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1AHC-DESK-ARM-REST
Height Adjustable
Ergonomic Desk



StarTech com 1AHC-DESK-ARM-REST Height Adjustable Ergonomic Desk User Guide

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StarTech com 1AHC-DESK-ARM-REST Height Adjustable Ergonomic Desk



Specifications

- **Product Name:** Height-Adjustable Ergonomic Desk Arm Rest
- **Max. Load Capacity:** 5kg
- **Product ID:** 1AHC-DESK-ARMREST

Product Usage Instructions

Installation

1. Adjust the Desk Clamp to the approximate thickness of the desk using the Clamp Knob on the bottom of the clamp.
2. Place the Desk armrest at the desired edge of the desk and tighten the Clamp to the desk using the Clamp Knob.

Operation

1. Rotate the Swivel Arm from the desk to the desired position.
2. Adjust the Tilt Arm height using the Height Adjustment Latch to the desired height.
3. Position the Forearm Support in a comfortable and ergonomic position.

FAQ

Q: Where can I find the latest manual and technical specifications for the product?

A: For the latest manual, product information, technical specifications, and declarations of conformance, please visit: www.startech.com/1AHC-DESK-ARMREST

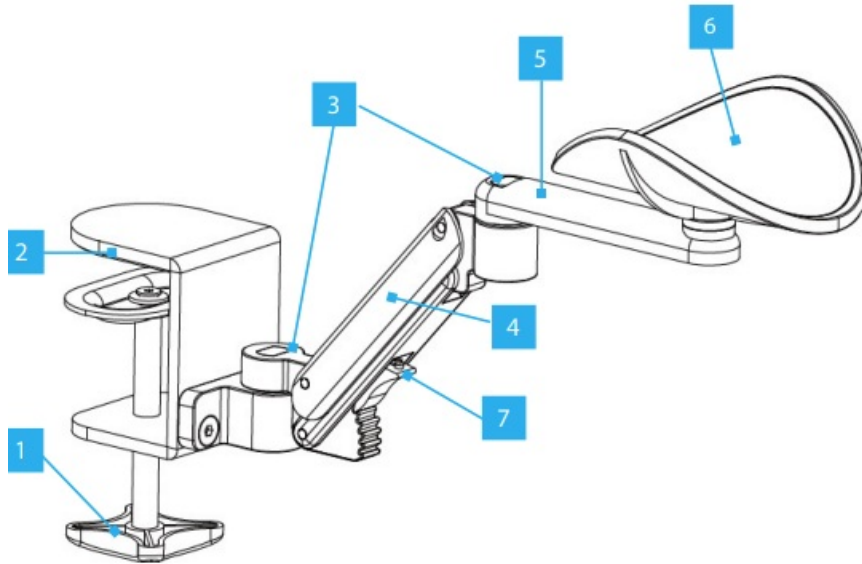
Q: How should I ensure safety while using this product?

A: Assemble this product according to the instructions provided.

Read the entire manual and ensure you fully understand the instructions before assembling and using this product.

Parts Depreciation

Product ID 1AHC-DESK-ARMREST



WARNING: Pinch Hazard – Exercise caution around moving parts and the height adjustment Latch

Component		Function
1	Clamp Knob	<ul style="list-style-type: none">To tighten the Desk Clamp
2	Desk Clamp	<ul style="list-style-type: none">To Mount the Desk Arm Rest to a desk(maximum desk thickness 2in / 58mm)
3	Swivel Points	<ul style="list-style-type: none">Swivel Points for the Tilt and Swivel Arms
4	Tilt Arm	<ul style="list-style-type: none">Tilts from 0 to 45 degrees and rotates 180 degrees
5	Swivel Arm	<ul style="list-style-type: none">Rotates 360 degrees around the Tilt Arm
6	Elbow/Forearm Support	<ul style="list-style-type: none">Supports the Forearm at a comfortable and ergonomic height from -5 mm below to 70mm above the desk and rotates 360 degrees
7	Height Adjustment Latch	<ul style="list-style-type: none">Six Adjustment Angles (0, 10, 20, 25, 35 and 45 degrees)

Package Contents

- **Desk Arm Rest** x 1
- **Quick-Start** Guide x 1

Requirements

- For the latest manual, product information, technical specifications, and declarations of conformance, please visit: www.startech.com/1AHC-DESK-ARMREST
- Desk or table of up to 2in (58mm) thickness

Installation

1. Adjust the Desk Clamp to the approximate thickness of the desk using the Clamp Knob on the bottom of the clamp. (Figure 1)

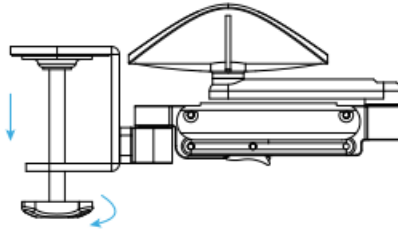


Figure 1

2. Place the Desk Arm Rest at the desired edge of the desk and tighten the Clamp to the desk using the Clamp Knob. (Figure 2)

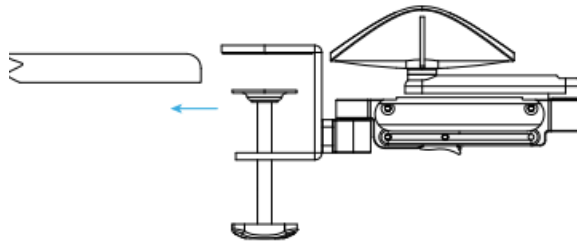


Figure 2

Operation

1. Rotate the Swivel Arm from the desk to the desired position. (Figure 3 & 4)

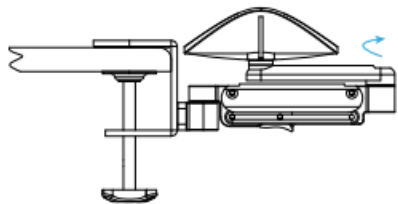


Figure 3

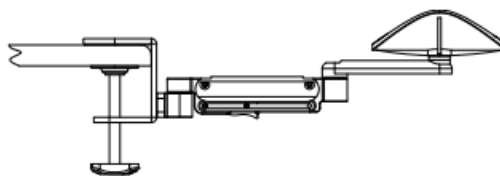


Figure 4

2. Adjust the Tilt Arm height using the Height Adjustment Latch to the desired height. (Figure 5)

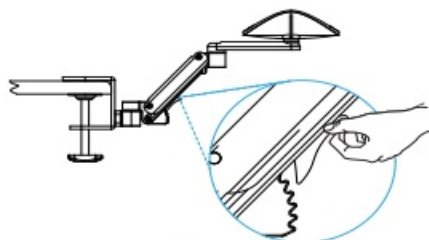


Figure 5

3. Position the Forearm Support in a comfortable and ergonomic position. (Figure 6)



Figure 6

Regulatory Compliance

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Warranty Information

This product is backed by a two-year warranty.

For further information on product warranty terms and conditions, please refer to www.startech.com/warranty.

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Safety Measures

Assemble this product according to the instructions. Read the entire manual and ensure the instructions are fully understood before assembling and/or using this product.

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Documents / Resources

	<p>StarTech.com 1AHC-DESK-ARM-REST Height Adjustable Ergonomic Desk [pdf] User Guide</p> <p>1AHC-DESK-ARM-REST, 1AHC-DESK-ARM-REST Height Adjustable Ergonomic Desk, Height Adjustable Ergonomic Desk, Adjustable Ergonomic Desk, Ergonomic Desk, Desk</p>
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References

- [User Manual](#)

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