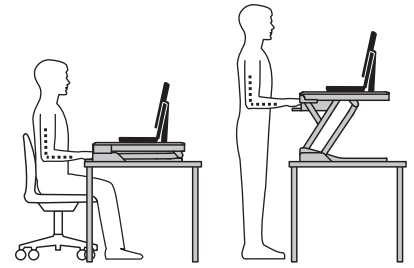
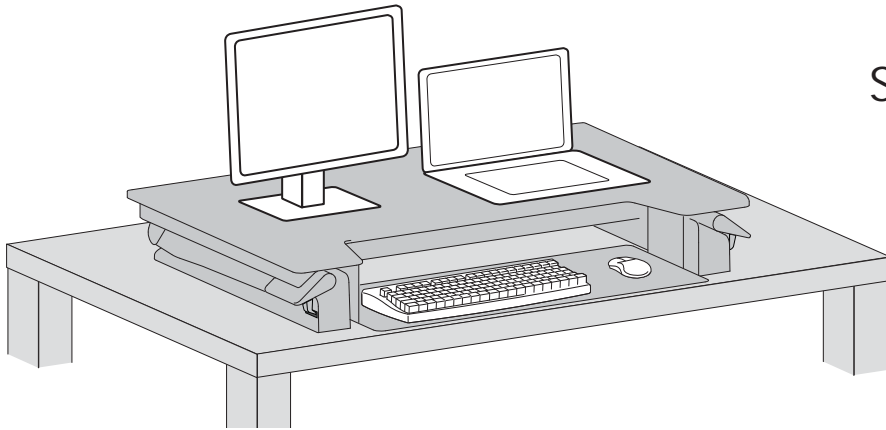
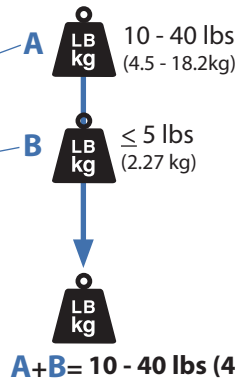
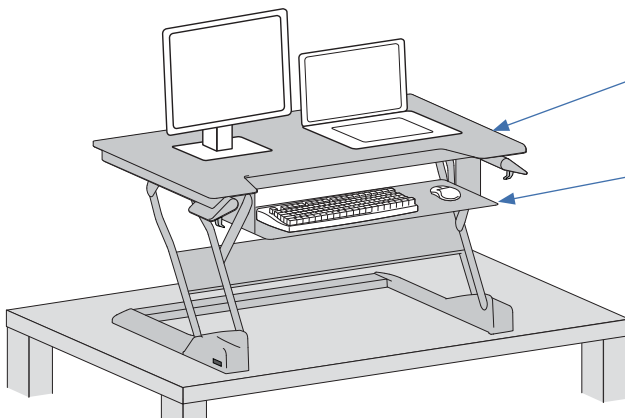
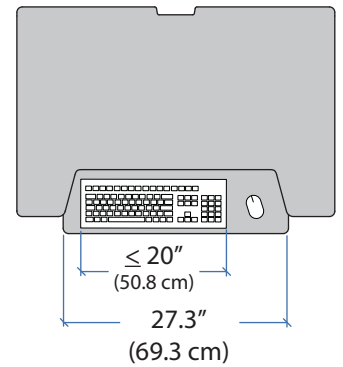
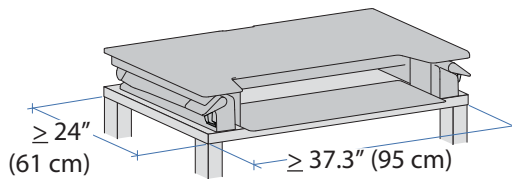
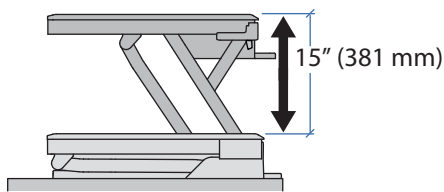


