

SSS  
SSW  
SSB

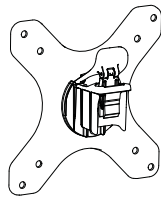
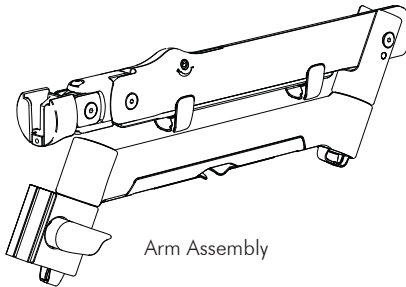
SSPW  
SSPB

Installation Instructions

# SYSTEMA

Systema | Monitor Spring Arm

## Component Checklist

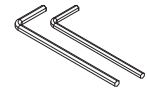


Display Mounting Spacers (x4)



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:

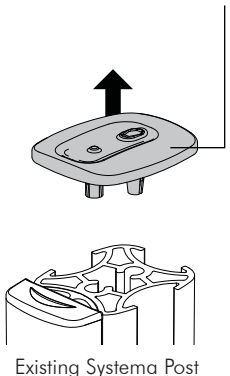
- ! **IMPORTANT - Install Systema Monitor Spring Arm as per installation instruction.**
- ! This product supports a minimum load of 1.5kg (3.3lbs) and maximum load of 8kg (17.6lbs).
- ! The manufacturer accepts no responsibility for incorrect installation.
- ! Compatible with Systema Posts: SP10, SP40,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

## Step 1. Check Components

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

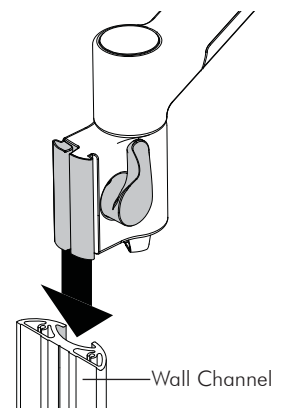
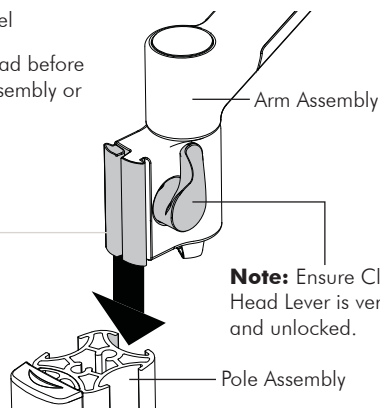
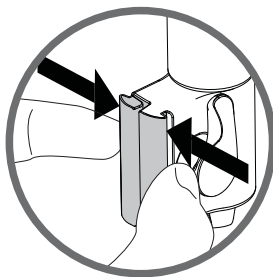
## Step 2. Mount Arm Assembly

### 2.1 Remove Post Top Cap.

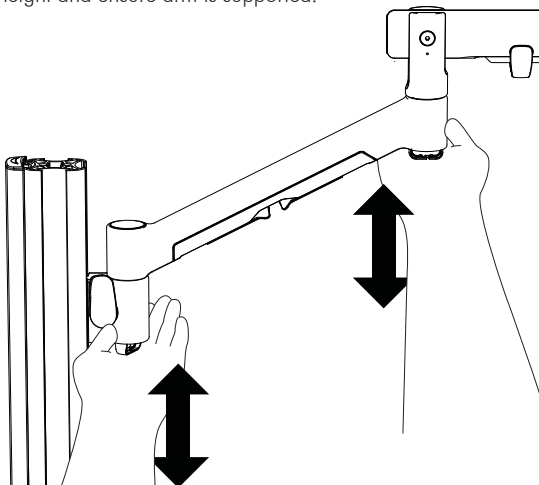


### 2.2 Insert Arm Assembly into Channel

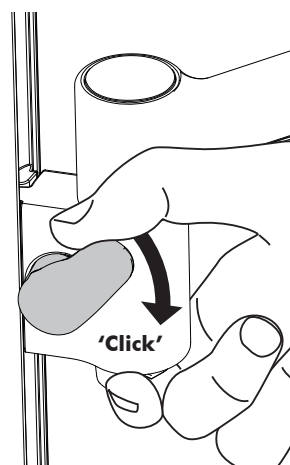
**Note:** Squeeze and hold Clamp Head before inserting into the channel on Post Assembly or Wall Channel.



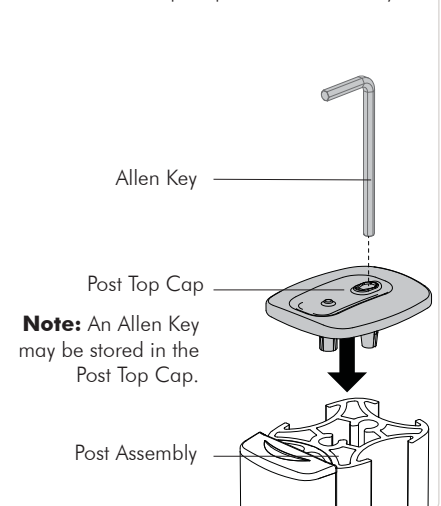
### 2.3 Move Channel Clamp to desired height and ensure arm is supported.



### 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.

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 flicked up 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 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.

