

Sit-to-Stand Workstation

ARMSTS



*actual product may vary from photos

FR: Guide de l'utilisateur - fr.startech.com

DE: Bedienungsanleitung - de.startech.com

ES: Guía del usuario - es.startech.com

NL: Gebruiksaanwijzing - nl.startech.com

PT: Guia do usuário - pt.startech.com

IT: Guida per l'uso - it.startech.com

For the latest information, technical specifications, and support for this product, please visit www.startech.com/ARMSTS.

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Warning Statements

- 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.
- Do not exceed the weight capacity of this product. Overloading this product might result in injury or property damage.
- Weight capacity of the workstation: 11 kg (24.3 lb.)
- Weight capacity of the keyboard tray: 2 kg (4.4 lb.)
- Do not allow children to climb on this product, or use this product without proper supervision.
- This product is intended for indoor use only and should not be used outdoors.
- Do not over-tighten the screws. If any resistance is encountered, stop tightening.
- Never operate this product if parts are missing or damaged.
- Ensure the desk or mounting surface for this product can support the combined weight of the workstation and the mounted equipment. Failure to do so may result in property damage and/or personal injury.
- When lowering or raising the workstation, ensure the mounted equipment is properly secured or supported and the speed is slow enough to prevent any equipment instability. Failure to do so may result in property damage and/or personal injury.
- Ensure all equipment cables are of adequate length for the highest workstation position. Failure to do so may result in property damage and/or personal injury.
- Tipping Hazard! This product is freestanding and therefore prone to tipping if mishandled or overloaded. Exercise caution when moving, loading, unloading and adjusting the product. Failure to do so could result in equipment damage and/or personal injury.
- Stored Energy Hazard! This product contains a spring mechanism which can cause the assembly and/or mounted equipment to move forcibly, and quickly, when released via the actuating lever or handle. Read and follow the operating instructions and heed any precautions provided. Before operating the lever or handle, understand the motion created by the spring mechanism and always exercise caution. Failure to do so may result in property damage and/or serious personal injury.
- Pinch hazard! Keep your fingers clear from moving components when you move the workstation up or down.

Varningsmeddelanden

- Se till att du monterar produkten i enlighet med instruktionerna.
- Läs hela manualen och se till att du förstår instruktionerna innan du börjar montera och använda produkten.
- Överskrid inte produktens viktkapacitet. Överbelastning av produkten kan

orsaka skada på person eller egendom.

- Arbetsstationens viktkapacitet: 11 kg (24,3 lb.)
- Tangentbordslådans viktkapacitet: 2 kg (4,4 lb.)
- Låt inte barn klättra på produkten eller använda produkten utan uppsikt.
- Produkten är endast avsedd för användning inomhus och ska inte användas utomhus.
- Dra inte åt skruvarna för hårt när du monterar produkten. Om du måste ta i när du skruvar åt kan du sluta skruva åt.
- Använd aldrig produkten om delar saknas eller är skadade.
- Se till att skrivbordet eller monteringsytan kan bära den kombinerade vikten av den här produkten och den monterade utrustningen. Om du inte gör det kan det leda till egendomsskador och/eller personskador.
- När du sänker eller höjer arbetsstationen ska du se till att den monterade utrustningen är ordentligt säkrad eller stöds och att hastigheten är tillräckligt långsam för att förhindra att utrustningen blir instabil. Underlåtenhet att göra detta kan leda till egendomsskador och/eller personskador.
- Se till att alla utrustningskablar har tillräcklig längd för den högsta arbetsstationens/displayens läge. Om detta inte görs kan det leda till egendomsskador och/eller personskador.
- Tippningsrisk! Denna produkt är fristående och kan därför tippas om den hanteras felaktigt eller överbelastas. Var försiktig när du flyttar, lastar, lossar och justerar produkten. Underlåtenhet att göra det kan leda till skador på utrustningen och / eller personskada.
- Risk för lagrad energi! Denna produkt innehåller en fjädermekanism som kan leda till att monteringskomponenterna och/eller displayen rör sig kraftigt och snabbt uppåt när den aktiveras. Följ de medföljande instruktionerna och var alltid försiktig när du aktiverar handtaget. Använd inte handtaget före steg 4 i installationsförfarandet. När du justerar displayens höjd ska du alltid stödja eller hantera displayen med båda händerna (som på bilden) för att på ett säkert sätt kontrollera höjningen eller sänkning av displayen. Underlåtenhet att göra detta kan leda till egendomsskador och/eller allvarliga personskador.
- Klämrisk! Håll fingrarna borta från rörliga komponenter när du flyttar arbetsstationen upp eller ner.

Waarschuwingen

- Zorg dat u dit product volgens de instructies in elkaar zet.
- Lees de gehele handleiding en zorg dat u de instructies begrijpt voordat u dit product in elkaar zet en gebruikt.
- Overschrijd de maximale capaciteit van dit product niet. Overbelasting van dit product kan letsel of materiële schade veroorzaken.
- Draagvermogen werkstation: 11 kg (24,3 lbs.)
- Gewichtscapaciteit van de toetsenbordhouder: 2 kg (4,4 lb.)
- Geef kinderen geen toestemming om op dit apparaat te klimmen of dit product zonder goed toezicht te gebruiken.
- Dit product is alleen bedoeld voor binnengebruik en mag niet buiten

worden gebruikt.

