adjusting the Display Bracket

Portrait/Landscape



No Allen Key necessary

Tilt (Screen angle up/down)

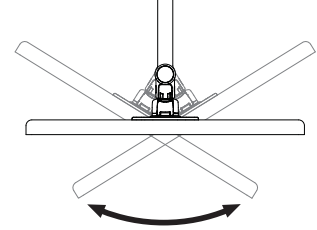


Tighten

Loosen

Note: Support Screen when adjusting tilt.

Pan (Screen angle left/right)



No Allen Key necessary

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.

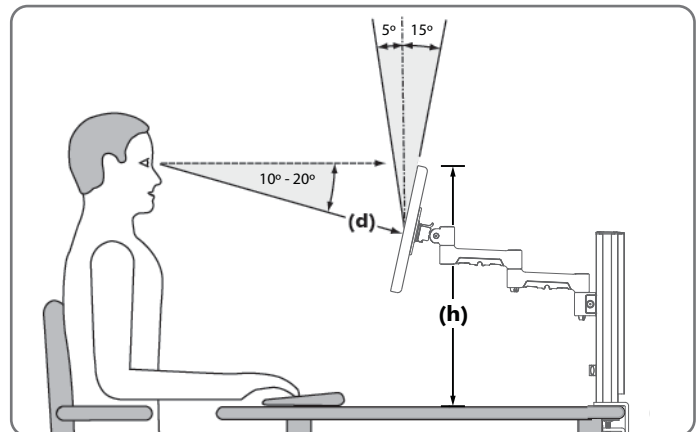
Viewing angle: Ergonomists recommend that the optimal position of your display should be slightly below eye level. When looking at the display's centre the user should have a downward visual angle of approximately 10°-20°.

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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SW35S
SW35SW
SW35SB
SW35B

Installation Instructions

SYSTEMA

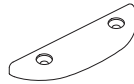
Systema | 358mm Wall Channel

Component Checklist

Wall Channel (x1)



Top Cap (x1)



Top Cap Screws
(x2)



M6 x 50mm
Countersunk
Screw (x3)



Nylon Anchor (x3)



Tools Required:

- Power Drill
- 5.5mm (1/4") Drill Bit
- 8mm (5/16") Drill Bit
- Phillips Head Screwdriver

IMPORTANT INFORMATION:

! IMPORTANT - Install Systema Wall Channel as per installation instructions.

! Refer to Systema Monitor arm or Monitor Spring Arm Installation Instructions for maximum load advice.

! The manufacturer accepts no responsibility for incorrect installations.

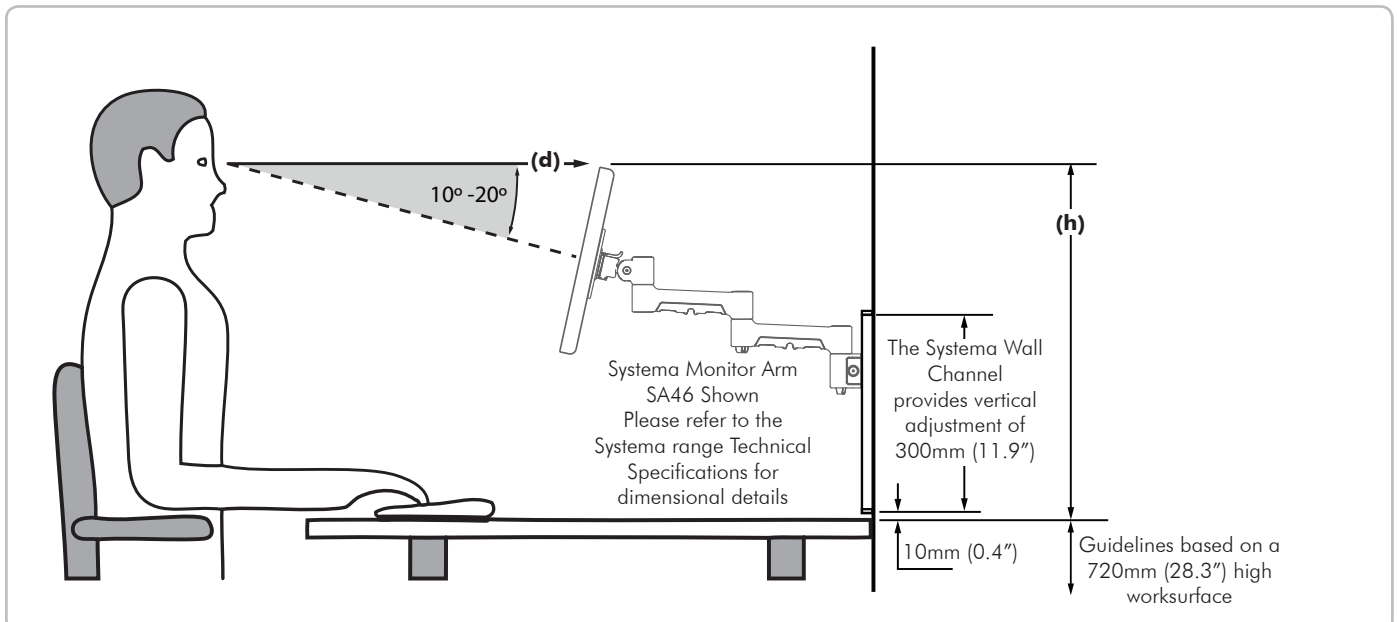
! The Systema Wall Channel is compatible with Systema Monitor Arms: SA13, SA46, SA71 and with Systema Monitor Spring Arm: SS.

