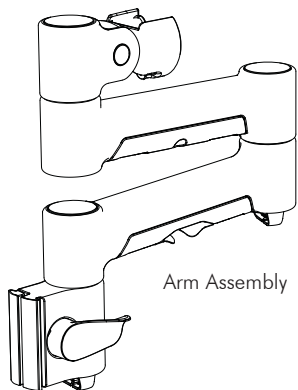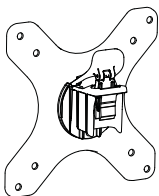SA46S
SA46W
SA46B
SA46PB

SYSTEMA

Systema | Monitor Arm | 460mm

Component Checklist
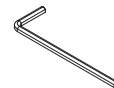

Arm Assembly

VESA monitor head

Display Mounting Spacers (x4)

M4 x 14mm (x1)
Silver Phillips Head
Security Screw

HARDWARE

3mm Allen Key

Display Mounting Screws

M4 x 12/16/25mm (x4)
Black Phillips Head Mounting Screws

IMPORTANT INFORMATION:

! **IMPORTANT - Install Systema Monitor Arm as per installation instruction.**
! This product supports a maximum load of 12kg (26.4lbs).
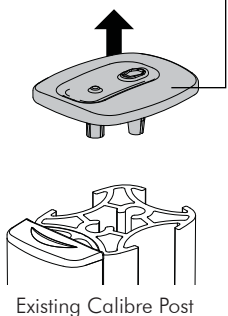! The manufacturer accepts no responsibility for incorrect installation.
! The Systema Monitor Arm is compatible with Systema Posts: SP10, SP40, SP75 and with Wall Channels: SW6 & SW35.

Step 1. Check Components

Check what you have received against the component checklist and hardware above.

Step 2. Mount Arm Assembly

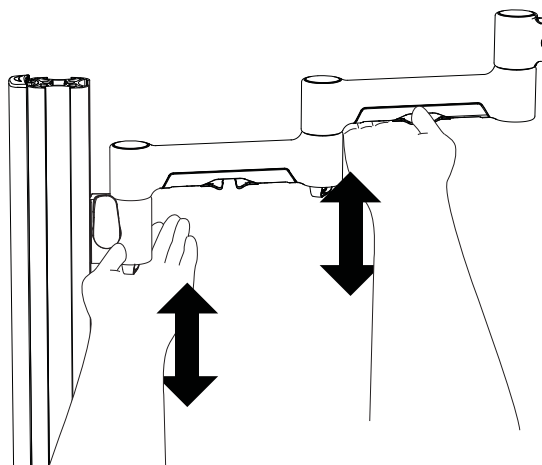**2.1** Remove Post Top Cap.

Existing Calibre Post

2.2 Insert Arm Assembly into Channel

Note: Squeeze and hold Clamp Head before inserting into the channel on Post Assembly or Wall Channel.

Arm Assembly

Note: Ensure Clamp Head Lever is vertical and unlocked.

Pole Assembly
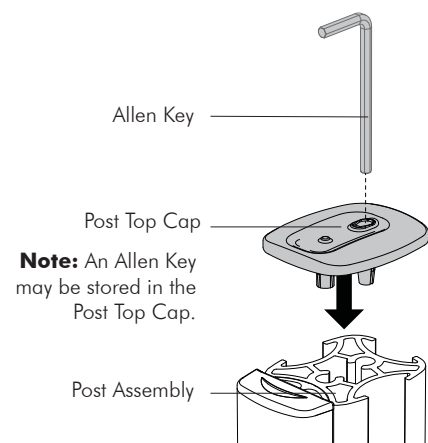
Wall Channel
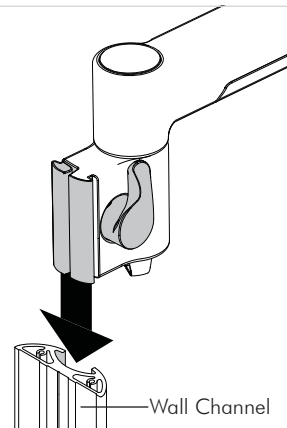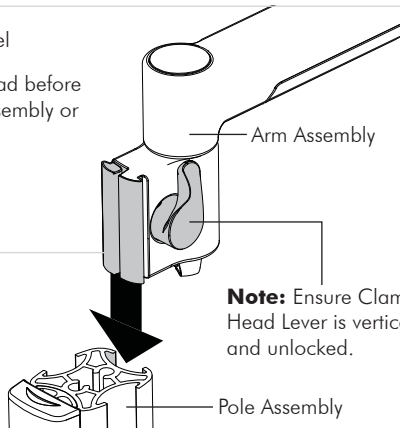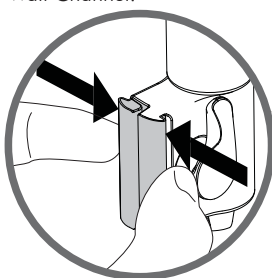
2.3 Move Channel Clamp to desired height and ensure arm is supported.

