AOC AM400B

AOC AM400 Single Monitor Arm User Manual

Model: AM400B

INTRODUCTION

The AOC AM400 Single Monitor Arm is designed to enhance your workspace ergonomics and organization. This manual provides detailed instructions for the safe and proper installation, operation, and maintenance of your monitor arm. It supports monitors with VESA mounting grids (100x100 or 75x75) and offers flexible mounting options including C-clamp and grommet methods. The integrated gas-spring mechanism allows for smooth and precise adjustments, ensuring optimal viewing angles and a clutter-free desk.

SAFETY INFORMATION

Please read all safety warnings and instructions carefully before installation and use. Failure to do so may result in property damage, serious injury, or death.

- Ensure your desk surface is strong enough to support the combined weight of the monitor arm and your monitor.
- Do not exceed the maximum weight capacity specified for the monitor arm.
- Always use the provided hardware and follow the installation steps precisely.
- Keep children and pets away during installation.
- Periodically check all connections and fasteners to ensure they remain secure.
- Adjust the gas spring tension carefully according to your monitor's weight to prevent sudden movements.

PACKAGE CONTENTS

Verify that all components are present and undamaged before beginning installation. If any parts are missing or damaged, contact customer support.

- Monitor Arm Assembly
- Desk Clamp (C-clamp)
- Grommet Mount Hardware

- VESA Mounting Plate
- Hardware Kit (screws, washers, spacers)
- Hex Keys / Adjustment Tools
- User Manual

SETUP AND INSTALLATION

The AOC AM400 monitor arm offers two primary installation methods: C-clamp and Grommet mount. Choose the method that best suits your desk.

1. C-Clamp Installation

1. Attach the C-clamp base to the main pole of the monitor arm.
2. Position the C-clamp on the edge of your desk. Ensure the desk surface is clean and free of obstructions.
3. Tighten the C-clamp screw until the arm is firmly secured to the desk. Do not overtighten.

Image: The AOC AM400 Single Monitor Arm securely attached to a desk using the C-clamp method, supporting a display. This illustrates the primary installation method.

2. Grommet Mount Installation

1. If your desk has a grommet hole, disassemble the C-clamp and attach the grommet base plate to the main pole.

2. Insert the pole through the grommet hole.

3. From underneath the desk, secure the grommet mount using the provided washer and nut. Tighten firmly.

3. Attaching the Monitor

The AOC AM400 supports VESA 75x75mm and 100x100mm mounting patterns.

1. Attach the VESA mounting plate to the back of your monitor using the appropriate screws from the hardware kit. Ensure it is securely fastened.

2. Carefully slide the monitor (with the attached VESA plate) onto the arm's VESA head. Ensure it clicks into place or is secured with the locking screw, if applicable.

Image: A close-up front view of the AOC AM400 Monitor Arm, highlighting the VESA mounting plate ready for monitor attachment. This shows the standard VESA interface.

4. Cable Management

The monitor arm features integrated cable management channels to keep your workspace tidy.

1. Open the detachable covers on the underside of the monitor arm.

2. Route your power and display cables through the channels.

3. Close the covers to conceal the cables.

Image: The rear view of the AOC AM400 Monitor Arm with a monitor attached, demonstrating the integrated cable management

OPERATING THE MONITOR ARM

The AOC AM400 offers a wide range of motion for optimal viewing comfort.

Adjusting Monitor Position

- **Height Adjustment:** Gently push or pull the monitor up or down to achieve the desired height. The gas spring will hold it in place.

- **Tilt:** Tilt the monitor screen upwards or downwards to reduce glare and find your preferred viewing angle.

- **Swivel:** Rotate the monitor horizontally left or right.

- **Rotation (Portrait/Landscape):** Rotate the monitor 90 degrees to switch between landscape and portrait orientations.

- **Extension/Retraction:** Extend or retract the arm to bring the monitor closer or push it further away from you.

Gas Spring Tension Adjustment

The gas spring tension needs to be adjusted to match the weight of your monitor for smooth and stable movement. If the monitor drifts down or springs up, adjust the tension.

1. Locate the tension adjustment screw on the arm (often near the main pivot point or where the arm connects to the VESA head).