- Draai de schroeven niet te strak vast wanneer u dit product in elkaar zet. Als u weerstand voelt tijdens het vastdraaien van de schroeven, stop dan.
- Gebruik dit product nooit als er onderdelen ontbreken of beschadigd zijn.
- Zorg ervoor dat het bureau of het montageoppervlak het gecombineerde gewicht van dit product en de gemonteerde apparatuur kan dragen. Doet u dit niet, dan kan dit leiden tot materiële schade en/of persoonlijk letsel.
- Wanneer u het werkstation laat zakken of optilt, moet u ervoor zorgen dat de gemonteerde apparatuur goed vastzit of ondersteund wordt en dat de snelheid laag genoeg is om te voorkomen dat de apparatuur instabiel wordt. Doet u dit niet, dan kan dit leiden tot materiële schade en/of persoonlijk letsel.
- Zorg ervoor dat alle kabels van de apparatuur voldoende lang zijn voor de hoogste positie van het werkstation/beeldscherm. Doet u dit niet, dan kan dit leiden tot materiële schade en/of persoonlijk letsel.
- Kantelgevaar! Dit product is vrijstaand en kan daarom kantelen bij verkeerde behandeling of overbelasting. Wees voorzichtig bij het verplaatsen, laden, lossen en aanpassen van het product. Als u dit niet doet, kan dit leiden tot schade aan de apparatuur en / of persoonlijk letsel.
- Gevaar door opgeslagen energie! Dit product bevat een veermechanisme dat ertoe kan leiden dat de montageonderdelen en/of het display bij bediening met kracht en snel omhoog bewegen. Volg de bijgeleverde instructies en wees altijd voorzichtig bij het bedienen van de hendel. Bedien de hendel niet vóór stap 4 van de installatieprocedure. Wanneer u het scherm in hoogte verstelt, moet u het scherm altijd met beide handen ondersteunen of vastpakken (zoals afgebeeld) om het scherm veilig omhoog of omlaag te kunnen bewegen. Doet u dit niet, dan kan dit leiden tot materiële schade en/of ernstig persoonlijk letsel.
- Gevaar voor beknelling! Houd uw vingers weg van de bewegende onderdelen als u uw werkstation naar boven of beneden beweegt.

注意

- 必ず取扱説明書に従って本製品の組み立てを行って下さい。
- 最初に取扱説明書を最後まで読み、本製品の組み立て方をすべて理解してから組み立て作業を始めて下さい。
- 本製品で定められた最大積載重量を超えないようにして下さい。最大積載重量をオーバーした場合、怪我をする恐れや器物破損の恐れがあります。
- ワークステーションの耐荷重: 11 kg (24.3 ポンド)
- キーボードトレイの耐荷重: 2 kg (5 ポンド)
- 本製品に小さなお子様が乗って遊ばないようにして下さい。お子様が使用する際には、適切な監視を怠らないようにして下さい。
- 本製品は、室内での使用を想定しています。戸外では使用しないで下さい。
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- 本製品で使用している部品の一部が紛失していたり損傷している状態で使用するのには絶対に止めて下さい。

- 机や設置面が、本製品と積載する機器の合計重量に耐えられるか確認してください。確認を怠ると、破損や怪我につながる可能性があります。
- 本製品を降ろしたり上げたりするときは、搭載機器が適切に固定または保持されていることを確認し、機器が不安定にならないように十分な速度で行ってください。誤った操作をすると、破損や怪我につながる可能性があります。
- すべての機器のケーブルが、本製品／ディスプレイを最も高い位置に設定した場合に適切な長さになっているか確認してください。確認を怠ると、破損や怪我につながる可能性があります。
- チップの危険。この製品は自立型であるため、取り扱いを誤ったり、過負荷になったりすると転倒しやすくなります。製品を移動、ロード、アンロード、および調整するときは注意してください。そうしないと、機器の損傷や人身事故につながる可能性があります。
- 反動注意! 本製品にはスプリング機構が搭載されており、作動させるとアセンブリ部品やディスプレイが反動で上方に大きく動く場合があります。付属の説明書に従い、ハンドルを操作する際には常に注意を払ってください。設置手順のステップ4より前にハンドルを操作しないでください。ディスプレイの高さを調整するときは、必ず両手でディスプレイを支え、ハンドルを握って安全にディスプレイの昇降をコントロールしてください(図参照)。誤った操作をすると、破損や怪我につながる可能性があります。
- 危険! ワークステーションを上下に動かす際は、指を可動部に近づけないようにして下さい。

Dichiarazioni di avvertenza

- Assicurarsi di Assemblare il prodotto secondo le istruzioni.
- Leggere l'intero manuale e assicurarsi di aver compreso tutte le istruzioni prima di iniziare ad assemblare e a utilizzare questo prodotto.
- Non superare la capacità di carico del prodotto. Il sovraccarico del prodotto potrebbe causare danni o lesioni.
- Capacità di peso della workstation: 11 kg (24,3 lb.)
- Capacità di peso del vassoio della tastiera: 2 kg (4,4 lb.)
- Non consentire ai bambini di arrampicarsi sul prodotto o di utilizzarlo senza un'adeguata supervisione.
- Il prodotto è destinato all'uso in ambienti interni. Se ne sconsiglia l'impiego in ambienti esterni.
- Durante l'assemblaggio del prodotto, non stringere troppo le viti. Se si incontra resistenza mentre si stringono le viti, interrompere l'operazione.
- Nunca opere o ponga en funcionamiento este producto si faltan piezas o hay daños en las mismas.
- Assicurarsi che la scrivania o la superficie di montaggio possano sostenere il peso combinato di questo prodotto e dell'attrezzatura montata su di esso. In caso contrario si potrebbero verificare danni alla proprietà e/o lesioni personali.
- Quando si abbassa o si solleva la postazione di lavoro, assicurarsi che l'attrezzatura montata sia adeguatamente fissata o sostenuta e che la velocità sia sufficientemente bassa da evitare qualsiasi instabilità dell'attrezzatura.

In caso contrario, potrebbero verificarsi danni alla proprietà e/o lesioni personali.

