

Steelcase

FYI Flat Panel Monitor Arm

User Guide

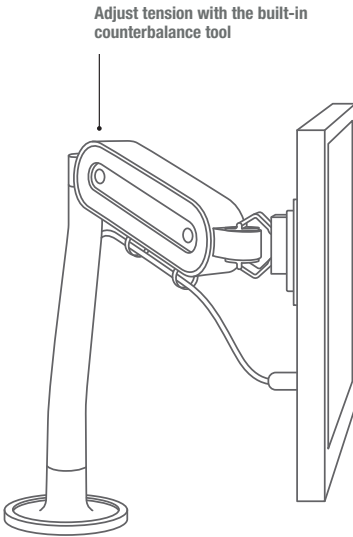
FYI® Flat Panel Monitor Arm

FYI (as the name implies) is for your information. And since it easily adjusts to meet each user's visual needs, it's also wellbeing for your eyes. FYI Monitor Arms, available in single or dual models, adjust quickly for workers on the go without the need for any tools.

FYI Single Monitor Arm supports displays weighing 5 to 20 lbs and accommodates displays up to 30".

FYI Dual Flat Panel Arm supports displays weighing 5 to 20 lbs each and accommodates displays 19" to 27".

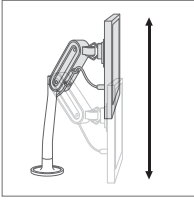
It is not recommended to use an FYI Dual Flat Panel Arm on a 24" deep worksurface due to lack of focal depth adjustment. FYI Dual should only be installed on 29" or deeper worksurfaces.



FYI Controls

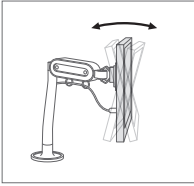
Most of the adjustments are intuitive – we call it “effortless movement” – but here are a few tips to ensure you get the most from this ergonomic tool.

Tip: The larger the display, the less focal adjustment. 27" displays are limited to approximately 19" of forward travel from the back of the worksurface.



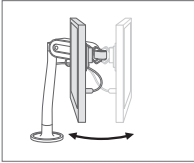
ADJUST HEIGHT

Grasp the display sides with both hands and move it up or down to meet your sightline needs. In general, ergonomists recommend the top of the display be aligned with your eyes. However, bifocals or trifocals will affect that guideline.



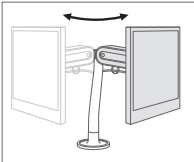
ADJUST TILT

You can tilt your display by taking hold of its sides and tilting it backward or forward.



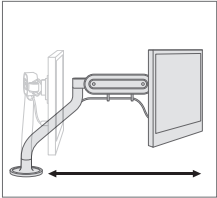
ADJUST PAN

To pan your display from one side to another, grasp the display's sides and swivel the screen on its pivot; no need to move the FYI Flat Panel Arm itself.



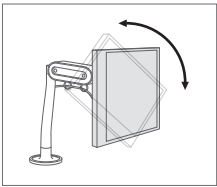
ADJUST SIDE TO SIDE

Take hold of the display's edge and move it into the desired position.



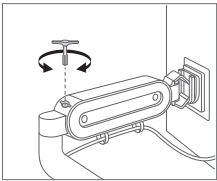
ADJUST DEPTH

Grasp the display and move it toward you or push it toward the back.



ADJUST ORIENTATION

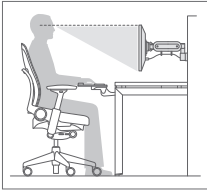
Take hold of the display sides with two hands and give it a quarter turn.



ADJUST TENSION

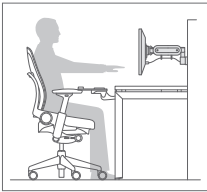
The FYI Flat Panel Monitor Arm features a built-in counterbalance tool. You'll find it atop the back portion of the upper arm. Lift the tool from its slot and give it several turns to adjust the tension until your display remains in position. Then push the tool back into its slot.

Basics of Monitor Arm Positioning



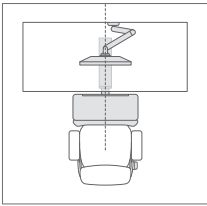
HEIGHT

Top of the display should be positioned at or slightly below eye level.



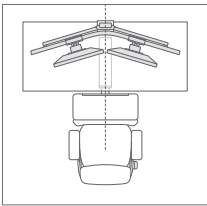
DISTANCE

Display should be 20" to 30" from the eyes or approximately an arm's length away.



ALIGNMENT

Proper alignment is the key to preventing strain. Computer display, keyboard, and mouse should be centered to allow user to see the display without looking downward or to either side. Mouse should be accessible without twisting or reaching. Reference documents should never be flat on desk and should be at the same height as or aligned with the display, or above keyboard and below the display.



DUAL DISPLAY ALIGNMENT

If using two displays, position the display used more often closer. If equally used, center displays directly in front and angle them in a slight inward "V" shape.

Steelcase®

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