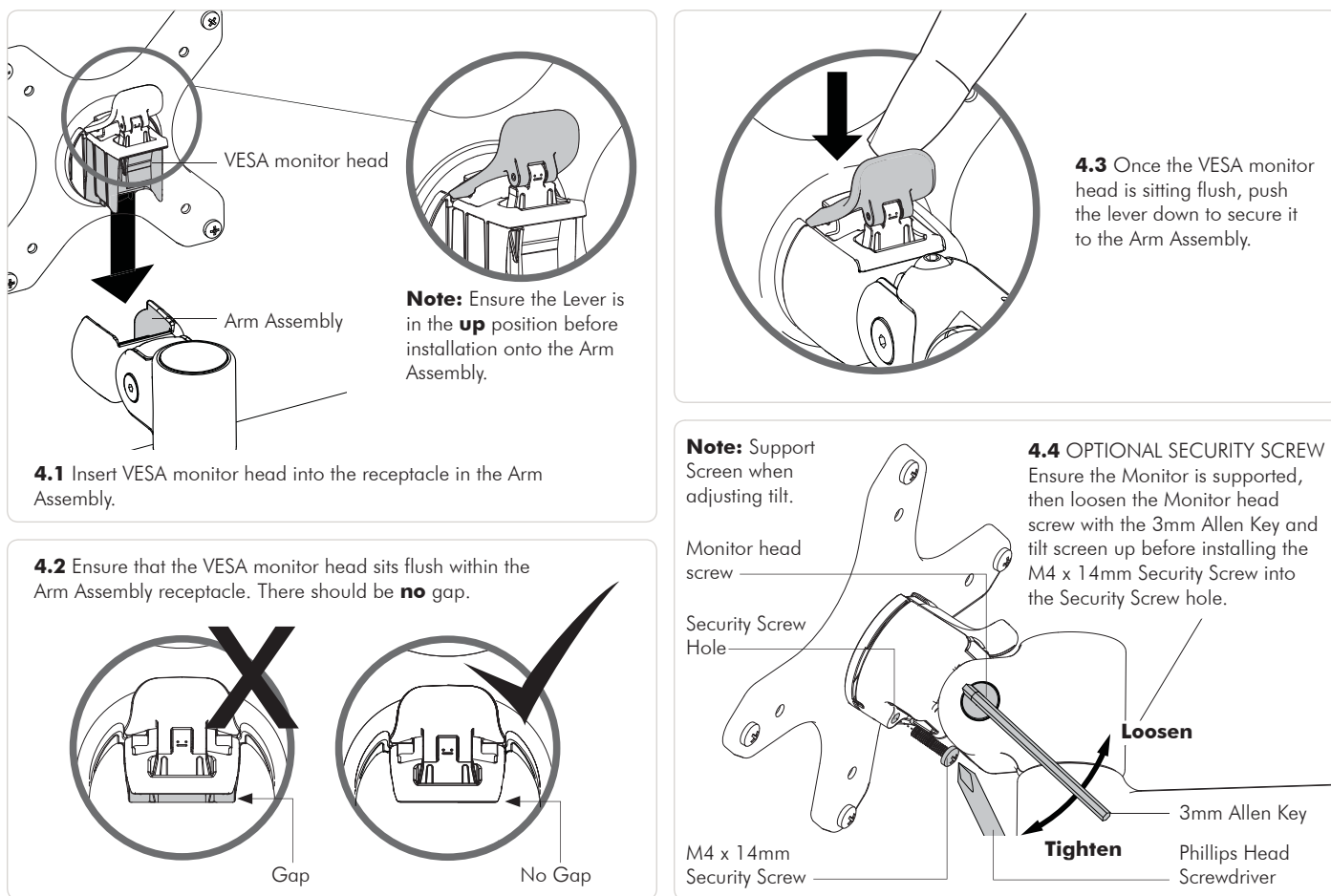
2.4 Lock Channel Clamp at preferred height.