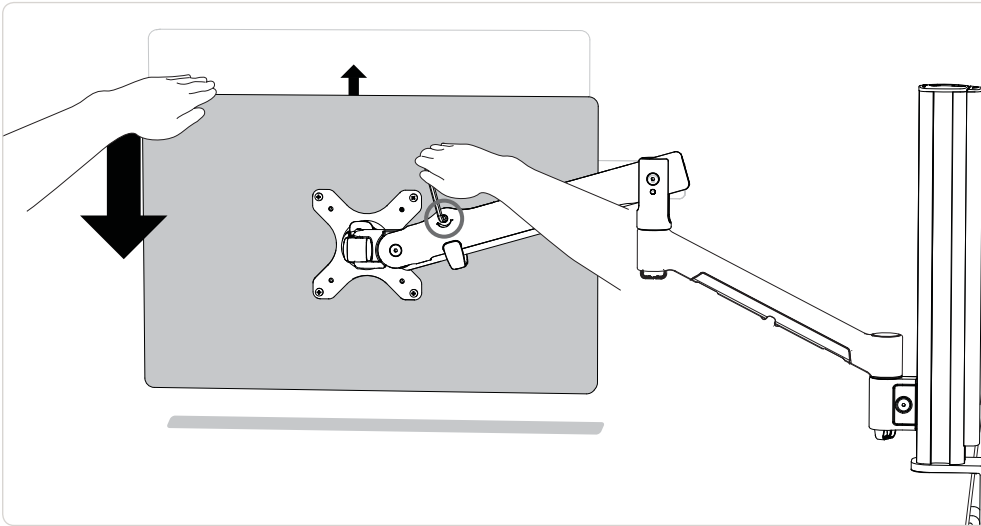
Spring Tension Adjustment

4mm Allen Key

+ Tighten

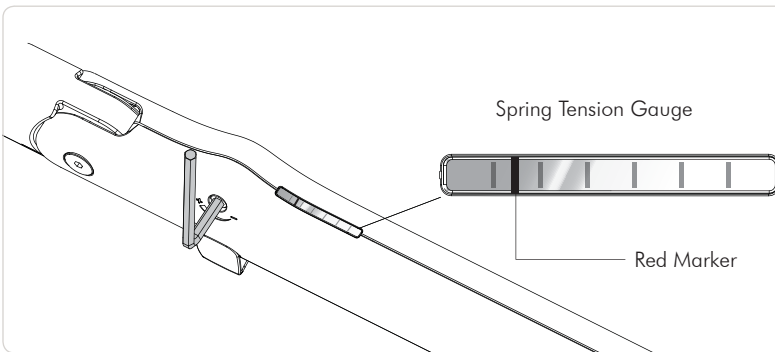
Loosen -

## 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.



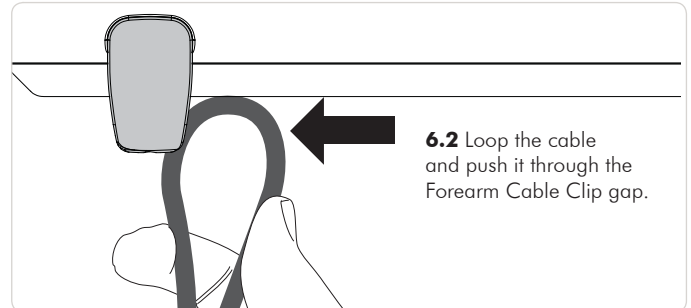
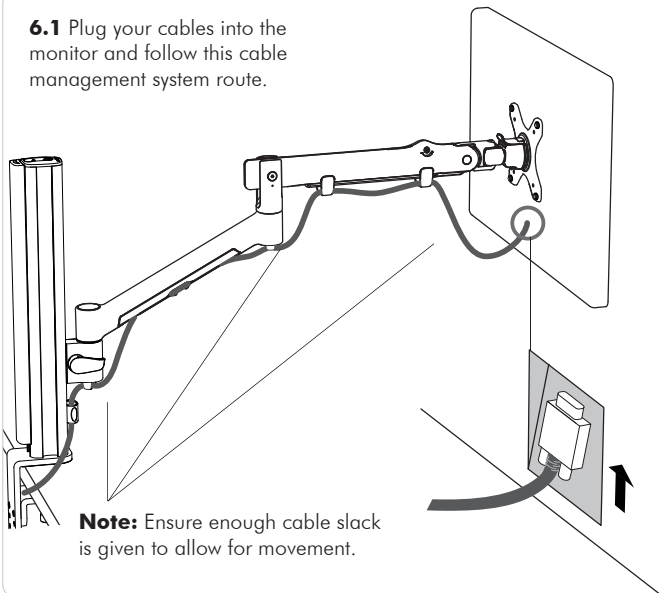
### 5.3 MULTIPLE ARM INSTALLATIONS

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.