# WorkFit-TL

## Sit-Stand Desktop Workstation



### Features & Specifications



**⚠ CAUTION: DO NOT EXCEED MAXIMUM LISTED WEIGHT CAPACITY. SERIOUS INJURY OR PROPERTY DAMAGE MAY OCCUR!**

ENGLISH

### Components

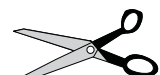


	A	B	C	D	E
1					

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 Includes Constant Force™ Technology

### Tools Needed



# Safety

 **Warning:** Because mounting surface materials can vary widely, it is imperative that you make sure mounting surface is strong enough to handle mounted product and equipment.

 <b>WARNING</b>	 <small>828-100</small>
<b>PINCH POINT</b> DO NOT place hands on or near support bars. Pinch points are created during lifting and lowering the worksurface. Failure to follow these instructions may result in serious personal injury.	



**Warning: Impact Hazard! Moving Parts can Crush and Cut.**  
Raise this product to its full up position before lifting off the desk.  
Two people are required to lift this product off the desk.  
Do not tip this product on its side or upside down. This product must remain upright at all times.  
Failure to heed this warning may cause unintended motion of the lift mechanism resulting in possible serious personal injury and or property damage!



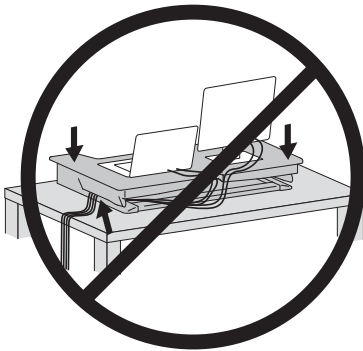
**Warning: Impact Hazard! Worksurface under tension. Moving Parts can Crush and Cut.**  
Raise worksurface to top of vertical adjustment BEFORE removing equipment.  
Failure to heed this warning may result in serious personal injury and or property damage!

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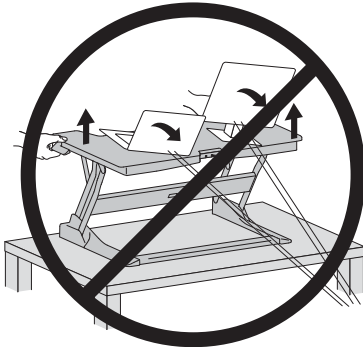
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# Safety



**Caution:**  
To avoid the potential to pinch cables it is important to follow the cable routing instructions in this manual. Failure to follow these instructions may result in equipment damage or personal injury.



**Caution:**  
Leave enough slack in cable to allow for full range of vertical motion (15" / 38 cm). Failure to heed this warning may result in property damage and or personal injury.



**Caution:**  
Keep monitor and laptop base fully on the worksurface. Allowing any part of base or stand to hang off the edge may result in property damage and or personal injury.