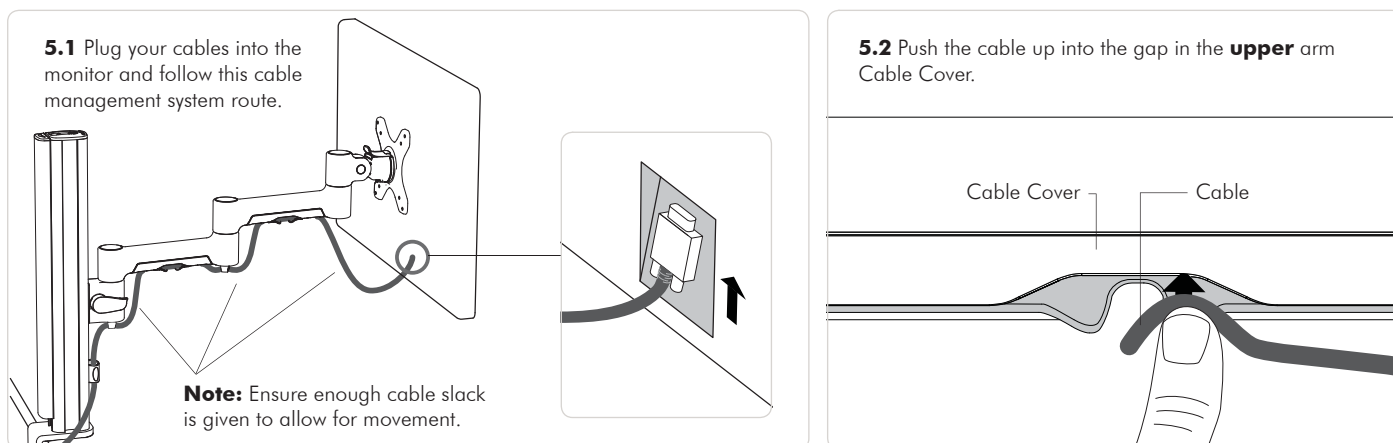**'Click'**
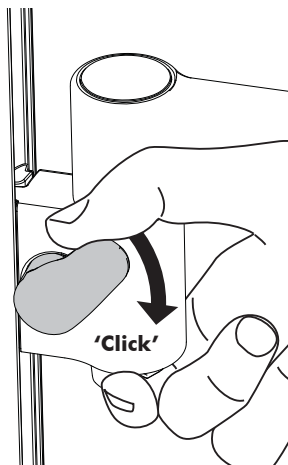
2.5 Insert Post Top Cap into Post Assembly.

Allen Key

Post Top Cap

Note: An Allen Key may be stored in the Post Top Cap.

Post Assembly

Step 3. Install VESA monitor head

3.1 Install VESA monitor head as shown.

VESA monitor head

Screen

M4x12/16/25mm
Phillips Head Mounting Screws

Spacers (may be required for
recessed and uneven surfaces)

100mm

75mm

100mm   75mm

Step 4. Mount Display

VESA monitor head

Arm Assembly

Note: Ensure the Lever is
in the **up** position before
installation onto the Arm
Assembly.

4.1 Insert VESA monitor head into the receptacle in the Arm
Assembly.

4.2 Ensure that the VESA monitor head sits flush within the
Arm Assembly receptacle. There should be **no** gap.

Gap

No Gap

4.3 Once the VESA monitor
head is sitting flush, push
the lever down to secure it
to the Arm Assembly.

Note: Support
Screen when
adjusting tilt.

Monitor head
screw

Security Screw
Hole

M4 x 14mm
Security Screw

4.4 OPTIONAL SECURITY SCREW
Ensure the Monitor is supported,
then loosen the Monitor head
screw with the 3mm Allen Key and
tilt screen up before installing the
M4 x 14mm Security Screw into
the Security Screw hole.