Step 1. Check Components

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

Step 2. Position Wall plate - 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.



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")

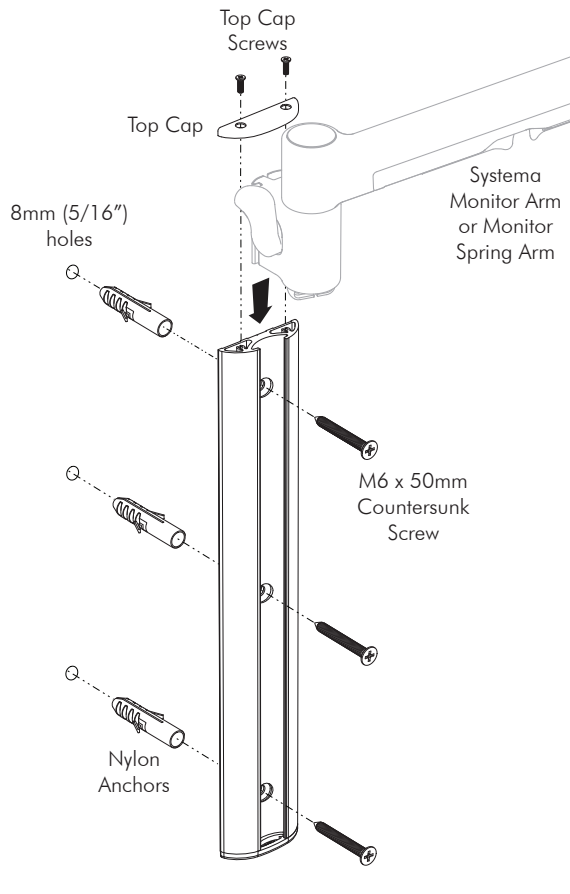
Atdec recommends that the bottom of the wall channel is positioned 10mm above the worksurface to facilitate use by the largest range of people.