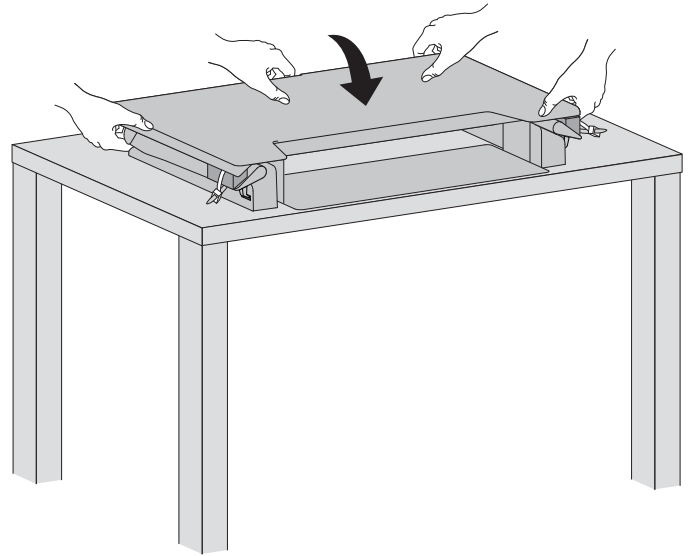
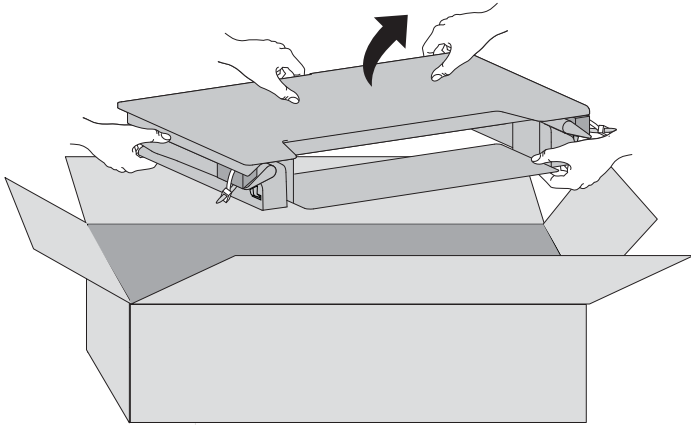
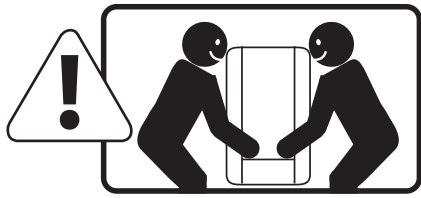


**Caution:**  
Raise worksurface slowly. Raising worksurface too fast may create an unstable situation resulting in property damage and or personal injury.

