



LC Future Center TP00160AL Notebook Computer User Manual

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LC Future Center **Lenovo** Generic Safety and Compliance Notices

Read this first

- These notices provide safety and compliance information about Lenovo notebook computers, tablets, desktop computers, and workstations. Depending on the model, some information might not be applicable to your product. For additional legal notices, refer to User Guide of your product at <https://support.lenovo.com>.
- Documentation content is subject to change without notice. To get the latest documentation, go to <https://pcsupport.lenovo.com>.

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Important safety information

Safety notices

This information can help you safely use your computer. Follow and retain all information included with your

computer. The information in this document does not alter the terms of your purchase agreement or the Limited Warranty. For more information, go to:

- https://www.lenovo.com/warranty/llw_02
- <https://pcsupport.lenovo.com/warrantylookup>

Customer safety is important. Our products are developed to be safe and effective. However, personal computers are electronic devices. Power cords, power adapters, and other features can create potential safety risks that can result in physical injury or property damage, especially if misused. To reduce these risks, follow the instructions included with your product, observe all warnings on the product and in the operating instructions, and review the information included in this document carefully. By carefully following the information contained in this document and provided with your product, you can help protect yourself from hazards and create a safer computer work environment. If the computer is used in a manner not specified by the manufacturer, the protection provided by the computer may be impaired.

Note: This information includes references to power adapters and batteries. In addition, some products (such as speakers and monitors) ship with external power adapters. If you have such a product, this information applies to your product. In addition, computer products contain a coin-sized internal battery that provides power to the system clock even when the computer is unplugged, so the battery safety information applies to all computer products.

Important information about using your computer (for notebook computers)

Ensure that you follow the important tips given here to get the most use and enjoyment out of your computer. Failure to do so might lead to discomfort or injury, or cause the computer to fail.

Protect yourself from the heat that your computer generates.

When your computer is turned on or the battery is charging, the base, the palm rest, and some other parts may become hot. The temperature they reach depends on the amount of system activity and the level of charge in the battery.

Extended contact with your body, even through clothing, could cause discomfort or even a skin burn.

- Avoid keeping your hands, your lap, or any other part of your body in contact with a hot section of the computer for any extended time. For selected notebook computers, refer to User Guide for the recommended contact time at <https://support.lenovo.com>.
- Periodically take your hands away from the keyboard by lifting your hands from the palm rest.



Protect yourself from the heat generated by the ac power adapter.

When the ac power adapter is connected to an electrical outlet and your computer, it generates heat. Extended contact with your body, even through clothing, may cause a skin burn.

- Do not place the ac power adapter in contact with any part of your body while it is in use.
- Never use it to warm your body.

- Do not wrap the cords around the ac power adapter while in use.



Prevent your computer from getting wet.

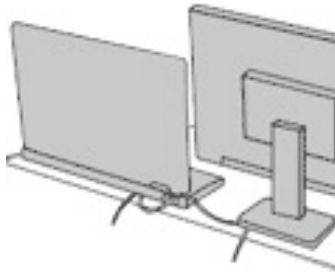
To avoid spills and the danger of electrical shock, keep liquids away from your computer.



Protect the cables from being damaged.

Applying strong force to cables may damage or break them.

Route communication lines, or the cables of an ac power adapter, a mouse, a keyboard, a printer, or any other electronic device, so that they cannot be walked on, tripped over, pinched by your computer or other objects, or in any way subject to treatment that could interfere with the operation of your computer.



Protect your computer and data when moving it.

Before moving a computer equipped with a storage drive, do one of the following:

- Turn it off.
- Put it in sleep mode.
- Put it in hibernation mode.

This helps to prevent damage to the computer, and possible loss of data.



Handle your computer gently.

Do not drop, bump, scratch, twist, hit, vibrate, push, or place heavy objects on your computer, display, or external devices.

**Carry your computer carefully.**

- Use a quality carrying case that provides adequate cushioning and protection.
 - Do not pack your computer in a tightly packed suitcase or bag.
 - Before putting your computer in a carrying case, make sure that it is off, in sleep mode, or in hibernation mode.
- Do not put a computer in a carrying case while it is turned on.

**Conditions that require immediate action**

Products can become damaged due to misuse or neglect. Some product damage is serious enough that the product should not be used again until it has been inspected and, if necessary, repaired by an authorized servicer. As with any electronic device, pay close attention to the product when it is turned on.

On very rare occasions, you might notice an odor or see a puff of smoke or sparks vent from your product. You might also hear sounds like popping, cracking, or hissing. These might merely mean that an internal electronic component has failed in a safe and controlled manner. Or, they might indicate a potential safety issue. Do not take risks or attempt to diagnose the situation yourself. Contact the Customer Support Center for further guidance. For a list of Service and Support phone numbers, see the following Web site: <https://pcsupport.lenovo.com/supportphonenumberlist>

Frequently inspect your computer and its components for damage, wear, or signs of danger. If you have any question about the condition of a component, do not use the product. Contact the Customer Support Center or the product manufacturer for instructions on how to inspect the product and have it repaired, if necessary.

In the unlikely event that you notice any of the following conditions, or if you have any safety concerns with your product, stop using the product and unplug it from the power source and telecommunication lines until you can speak to the Customer Support Center for further guidance.

- Power cords, plugs, power adapters, extension cords, surge protectors, or power supplies that are cracked, broken, or damaged.
- Signs of overheating, smoke, sparks, or fire.
- Damage to a battery (such as cracks, dents, or creases), discharge from a battery, or a buildup of foreign substances on the battery.

- A cracking, hissing, or popping sound, or strong odor that comes from the product.
- Signs that liquid has been spilled or an object has fallen onto the computer product, the power cord, or power adapter.
- The computer product, power cord, or power adapter has been exposed to water.
- The product has been dropped or damaged in any way.
- The product does not operate normally when you follow the operating instructions.

Note: If you notice these conditions with a product (such as an extension cord) that is not manufactured for or by Lenovo, stop using that product until you can contact the product manufacturer for further instructions, or until you get a suitable replacement.

Service and upgrades

Do not attempt to service a product yourself unless instructed to do so by the Customer Support Center or your documentation. Only use a Service Provider who is approved to repair your particular product.

Note: Some computer parts can be upgraded or replaced by the customer. Upgrades typically are referred to as options. Replacement parts approved for customer installation are referred to as Customer Replaceable Units, or CRUs. Lenovo provides documentation with instructions when it is appropriate for customers to install options or replace CRUs. You must closely follow all instructions when installing or replacing parts. The Off state of a power indicator does not necessarily mean that voltage levels inside a product are zero. Before you remove the covers from a product equipped with a power cord, always ensure that the power is turned off and that the product is unplugged from any power source. If you have any questions or concerns, contact the Customer Support Center. Although there are no moving parts in your computer after the power cord has been disconnected, the following warnings are required for your safety.