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

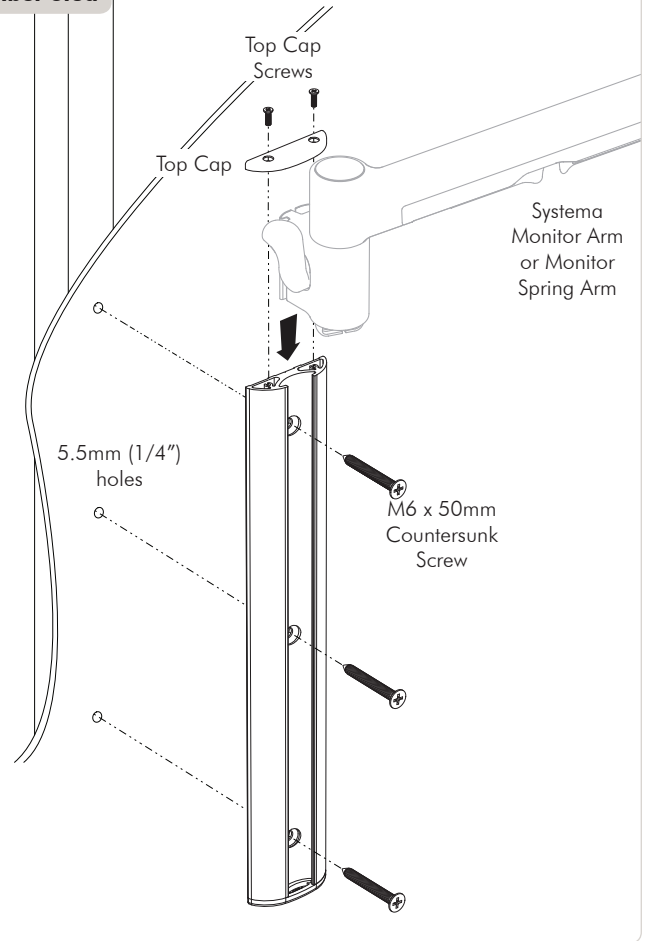
Viewing angle: Ergonomists recommend that the optimal position of your display should be slightly below eye level. When looking at the display's centre the user should have a downward visual angle of approximately 10°-20°.

Step 3. Install Wall Channel

Masonry



Timber Stud



Installation Complete

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

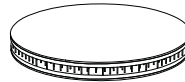
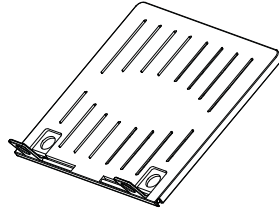


SYSTEMA

Systema | Notebook Tray

Component Checklist

Notebook Tray



Hook & Loop Fasteners (x4 sets)