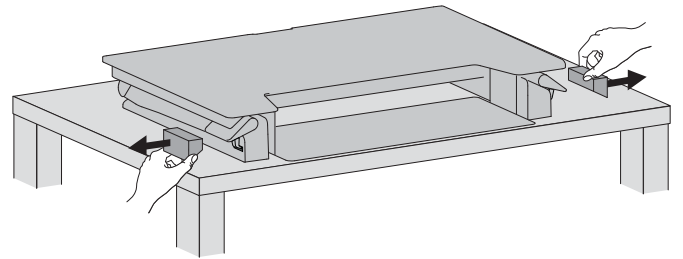
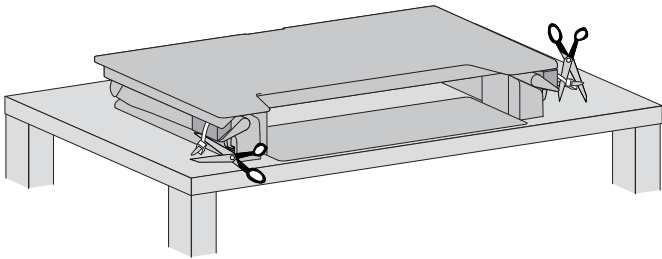
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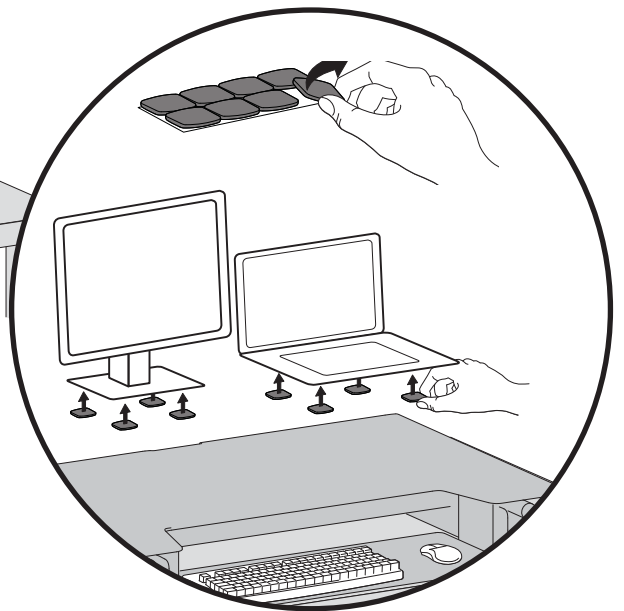
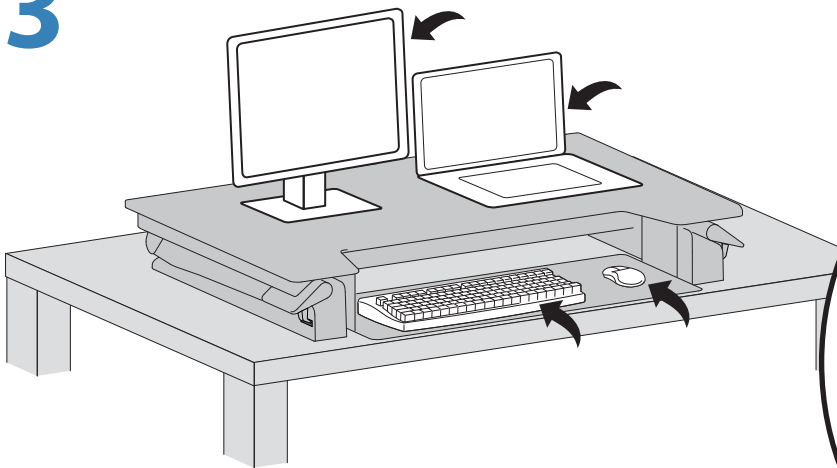
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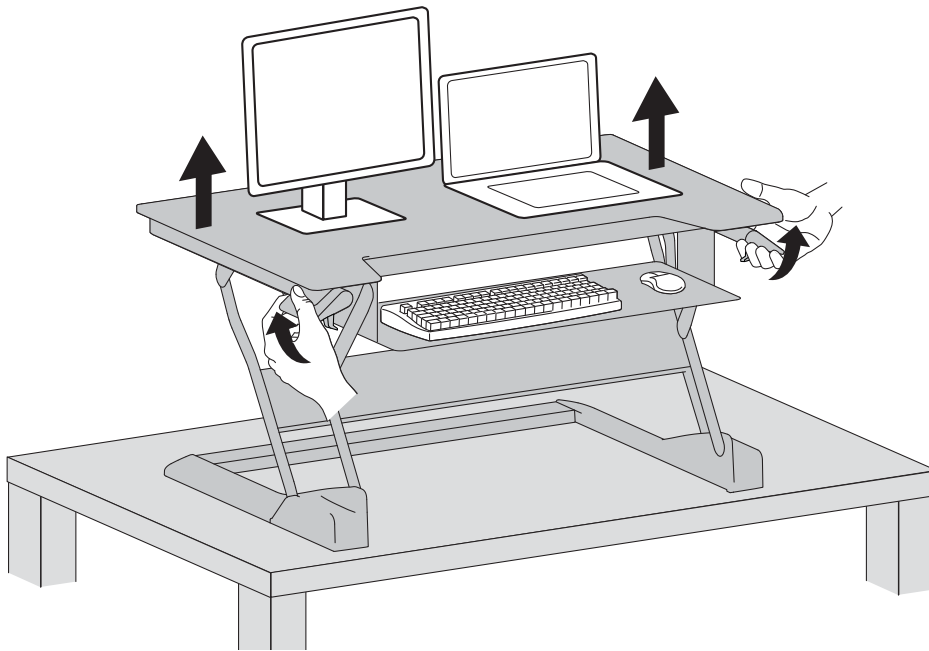


3

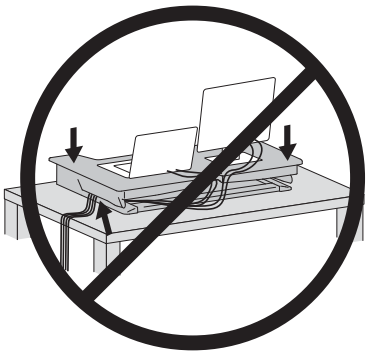


**Caution:** Keep monitor and laptop base fully on the worksurface. Allowing any part of base or stand to hang off the edge may result in property damage and or personal injury.