Keep fingers and other parts of your body away from hazardous, moving parts. If you suffer an injury, seek medical care immediately.



Do not touch hot surface of hot components inside the computer. During operation, some components become hot enough to burn the skin. Before you open the computer cover, turn off the computer, disconnect power, and wait approximately 10 minutes for the components to cool.



After replacing a CRU, reinstall all protective covers, including the computer cover, before connecting power and operating the computer. This action is important to help prevent unexpected electrical shock and help ensure the containment of an unexpected fire that could happen under extremely rare conditions.



When replacing CRUs, be cautious of sharp edges or corners that might cause injury. If you suffer an injury, seek medical care immediately.

Power cord notice (for desktop computers and workstations)

Note: The power cord and adapter provided with this product are intended to be used with this product only. Do not use them with any other products.

For your safety, Lenovo provides a power cord with a grounded attachment plug to use with this product. To avoid electrical shock, always use the power cord and plug with a properly grounded outlet.

Power cords provided by Lenovo in the United States and Canada are listed by Underwriter's Laboratories (UL) and certified by the Canadian Standards Association (CSA).

For units intended to be operated at 115 volts: Use a UL-listed and CSA-certified cord set consisting of a minimum 18 AWG, Type SVT or SJT, three-conductor cord, a maximum of 15 feet in length and a parallel blade, grounding-type attachment plug rated 10 amperes, 125 volts.

For units intended to be operated at 230 volts (U.S. use): Use a UL-listed and CSA-certified cord set consisting of a minimum 18 AWG, Type SVT or SJT, three-conductor cord, a maximum of 15 feet in length and a tandem blade, grounding-type attachment plug rated 10 amperes, 250 volts.

For units intended to be operated at 230 volts (outside the U.S.): Use a cord set with a grounding-type attachment plug. The cord set should have the appropriate safety approvals for the country in which the equipment will be installed.

Power cords provided by Lenovo for a specific country or region are usually available only in that country or region.

For units intended to be operated in Germany: The power cords must be safety approved. For Germany, it must be H05VV-F, 3G, 0.75 mm², or better. For other countries, the suitable types must be used accordingly. For units intended to be operated in Denmark: Use a cord set with a grounding-type attachment plug. The cord set should

have the appropriate safety approvals for the country in which the equipment will be installed.

For units intended to be operated in Norway, Sweden, Finland: Use a cord set with a two-prong attachment plug. The cord set should have the appropriate safety approvals for the country in which the equipment will be installed. If you intend to use your PC in a country or region that is different from your ordering location, please purchase an additional Lenovo power cord for the country or region where the PC will be used. Refer to the power cord guide provided in our Web site, <https://pcsupport.lenovo.com>, for details. Some countries and regions support multiple voltages, so make sure you order the appropriate power cord for the intended voltage.

Power cords and power adapters



DANGER

Use only the power cords and power adapters supplied by the product manufacturer.

The power cords shall be safety approved. For Germany, it shall be H03VV-F, 3G, 0.75 mm², or better. For other countries, the suitable types shall be used accordingly.

Never wrap a power cord around a power adapter or other object. Doing so can stress the cord in ways that can cause the cord to fray, crack, or crimp. This can present a safety hazard.

Always route power cords so that they will not be walked on, tripped over, or pinched by objects.

Protect power cords and power adapters from liquids. For instance, do not leave your power cord or power adapter near sinks, tubs, toilets, or on floors that are cleaned with liquid cleansers. Liquids can cause a short circuit, particularly if the power cord or power adapter has been stressed by misuse. Liquids also can cause gradual corrosion of power cord terminals and/or the connector terminals on a power adapter, which can eventually result in overheating.

Ensure that all power cord connectors are securely and completely plugged into receptacles.

Do not use any power adapter that shows corrosion at the ac input pins or shows signs of overheating (such as deformed plastic) at the ac input pins or anywhere on the power adapter.

Do not use any power cords where the electrical contacts on either end show signs of corrosion or overheating or where the power cord appears to have been damaged in any way.

To prevent possible overheating, do not cover the power adapter with clothing or other objects when the power adapter is plugged into an electrical outlet.

Extension cords and related devices

Ensure that extension cords, surge protectors, uninterruptible power supplies, and power strips that you use are rated to handle the electrical requirements of the product. Never overload these devices. If power strips are used, the load should not exceed the power strip input rating. Consult an electrician for more information if you have questions about power loads, power requirements, and input ratings.

Plugs and outlets



DANGER

If a receptacle (power outlet) that you intend to use with your computer equipment appears to be damaged or corroded, do not use the outlet until it is replaced by a qualified electrician.

Do not bend or modify the plug. If the plug is damaged, contact the manufacturer to obtain a replacement.

Do not share an electrical outlet with other home or commercial appliances that draw large amounts of electricity; otherwise, unstable voltage might damage your computer, data, or attached devices.

Some products are equipped with a three-pronged plug. This plug fits only into a grounded electrical outlet. This is a safety feature. Do not defeat this safety feature by trying to insert it into a non-grounded outlet. If you cannot insert the plug into the outlet, contact an electrician for an approved outlet adapter or to replace the outlet with one that enables this safety feature. Never overload an electrical outlet. The overall system load should not exceed 80 percent of the branch circuit rating. Consult an electrician for more information if you have questions about power loads and branch circuit ratings.

Be sure that the power outlet you are using is properly wired, easily accessible, and located close to the equipment. Do not fully extend power cords in a way that will stress the cords.

Be sure that the power outlet provides the correct voltage and current for the product you are installing.

Carefully connect and disconnect the equipment from the electrical outlet.

Power supply statement

Never remove the cover on a power supply or any part that has the following label attached.



Hazardous voltage, current, and energy levels are present inside any component that has this label

attached. There are no serviceable parts inside these components. If you suspect a problem with one of these parts, contact a service technician.

External devices

CAUTION:

Do not connect or disconnect any external device cables other than Universal Serial Bus (USB) and 1394 cables while the computer power is on; otherwise, you might damage your computer. To avoid possible damage to attached devices, wait at least five seconds after the computer is shut down to disconnect external devices.

General battery notice (for notebook computers and tablets)



DANGER

Batteries supplied by Lenovo for use with your product have been tested for compatibility and should only be replaced with approved parts. A battery other than the one specified by Lenovo, or a disassembled or modified battery is not covered by the warranty.

Battery abuse or mishandling can cause overheating, liquid leakage, or an explosion. To avoid possible injury:

- Do not open, disassemble, or service any battery.
- Do not crush or puncture the battery.
- Do not short-circuit the battery, or expose it to water or other liquids.
- Keep the battery away from children.
- Keep the battery away from fire.

Stop using the battery if it is damaged, or if you notice any discharge or the buildup of foreign materials on the battery leads.