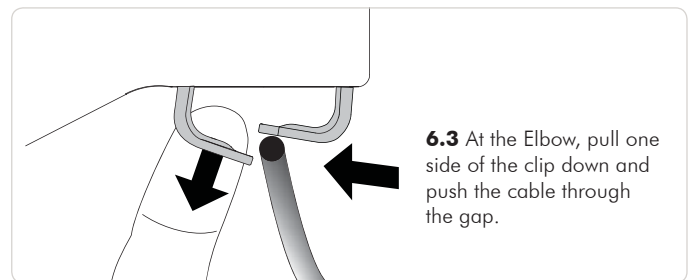
**Max weight: 8 kg.**

## Step 6. Cable Management

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

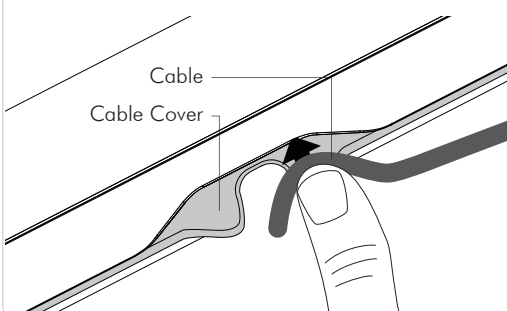


**6.2** Loop the cable and push it through the Forearm Cable Clip gap.

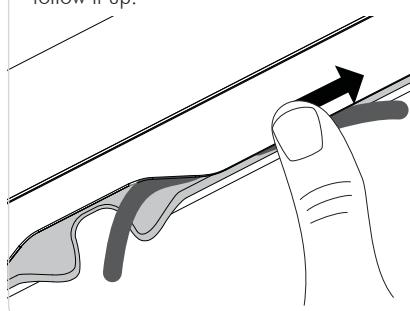


**6.3** At the Elbow, pull one side of the clip down and push the cable through the gap.

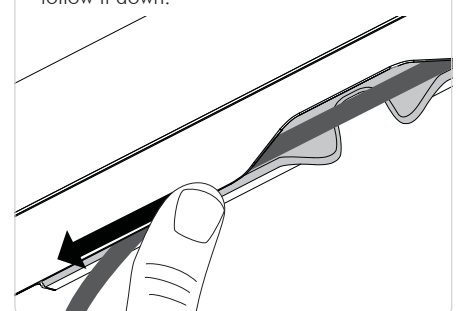
**6.4** Push the cable up into the gap in the lower arm Cable Cover.



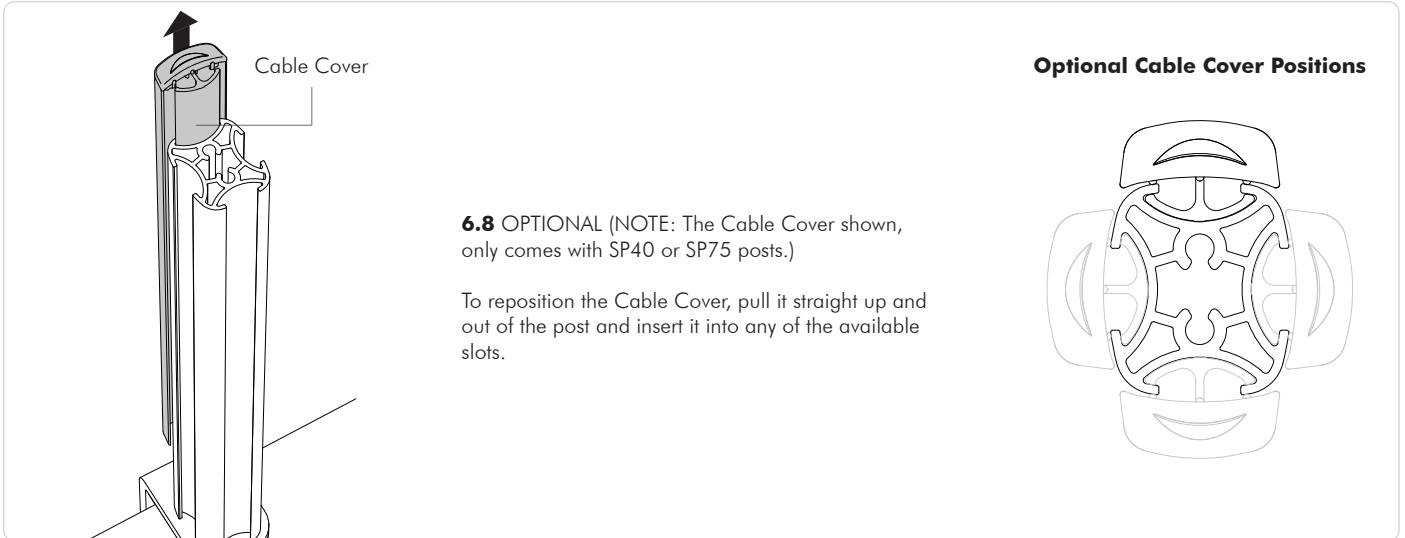
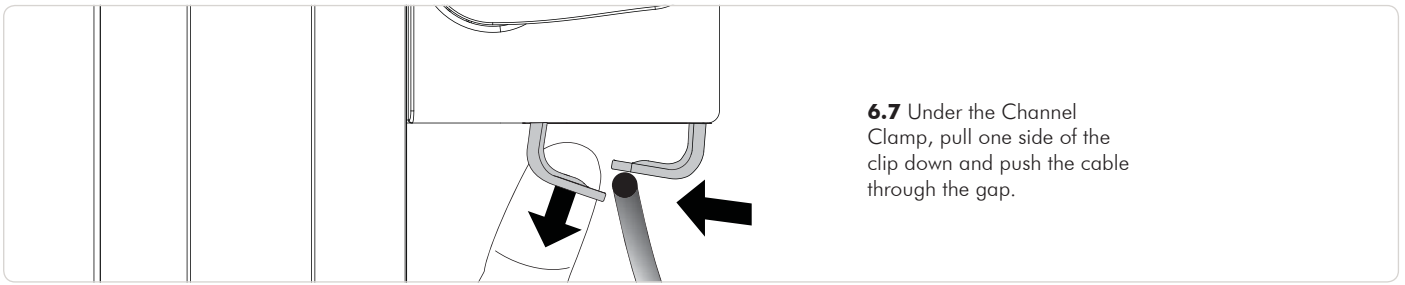
**6.5** Whilst maintaining pressure on the cable, slide the cable into the groove and follow it up.