# 4

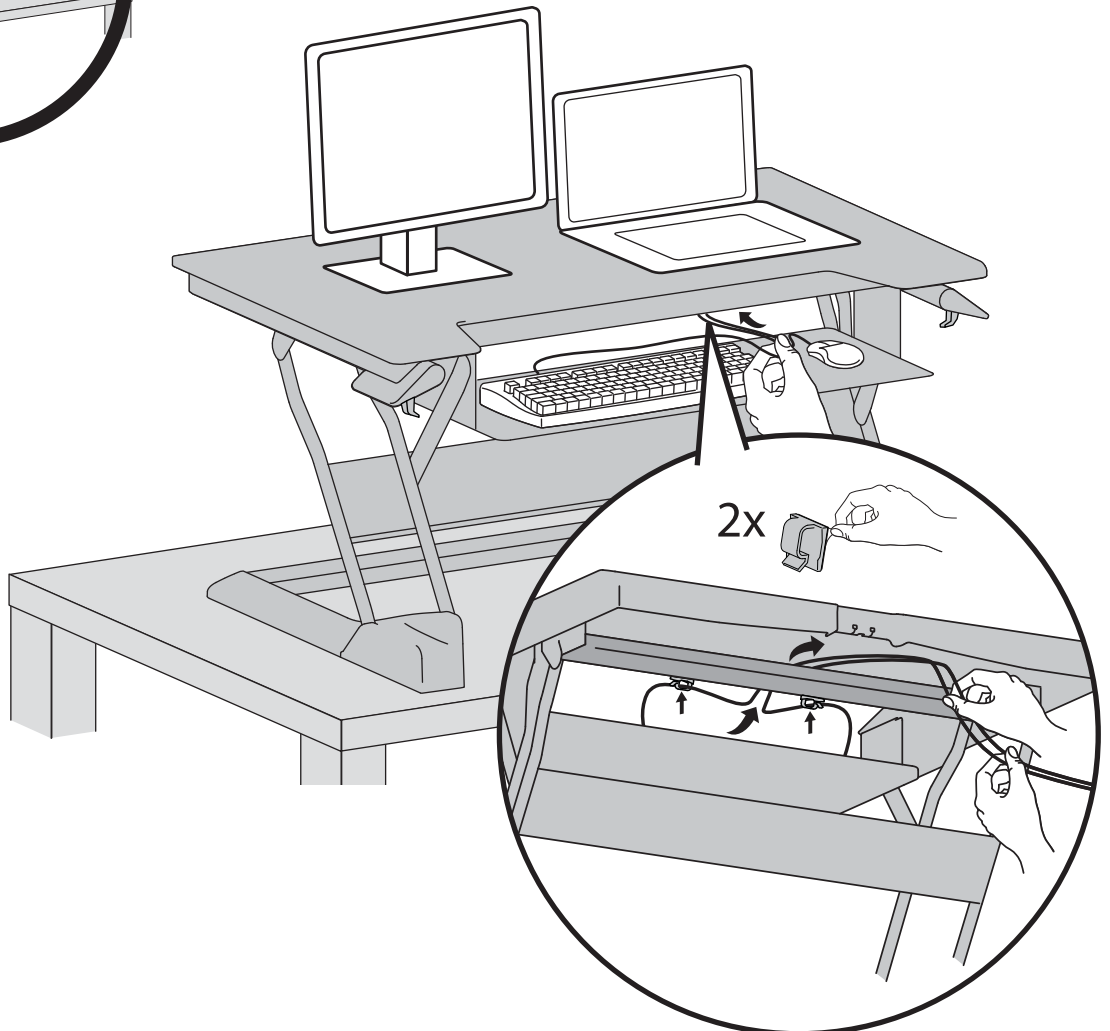


# 5