- Assicurarsi che tutti i cavi dell'attrezzatura siano di lunghezza adeguata per la posizione più alta della stazione di lavoro/display. In caso contrario, si potrebbero verificare danni alla proprietà e/o lesioni personali.
- Rischio di ribaltamento! Questo prodotto è indipendente e quindi incline a ribaltarsi se maneggiato in modo improprio o sovraccarico. Prestare attenzione durante lo spostamento, il caricamento, lo scaricamento e la regolazione del prodotto. In caso contrario, potrebbero verificarsi danni alle apparecchiature e / o lesioni personali.
- Pericolo di energia immagazzinata! Questo prodotto contiene un meccanismo a molla che può far sì che i componenti del dispositivo e/o il display si muovano forzatamente e rapidamente verso l'alto quando vengono azionati. Seguire le istruzioni fornite e prestare sempre attenzione quando si aziona la maniglia. Non azionare la maniglia prima del passo 4 della procedura di installazione. Quando si regola l'altezza del display, reggere o maneggiare sempre il display con entrambe le mani (come mostrato) per controllare in sicurezza il sollevamento o l'abbassamento del display. In caso contrario, si potrebbero verificare danni alla proprietà e/o gravi lesioni personali.
- Pericolo di Schiacciamento! Tenere lontane le dita da parti in movimento quando si è in fase di regolazione della stazione di lavoro.

Avertissements

- Assemblez ce produit conformément aux instructions.
- Lisez tout le manuel et assurez-vous que vous comprenez les instructions avant de commencer à assembler et utiliser ce produit.
- Ne dépassez pas la capacité pondérale du produit. Une surcharge du produit peut entraîner des blessures ou des dommages matériels.
- Capacité de poids de la station de travail: 11 kg (24,3 lb)
- Capacité de poids du plateau de clavier: 2 kg (4,4 lb)
- N'autorisez pas les enfants à grimper sur ce produit ni à l'utiliser sans surveillance.
- Ce produit est uniquement destiné à une utilisation en intérieur et ne doit pas être utilisé à l'extérieur.
- Ne serrez pas trop les vis lors de l'assemblage de ce produit. Si vous rencontrez une résistance lors du serrage des vis, cessez de serrer.
- N'utilisez pas ce produit si des pièces sont endommagées ou manquantes.
- Assurez-vous que le bureau ou la surface de montage peut supporter le poids combiné de ce produit et de l'équipement monté. Le non-respect de cette consigne peut entraîner des dommages matériels et/ou des blessures corporelles.

- Lors de la descente ou de la montée du poste de travail, assurez-vous que l'équipement monté est correctement fixé ou soutenu et que la vitesse est suffisamment lente pour éviter toute instabilité de l'équipement. Le non-respect de cette consigne peut entraîner des dommages matériels et/ou corporels.
- Assurez-vous que tous les câbles de l'équipement sont d'une longueur adéquate pour la position la plus élevée du poste de travail/de l'écran. Le non-respect de cette consigne peut entraîner des dommages matériels et/ou corporels.
- Risque de basculement! Ce produit est autonome et donc enclin à basculer s'il est mal manipulé ou surchargé. Faites preuve de prudence lors du déplacement, du chargement, du déchargement et du réglage du produit. Le non-respect de cette consigne peut entraîner des dommages matériels et / ou des blessures corporelles.
- Danger lié à l'énergie stockée ! Ce produit contient un mécanisme à ressort qui peut entraîner le déplacement forcé et rapide des composants de l'assemblage et/ou de l'écran vers le haut lorsqu'il est actionné. Suivez les instructions fournies et faites toujours preuve de prudence lorsque vous actionnez la poignée. N'actionnez pas la poignée avant l'étape 4 de la procédure d'installation. Lorsque vous réglez la hauteur de l'écran, soutenez ou manipulez toujours l'écran avec les deux mains (comme indiqué) pour contrôler en toute sécurité la montée ou la descente de l'écran. Le non-respect de cette consigne peut entraîner des dommages matériels et/ou des blessures corporelles graves.
- Risque de pincement ! Ne pas approcher les doigts des composants mobiles quand vous levez ou abaissez le poste de travail.

Mensagens de aviso

- Certifique-se de que monta este produto de acordo com as instruções.
- Leia todo o manual e certifique-se de que entende as instruções antes de começar a montar e a utilizar este produto.
- Não exceda a capacidade de peso deste produto. Sobrecarregar este produto pode resultar em ferimentos ou danos de propriedade.
- Capacidade de peso da estação de trabalho: 11 kg (24,3 lb.)
- Capacidade de peso da bandeja do teclado: 2 kg (4,4 lb.)
- Não deixar as crianças trepar neste produto ou utilizar este produto sem a devida supervisão.
- Este produto destina-se apenas a uma utilização no interior e não deve ser utilizado no exterior.
- Quando montar este produto, não aperte demasiado os parafusos. Se encontrar resistência enquanto aperta os parafusos, pare de apertar.
- Nunca opere este produto se faltarem peças ou estas estiverem danificadas.
- Assegura que a mesa ou a superfície de montagem pode suportar o peso combinado deste produto e do equipamento montado. Não o fazer pode resultar em danos materiais e/ou ferimentos pessoais graves.

- Ao baixar ou subir o posto de trabalho, assegurar que o equipamento montado está devidamente fixado ou suportado e que a velocidade é suficientemente lenta para evitar qualquer instabilidade do equipamento. Não o fazer pode resultar em danos materiais e/ou ferimentos pessoais.
- Assegur que todos os cabos do equipamento têm o comprimento adequado para a posição mais alta do posto de trabalho/posição do visor. Não o fazer pode resultar em danos materiais e/ou ferimentos pessoais.
- Derrubando o perigo! Este produto é independente e, portanto, sujeito a tombar se for manuseado incorretamente ou sobrecarregado. Tenha cuidado ao mover, carregar, descarregar e ajustar o produto. Não fazer isso pode resultar em danos ao equipamento e / ou ferimentos pessoais
- Perigo de Energia Armazenada! Este produto contém um mecanismo de mola que pode resultar na movimentação forçada e rápida dos componentes de montagem e/ou visor para cima quando accionado. Siga as instruções fornecidas e tenha sempre cuidado ao accionar o manípulo. Não accionar a pega antes do passo 4 do procedimento de instalação. Ao ajustar a altura do visor, apoi sempre o visor com ambas as mãos (como ilustrado) para controlar com segurança a subida ou descida do visor. Não o fazer pode resultar em danos materiais e/ou ferimentos pessoais graves.
- Risco de dedos trilhados! Mantenha os dedos afastados dos componentes em movimento quando move a estação de trabalho para cima ou para baixo.