Loosen

Tighten

3mm Allen Key

Phillips Head
Screwdriver

Step 5. Cable Management

5.1 Plug your cables into the
monitor and follow this cable
management system route.

Note: Ensure enough cable slack
is given to allow for movement.

5.2 Push the cable up into the gap in the **upper** arm
Cable Cover.

Cable Cover
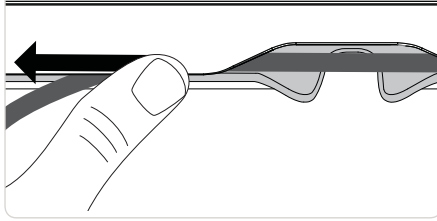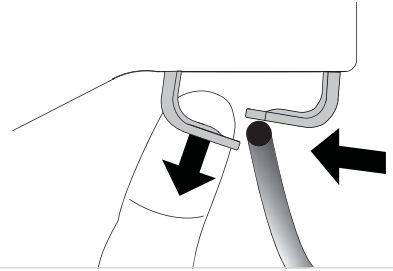
Cable

5.3 Whilst maintaining pressure on the cable, slide the cable into the groove and follow it up.
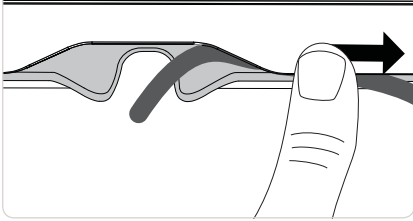
5.4 Whilst maintaining pressure on the cable, slide the cable into the groove and follow it down.
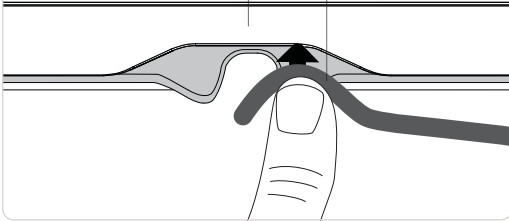
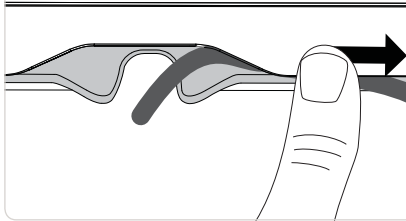**5.5** At the Elbow, pull one side of the clip down and push the cable through the gap.

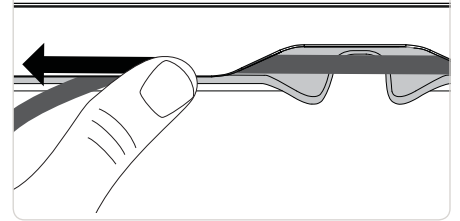**5.6** Push the cable up into the gap in the **lower** arm Cable Cover.

Cable Cover — — Cable
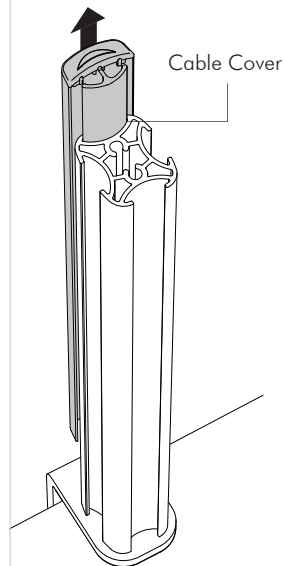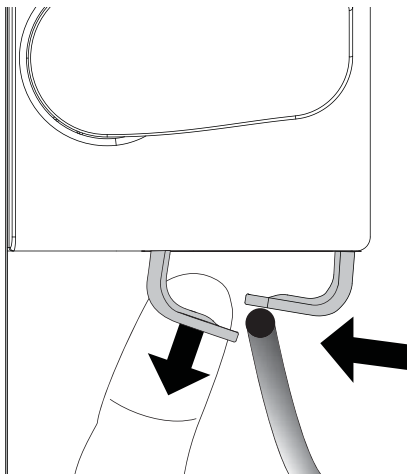
5.7 Whilst maintaining pressure on the cable, slide the cable into the groove and follow it up.