Store the rechargeable batteries or products containing the rechargeable batteries at room temperature, charged to approximately 30 to 50% of capacity. We recommend that the batteries be charged about once per year to prevent overdischarge.

Do not put the battery in trash that is disposed of in landfills. When disposing of the battery, comply with local ordinances or regulations.

Notice for removable rechargeable battery (for selected notebook computers)



DANGER

Only recharge the battery strictly according to instructions included in the product documentation.

If the battery is incorrectly replaced, there is danger of an explosion. The battery contains a small amount of harmful substances.

Notice for built-in rechargeable battery (for selected notebook computers and tablets)



DANGER

Do not attempt to remove or replace the built-in rechargeable battery. Replacement of the battery must be done by a Lenovo-authorized repair facility or technician.

Only recharge the battery strictly according to instructions included in the product documentation.

The Lenovo-authorized repair facilities or technicians recycle Lenovo batteries according to local laws and regulations.

Lithium coin-cell battery notice (for selected models)



DANGER

Danger of explosion if battery is incorrectly replaced.

If the coin-cell battery is not a CRU, do not attempt to replace the coin-cell battery. Replacement of the battery must be done by a Lenovo-authorized repair facility or technician.

The Lenovo-authorized repair facilities or technicians recycle Lenovo batteries according to local laws and regulations.



When replacing the lithium coin-cell battery, use only the same type or equivalent type that is recommended by the manufacturer. The battery contains lithium and can explode if not properly used, handled, or disposed of. Swallowing the lithium coin-cell battery will cause choking or severe internal burns in just two hours and might even result in death.

Keep batteries away from children. If the lithium coin-cell battery is swallowed or placed inside any part of the body, seek medical care immediately.

Do not:

- Throw or immerse into water
- Heat to more than 100 °C (212°F)
- Repair or disassemble
- Leave in an extremely low air pressure environment
- Leave in an extremely high-temperature environment
- Crush, puncture, cut, or incinerate

Dispose of the battery as required by local ordinances or regulations.

The following statement applies to users in the state of California, U.S.A.

California Perchlorate Information:

Products containing manganese dioxide lithium coin-cell batteries may contain perchlorate.

Perchlorate Material – special handling may apply, see <https://www.dtsc.ca.gov/hazardouswaste/perchlorate/>.

Heat and product ventilation (for desktop computers and workstations)



Computers, power adapters, and many accessories can generate heat when turned on and when batteries are charging. Always follow these basic precautions:

- Do not leave your computer, power adapter, or accessories in contact with your lap or any part of your body for an extended period when the products are functioning or when the battery is charging. Your computer, power adapter, and many accessories produce some heat during normal operation. Extended contact with the body could cause discomfort or, potentially, a skin burn.
- Do not charge the battery or operate your computer, power adapter, or accessories near flammable materials or in explosive environments.
- Ventilation slots, fans, and heat sinks are provided with the product for safety, comfort, and reliable operation. These features might inadvertently become blocked by placing the product on a bed, sofa, carpet, or other flexible surface. Never block, cover, or disable these features.

Inspect your desktop computer for dust accumulation at least once every three months. Before inspecting your computer, turn off the power and unplug the computer's power cord from the electrical outlet; then remove any dust from vents and perforations in the bezel. If you notice external dust accumulation, then examine and remove dust from the inside of the computer including heat sink inlet fins, power supply vents, and fans. Always turn off and unplug the computer before opening the cover. If possible, avoid operating your computer within two feet of high-traffic areas. If you must operate your computer in or near a high-traffic area, inspect and, if necessary, clean your computer more frequently.

For your safety and to maintain optimum computer performance, always follow these basic precautions with your desktop computer:

- Keep the cover closed whenever the computer is plugged in.
- Regularly inspect the outside of the computer for dust accumulation.
- Remove dust from vents and any perforations in the bezel. More frequent cleanings might be required for

computers in dusty or high-traffic areas.

- Do not restrict or block any ventilation openings.
- Do not store or operate your computer inside furniture, as this might increase the risk of overheating.
- Airflow temperatures into the computer should not exceed 35°C (95°F).
- Do not install air filtration devices. They may interfere with proper cooling.

Heat and product ventilation (for notebook computers and tablets)



DANGER

Computers, ac power adapters, and many accessories can generate heat when turned on and when batteries are charging. Notebook computers can generate a significant amount of heat due to their compact size. Always follow these basic precautions:

- When your computer is turned on or the battery is charging, the base, the palm rest, and some other parts may become hot. Avoid keeping your hands, your lap, or any other part of your body in contact with a hot section of the computer for any extended length of time. When you use the keyboard, avoid keeping your palms on the palm rest for a prolonged period of time. Your computer generates some heat during normal operation. The amount of heat depends on the amount of system activity and the battery charge level. Extended contact with your body, even through clothing, could cause discomfort or even a skin burn. Periodically take breaks from using the keyboard by lifting your hands from the palm rest; and be careful not to use the keyboard for any extended length of time.
- Do not operate your computer or charge the battery near flammable materials or in explosive environments.
- Ventilation slots, fans and/or heat sinks are provided with the product for safety, comfort, and reliable operation. These features might inadvertently become blocked by placing the product on a bed, sofa, carpet, or other flexible surface. Never block, cover, or disable these features.
- When the ac power adapter is connected to an electrical outlet and your computer, it generates heat. Do not place the adapter in contact with any part of your body while using it. Never use the ac power adapter to warm your body. Extended contact with your body, even through clothing, may cause a skin burn.

For your safety, always follow these basic precautions with your computer:

- Keep the cover closed whenever the computer is plugged in.
- Regularly inspect the outside of the computer for dust accumulation.
- Remove dust from vents and any perforations in the bezel. More frequent cleanings might be required for computers in dusty or high-traffic areas.
- Do not restrict or block any ventilation openings.
- Do not operate your computer inside furniture, as this might increase the risk of overheating.
- Airflow temperatures into the computer should not exceed 35°C (95°F).

Electrical current safety information



DANGER

Electric current from power, telephone, and communication cables is hazardous.

To avoid a shock hazard:

- Do not use your computer during a lightning storm.
- Do not connect or disconnect any cables or perform installation, maintenance, or reconfiguration of this product

during an electrical storm.

- Connect all power cords to a properly wired and grounded electrical outlet.
- Connect properly wired outlets to any equipment that will be attached to this product.
- Whenever possible, use one hand only to connect or disconnect signal cables.
- Never turn on any equipment when there is evidence of fire, water, or structural damage.
- Disconnect the attached power cords, battery, and all the cables before you open the device covers, unless instructed otherwise in the installation and configuration procedures.
- Do not use your computer until all internal parts enclosures are fastened into place. Never use the computer when internal parts and circuits are exposed.



DANGER

Connect and disconnect cables as described in the following procedures when installing, moving, or opening covers on this product or attached devices.

To connect:

1. Turn everything OFF.
2. First, attach all cables to devices.
3. Attach signal cables to connectors.
4. Attach power cords to outlets.
5. Turn devices ON.

