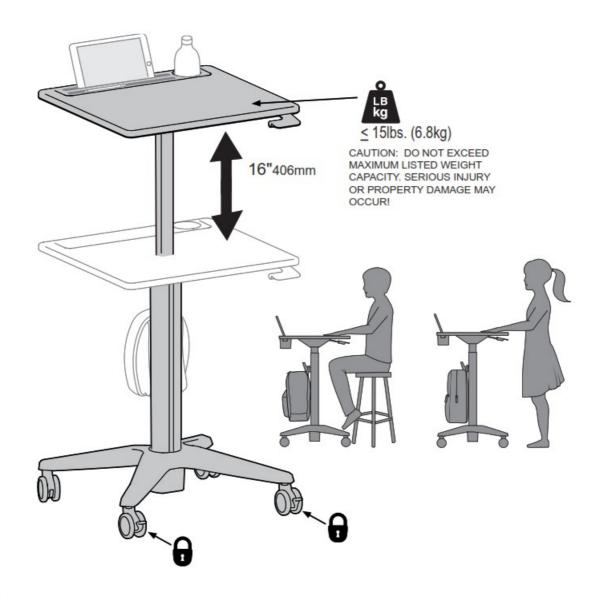


# ergotron 24-547-003 LearnFit Mobile Sit-Stand Desk Installation Guide

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User's Guide LearnFit™



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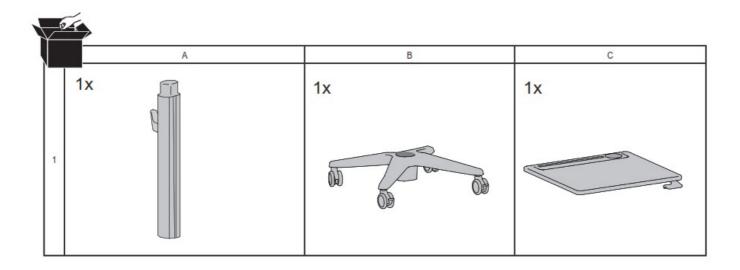
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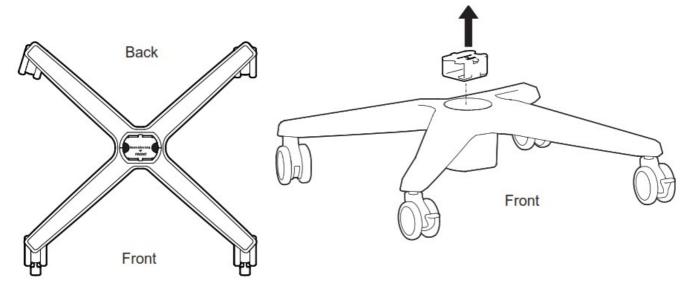
## Components



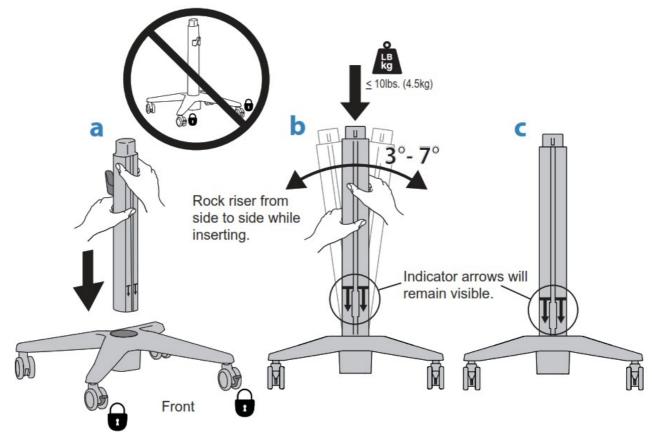




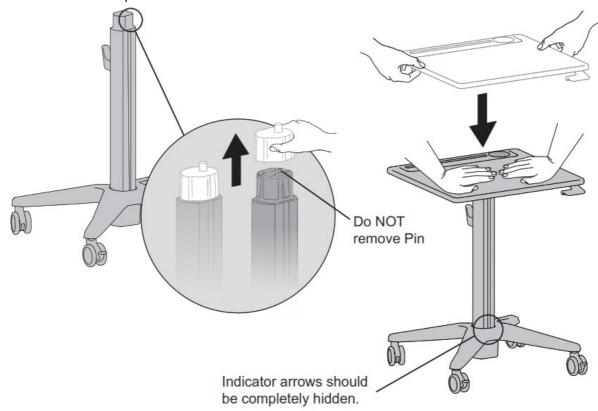
1. Remove base orientation indicator from base.