Advertencias de uso

- Asegúrese de ensamblar este producto según las instrucciones.
- Lea todo el manual y asegúrese de haber comprendido bien las instrucciones antes de proceder con el ensamblaje y el uso de este producto.
- Asegúrese de no exceder la capacidad de peso de este producto. La sobrecarga de este producto puede causar lesiones personales o daños en la propiedad.
- Capacidad de peso de la estación de trabajo: 11 kg (24,3 lb)
- Capacidad de peso de la bandeja del teclado: 2 kg (4,4 lb)
- No permita que los niños se suban a este producto o que lo utilicen sin la debida supervisión de un adulto.
- El uso de este producto es solo para interiores y no debe utilizarse en exteriores.
- Cuando ensamble este producto, no apriete los tornillos más de lo debido. Si al apretar los tornillos siente resistencia, no los apriete más.
- Nunca opere o ponga en funcionamiento este producto si faltan piezas o hay daños en las mismas.
- Asegúrese de que el escritorio o la superficie de montaje pueda soportar el peso combinado de este producto y del equipo montado. Si no lo hace, puede provocar daños materiales y/o lesiones personales.
- Cuando baje o suba la estación de trabajo, asegúrese de que el equipo montado esté bien asegurado o apoyado y que la velocidad sea lo suficientemente lenta como para evitar que el equipo pueda caerse. Si no lo hace, puede provocar daños materiales y/o personales.

- Asegúrese de que todos los cables de los equipos tengan la longitud adecuada para la posición más alta de la estación de trabajo o pantalla. Si no lo hace, puede provocar daños materiales y/o lesiones personales.
- ¡Peligro de vuelco! Este producto es independiente y, por lo tanto, propenso a volcarse si se manipula incorrectamente o se sobrecarga. Tenga cuidado al mover, cargar, descargar y ajustar el producto. El no hacerlo podría resultar en daños al equipo y / o lesiones personales.
- ¡Peligro de Energía Almacenada! Este producto contiene un mecanismo de resorte que puede hacer que los componentes del conjunto y/o la pantalla se muevan rápidamente con fuerza hacia arriba al ser accionados. Siga las instrucciones proporcionadas y tenga siempre precaución al accionar la manija. No la accione antes del paso 4 del procedimiento de instalación. Cuando ajuste la altura de la pantalla, sujete o sosténgala siempre con ambas manos (como se muestra) para controlar con seguridad la subida o bajada de la misma. Si no lo hace, puede provocar daños materiales y/o lesiones personales graves.
- ¡Peligro de Aplastamiento! Mantenga sus dedos alejados de las partes móviles al desplazar la estación de trabajo hacia arriba o hacia abajo.

Warnhinweise

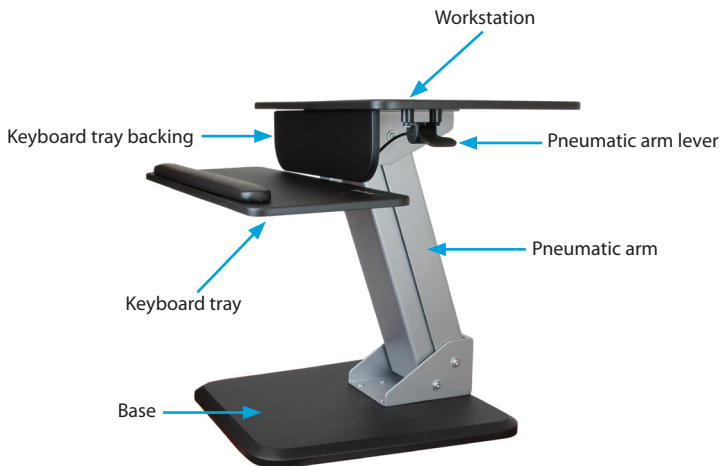
- Beachten Sie bei der Montage dieses Produkts die Montageanweisungen.
- Bevor Sie dieses Produkt montieren und verwenden, lesen Sie das gesamte Handbuch und vergewissern Sie sich, dass Sie die Anweisungen verstanden haben.
- Überschreiten Sie nicht die Tragkraft dieses Produkts. Ein Überladen dieses Produkts kann zu Verletzungen oder zur Beschädigung des Produkts führen.
- Gewichtskapazität der Workstation: 11 kg (24,3 lb.)
- Gewichtskapazität der Tastaturablage: 2 kg (4,4 lb.)
- Gestatten Sie Kindern nicht, auf das Produkt zu klettern oder das Produkt ohne Aufsicht zu benutzen.
- Dieses Produkt ist nur zum Gebrauch in Innenräumen vorgesehen und sollte nicht im Freien verwendet werden.
- Achten Sie bei der Montage des Produkts darauf, die Schrauben nicht zu fest anzuziehen. Sobald Sie beim Anziehen der Schrauben auf Widerstand stoßen, stellen Sie das Anziehen ein.
- Das Produkt darf nicht bedient werden, wenn Teile fehlen oder beschädigt sind.
- Stellen Sie sicher, dass der Tisch oder die Montagefläche das kombinierte Gewicht dieses Produkts und der montierten Geräte tragen kann. Andernfalls kann es zu Sach- und/oder Personenschäden kommen.
- Stellen Sie beim Absenken oder Anheben der Workstation sicher, dass die montierte Ausrüstung ordnungsgemäß gesichert oder abgestützt ist und die Geschwindigkeit langsam genug ist, um eine Instabilität der Ausrüstung zu verhindern. Bei Nichtbeachtung kann es zu Sach- und/oder Personenschäden kommen.