To disconnect:

1. Turn everything OFF.
2. First, remove power cords from outlets.
3. Remove signal cables from connectors.
4. Remove all cables from devices.

The power cord must be disconnected from the wall outlet or receptacle before installing all other electrical cables connected to the computer.

The power cord may be reconnected to the wall outlet or receptacle only after all other electrical cables have been connected to the computer.



DANGER

During electrical storms, do not perform any replacement and do not connect the telephone cable to or disconnect it from the telephone outlet on the wall.

Laser safety information (for selected models)

CAUTION:

When laser products (such as CD-ROMs, DVD drives, fiber optic devices, or transmitters) are installed, note the following:

- Do not remove the covers. Removing the covers of the laser product could result in exposure to hazardous laser radiation. There are no serviceable parts inside the device.
- Use of controls or adjustments or performance of procedures other than those specified herein might result in hazardous radiation exposure.

**DANGER**

Some laser products contain an embedded Class 3A or Class 3B laser diode. Note the following:
Laser radiation when open. Do not stare into the beam, do not view directly with optical instruments, and avoid direct exposure to the beam.

Liquid crystal display (LCD) notice (for desktop computers and workstations)**DANGER**

To avoid shock hazards:

- Do not remove the covers.
- Do not operate this product unless the stand is attached.
- Do not connect or disconnect this product during an electrical storm.
- The power cord plug must be connected to a properly wired and grounded power outlet.
- Any equipment to which this product will be attached must also be connected to properly wired and grounded power outlets.
- To isolate the monitor from the electrical supply, you must remove the plug from the power outlet. The power outlet should be easily accessible.

Handling:

- If your monitor weighs more than 18 kg (39.68 lb), we recommend that it be moved or lifted by two people.

Product disposal (TFT monitors):

- The fluorescent lamp in the liquid crystal display contains mercury; dispose according to local, state, or federal laws.

Battery warnings:

- Risk of explosion if battery is replaced by an incorrect type.
- Dispose of used batteries according to the instructions.

Liquid crystal display (LCD) notice (for notebook computers and tablets)**CAUTION:**

The liquid crystal display (LCD) is made of glass, and rough handling or dropping the computer can cause the LCD to break. If the LCD breaks and the internal fluid gets into your eyes or on your hands, immediately wash the affected areas with water for at least 15 minutes; if any symptoms are present after washing, get medical care.

Note: For products with mercury-containing fluorescent lamps (for example, non-LED), the fluorescent lamp in the liquid crystal display (LCD) contains mercury; dispose of according to local, state, or federal laws.

Use earphones, headphones, or a headset

- If your computer has both a headphone connector and an audio line-out connector, always use the headphone connector for earphones, headphones, or a headset. However, the headphone connector does not support the microphone of the headset.
- If your computer has both a headset connector and an audio line-out connector, always use the headset connector for earphones, headphones, or a headset.



Excessive sound pressure from earphones and headphones can cause hearing loss. Adjustment of the equalizer to maximum increases the earphone and headphone output voltage and the sound pressure level. Therefore, to protect your hearing, adjust the equalizer to an appropriate level.

Excessive use of headphones or earphones for a long period of time at high volume can be dangerous if the output of the headphone or earphone connectors do not comply with specifications of EN 50332-2. The headphone output connector of your computer complies with EN 50332-2 Sub clause 7. This specification limits the computer's maximum wide band true RMS output voltage to 150 mV. To help protect against hearing loss, ensure that the headphones or earphones you use also comply with EN 50332-2 (Clause 7 Limits) or a wide band characteristic voltage of 75 mV. Using headphones that do not comply with EN 50332-2 can be dangerous due to excessive sound pressure levels.

If your Lenovo computer came with headphones or earphones in the package, as a set, the combination of the headphones or earphones and the computer already complies with the specifications of EN 50332-1. If different headphones or earphones are used, ensure that they comply with EN 50332-1 (Clause 6.5 Limitation Values). Using headphones that do not comply with EN 50332-1 can be dangerous due to excessive sound pressure levels.

Choking hazard notice



CHOKING HAZARD – Product contains small parts.

Keep away from children under three years.

Plastic bag notice



DANGER

Plastic bags can be dangerous. Keep plastic bags away from babies and children to avoid danger of suffocation.

Glass parts notice

CAUTION:

Some parts of your product may be made of glass. This glass could break if the product is dropped on a hard surface or receives a substantial impact. If glass breaks, do not touch or attempt to remove it. Stop using your product until the glass is replaced by trained service personnel.

Computer placement notices

Inappropriate computer placement might cause harm to children.

- Place the computer on a sturdy piece of low-rise furniture or furniture that has been anchored.
- Do not place the computer at the edge of the furniture.
- Keep the computer cables out of the reach of children.
- Some items, such as toys, might attract children. Keep such items away from the computer.

Supervise children in rooms where the above safety instructions cannot be fully implemented.

Hazardous energy statement (for desktop computers and workstations)



DANGER

Disconnect all power cords from electrical outlets before removing the computer cover or any part that has the above label attached.

DO NOT disassemble components that have the above label attached. There are no serviceable parts inside these components.

Your product is designed for safe use. However, hazardous voltage, current, and energy levels are present inside any component that has this label attached. Disassembling of these components might cause fire or might even result in death. If you suspect a problem with one of these parts, contact a service technician.



CAUTION:

Bright Light, possible skin or eye damage. Disconnect power before servicing.



CAUTION:

Infrared Light, possible skin or eye damage. Disconnect power before servicing.

Tip-over hazard prevention notice (for desktop computers and workstations)

The computer may cause harm to children if it is not located in an appropriate place. Follow the tips below to protect children from harm caused by the computer tipping over:

- Place the computers or monitors on sturdy furniture with a low base or furniture that has been anchored.
Push the computers or monitors as far from the edge of the furniture as possible.
- Keep remote controls, toys, and other items that might attract children away from the computers or monitors
- Keep the computer or monitor cables out the reach of the children.
- Supervise children in rooms where these safety tips have not been followed.

CAUTION:

Some parts of your product may be made of glass. This glass could break if the product is dropped on a hard surface or receives a substantial impact. If glass breaks, do not touch it or attempt to remove it. Stop using your product until the glass is replaced by trained service personnel.

Static electricity prevention

Static electricity, although harmless to you, can seriously damage computer components and options. Improper handling of static-sensitive parts can damage the part. When you unpack an option or CRU, do not open the static-protective package containing the part until the instructions direct you to install it.