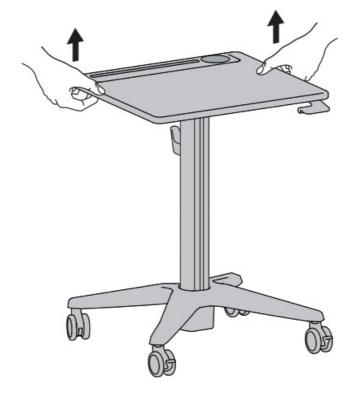
2. Partially insert riser into base.



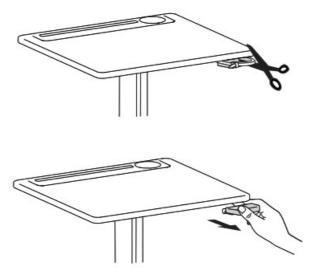
- 3. Remove cap.
- 4. Attach work surface and press down.



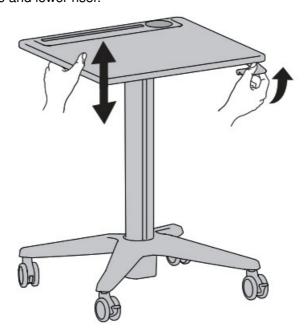
5. Lift up on the work surface to make sure it is securely attached to the base.



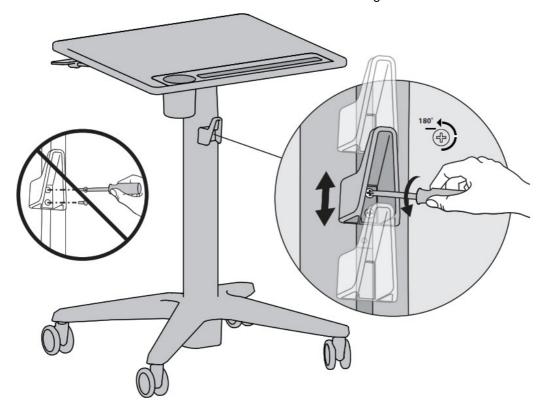
6.



7. Lift brake release lever to raise and lower riser.



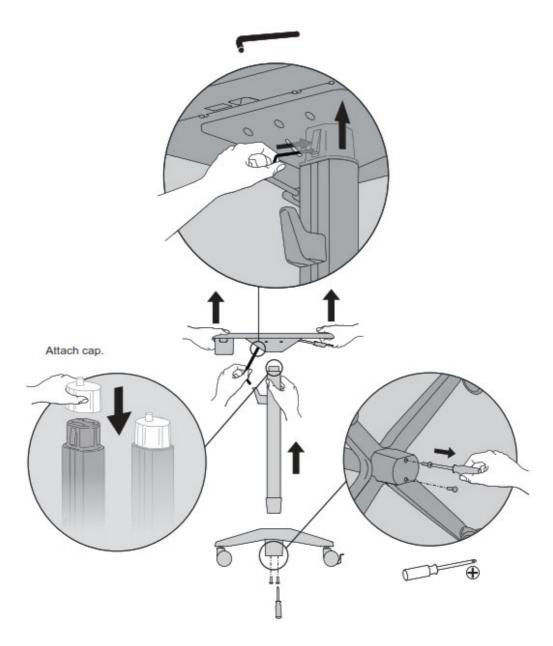
8. Loosen, but do not remove 2 screws to lift and lower hook to desired height.



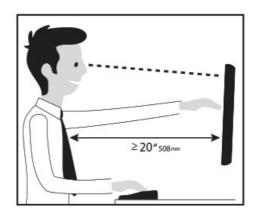
## **How to Disassemble**

To remove worksurface, push tab with a tool while removing. (Hex wrench suggested, max diameter 4mm) **NOTE:** Requires two people.





Set Your Workstation to Work For YOU!



Learn more about ergonomic computer use at: <a href="https://www.computingcomfort.org">www.computingcomfort.org</a>

**Height** Position top of screen slightly below eye level. Position keyboard at about elbow height with wrists flat. **Distance** Position screen an arm's length from face—at least 20" (508mm). Position keyboard close enough to create a 90° angle in elbow.

**Angle** Tilt screen to eliminate glare. Tilt the keyboard back 10° so that your wrists remain flat.

To Reduce Fatigue Breathe –
Breathe deeply through your nose.
Blink – Blink often to avoid dry eyes.
Break · 2 to 3 minutes every 20 minutes
• 15 to 20 minutes every 2 hours.

For Warranty visit: www.ergotron.com/warranty

For Service visit: www.ergotron.com

For local customer care phone numbers visit: <a href="http://contact.ergotron.com">http://contact.ergotron.com</a>

**NOTE:** When contacting customer service, reference the serial number.



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### References

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