- Vergewissern Sie sich, dass alle Gerätekabel eine ausreichende Länge für die höchste Position der Workstation/des Displays haben. Andernfalls kann es zu Sach- und/oder Personenschäden kommen.
- Kippgefahr! Dieses Produkt ist freistehend und neigt daher bei falscher Handhabung oder Überlastung zum Umkippen. Seien Sie vorsichtig, wenn Sie das Produkt bewegen, laden, entladen und einstellen. Andernfalls kann es zu Geräteschäden und / oder Verletzungen kommen.
- Gefahr durch gespeicherte Energie! Dieses Produkt enthält einen Federmechanismus, der dazu führen kann, dass sich die Montagekomponenten und/oder das Display bei Betätigung gewaltsam und schnell nach oben bewegen. Befolgen Sie die mitgelieferten Anweisungen und lassen Sie bei der Betätigung des Griffs stets Vorsicht walten. Betätigen Sie den Griff nicht vor Schritt 4 des Installationsvorgangs. Stützen oder fassen Sie das Display beim Verstellen der Höhe immer mit beiden Händen an (wie abgebildet), um das Anheben oder Absenken des Displays sicher zu steuern. Andernfalls kann es zu Sachschäden und/oder schweren Personenschäden kommen.
- Einklemmgefahr! Halten Sie Ihre Finger fern von beweglichen Teilen wenn Sie die Arbeitsstation hoch und runter Bewegen.

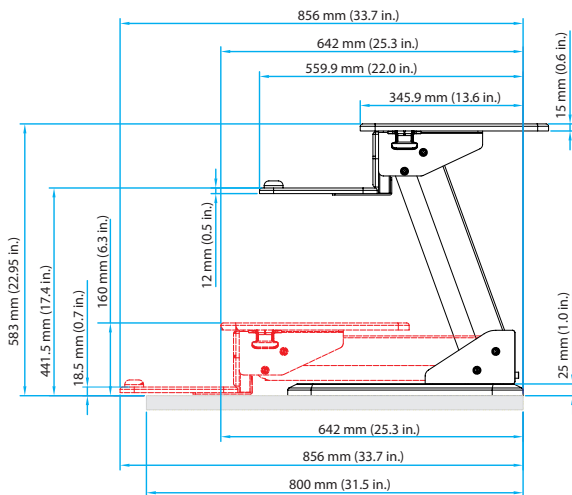
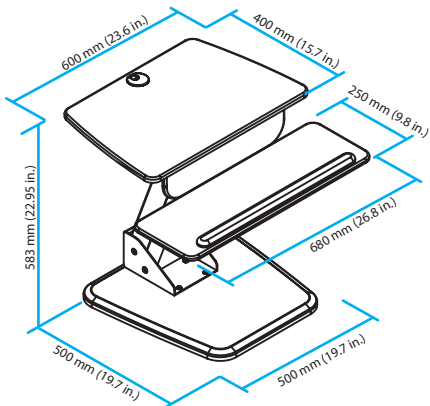
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Product diagram



Product dimensions

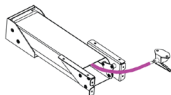


Introduction

You can use the ARMSTS to turn your workstation into a dual-functioning area that enables you to either sit or stand while you work. The height-adjustable feature of the ARMSTS makes it easy to quickly change from a standing to a sitting position, making it an integral element in your ergonomic work setup.

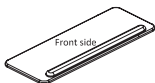
Packaging contents

1



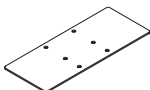
Pneumatic arm
Qty: One

2



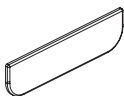
Keyboard tray
Qty: One

3



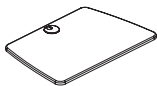
Back plate
(keyboard tray)
Qty: One

4



Keyboard tray backing
Qty: One

5



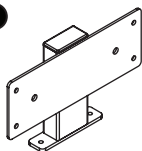
Workstation
Qty: One

6



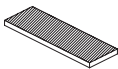
Base
Qty: One

7



Mounting pillar
Qty: One

8



Small pressure pads
(keyboard tray)
Qty: Two

9



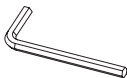
Circular pressure pads
Qty: Four

10



Clamp plate
Qty: One

11



M6*95 Allen wrench
Qty: One

12



M4*55 Allen wrench
Qty: One

13



M6*8 screws
Qty: Two

14



M6*12 screws
Qty: Sixteen

15



M6*25 screws
Qty: Four

16



M10*50 bolt
Qty: One

17



#3/8 - 16 x 50 mm bolt
Qty: One

18



Instruction manual
Qty: One

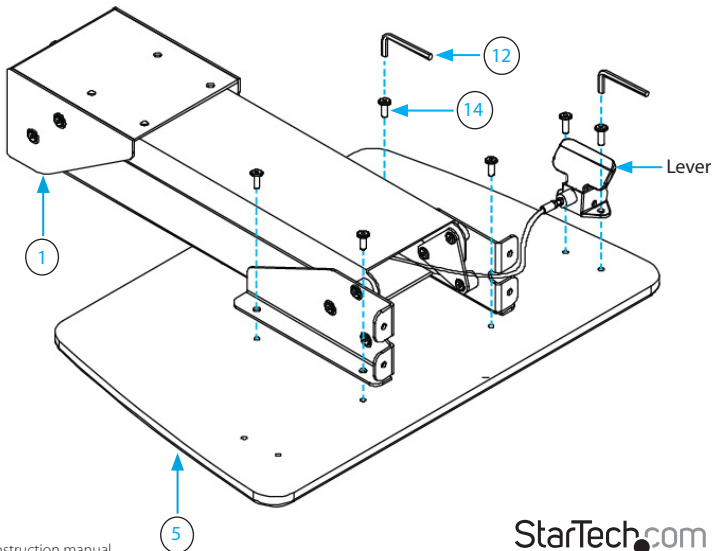
Assemble the workstation

Stored Energy Hazard! This product contains a spring mechanism which can cause the assembly and/or mounted equipment to move forcibly, and quickly, when released via the actuating lever or handle. Read and follow the operating instructions and heed any precautions provided. Before operating the lever or handle, understand the motion created by the spring mechanism and always exercise caution. Failure to do so may result in property damage and/or serious personal injury.