When you handle options or CRUs, or perform any work inside the computer, take the following precautions to avoid static-electricity damage:

- Limit your movement. Movement can cause static electricity to build up around you.
- Always handle components carefully. Handle adapters, memory modules, and other circuit boards by the edges. Never touch exposed circuitry.
- Prevent others from touching components.
- When you install a static-sensitive option or CRU, touch the static-protective packaging containing the part to a metal expansion-slot cover or other unpainted metal surface on the computer for at least two seconds. This reduces static electricity in the package and your body.
- When possible, remove the static-sensitive part from the static-protective packaging and install the part without setting it down. When this is not possible, place the static-protective packaging on a smooth, level surface and place the part on it.
- Do not place the part on the computer cover or other metal surface.

Cleaning and maintenance (for desktop computers and workstations)

With appropriate care and maintenance, your computer will serve you reliably. The following topics offer information to help you keep your computer working with best performance.

Basic maintenance tips

Here are some basic points about keeping your computer functioning properly:

- Keep the computer in a clean, dry environment. Ensure that the computer rests on a flat, steady surface.
- Do not cover any of air vents. These air vents provide airflow to keep the computer from overheating.
- Keep electrical appliances such as an electric fan, radio, high-powered speakers, air conditioner, and microwave oven away from your computer because the strong magnetic fields generated by these appliances can damage the monitor and data on the storage drive.
- Keep food and drinks away from all parts of the computer. Food particles and spills might make the keyboard and mouse stick and unusable.
- Do not get the power switches or other controls wet. Moisture can damage these parts and cause an electrical

hazard.

- Always disconnect a power cord by grasping the plug instead of the cord.
- Keep the computer software, device drivers, and operating system up-to-date.
- Empty your recycle bin on a regular basis.
- Clean out your Inbox, Sent Items, and Deleted Items folders in your e-mail application on a regular basis.
- Clean up files and free up storage drive space and memory space occasionally to prevent performance problems.
- Keep a log book. Entries might include major software or hardware changes, device-driver updates, intermittent problems and what you did to resolve them, and other issues you might have experienced. The cause of a problem might be change in hardware, change in software, or any other actions that might have taken place. A log book can help you or a Lenovo technician determine the cause of a problem.
- Back up your data on the storage drive regularly. You can restore the storage drive from a backup.
- Create a recovery medium as early as possible. You can use the recovery medium to recover your operating system.
- Get the most up-to-date operating system update patches, software programs, and device drivers.

Maintenance tips about moving the computer

Before moving the computer, take the following precautions:

1. Back up your data on the storage drive.
2. Remove any media from the drives and turn off all connected devices and the computer. Then, disconnect all power cords from electrical outlets and disconnect all cables that are connected to the computer.
3. If you saved the original shipping cartons and packing materials, use them to pack the units. If you are using different cartons, cushion the units to avoid damage.

When you move the computer to another country or region, you must take local electrical standards into consideration. If the local electrical outlet style is different from the type you are currently using, contact the Lenovo Customer Support Center to purchase either an electrical plug adapter or a new power cord.

Clean your computer

CAUTION:

Remove any media from the drives and turn off all connected devices and the computer. Then, disconnect all power cords from electrical outlets and disconnect all cables that are connected to the computer.

It is a good practice to clean your computer periodically to protect the surfaces and ensure trouble-free operation.

Clean the computer surface: Wipe it with a lint-free cloth dampened in mild soap and water. Avoid applying liquids directly to the surface.

Clean the keyboard: Wipe the keys one by one with a lint-free cloth dampened in mild soap and water. If you wipe several keys at a time, the cloth might hook onto an adjacent key and possibly damage it. Avoid spraying cleaner directly onto the keyboard. To remove any crumbs or dust from beneath the keys, you can use a camera blower with a brush or use cool air from a hair dryer.

Clean the computer screen: Scratches, oil, dust, chemicals, and ultraviolet light can affect the performance of your computer screen. Use a dry, soft lint-free cloth to wipe the screen gently. If you see a scratchlike mark on your screen, it might be a stain. Wipe or dust the stain gently with a soft, dry cloth. If the stain remains, moisten a soft, lint-free cloth with water or eyeglass cleaner, but do not apply liquids directly to your computer screen. Ensure that the computer screen is dry before closing it.

Cleaning and maintenance (for notebook computers and tablets)

With appropriate care and maintenance, your computer will serve you reliably. The following topics offer information to help you keep your computer working with best performance.

Basic maintenance tips

Here are some basic points about keeping your computer functioning properly:

- If possible, place your computer in a well-ventilated and dry area without direct exposure to sunshine.
- Store packing materials safely out of the reach of children to prevent the risk of suffocation from plastic bags.
- Keep your computer away from magnets, activated cellular phones, electrical appliances, or speakers (more than 13 cm or 5 inches).
- Avoid subjecting your computer to extreme temperatures (below 5°C/41°F or above 35°C/95°F).
- Avoid placing any objects (including paper) between the display and the keyboard or the palm rest.
- Computer display might be designed to be opened and used at a certain angle. Do not open the display with force. Otherwise, the computer hinge might get damaged.
- Do not turn your computer over when the ac power adapter is plugged in, otherwise, it could break the adapter plug.
- Before moving your computer, be sure to remove any media, turn off attached devices, and disconnect cords and cables.
- When picking up your open computer, hold it by the bottom. Do not pick up or hold your computer by the display.
- Only an authorized Lenovo repair technician should disassemble and repair your computer.
- Do not modify or tape the latches to keep the display open or closed.
- Avoid directly exposing your computer and peripherals to the air from an appliance that can produce negative ions. Wherever possible, ground your computer to facilitate safe electrostatic discharge.

Clean your computer

It is a good practice to clean your computer periodically to protect the surfaces and ensure trouble-free operation. Clean the computer cover: Wipe it with a lint-free cloth dampened in mild soap and water. Avoid applying liquids directly to the cover.

Clean the keyboard: Wipe the keys one by one with a lint-free cloth dampened in mild soap and water. If you wipe several keys at a time, the cloth might hook onto an adjacent key and possibly damage it. Avoid spraying cleaner directly onto the keyboard. To remove any crumbs or dust from beneath the keys, you can use a camera blower with a brush or use cool air from a hair dryer.

Clean the computer screen: Scratches, oil, dust, chemicals, and ultraviolet light can affect the performance of your computer screen. Use a dry, soft lint-free cloth to wipe the screen gently. If you see a scratchlike mark on your screen, it might be a stain. Wipe or dust the stain gently with a soft, dry cloth. If the stain remains, moisten a soft, lint-free cloth with water or eyeglass cleaner, but do not apply liquids directly to your computer screen. Ensure that the computer screen is dry before closing it.

Compliance information

This chapter provides radio frequency compliance statements, electromagnetic emission notices and environmental information about Lenovo products.

Radio frequency compliance statements

Computer models equipped with wireless communications comply with the radio frequency and safety standards of any country or region in which it has been approved for wireless use.

Besides this document, ensure that you read the Regulatory Notice for your country or region before using the wireless devices contained in your computer. The Regulatory Notice contains specific regulatory information about these wireless devices. To access the latest Regulatory Notice, go to <https://support.lenovo.com>.

