



How to adjust your monitor using your FYI™ Flat Panel Monitor Arm

FYI (as the name implies) is for your information. And since it easily adjusts to meet each user's visual needs it's also for your eye.



Most of the adjustments are intuitive – we call it “effortless movement” – but here are a few tips to ensure that you get the most from this ergonomic tool.



How to adjust the *height* of your monitor.

Simply grasp the monitor sides with both hands and move it up or down to meet your sightline needs. In general, ergonomists recommend that the top of the monitor be aligned with your eyes. However, bifocals or trifocals will affect that guideline.



How to adjust the *tilt* of your monitor.

Your monitor can be tilted by taking hold of its sides and tilting it backward or forward.



How to *pan* your monitor from side to side.

Your monitor can easily pan from one side to another enabling you to share information with others. Just grasp the monitor's sides and swivel the screen on its pivot; no need to even move the FYI flat panel arm itself.

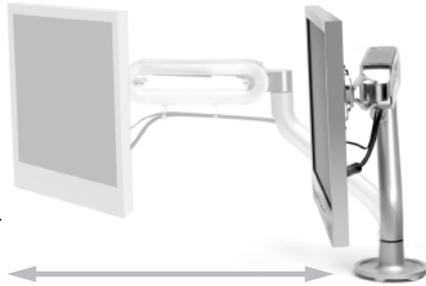
How do you move the arm *left and right*?

Move your monitor from side to side is truly effortless. Just take hold of the monitor's edge and move it into the desired position. You can even do it one-handed!



How to adjust the *depth* or *distance* of your monitor.

Again, it's entirely effortless. Just grasp the monitor and move it toward you or push it toward the back. The FYI flat panel monitor arm enables easy pivoting.



How to adjust your monitor from *landscape to portrait*.

Simply take hold of the monitor sides with two hands and give it a quarter turn. That's all there is to it!





How to adjust the flat panel arm's *tension* if your monitor does not stay in position.

The FYI flat panel monitor arm features a built-in counter-balance tool. You'll find it atop the back portion of the upper arm. Lift the tool from its slot and give it several turns to adjust the tension until your monitor remains in position. Then push the tool back into its slot.



It's for your information and for your eye. **It's your move.**

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