**5.8** Whilst maintaining pressure on the cable, slide the cable into the groove and follow it down.

5.9 Under the Channel Clamp, pull one side of the clip down and push the cable through the gap.

Cable Cover

5.10 OPTIONAL
To reposition the Cable Cover, pull it straight up and out of the post and insert it into any of the available channels.

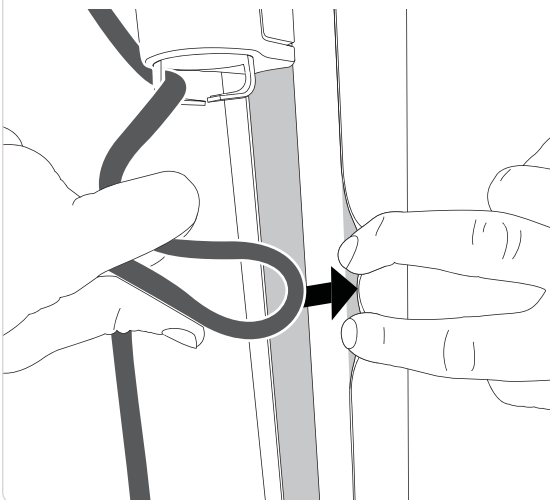**Note:** The Cable Cover shown, only comes with SP40 or SP75 posts.
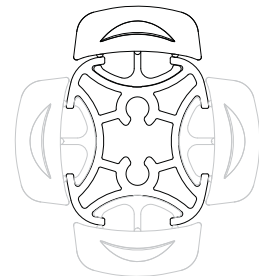
Optional Cable Cover Positions

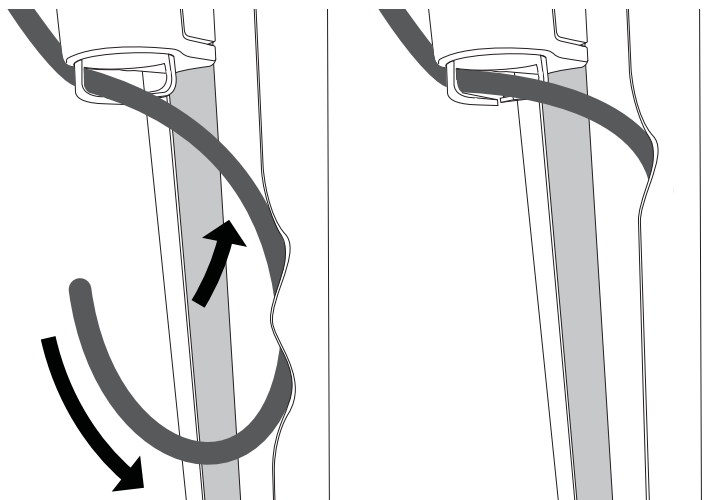**Note:** Choose 5.11 and/or 5.12 for your column cable management depending on your needs.