Wireless-related information

This topic provides wireless-related information about Lenovo products.

Wireless interoperability

Wireless-LAN card is designed to be interoperable with any wireless-LAN product that is based on Direct Sequence Spread Spectrum (DSSS), Complementary Code Keying (CCK), and/or Orthogonal Frequency Division Multiplexing (OFDM) radio technology, and is compliant to:

- The 802.11b/g Standard, 802.11a/b/g, 802.11n, 802.11ax, or 802.11ac on wireless-LANs, as defined by the Institute of Electrical and Electronics Engineers.
- The Wireless Fidelity (Wi-Fi®) certification as defined by the Wi-Fi Alliance®.

Notes:

- Some models may not support 802.11ax, depending on your wireless configurations.
- For some countries or regions, use of 802.11ax may be disabled according to your local regulations.

Usage environment and your health

This computer contains integrated wireless cards that operate within the guidelines identified by radio frequency (RF) safety standards and recommendations; therefore, Lenovo believes that this product is safe for use by consumers. These standards and recommendations reflect the consensus of the worldwide scientific community, and result from deliberations of panels and committees of scientists, who continually review and interpret the extensive research literature.

In some situations or environments, the use of wireless devices might be restricted by the proprietor of a building or responsible representatives of an organization. For example, these situations and areas might include the following:

- On board of airplanes, in hospitals or near petrol stations, blasting areas (with electro-explosive devices), medical implants or body-worn electronic medical devices, such as pace makers.
- In any other environment where the risk of interference to other devices or services is perceived or identified as harmful.

If you are uncertain of the policy that applies to the use of wireless devices in a specific area (such as an airport or hospital), you are encouraged to ask for authorization to use a wireless device prior to turning on the computer.

European Union (EU) / United Kingdom (UK) — Radio Equipment Compliance



EU Contact: Lenovo (Slovakia), Landererova 12, 811 09 Bratislava, Slovakia



UK contact: Lenovo, Redwood, Crockford Lane, Basingstoke, RG24 8WQ, UK.

This product is in conformity with all the requirements and essential norms that apply to EU Council Radio Equipment Directive 2014/53/EU on the approximation of the laws of the Member States, as well as the UK Radio Equipment Regulations SI 2017 No. 1206, relating to radio equipment.

The full text of the system EU declaration of conformity is available at:
<https://www.lenovo.com/us/en/compliance/eu-doc>

The full text of the system UK declaration of conformity is available at:
<https://www.lenovo.com/us/en/compliance/uk-doc>

Lenovo cannot accept responsibility for any failure to satisfy the protection requirements resulting from a non-recommended modification of the product, including the installation of option cards from other manufacturers. This product has been tested and found to comply with the limits for Class B equipment according to European and UK compliance standards. The limits for Class B equipment were derived for typical residential environments to provide reasonable protection against interference with certified communication devices.

RF exposure information

This device meets the EU / UK requirements, and the International Commission on Non-Ionizing Radiation Protection (ICNIRP) guidelines for general public's exposure to electromagnetic fields.

To limit RF exposure, and to comply with the RF exposure requirements (SAR, Specific Absorption Rate), use this device under good radio signal conditions, and maintain the correct user distance from the wireless antennas. Refer to your User Guide for the wireless antenna locations.

- For devices where the location of the wireless antennas is close to the user's body (< 20 cm), the specific SAR

values and statement are provided in the documentation that came with your device.

- For devices where the location of the wireless antennas is > 20 cm from the user, there is not a specific SAR value and the device must be operated at a minimum separation distance of 20 cm from the user's body.

Brazil

This equipment is not protected against harmful interference and may not cause interference with duly authorized systems.

Singapore

Complies with IMDA Standards DB102306

Electromagnetic emission notices

Federal Communications Commission (FCC) Supplier's Declaration of Conformity

Notes:

- The statements below regarding FCC are only valid for products that are shipping to the United States.
- Refer to the product label information to identify the specific model name and number of your product.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult an authorized dealer or service representative for help.

Lenovo is not responsible for any radio or television interference caused by using other than recommended cables and connectors or by unauthorized changes or modifications to this equipment. Unauthorized changes or modifications could void the user's authority to operate the equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Responsible Party:

Lenovo (United States) Incorporated

7001 Development Drive

Morrisville, NC 27560

Email: FCC@lenovo.com



Industry Canada compliance statement

CAN ICES-003(B)/NMB-003(B)

European Union (EU) / United Kingdom (UK) — Electromagnetic Compatibility Compliance

This product is in conformity with the protection requirements of EU Council Directive 2014/30/EU on the approximation of the laws of the Member States, as well as UK SI 2016 No. 1091 with amendments, relating to the electromagnetic compatibility limits for Class B equipment. These Class B requirements are intended to offer adequate protection to broadcast services within residential environments.

Japan notice for ac power cord

The ac power cord shipped with your product can be used only for this specific product. Do not use the ac power cord for other devices.

Environmental information

This section provides environmental, recycling, and RoHS information of countries and regions about Lenovo products.

Recycling and environmental information

Lenovo encourages owners of information technology (IT) equipment to responsibly recycle their equipment when it is no longer needed. Lenovo offers a variety of programs and services to assist equipment owners in recycling their IT products. For information about recycling Lenovo products, go to: <https://www.lenovo.com/recycling>

The latest environmental information about our products is available at: <https://www.lenovo.com/ecodeclaration>

Important battery recycling and WEEE information

Take back and recycling information for WEEE and batteries/accumulators in the European Union and the United Kingdom



The crossed-out wheeled bin marking applies only to countries with WEEE and batteries waste regulations including the European Union (EU), and United Kingdom (UK).

Appliances and batteries/accumulators are labeled in accordance with local regulations concerning waste electrical and electronic equipment (WEEE) and waste batteries and waste accumulators. These regulations determine the framework for the return and recycling of used appliances and used batteries/accumulators as applicable within each geography. This label is applied to various products to indicate that the product is not to be thrown away, but rather put in the established collection systems for reclaiming these end of life products.

The label on the battery may also include a chemical symbol for the metal concerned in the battery (Pb for lead, Hg for mercury, and Cd for cadmium).

Users of electrical and electronic equipment (EEE) and users of batteries/accumulators with the crossed-out wheeled bin marking must not dispose of end of life products as unsorted municipal waste, but use the collection framework available to them for the return, recycle, and recovery of WEEE and waste batteries/ accumulators and to minimize any potential effects of EEE and batteries on the environment and human health due to the presence of hazardous substances.

Lenovo electrical and electronic equipment (EEE) may contain parts and components, which at end-of-life might qualify as hazardous waste.

EEE and waste electrical and electronic equipment (WEEE) can be delivered free of charge to the place of sale or any distributor that sells electrical and electronic equipment of the same nature and function as the used EEE or WEEE.