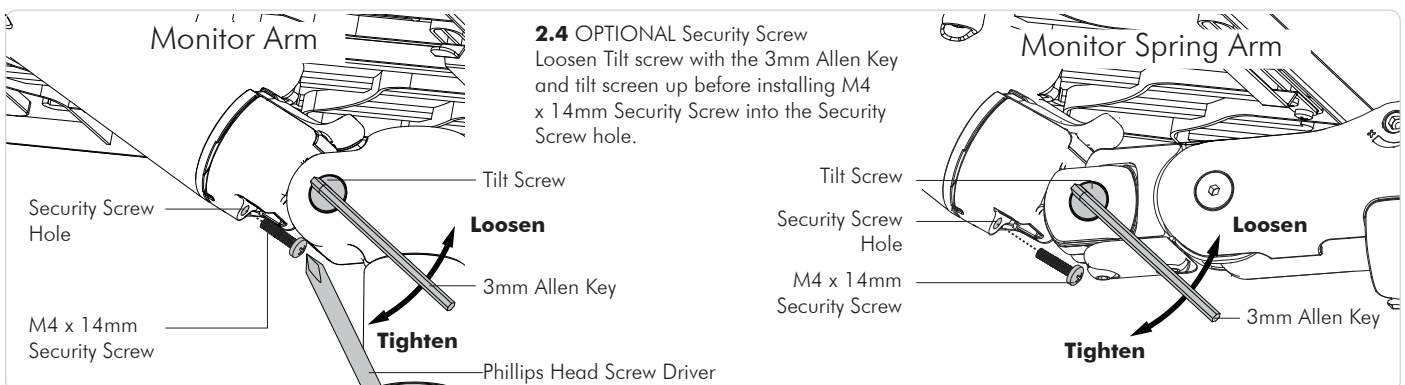
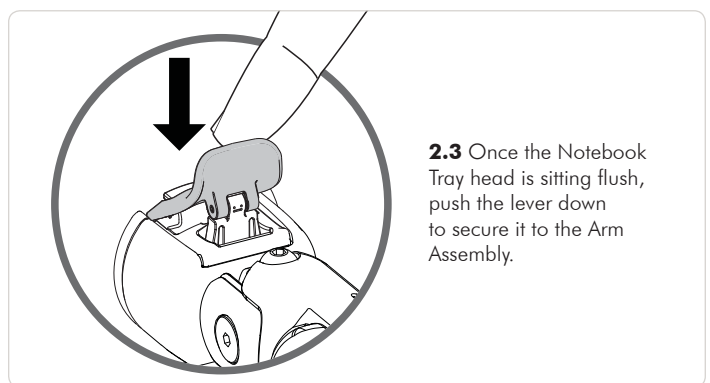
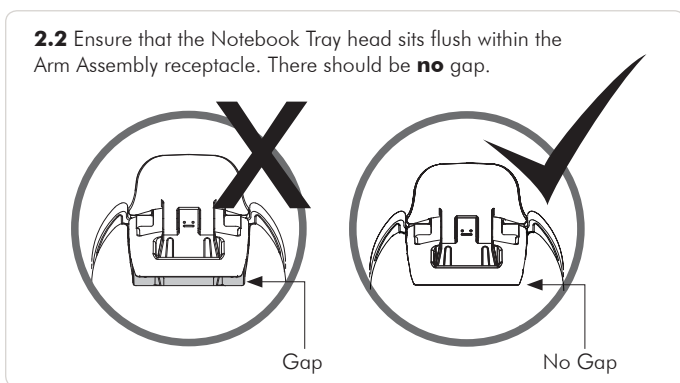
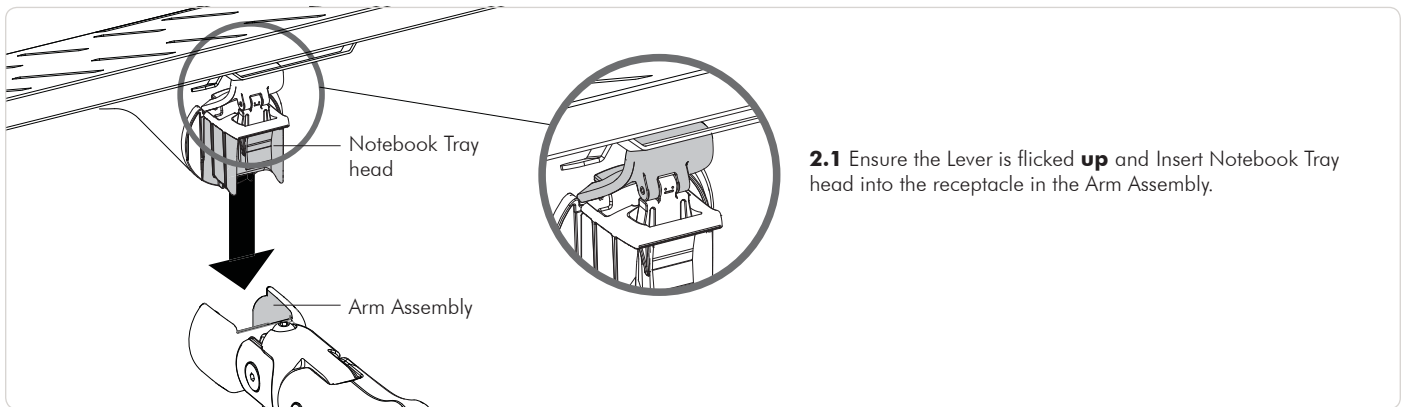
IMPORTANT INFORMATION:

- ! **IMPORTANT - Install Systema Notebook Tray as per installation instruction.**
- ! This product supports notebooks up to 18", weighing up to 8kg (17.6lbs).
- ! The Systema Notebook Tray is designed to be used only in conjunction with the Systema range of Monitor arms.
- ! The manufacturer accepts no responsibility for incorrect installation.