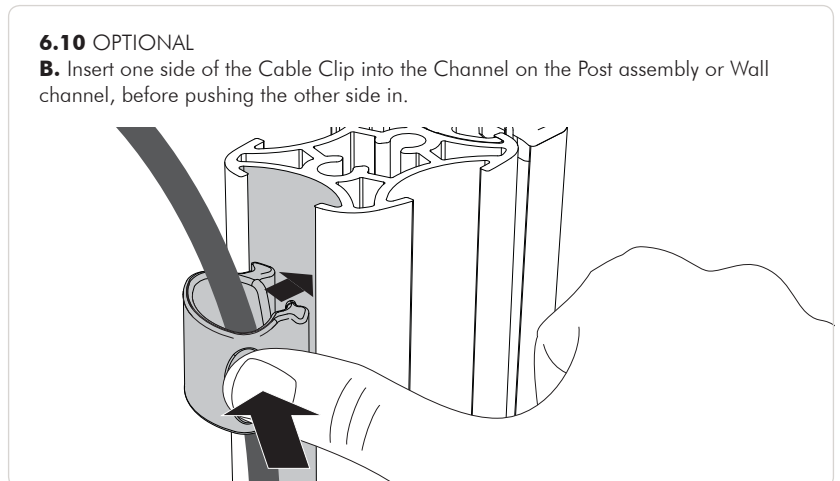
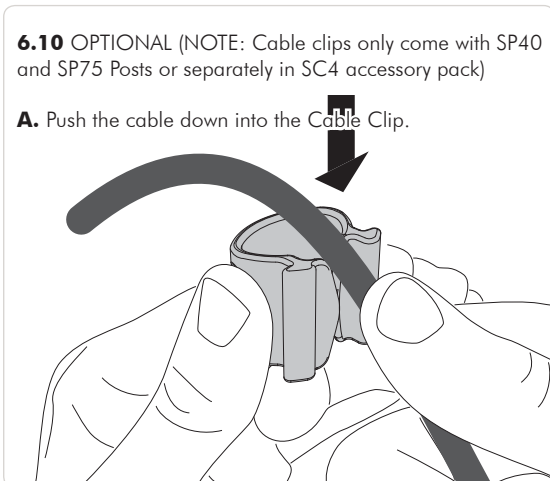
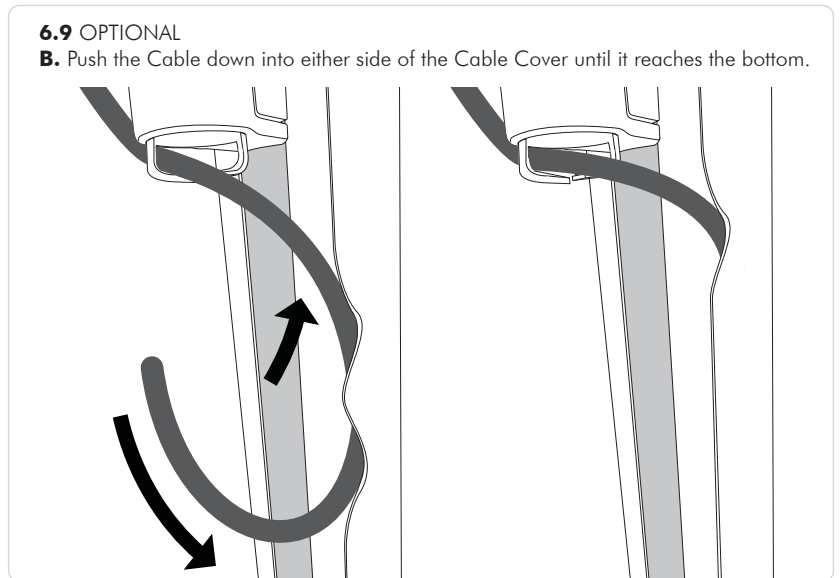
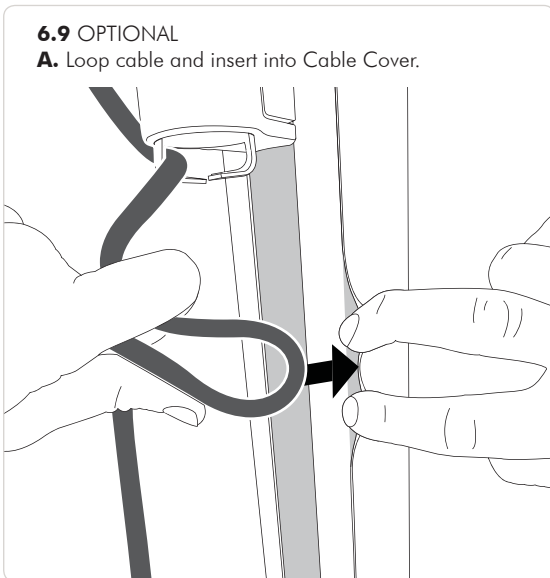
**6.6** Whilst maintaining pressure on the cable, slide the cable into the groove and follow it down.