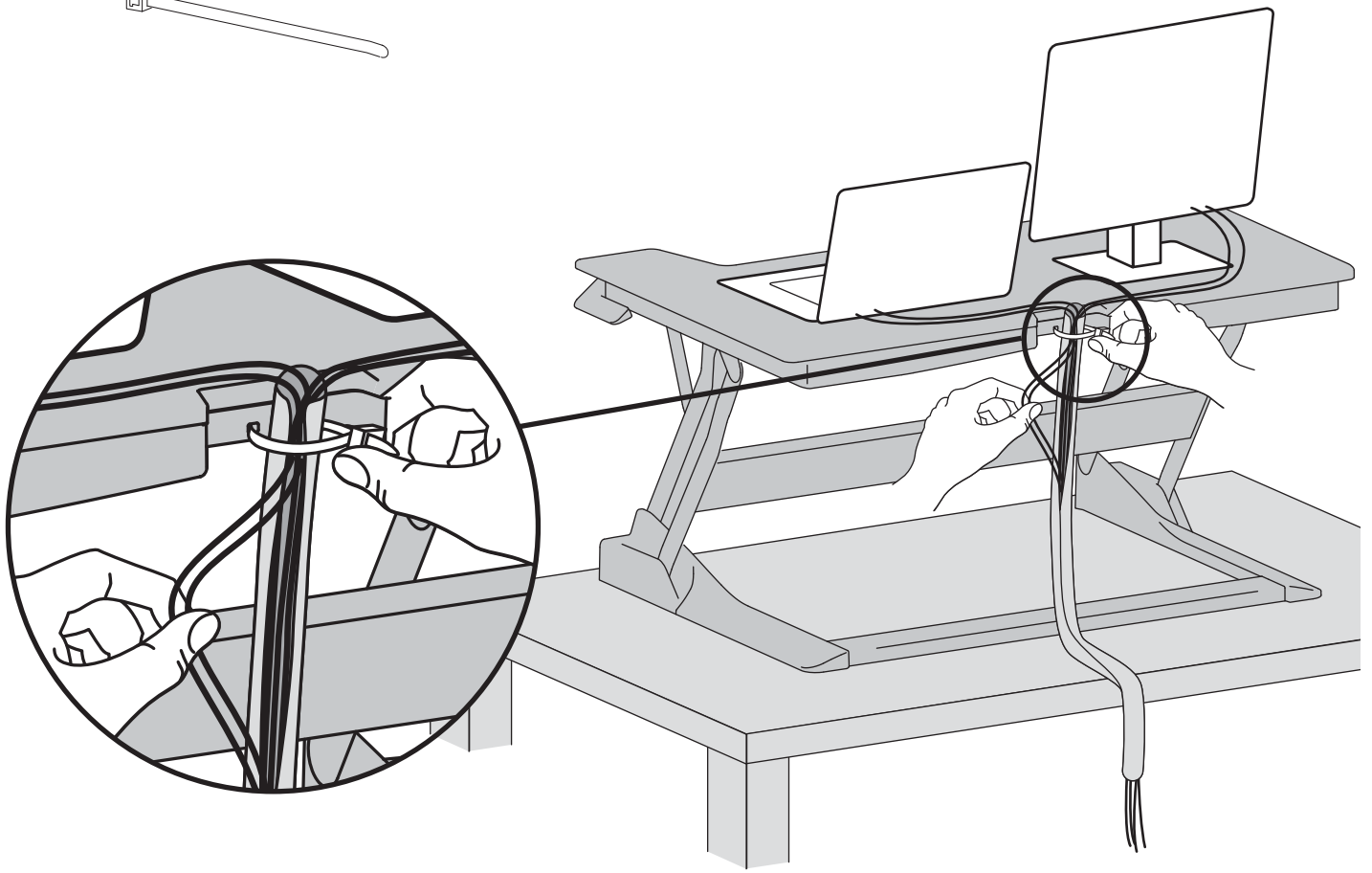
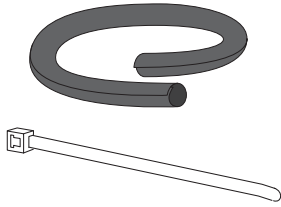


