



# **CF Series Flat Panel Monitor Arm**

**CFSHA and CFDHA**

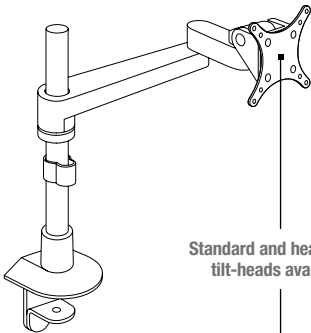
User Guide

# CF Series Flat Panel Monitor Arm

## CFSHA and CFDHA

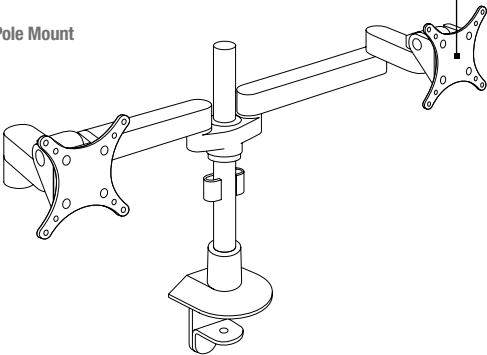
For single or dual monitors—displayed side by side or stacked—the CF Series Flat Panel Monitor Arm secures screens in the optimal position to meet a wide range of employees' needs. Easily bring monitors closer for detailed work or move them farther away with the touch of a hand.

**CFSHA**  
Single-Arm Pole Mount



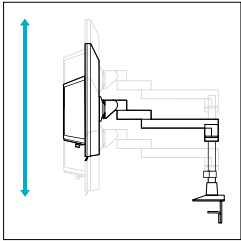
Standard and heavy-duty  
tilt-heads available

**CFDHA**  
Dual-Arm Pole Mount



# CF Series Flat Panel Monitor Arm Controls

## CFSHA and CFDHA



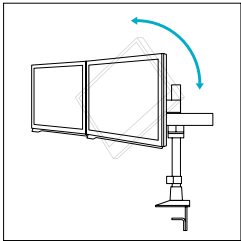
### HEIGHT ADJUSTMENT

CF Single Pole and Double Pole Series arms can be adjusted vertically.

To reposition the arm on the post:

- Slide the arm upward
- Move the outer retention ring up
- Place the inner retention ring into the appropriate height location hole
- Slide the outer retention ring back over the inner retention ring and slide the arm downward into position

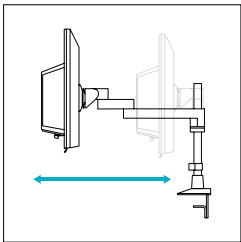
(See assembly drawings: [steelcase.com/content/uploads/2016/01/CF-Series-Pole-Mount-Flat-Panel-Monitor-Arm-Assembly-Directions.pdf](http://steelcase.com/content/uploads/2016/01/CF-Series-Pole-Mount-Flat-Panel-Monitor-Arm-Assembly-Directions.pdf).)



### VIEWING ANGLE ADJUSTMENT

The viewing angle of the monitor can easily be adjusted by simply rotating the monitor to suit your viewing needs. The spring-assisted tilt-head is easy to maneuver and allows the monitor to be positioned for either portrait or landscape orientation.

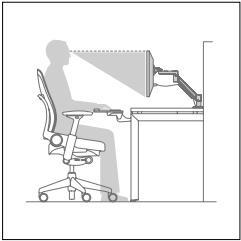
The arm has a forward and backward tilt.



### FOCAL LENGTH ADJUSTMENT

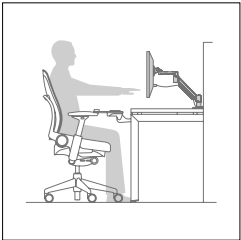
For comfort, easily bring monitors closer for detailed work or move them farther away with the touch of a hand, without altering the height or angle of the screens.

# Basics of Monitor Arm Positioning



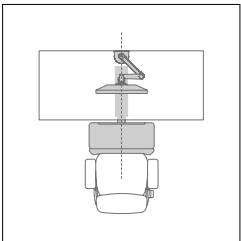
## HEIGHT ADJUSTMENT

Top of the display should be positioned at or slightly below eye level.



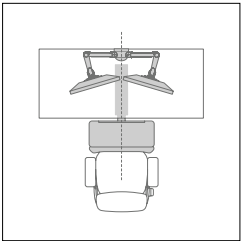
## DISTANCE

Display should be 20" to 30" from the eyes or approximately an arm's length away.



## ALIGNMENT

Proper alignment is the key to preventing strain. Computer display, keyboard and mouse should be centered to allow you to see the display without looking downward or to either side. Mouse should be accessible without twisting or reaching. Reference documents should never be flat on the desk and should be at the same height as or aligned with the display, or above the keyboard and below the display.



## DUAL-DISPLAY ALIGNMENT

If using two displays, position the display used more often closer. If you will use the displays equally, center them directly in front and angle them in a slight inward "V" shape.

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