## Step 6. Cable Management (cont.)

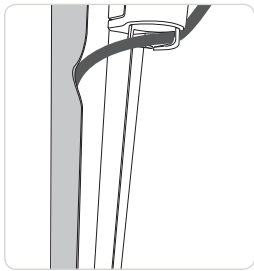


**Note:** Choose 6.9 and/or 6.10 for your column cable management depending on your needs.

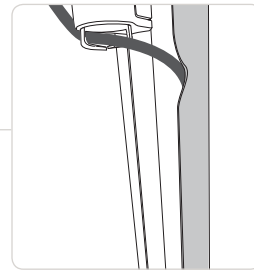


For a triple configuration Atdec recommends using:

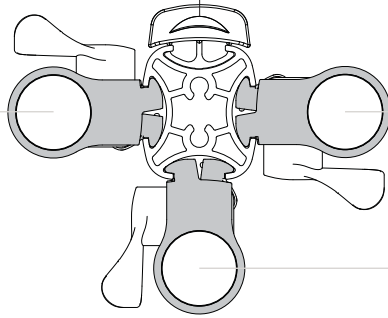
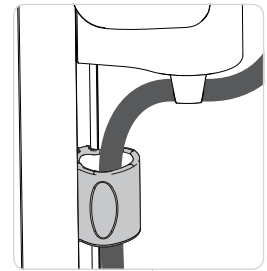
Post Cable Cover



Post Cable Cover

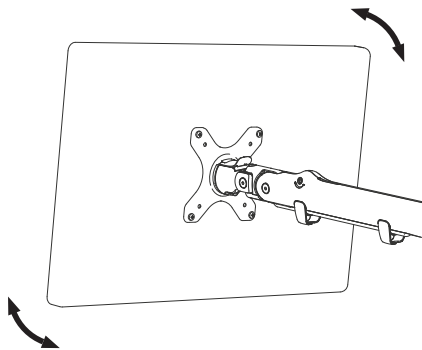


Post Cable Clip

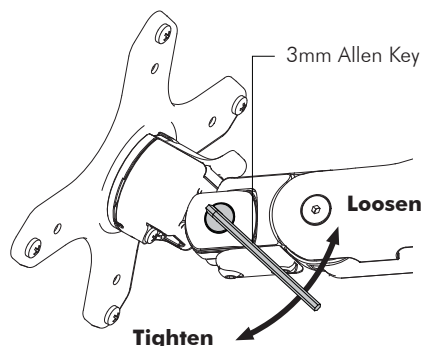


## Step 7. Adjusting the Display Bracket

### Portrait/Landscape

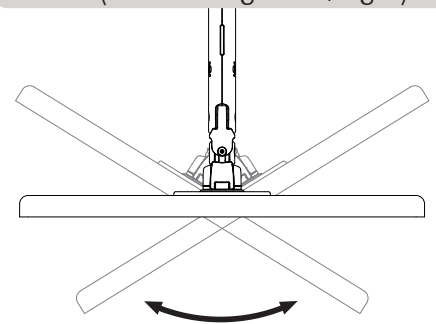


### Tilt (Screen angle up/down)



**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.

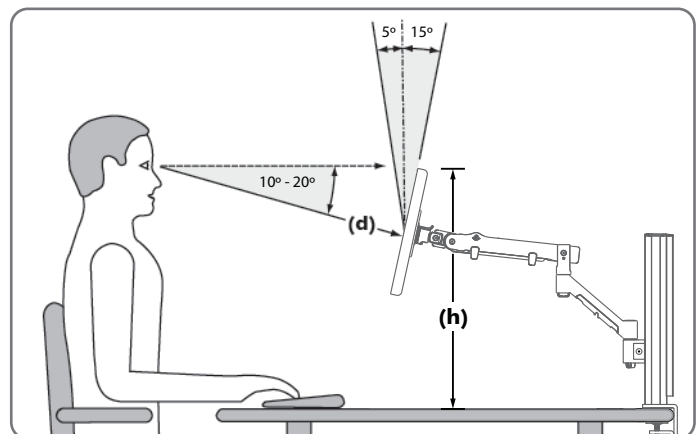
**Viewing angle:** Ergonomists recommend that the optimal position of your display should be slightly below eye level. When looking at the display's centre the user should have a downward visual angle of approximately 10°-20°.

**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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SW6S  
SW6SW  
SW6SB  
SW6B

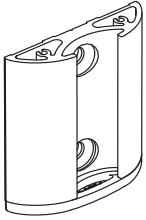
Installation Instructions

# SYSTEMA

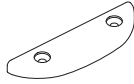
Systema | 60mm Wall Channel

## Component Checklist

Wall Channel (x1)



Top Cap (x1)



Top Cap Screws  
(x2)



M6 x 50mm  
Countersunk  
Screw (x2)



Nylon Anchor (x2)