Before placing electrical and electronic equipment (EEE) in the waste collection stream or in waste collection facilities, the end user of equipment containing batteries and/or accumulators must remove those batteries and accumulators for separate collection.

Dispose of lithium batteries and battery packs from Lenovo products:

A coin-cell type lithium battery might be installed inside your Lenovo product. You can find details about the battery in the product documentation. If the battery needs to be replaced, contact your place of purchase or contact Lenovo for service. If you need to dispose of a lithium battery, insulate it with vinyl tape, contact your place of purchase or a waste-disposal operator, and follow their instructions.

Your Lenovo device might contain a lithium-ion battery pack or a nickel metal hydride battery pack. You can find details on the battery pack in the product documentation. If you need to dispose of a battery pack, insulate it with vinyl tape, contact Lenovo sales, service, or your place of purchase, or a waste-disposal operator, and follow their instructions. You also can refer to the instructions provided in the user guide for your product.

For proper collection and treatment, go to: <https://www.lenovo.com/environment>

For additional WEEE information, go to: <https://www.lenovo.com/recycling>

WEEE information for Hungary

Lenovo, as a producer, bears the cost incurred in connection with the fulfillment of Lenovo's obligations under Hungary Law No. 197/2014 (VIII.1.) subsections (1)-(5) of section 12.

EU ErP (EcoDesign) Directive (2009/125/EC) – external power adapters (Regulation (EU) 2019/1782), Ecodesign for Energy-Related Products Regulations 2010 – UK SI 2010 No. 2617 (Ext PSU), SI 2020 No. 485 (Ntwk Standby), SI 2014 No. 1290 as amended

Lenovo products are compliant with the EU EcoDesign (ErP) Directive and UK EcoDesign for Energy-related Products Regulations. Refer to the following for details. For EU, refer to the system declaration <https://www.lenovo.com/us/en/compliance/eu-doc>, and for UK refer to the system declaration <https://www.lenovo.com/us/en/compliance/uk-doc>.

Japan recycling statements

Collect and recycle a disused Lenovo computer or monitor

If you are a company employee and need to dispose of a Lenovo computer or monitor that is the property of the company, you must do so in accordance with the Law for Promotion of Effective Utilization of Resources.

Computers and monitors are categorized as industrial waste and should be properly disposed of by an industrial waste disposal contractor certified by a local government. In accordance with the Law for Promotion of Effective Utilization of Resources, Lenovo Japan provides, through its PC Collecting and Recycling Services, for the collecting, reuse, and recycling of disused computers and monitors. For details, visit the Lenovo Web site at: <https://www.lenovo.com/recycling/japan>

Pursuant to the Law for Promotion of Effective Utilization of Resources, the collecting and recycling of home-used computers and monitors by the manufacturer was begun on October 1, 2003. This service is provided free of charge for home-used computers sold after October 1, 2003. For details, go to: <https://www.lenovo.com/recycling/japan>

Dispose of Lenovo computer components

Some Lenovo computer products sold in Japan may have components that contain heavy metals or other environmental sensitive substances. To properly dispose of disused components, such as a printed circuit board or drive, use the methods described above for collecting and recycling a disused computer or monitor.

Dispose of disused lithium batteries from Lenovo computers

A button-shaped lithium battery is installed inside your Lenovo computer to provide power to the computer clock while the computer is off or disconnected from the main power source. If you need to replace it with a new one, contact your place of purchase or contact Lenovo for service. If you need to dispose of a disused lithium battery, insulate it with vinyl tape, contact your place of purchase or an industrial-waste-disposal operator, and follow their instructions.

Disposal of a lithium battery must comply with local ordinances and regulations.

Dispose of a disused battery from Lenovo notebook computers

Your Lenovo notebook computer has a lithium ion battery or a nickel metal hydride battery. If you are a company employee who uses a Lenovo notebook computer and need to dispose of a battery, contact the proper person in Lenovo sales, service, or marketing, and follow that person's instructions. You also can refer to the instructions at:

<https://www.lenovo.com/jp/ja/environment/recycle/battery/>

If you use a Lenovo notebook computer at home and need to dispose of a battery, you must comply with local ordinances and regulations. You also can refer to the instructions at:

<https://www.lenovo.com/jp/ja/environment/recycle/battery/>

Battery recycling information for the United States and Canada (for selected models)



US & Canada Only

Restriction of Hazardous Substances (RoHS) Directive of countries and regions

The latest environmental information about Lenovo products is available at:

<https://www.lenovo.com/ecodeclaration>

European Union (EU) / United Kingdom (UK) RoHS

This Lenovo product, with included parts (cables, cords, and so on) meets the requirements of EU Directive 2011/65/EU (as amended by Directive 2015/863/EU) and UK SI 2012 No. 3032 on the restriction of the use of certain hazardous substances in electrical and electronic equipment ("RoHS recast" or "RoHS 2").

For more information about Lenovo worldwide compliance on RoHS, go to: <https://www.lenovo.com/rohs-communication>

India RoHS

RoHS compliant as per E-Waste (Management) Rules.

Mainland China RoHS (for desktop computers)

The information in the following table is applicable to products manufactured on or after January 1, 2015 for sale in the People's Republic of China.

Mainland China RoHS (for notebook computers and tablets)

The information in the following table is applicable to products manufactured on or after January 1, 2015 for sale in the People's Republic of China.

ENERGY STAR model information



ENERGY STAR® is a joint program of the U.S. Environmental Protection Agency and the U.S. Department of Energy aimed at saving money and protecting the environment through energy efficient products and practices. Lenovo is proud to offer products with the ENERGY STAR certified designation. Lenovo computers, if carry an ENERGY STAR mark, have been designed and tested to conform to the ENERGY STAR program requirements for computers as prescribed by the U.S. Environmental Protection Agency. For a certified computer, an ENERGY STAR mark may be affixed to the product, the product packaging, or displayed electronically on the E-label screen or the power settings interface.

By using ENERGY STAR compliant products and taking advantage of the power management features of your computer, you reduce the consumption of electricity. Reduced electrical consumption contributes to potential financial savings, a cleaner environment, and the reduction of greenhouse gas emissions. For more information about ENERGY STAR, go to <https://www.energystar.gov>.

Other compliance information

This section provides other compliance information of countries and regions about Lenovo products.

Eye comfort (for desktop computers and workstations)

The property of the display in combination with following notes result in reduced eye fatigue and increased comfort.

For tips on how to minimize visual fatigue, please go to <https://www.lenovo.com/us/en/safecomp/> to visit "Minimizing Visual Fatigue".

Remote control (for selected desktop computers and workstations)

CAUTION:

Do not use rechargeable batteries in this device.

Export classification notice

This product is subject to the United States Export Administration Regulations (EAR) and has an Export Classification Control Number (ECCN) of 5A992.c. It can be re-exported except to any of the embargoed countries in the EAR E1 country list.

