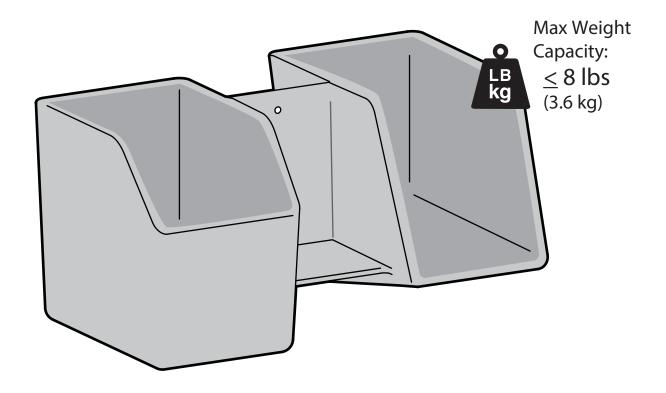
# ergotron®

## **Accessory Bin**

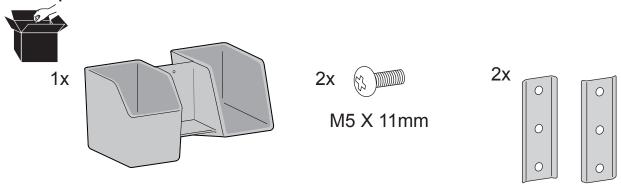


### **English**

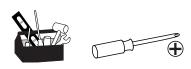
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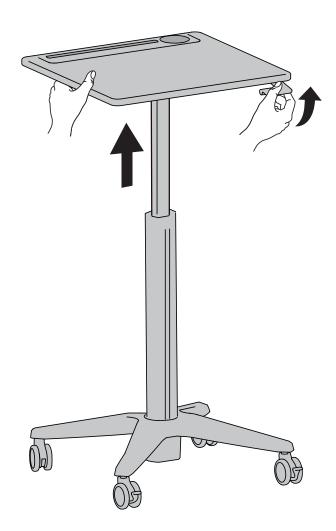
### Components

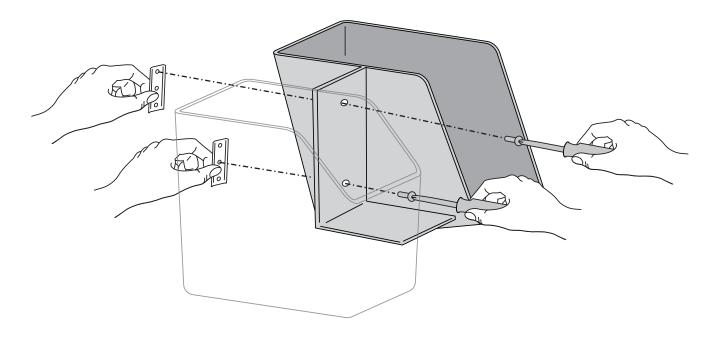


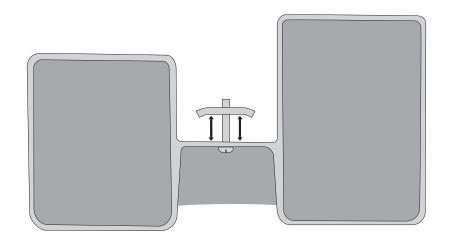
#### **Tools Needed**

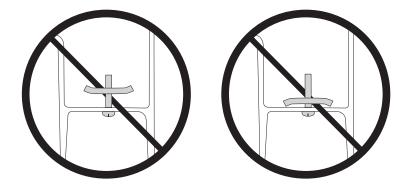


Lift handle to release brake and fully raise work surface.

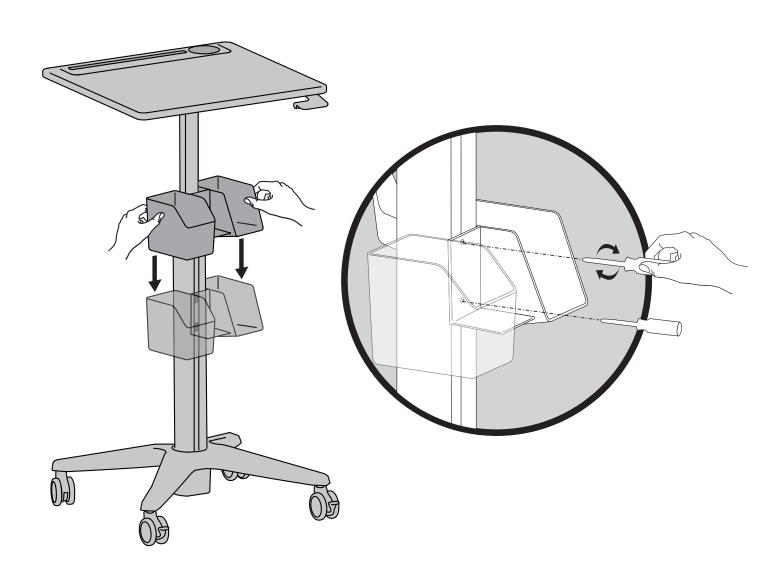


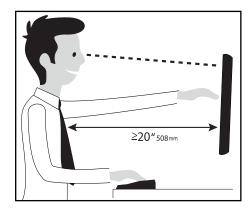












Learn more about ergonomic computer use at: www.computingcomfort.org

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.

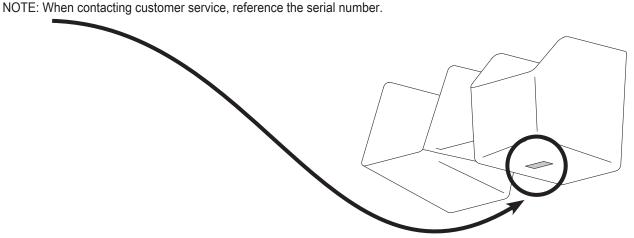
Blink - Blink often to avoid dry eyes. Break • 2 to 3 minutes every 20 minutes

• 15 to 20 minutes every 2 hours.

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