### 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.

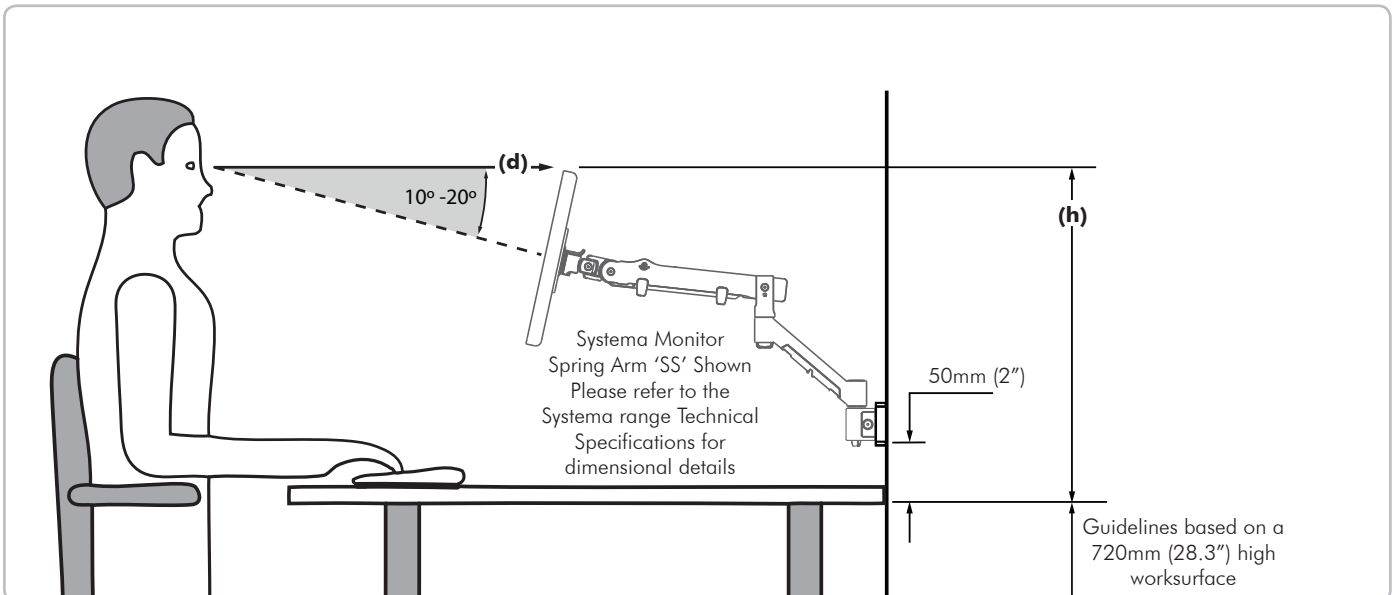
! The Systema Wall Channel is compatible with Systema Monitor Spring Arm: SS and with Systema Monitor Arms: SA13, SA46, and SA71.

## 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")

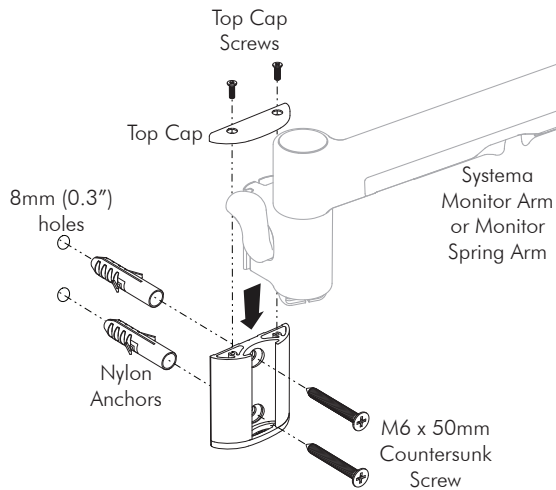
**When used with the Systema Monitor Spring Arm, it is recommended that the bottom of the wall channel is positioned 50mm above the worksurface to facilitate use by the largest range of people.**

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

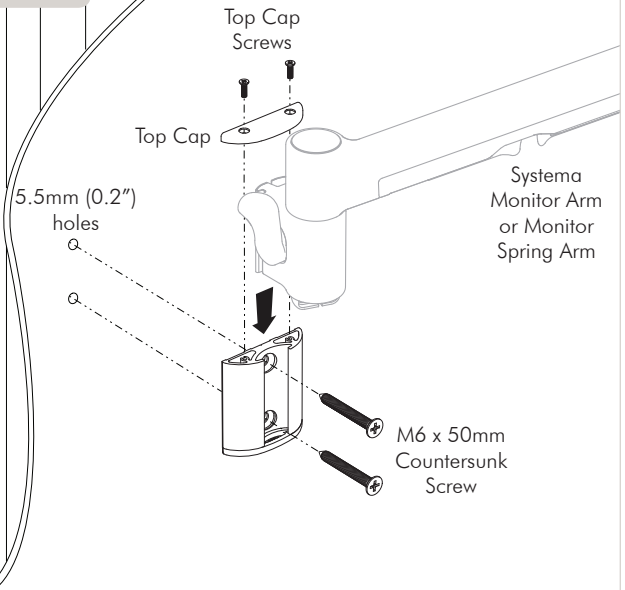
**Viewing angle:** Ergonomists recommend that the optimal position of your display should be slightly below eye level. When looking at the display's centre the user should have a downward visual angle of approximately 10°-20°.