Tipping Hazard! This product is freestanding and therefore prone to tipping if mishandled or overloaded. Exercise caution when moving, loading, unloading and adjusting the workstation. Failure to do so could result in equipment damage and/or personal injury.

Pinch hazard! During the upward or downward movement of the workstation, pinch points can be created by the sliding and rotating components. To avoid injury or property damage, keep your hands, arms and property away from these moving components and pinch points. Failure to follow this instruction may result in property damage and/or serious injury.

Caution! Ensure all equipment cables are of adequate length for the highest workstation position. Failure to do so may result in property damage and/or personal injury.



Warning! When lowering or raising the workstation, ensure the mounted equipment is properly secured or supported and the speed is slow enough to prevent any equipment instability. Failure to do so may result in property damage and/or personal injury.

Attach the pneumatic arm to the workstation

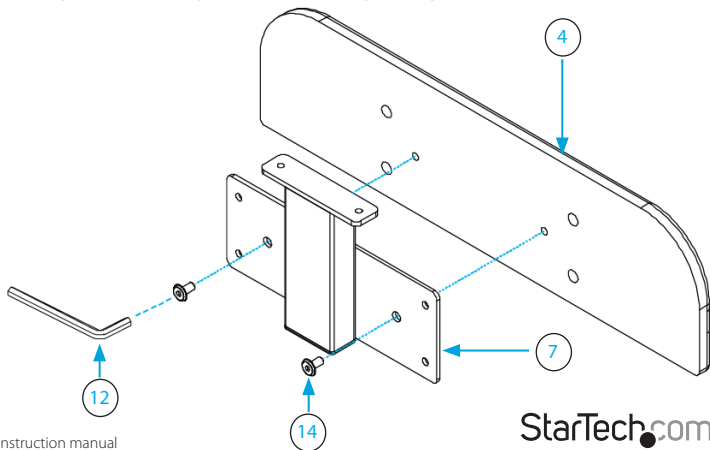
1. Line up the two holes on each of the brackets of the pneumatic arm (1) with four of the holes on the workstation (5).
2. Use the M4*55 Allen wrench (12) to insert four M6*12 screws (14) into the two holes on each side of the bracket on the pneumatic arm and into the workstation.
3. Turn the Allen wrench clockwise to tighten the screws.
4. Out of the box, the lever is tucked into the pneumatic arm. Pull the lever out from the pneumatic arm, and then use the M4*55 Allen wrench to insert two M6*12 screws through the holes on the sides of the lever and into the workstation.
5. Turn the Allen wrench clockwise to tighten the screws.

Warning! Do not over-tighten the screws. (tightening torque is 1.5 Nm)

Attach the keyboard tray backing to the mounting pillar

1. Line up the single hole on each side of the mounting pillar (7) with the corresponding holes on the keyboard tray backing (4).
2. Use the M4*55 Allen wrench (12) to insert two M6*12 screws (14) into the mounting pillar and then the keyboard tray backing.
3. Turn the Allen wrench clockwise to tighten the screws.

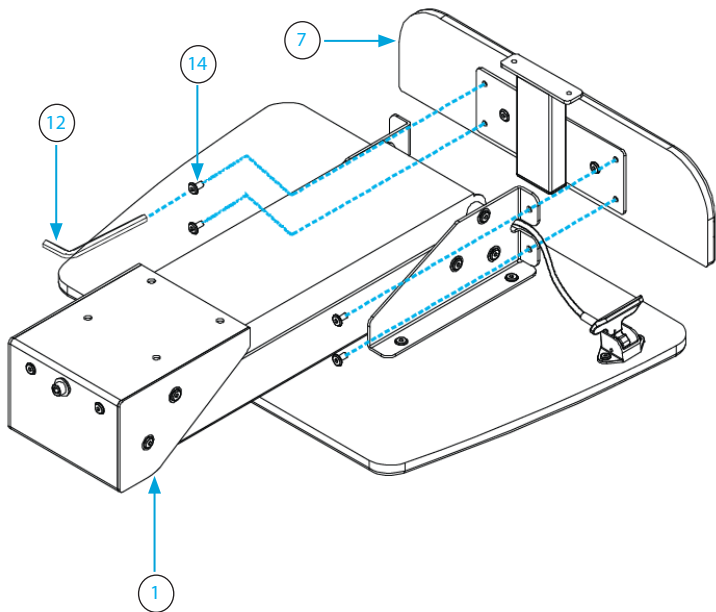
Warning! Do not over-tighten the screws. (tightening torque is 1.5 Nm)



Attach the pneumatic arm to the mounting pillar

1. Line up the two holes on each of the brackets of the pneumatic arm (1) with the four holes on the mounting pillar (7).
2. Use the M4*55 Allen wrench (12) to insert four M6*12 screws (14) into the pneumatic arm and then the mounting pillar.
3. Turn the Allen wrench clockwise to tighten the screws.

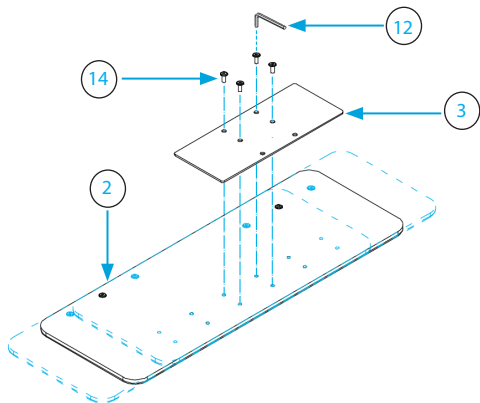
Warning! Do not over-tighten the screws. (tightening torque is 1.5 Nm)



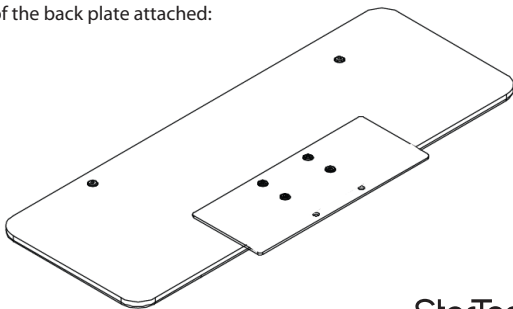
Attach the back plate to the keyboard tray

1. Line up the top four holes on the back plate (3) with the four holes on the keyboard tray (2) so that the bottom two holes on the back plate are hanging over the edge of the keyboard tray. Depending on your preference, you can attach the back plate centered on the keyboard tray or off-centered to the right or left.
2. Use the M4*55 Allen wrench (12) to insert four M6*12 screws (14) into the back plate and then the keyboard tray.
3. Turn the Allen wrench clockwise to tighten the screws.