Brazil audio notice

Ouvir sons com mais de 85 decibéis por longos períodos pode provocar danos ao sistema auditivo.

Regulatory labels

Depending on your country or region, you can find the government-required regulatory information through one of the following methods:

- On a physical label attached to the outside of your computer shipping carton
- On a physical label attached to your computer
- Through an electronic-label screen (E-label screen) preinstalled on your computer

To access the E-label screen, restart the computer. When the logo screen is displayed, press F9, or tap the prompt to enter the Startup Interrupt menu and the Regulatory Information option subsequently.

TCO Certified

Selected models are TCO Certified and bear the TCO Certified logo.

Note: TCO Certified is an international third-party sustainability certification for IT products. For details, go to <https://www.lenovo.com/us/en/compliance/tco>.

Accessibility and ergonomic information

This chapter provides information about accessibility and ergonomics.

Accessibility information

Lenovo is committed to providing users who have hearing, vision, and mobility limitations with greater access to information and technology. You can get the most up-to-date accessibility information from <https://www.lenovo.com/accessibility>.

If you need additional support with the accessibility features, go to <https://pcsupport.lenovo.com/supportphonenumber> to find the support phone numbers for your country or region.

Ergonomic information

Good ergonomic practice is important to get the most from your personal computer and to avoid discomfort.

Arrange your workplace and the equipment you use to suit your individual needs and the kind of work that you perform. In addition, use healthy work habits to maximize your performance and comfort when using your computer.

Working in the virtual office might mean adapting to frequent changes in your environment. Adapting to the surrounding light sources, active seating, and the placement of your computer hardware, can help you improve your performance and achieve greater comfort.

This example shows someone in a conventional setting. Even when not in such a setting, you can follow many of these tips. Develop good habits, and they will serve you well.



General posture: Make minor modifications in your working posture to deter the onset of discomfort caused by long periods of working in the same position. Frequent short breaks from your work also help to prevent minor discomfort associated with your working posture.

Display: Position the display to maintain a comfortable viewing distance of 510 mm to 760 mm (20 inches to 30 inches). Avoid glare or reflections on the display from overhead lighting or outside sources of light. Keep the display screen clean and set the brightness to levels that enable you to see the screen clearly. Press the brightness control keys to adjust display brightness.

Head position: Keep your head and neck in a comfortable and neutral (vertical, or upright) position.

Chair: Use a chair that gives you good back support and seat height adjustment. Use chair adjustments to best suit your comfort posture.

Arm and hand position: If available, use chair arm rests or an area on your working surface to provide weight support for your arms. Keep your forearms, wrists, and hands in a relaxed and neutral (horizontal) position. Type with a soft touch without pounding the keys.

Leg position: Keep your thighs parallel to the floor and your feet flat on the floor or on a footrest.

What if you are traveling?

It might not be possible to observe the best ergonomic practices when you are using your computer while on the move or in a casual setting. Regardless of the setting, try to observe as many of the tips as possible.

Sitting properly and using adequate lighting, for example, helps you maintain desirable levels of comfort and performance. If your work area is not in an office setting, ensure to take special note of employing active sitting and taking work breaks. Many product solutions are available to help you modify and expand your computer to best suit your needs. You can find some of these options at <https://www.lenovo.com/accessories>. Explore your options for docking solutions and external products that provide the adjustability and features that you want.

Questions about vision?

The visual display screens of notebook computers are designed to meet the highest standards. These visual display screens provide you with clear, crisp images and large, bright displays that are easy to see, yet easy on the eyes. Any concentrated and sustained visual activity can be tiring. If you have questions on eye fatigue or visual discomfort, consult a vision-care specialist for advice.

Notices and trademarks

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Changes are made periodically to the information herein; these changes will be incorporated in new editions of the publication. To provide better service, Lenovo reserves the right to improve and/or modify the products and software programs described in the manuals included with your computer, and the content of the manual, at any time without additional notice.

The software interface and function and hardware configuration described in the manuals included with your computer might not match exactly the actual configuration of the computer that you purchase. For the configuration of the product, refer to the related contract (if any) or product packing list, or consult the distributor for the product sales. Lenovo may use or distribute any of the information you supply in any way it believes appropriate without incurring any obligation to you.

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Any performance data contained herein was determined in a controlled environment. Therefore, the result obtained in other operating environments may vary significantly. Some measurements may have been made on development-level systems and there is no guarantee that these measurements will be the same on generally available systems. Furthermore, some measurements may have been estimated through extrapolation. Actual results may vary. Users of this document should verify the applicable data for their specific environment.

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For the latest information or any questions or comments, contact or visit the Lenovo Web site:
<https://pcsupport.lenovo.com>

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Documents / Resources

<div>Generic Safety and Compliance Notices</div> <div></div>	<div>LC Future Center TP00160AL Notebook Computer [pdf] User Manual</div> <div>TP00160AL Notebook Computer, TP00160AL, Notebook Computer, Computer</div>
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References

- [Lenovo Support | Drivers, Troubleshooting, Warranty, Repair | Lenovo Support US](#)
- [Lenovo EU Declaration of Conformity Compliance Information | Lenovo US](#)
- [Regulatory Compliance | UK Declaration of Conformity | Lenovo US](#)
- [Official Lenovo Laptop, Accessories & PC Support - Lenovo Support US](#)
- [Official Lenovo Laptop, Accessories & PC Support - Lenovo Support US](#)
- [SupportPhoneList - Lenovo Support US](#)
- [Lenovo Warranty Check/Lookup | Check Warranty Status | Lenovo Support US](#)
- [Lenovo Support | Drivers, Troubleshooting, Warranty, Repair | Lenovo Support US](#)
- [dtsc.ca.gov/hazardouswaste/](#)
- [Homepage | ENERGY STAR](#)
- [Accessibility Features Content | Lenovo US](#)
- [Lenovo Accessories & Software - Shop Now | Lenovo US](#)
- [Lenovo Eco Declaration Compliance Information | Lenovo US](#)
- [Sustainability Climate Change | Lenovo US](#)
- [ĀfŽāf¼āf~āf-āffā, PCā@āfāffāftāfāf¼\[ā°ā½cā°Cæ-īé»æ± jā@āfā.µā.ṽā.āf« | āf-āfŽāfœāf» ā.āfĒāf‘āf³](#)
- [Lenovo Regulatory Compliance | Recycling | Lenovo UK](#)
- [Product Recycling Programs - Japan | Lenovo US](#)
- [Lenovo EU Declaration of Conformity Compliance Information | Lenovo US](#)
- [Regulatory Compliance | TCO Certification | Lenovo US](#)
- [Regulatory Compliance | UK Declaration of Conformity | Lenovo US](#)
- [Lenovo Limited Warranty - 02 \(LLW-02\) - Lenovo Support US](#)
- [User Manual](#)

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