### Step 3. Install Wall Channel

#### Masonry



#### Timber Stud



### Installation Complete

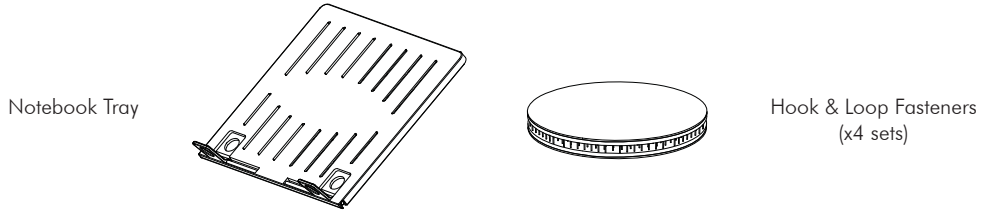
You are now ready to install your Systema Monitor Spring Arm.  
Please refer to the Installation Instructions Included with these products.



# SYSTEMA

Systema | Notebook Tray

## Component Checklist



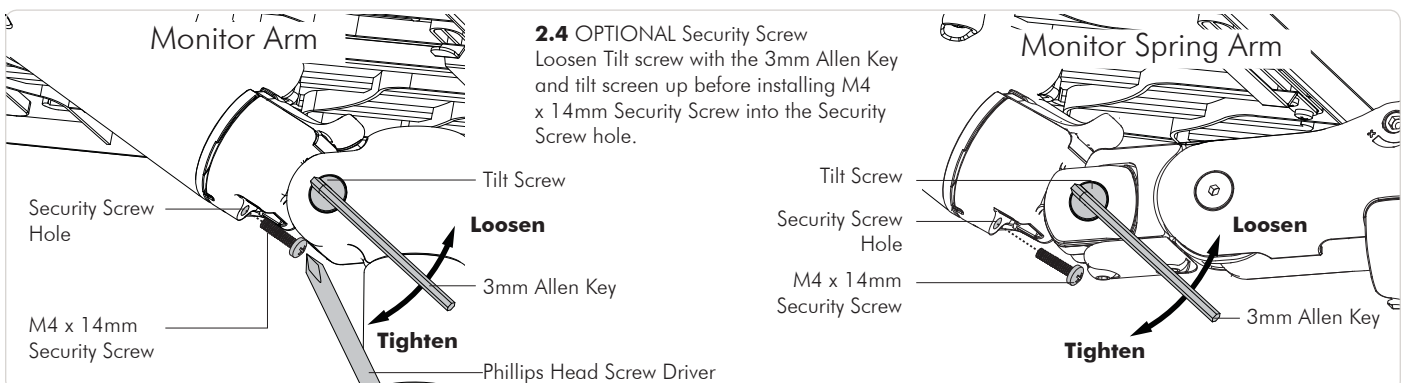
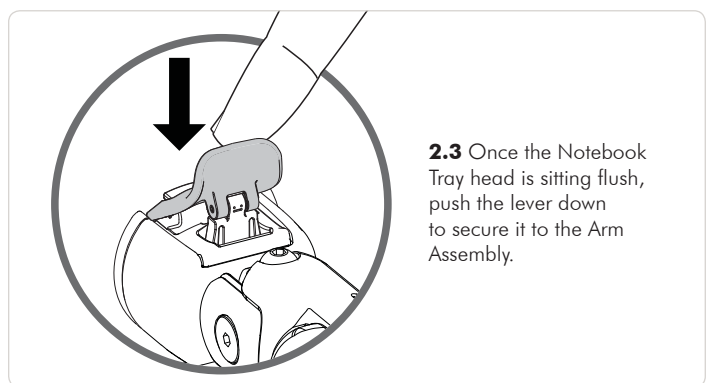
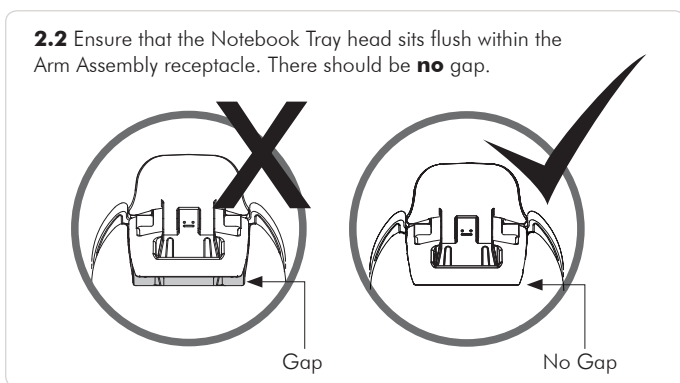
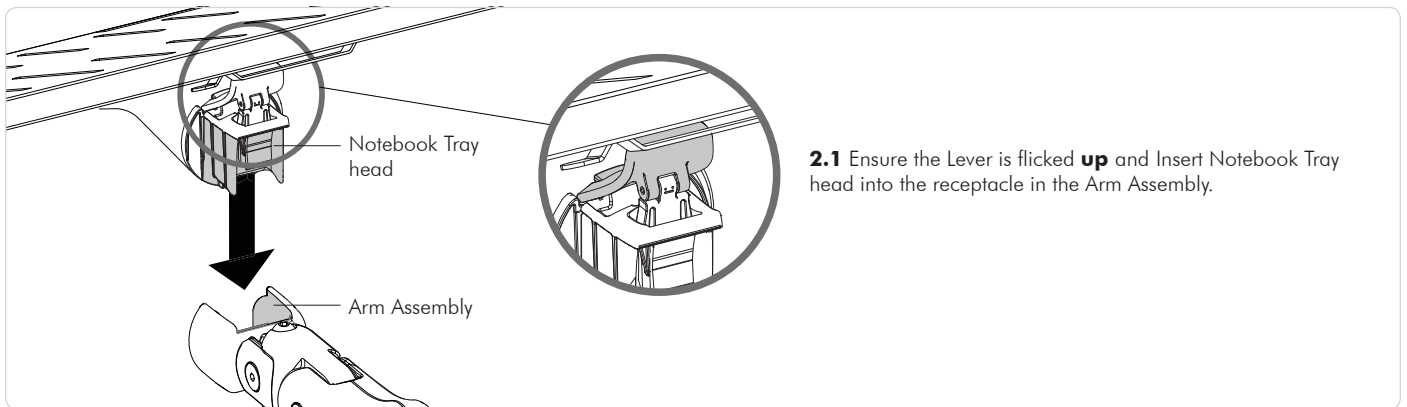
### IMPORTANT INFORMATION:

- ! **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

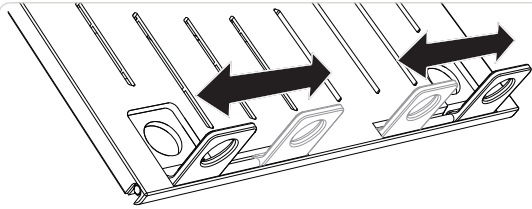
Check what you have received against the component checklist and hardware above.

### Step 2. Mount Notebook Tray





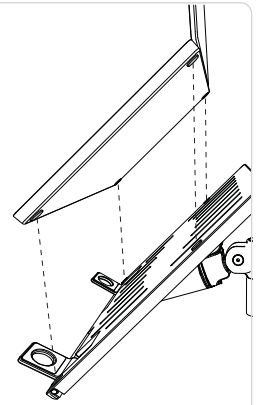
### Step 3. Install Notebook



**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.

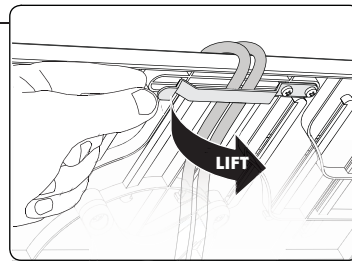
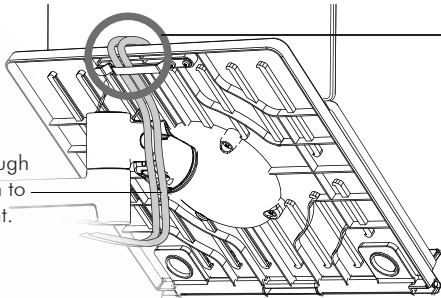
- Peel off the backing paper to the fasteners.
- Attach fasteners to both the Notebook Tray and Computer.
- Ensure that each set of fasteners are correctly aligned i.e. Hook to Loop.



### 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.

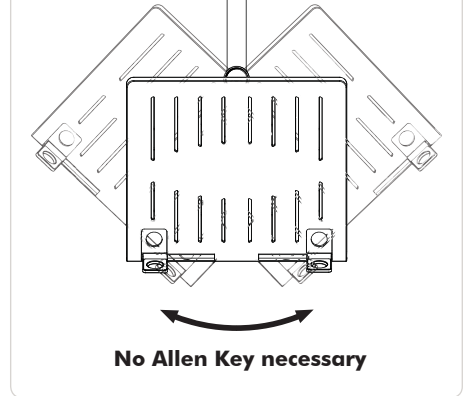
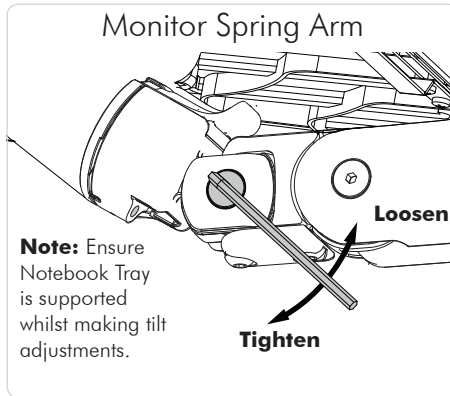
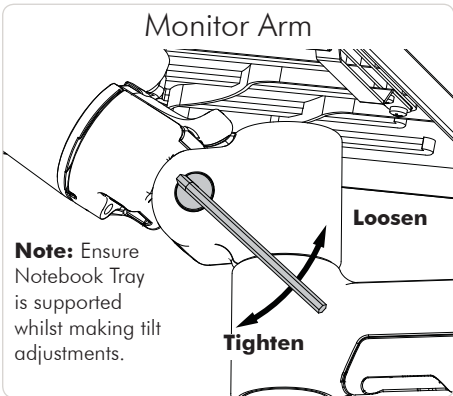


**Note:** After connecting the Notebook Cables, route them through the Cable Management Clip on the back of the Notebook Tray.

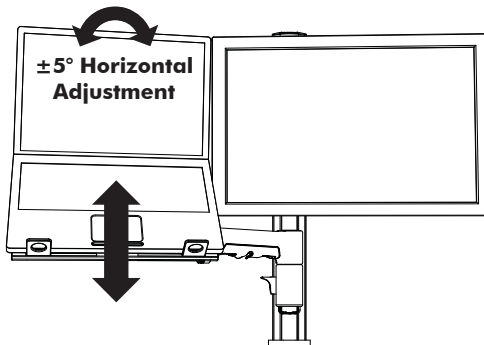
### Step 5. Adjusting the Notebook Tray

**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