Warning! Do not over-tighten the screws. (tightening torque is 1.5 Nm)



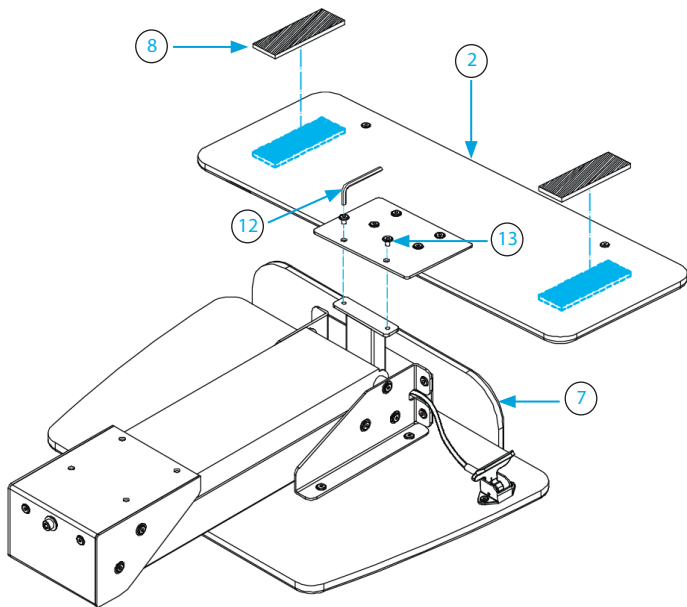
Example of the back plate attached:



Attach the keyboard tray to the mounting pillar

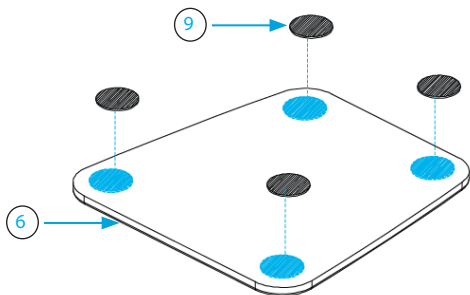
1. Affix the small pressure pads (8) onto the reverse side of the keyboard tray (2) in the areas indicated in the diagram.
2. Use the M4*55 Allen wrench (12) to insert two M6*8 screws (13) into the top two holes on the keyboard tray and then the mounting pillar (7).
3. Turn the Allen wrench clockwise to tighten the screws.

Warning! Do not over-tighten the screws. (tightening torque is 1.5 Nm)



Affix the pressure pads to the base

1. Affix the circular pressure pads (9) onto the underside of the base (6) in the areas indicated in the diagram.

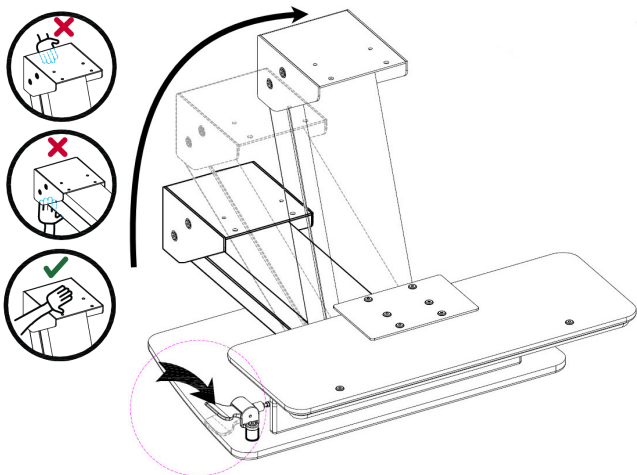


Attach the base

Warnings! The Pneumatic Arm contains a spring mechanism which will result in the arm moving forcibly and quickly when the lever is actuated (i.e. squeezed). To avoid injury or property damage, keep hands away from any pinch points created by the moving components and your body and/or property away from the arm's swing path (image below). Failure to do so may result in property damage and/or serious personal injury.

Warning! Do not over-tighten the screws. (tightening torque is 1.5 Nm)

Caution! The Pneumatic Arm must be raised in order to complete this stage of the assembly process. To prevent the Arm from rising too quickly, the ascent can be controlled manually. To perform this option safely, the palm of the hand must be placed on the flat surface, as shown below, during the raising of the Arm. A consistent manual force is required to control the Arm's upward swing. Your hand must be kept away from any pinch points created by the moving components and your body and/or property away from the arm's swing path.



1. Press the pneumatic arm lever to extend the pneumatic arm.

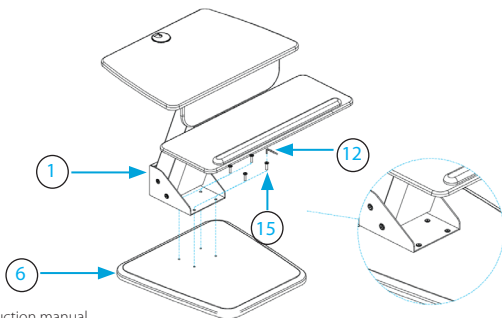
Caution: To prevent the pneumatic arm from rising too quickly, hold down the arm of the base as you squeeze the lever.

2. Turn over the assembled pneumatic arm and line up the four holes on the pneumatic arm (1) with the four holes on the base (6).

3. Use the M4*55 Allen wrench (12) to insert four M6*25 screws (15) through the holes on the pneumatic arm and into the base.