**Caution:**

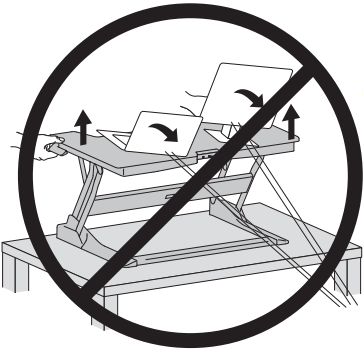
To avoid the potential to pinch cables it is important to follow the cable routing instructions in this manual. Failure to follow these instructions may result in equipment damage or personal injury.



6



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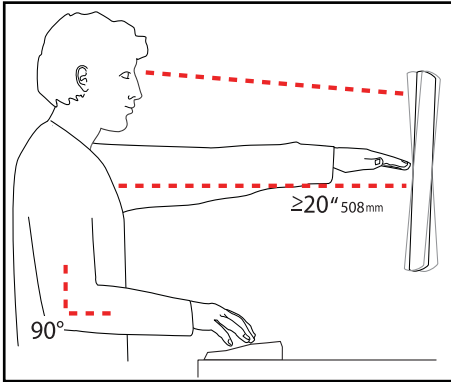
**Caution:**

Leave enough slack in cable to allow for full range of vertical motion (15" / 38 cm). Failure to heed this warning may result in property damage and or personal injury.

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## Set Your Workstation to Work For YOU!



Learn more about ergonomic computer use at:  
[www.computingcomfort.org](http://www.computingcomfort.org)

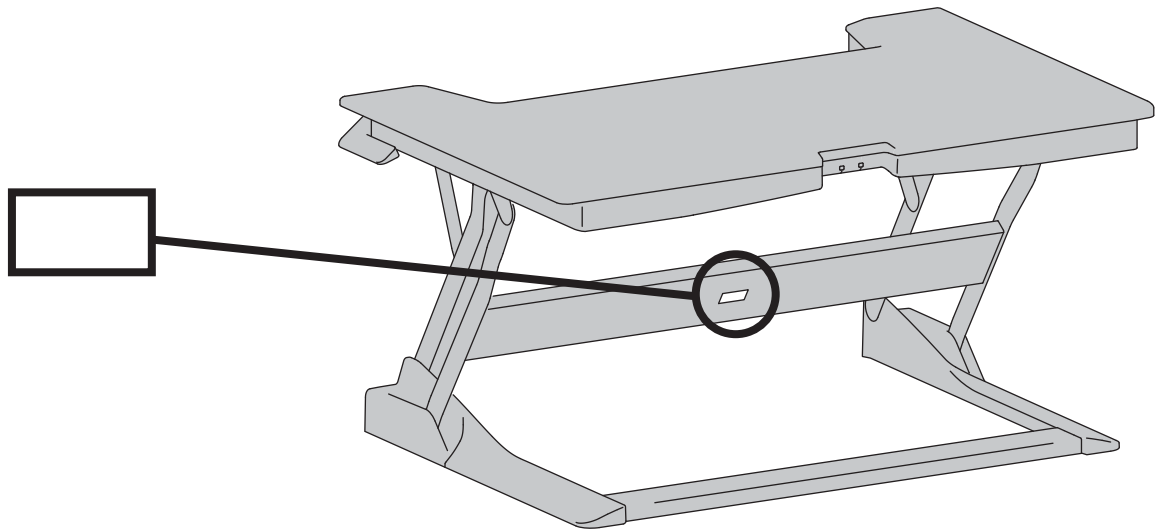
- Height** Position top of screen slightly below eye level.  
Position keyboard at about elbow height with wrists flat.
- Distance** Position screen an arm's length from face—at least 20" (508mm).  
Position keyboard close enough to create a 90° angle in elbow.
- Angle** Tilt screen to eliminate glare.  
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.



**NOTE:** When contacting customer service, reference the serial number.



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