2. Use the provided hex key to turn the screw:

   - Turn **clockwise** to *increase* tension (for heavier monitors or if the monitor sags).
   - Turn **counter-clockwise** to *decrease* tension (for lighter monitors or if the monitor springs up).

3. Adjust in small increments and test the arm's movement until the monitor stays in position when released.

Image: The rear view of the AOC AM400 Monitor Arm with a monitor, indicating the location of the gas spring tension adjustment screw. This allows for fine-tuning the arm's resistance based on monitor weight.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your monitor arm.

- **Cleaning:** Wipe the arm with a soft, damp cloth. Avoid abrasive cleaners or solvents that could damage the finish.
- **Check Connections:** Periodically check all screws and fasteners (especially the desk clamp/grommet mount and VESA plate screws) to ensure they are tight and secure.
- **Lubrication:** The gas spring mechanism is sealed and does not require lubrication. Do not attempt to disassemble it.

TROUBLESHOOTING

Refer to this section for common issues and their solutions.

Problem	Possible Cause	Solution
Monitor sags or drops	Gas spring tension is too low for monitor weight.	Increase gas spring tension by turning the adjustment screw clockwise.
Monitor springs up or is hard to push down	Gas spring tension is too high for monitor weight.	Decrease gas spring tension by turning the adjustment screw counter-clockwise.
Arm is wobbly or unstable	Desk clamp/grommet mount is not tight enough; VESA screws are loose.	Ensure the desk clamp/grommet mount is securely tightened. Check and tighten all VESA mounting screws.
Monitor does not rotate smoothly	Tight pivot points.	Apply slight force. If persistent, check for obstructions or contact support.

SPECIFICATIONS

Feature	Detail
Brand	AOC
Model	AM400B
Compatible Devices	Monitors
Mounting Type	Desk Mount (C-clamp, Grommet)
VESA Compatibility	75x75mm, 100x100mm
Colour	Black
Item Dimensions (Parcel)	41.7 x 20.6 x 11.9 cm
Item Weight (Parcel)	2.87 kg
Gas Spring	Yes, adjustable
Cable Management	Integrated

WARRANTY AND SUPPORT

AOC products are manufactured to high-quality standards. For warranty information, technical support, or service inquiries, please refer to the warranty card included with your product or visit the official AOC website. Keep your proof of purchase for warranty claims.

For further assistance, you may contact AOC customer support through their official channels.

Related Documents - AM400B

[AOC AM400B Gaming Monitor Arm - Enhance Your Workspace](#)
Discover the AOC AM400B Gaming Monitor Arm, a versatile and durable solution for enhancing your workspace. Featuring aluminum alloy construction, extensive adjustability, and VESA compatibility, it supports monitors from 17" to 34".

[AOC AM406 Ergonomic Monitor Arm - Installation and Safety Guide](#)
Comprehensive guide for installing and safely using the AOC AM406 ergonomic monitor arm. Features include detailed instructions, cable management, and safety precautions for optimal monitor setup.

[AOC SPX24V2 User Manual - Setup, Operation, and Specifications](#)
Comprehensive user manual for the AOC SPX24V2 display, covering safety, setup, operation, media playback, file management, troubleshooting, and technical specifications. Visit www.aoc.com for more information.

[AOC GK500 Mechanical Gaming Keyboard User's Guide](#)
Comprehensive user guide for the AOC GK500 Mechanical Gaming Keyboard. Covers package contents, specifications, device layout, installation and usage of AOC G-Tools software for profile management, button assignment, macro programming, RGB lighting effects (Light FX), and sensitivity settings, along with safety and maintenance guidelines.

[Instrukcja obsługi AOC Q27G4SRU - Monitor Gamingowy](#)
Szczegółowa instrukcja obsługi dla monitora gamingowego AOC Q27G4SRU, zawierająca informacje o instalacji, konfiguracji, ustawieniach, rozwiązywaniu problemów i specyfikacjach technicznych.

[AOC CS24A User Manual: Setup, Features, and Specifications](#)
Comprehensive user manual for the AOC CS24A monitor, covering setup, safety, features like AMD FreeSync Premium and HDR, OSD settings, troubleshooting, and technical specifications.