

## Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

[manuals.plus](#) /

› [Humanscale](#) /

› [Humanscale M8 Monitor Arm Cross Bar Instruction Manual](#)

## Humanscale M8

# Humanscale M8 Monitor Arm Cross Bar Instruction Manual

Model: M8

## PRODUCT OVERVIEW

The Humanscale M8 Monitor Arm Cross Bar is designed to support two monitors, providing an ergonomic and space-saving solution for your workstation. This clamp-mount dual monitor arm features a silver finish with grey trim, offering robust support and flexible positioning for an enhanced viewing experience.



Image: Humanscale M8 Monitor Arm Cross Bar, Dual Monitor Arm, Clamp Mount, Silver w/Grey Trim. This image shows the monitor arm with two monitors attached, highlighting its dual-arm design and clamp mount.

## SETUP INSTRUCTIONS

Follow these steps to properly set up your Humanscale M8 Monitor Arm Cross Bar. It is recommended to review the entire process before beginning installation.

- Unpack Components:** Carefully remove all components from the packaging. Verify that all parts listed in the manual are present.
- Attach Base to Desk:** The monitor arm can be attached to your desk using a clamp mount. Position the base on your desk and secure the clamp underneath, tightening it firmly to ensure stability.
- Assemble Monitor Arms:** Attach the gas-filled arms to the base. Ensure that the cable management channels on the arms are positioned correctly (typically on the bottom) for easy cable routing.
- Prepare Monitors:** Place your monitors face down on a soft, clean surface. Locate the VESA mounting holes on the back of each monitor.
- Attach VESA Plates:** Use the provided screws to attach the VESA plates from the monitor arm to the back of your monitors. Ensure a secure fit.
- Mount Monitors to Arms:** Carefully lift each monitor and slide the VESA plate onto the corresponding arm's mounting mechanism. Ensure the screws align with the grooves and tighten them with a Phillips head screwdriver to secure the monitor to the faceplate.
- Adjust Gas Spring Tension:** Use the provided tool to adjust the gas spring tension. If the monitor sags, turn the tension nut counter-clockwise to increase tension. If the monitor rises up, turn the tension nut clockwise to decrease tension. Do not abruptly release the gas spring arm to avoid injury.
- Cable Management:** Route all monitor cables (power, video, etc.) through the integrated cable management channels on the arms for a clean and organized setup.

Video: "How to Use" - This video demonstrates the assembly process of a dual monitor arm, including attaching the base, mounting monitors, and adjusting tension. It provides a visual guide for the setup steps.

## OPERATING INSTRUCTIONS

The Humanscale M8 Monitor Arm offers versatile adjustments to optimize your viewing experience and workspace ergonomics.

- Height Adjustment:** Gently push or pull the monitor arm up or down to achieve your desired viewing height. The gas spring mechanism allows for smooth, effortless movement.
- Tilt Adjustment:** Tilt your monitor screen up or down to reduce glare and find the most comfortable viewing angle. The M8 arm allows for a wide range of tilt motion.
- Swivel Adjustment:** Swivel your monitor left or right to share your screen with colleagues or adjust your perspective. The arm provides extensive swivel capabilities.
- Rotation:** Rotate your monitor 360 degrees to switch between landscape and portrait orientations. This is ideal for coding, document review, or specific applications.
- Depth Adjustment:** Extend or retract the monitor arms to adjust the viewing distance, bringing the screens closer for focused work or pushing them back to free up desk space.

Video: "Humanscale Monitor Arm Features" - This video showcases the various adjustment capabilities of the Humanscale monitor arm, including height, tilt, swivel, and rotation, demonstrating its ergonomic benefits.

## MAINTENANCE

To ensure the longevity and optimal performance of your Humanscale M8 Monitor Arm, follow these simple maintenance guidelines:

- **Regular Cleaning:** Wipe down the monitor arm surfaces with a soft, damp cloth. Avoid abrasive cleaners or solvents that could damage the finish.
- **Check Connections:** Periodically inspect all screws and connections to ensure they remain tight and secure. Re-tighten if necessary.
- **Cable Management:** Ensure cables are not pinched or excessively strained within the cable management channels. Adjust as needed to prevent damage.
- **Gas Spring Adjustment:** If you notice your monitors sagging or rising unexpectedly, re-adjust the gas spring tension as described in the "Setup Instructions" section.

## TROUBLESHOOTING

---

If you encounter any issues with your Humanscale M8 Monitor Arm, refer to the following troubleshooting tips:

- **Monitor Sagging/Rising:** This is typically due to incorrect gas spring tension. Refer to the "Setup Instructions" for adjusting the tension to match your monitor's weight.
- **Arm Movement is Stiff:** Check for any obstructions or overtightened joints. Loosen any adjustable screws slightly if the movement is too stiff.
- **Arm is Loose/Wobbly:** Ensure the desk clamp is securely tightened to the desk. Also, check the connections between the arm segments and the VESA plate for tightness.
- **Cables are Disconnecting:** Verify that cables are properly routed through the cable management system and have enough slack to accommodate full arm movement without tension.

## SPECIFICATIONS

---

Feature	Detail
<b>Brand:</b>	Humanscale
<b>Model:</b>	M8 (LYSB00QVRCP68-CMPTRACCS)
<b>Mounting Type:</b>	Tabletop Clamp Mount
<b>Monitor Capacity:</b>	Holds two Monitors
<b>Movement Type:</b>	Articulating (Height, Tilt, Swivel, Rotation)
<b>Color:</b>	Silver with Grey Trim
<b>Material:</b>	Silver (Arm material)
<b>Item Weight:</b>	16 pounds
<b>Product Dimensions:</b>	29.3 x 8.8 x 8.5 inches
<b>Compatible Devices:</b>	Monitor

## WARRANTY AND SUPPORT

---

For warranty information or technical support regarding your Humanscale M8 Monitor Arm, please refer to the official Humanscale website or contact their customer service directly. Keep your purchase receipt for warranty claims.

You can visit the [Humanscale Store](#) for more product information and support resources.

© 2026 Humanscale. All rights reserved.