

# VHM™ Series Ergonomic Adjustment



## **A** Arm Rotation Resistance

Remove plastic caps to access the nut and bolt.

Using two 1/2" (13mm) wrenches, turn nut clockwise to increase resistance.



## **B** Ergo-Bracket Rotation Resistance

Using a 1/2" (13mm) wrench, turn nut clockwise to increase resistance or counterclockwise to decrease resistance.

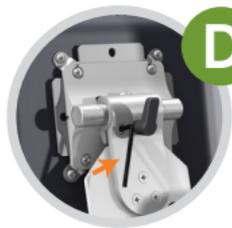
Do not remove the nut.



## **C** Keyboard Folding Resistance

Remove plastic caps to reveal nut and bolt head.

Use two 1/2" (13mm) wrenches to turn bolt clockwise to increase resistance or counterclockwise to decrease resistance.



## **D** Monitor Tilt Resistance

Use a 5/32" (4mm) hex wrench to equally tighten or loosen the tilt tension screws to tilt the monitor.

Use the Tilt Adjustment Lever to fine-tune and lock the tilt.



See reverse side for important  
ergonomic adjustments.