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Ergotron 33-351-200

Ergotron WorkFit-S HD Single Monitor Standing Desk Converter User Manual

Model: 33-351-200

Introduction

The Ergotron WorkFit-S HD Single Monitor Standing Desk Converter is designed to transform your existing tabletop into an ergonomic sit-stand workstation. This unit provides broad compatibility, fitting single screens up to 30 inches diagonal and supporting weights between 16 to 28 pounds, with VESA patterns 75x75mm and 100x100mm. It features a spacious 23 x 15-inch worksurface for desktop essentials and a large 27 x 9-inch keyboard tray that accommodates a standard keyboard and mouse. The keyboard tray offers back-tilt functionality and moves in tandem with the worksurface, positioned 6 inches below it, promoting comfort and ergonomics. Fine-tune your working position with 18 inches of straight up and down lift and an additional 5 inches of independent screen height adjustment. The unit adjusts smoothly from a minimum monitor height of 8.7 inches to a maximum of 31.5 inches, with 30 degrees of monitor tilt for comfortable viewing.

Safety Information

Please read all safety warnings and instructions carefully before assembly and use to prevent injury or damage.

- Always ensure the desk converter is securely attached to the desk before use.
- Do not lift or lower the workstation with heavy objects on it.
- Keep hands and fingers away from moving parts during adjustment.
- Always follow the assembly instructions carefully to ensure the product is assembled correctly and safely.

Setup and Assembly

The WorkFit-S HD is designed for easy setup and includes a height-adjustment column, desk clamp, monitor pivot, worksurface, and a large keyboard tray. The desk clamp attaches to desktops between 0.47 to 2.4 inches thick. A variable weight setting allows for effortless movement once properly adjusted.

1. Attaching to Your Desk



Image: A person's hand tightening the desk clamp of the WorkFit-S HD to a wooden desk surface. This clamp ensures the workstation is securely fastened.

Position the workstation on your desk and secure it using the integrated desk clamp. Ensure the clamp is tightened firmly to prevent any movement during use. The clamp is compatible with desk thicknesses from 0.47 to 2.4 inches.

2. Mounting Your Monitor



Image: A close-up of the back of a monitor attached to the WorkFit-S HD via its VESA mount. This shows the sturdy connection point for the display.

Attach your monitor to the monitor pivot using the VESA mounting holes (75x75mm or 100x100mm). Ensure all screws are securely fastened. The workstation supports single monitors up to 30 inches diagonal and weighing between 16 to 28 pounds.

Operating the Workstation

The WorkFit-S HD allows for seamless transitions between sitting and standing positions. Its counterbalanced design ensures

smooth and easy height adjustments.

Adjusting Height



Image: A user demonstrating the height adjustment of the WorkFit-S HD. The user is holding the worksurface handle to raise or lower the unit, transitioning between sitting and standing positions.

To adjust the height, simply grasp the handles on the worksurface and lift or lower the unit to your desired position. The variable weight setting ensures the unit moves effortlessly and stays in place once released. The workstation offers 18 inches of vertical lift and 5 inches of independent screen height adjustment.

Keyboard Tray and Worksurface



Image: An overhead view showcasing the spacious keyboard tray and worksurface of the WorkFit-S HD. The keyboard tray is large enough to accommodate a full-size keyboard and mouse, while the worksurface provides ample space for other desk items.

The large keyboard tray is designed to comfortably hold your keyboard and mouse. It features a back-tilt function for ergonomic typing and moves in sync with the main worksurface, maintaining a consistent 6-inch drop for optimal wrist and arm positioning.

Official Product Video: Adjusting Tension

▶ **Watch video online**
Ergotron WorkFit-S Single HD Workstation with Worksurface+ (33-351-200)

Video: This video demonstrates how to adjust the tension of the Ergotron WorkFit-S HD to ensure smooth and stable height adjustments for your specific monitor weight. Proper tension adjustment is crucial for optimal performance and ease of use.

For detailed instructions on adjusting the tension to match your monitor's weight, please refer to the official product video above. This adjustment is critical for the smooth and effortless operation of your workstation.

Maintenance

To ensure the longevity and smooth operation of your Ergotron WorkFit-S HD, follow these simple maintenance guidelines:

- **Cleaning:** Wipe surfaces with a soft, damp cloth. Avoid abrasive cleaners or solvents that may damage the finish.
- **Inspection:** Periodically check all fasteners and connections to ensure they are secure. Tighten any loose screws or clamps.

- **Movement:** If the unit's movement becomes stiff or uneven, refer to the "Adjusting Tension" section in the Operating chapter or the official product video for guidance on re-calibrating the tension.

Troubleshooting

This section addresses common issues you might encounter with your WorkFit-S HD workstation.

Problem	Possible Cause	Solution
Workstation does not stay at desired height or drifts down.	Tension setting is too low for the monitor weight.	Increase the tension setting. Refer to the "Adjusting Tension" video in the Operating section for detailed steps.
Workstation is difficult to lower.	Tension setting is too high for the monitor weight.	Decrease the tension setting. Refer to the "Adjusting Tension" video in the Operating section.
Workstation feels wobbly or unstable.	Desk clamp is not securely tightened.	Ensure the desk clamp is fully tightened to your tabletop. Check that your desk surface is stable.

Specifications

Brand: Ergotron

Model Number: 33-351-200

Product Dimensions: 15"D x 23"W x 0.25"H (Worksurface)

Color: Black

Base Material: Metal

Top Material Type: Aluminum

Finish Type: Painted or Powder Coated

Mounting Type: Tabletop

Maximum Weight Recommendation: 28 Pounds

Item Weight: 7.2 ounces (Note: This seems to be the package weight, not the unit weight. The unit itself is substantial.)

Minimum Height: 8.7 Inches (Monitor height)

Maximum Height: 31.5 Inches (Monitor height)

Tabletop Thickness Compatibility: 0.47 to 2.4 inches

Included Components: Height-Adjustment Column, Desk Clamp, Monitor Pivot, Worksurface, Large Keyboard Tray

VESA Compatibility: 75x75mm, 100x100mm

Warranty and Support

Ergotron products are built to last, undergoing extensive quality testing to ensure durability. The WorkFit-S HD Single Monitor Standing Desk Converter comes with a **5-year warranty**.
For technical support, warranty claims, or additional assistance, please visit the official Ergotron website or contact their customer service department. You can also refer to the User Manual (PDF) for further details.

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