4. Turn the Allen wrench clockwise to tighten the screws.

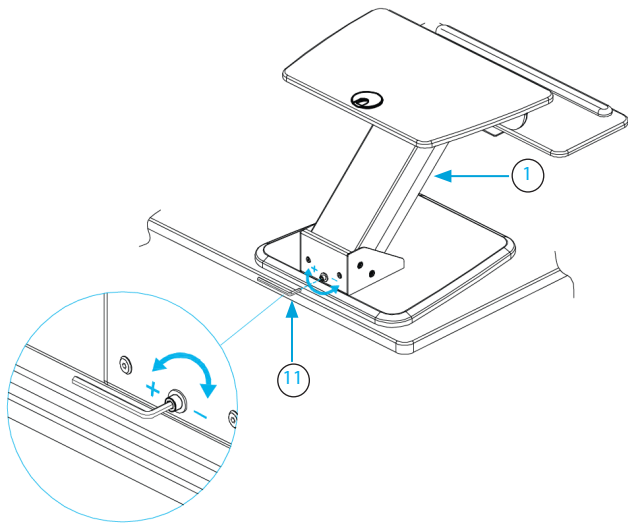
Warning! Do not over-tighten the screws (tightening torque is 1.5 Nm).



Instruction manual

Convert the ARMSTS to a sitting or standing position

1. To convert the ARMSTS to a standing or sitting position, press the lever on the pneumatic arm.
2. To adjust the tension, move the arm to 45 degrees and do one of the following:
 - If the weight of the monitor(s) makes it difficult to easily lift the workstation, use the M6*95 Allen wrench (11) to move the screw at the back of the pneumatic arm (1) counterclockwise.
 - If the workstation lowers too quickly, use the M6*95 Allen wrench (11) to move the screw at the back of the pneumatic arm (1) counterclockwise.
 - If the workstation doesn't easily lower down, use the M6*95 Allen wrench (11) to move the screw at the back of the pneumatic arm (1) clockwise.



Attach a monitor

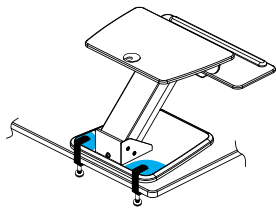
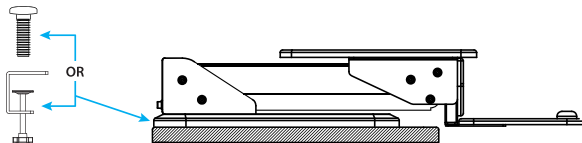
Warning! To maintain stability and safe use when you mount a monitor arm on ARMSTS, you must secure the rear of the base of the sit-to-stand workstation to the desk.

If you're using a StarTech.com monitor arm, use the following to secure ARMSTS to the desk:

- The C-Clamp provided with the monitor arm that you're mounting.

If you're using a third-party monitor arm, use any of the following to secure the ARMSTS to the desk:

- Screws (not included).
- A third-party clamp (not included).



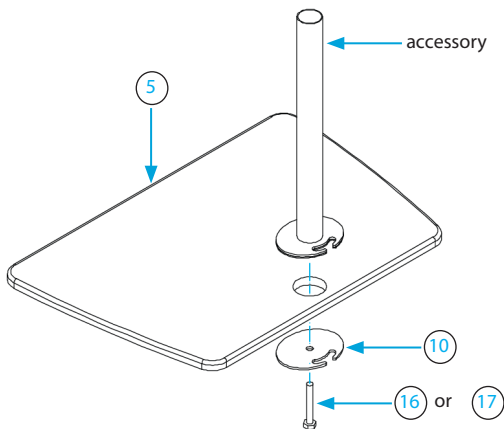
Note: You need to position the clamp within the highlighted area on either side of the base. Only one clamp is required.

Caution! If you use a clamp to secure the ARMSTS to the desk, make sure that the weight of the monitor arm is distributed towards the back of the ARMSTS when you remove the clamp.

Warning! If you add a monitor arm to the ARMSTS, make sure that you don't extend the monitors beyond the edge of the top plate. If you exceed the product weight limit or extend the monitors passed the desk surface, you will create a tipping hazard. Make sure that you install the monitor arm when the ARMSTS is lowered, distribute the weight evenly, and don't extend the monitors beyond the edge of the adjustable desk surface.

StarTech.com offers several optional accessories that you can use with the ARMSTS, including the [ARMDUAL](#), [ARMSLIM](#), or [ARMPIVOT](#). To attach the optional accessories, complete the following steps:

1. If the accessory is configured for a desk mount, it needs to be reconfigured for a grommet mount. For detailed instructions on how to do this, see the documentation that came with your product.
2. Position the accessory over the grommet on the ARMSTS workstation (5).
3. Depending on the size of the monitor stand pole, thread the M10*50 bolt (16) or the #3/8 - 16 x 50 mm bolt (17) through the clamp plate (10).
4. Holding the accessory upright, thread the bolt through the grommet and into the accessory.
5. Turn the bolt clockwise to tighten it.



Weight restrictions

Warning! The weight limit for the ARMSTS is a total of 13 kilograms (28.7 pounds) and the total weight of the monitors and keyboard shouldn't exceed that weight. The weight limit of the workstation surface is 11 kilograms (24.3 pounds). The weight limit of the keyboard tray is 2 kilograms (4.4 pounds).

Technical support

StarTech.com's lifetime technical support is an integral part of our commitment to provide industry-leading solutions. If you ever need help with your product, visit www.startech.com/support and access our comprehensive selection of online tools, documentation, and downloads.

For the latest drivers/software, please visit www.startech.com/downloads

Warranty information

This product is backed by a two-year warranty.

StarTech.com warrants its products against defects in materials and workmanship for the periods noted, following the initial date of purchase. During this period, the products may be returned for repair, or replacement with equivalent products at our discretion. The warranty covers parts and labor costs only. StarTech.com does not warrant its products from defects or damages arising from misuse, abuse, alteration, or normal wear and tear.

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