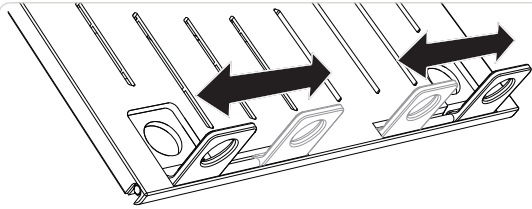
Step 1. Check Components

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

Step 2. Mount Notebook Tray



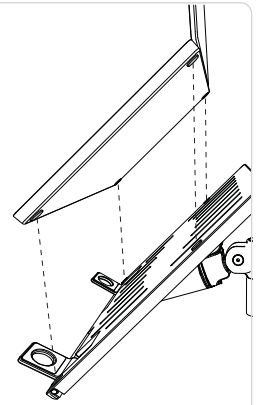
Step 3. Install Notebook



3.1 Adjust the Support Tabs to suit the width of the Notebook Computer ensuring that cable ports are not obstructed.

3.2 To increase stability, use the self adhesive Hook-and-Loop Fasteners supplied.

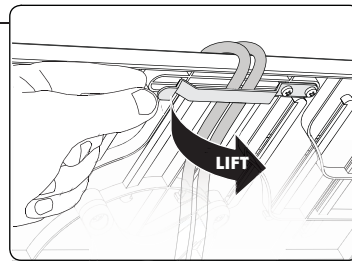
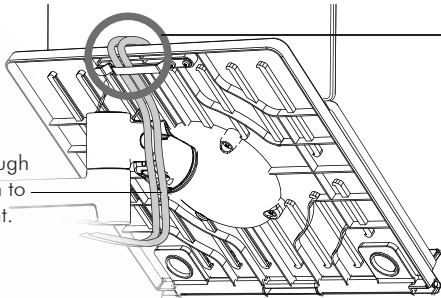
- Peel off the backing paper to the fasteners.
- Attach fasteners to both the Notebook Tray and Computer.
- Ensure that each set of fasteners are correctly aligned i.e. Hook to Loop.



Step 4. Cable Management

4.2 Cable Clips and Covers can be used to further manage cables.

Note: Ensure enough cable slack is given to allow for movement.

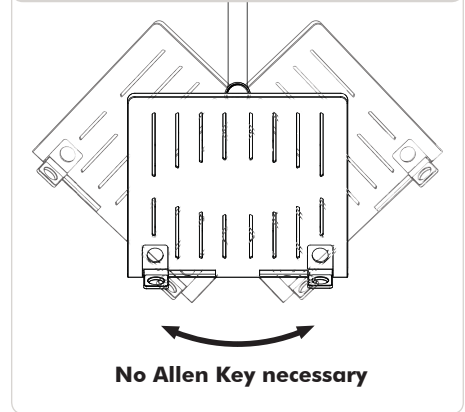
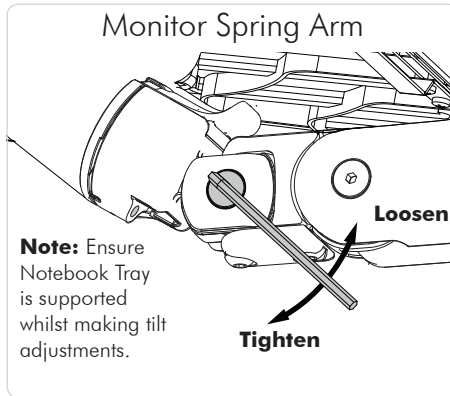
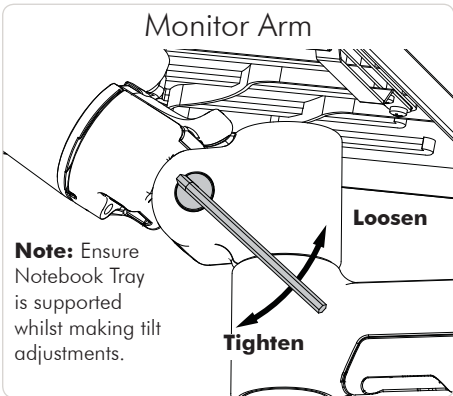


Note: After connecting the Notebook Cables, route them through the Cable Management Clip on the back of the Notebook Tray.

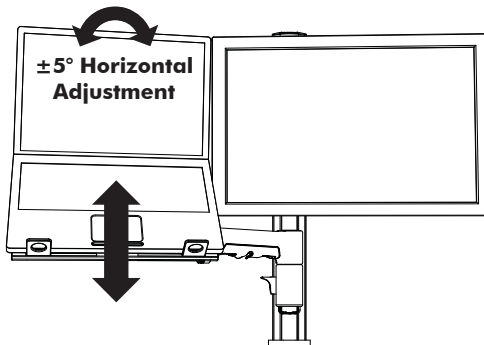
Step 5. Adjusting the Notebook Tray

Tilt (Screen angle up/down) (Use 3mm Allen key)

Pan (Screen angle left/right)



Horizontal Adjustment



For the optimal position of your display, refer to the Ergonomic Guidelines in your Systema Monitor and Monitor Spring Arm manuals.

Installation Complete