5.11 OPTIONAL
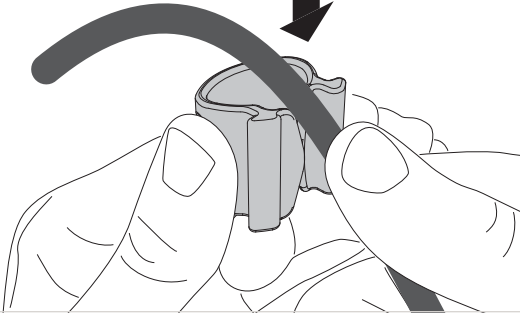**A.** Loop cable and insert into Cable Cover.

5.11 OPTIONAL
B. Push the Cable down into either side of the Cable Cover until it reaches the bottom.
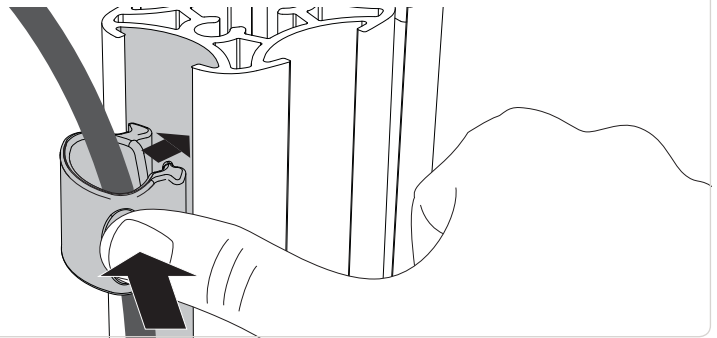
5.12 OPTIONAL (NOTE: Cable clips only come with SP40 and SP75 Posts or separately in SC4 accessory pack)
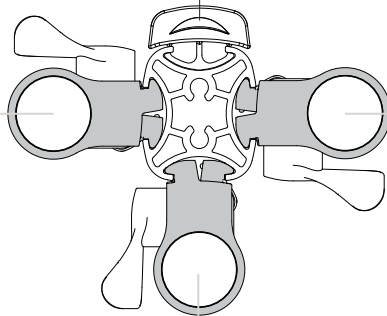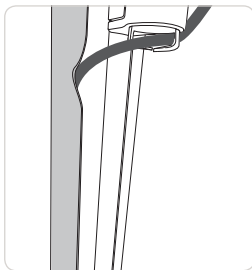
A. Push the cable down into the Cable Clip.

5.12 OPTIONAL
B. Insert one side of the Cable Clip into the Channel on the Post assembly or Wall channel, before pushing the other side in.
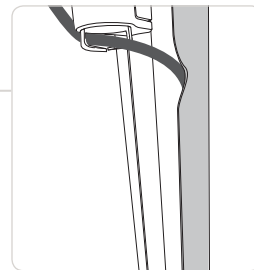
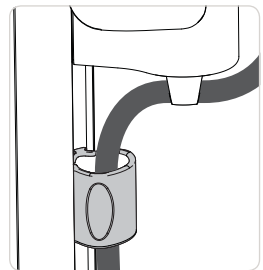**For a triple configuration Atdec recommends using:**
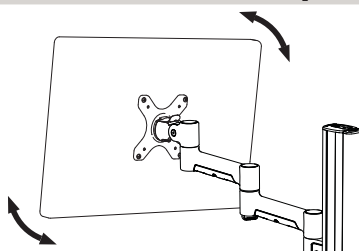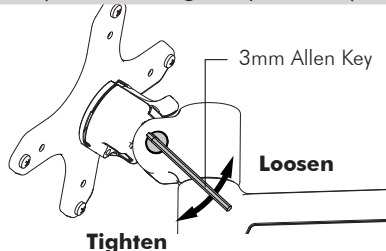
Post Cable Cover

Post Cable Cover

Post Cable Clip

Step 6. Adjusting the Display Bracket

Portrait/Landscape

No Allen Key necessary

Tilt (Screen angle up/down)
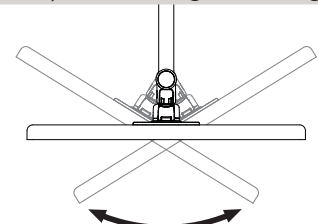
3mm Allen Key

Loosen

Tighten

Note: Support Screen when adjusting tilt.

Pan (Screen angle left/right)

No Allen Key necessary

Ergonomic Guidelines

Many experts believe that the extended use of any computer screen has the potential to cause serious injury to your eyes, neck and back. This can be largely avoided by correctly positioning your display.
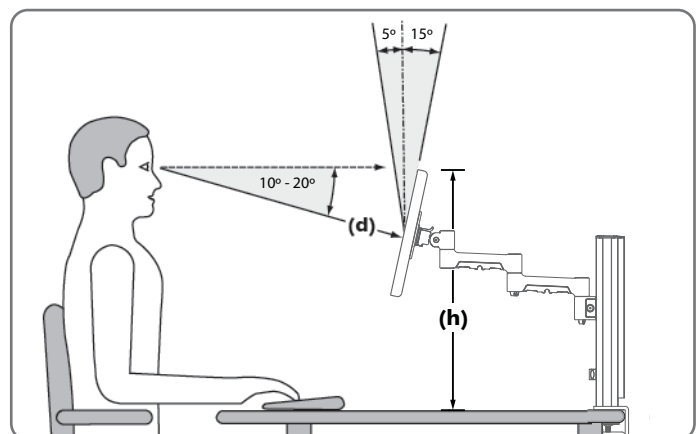
Viewing angle: Ergonomists recommend that the optimal position of your display should be slightly below eye level. When looking at the display's centre the user should have a downward visual angle of approximately 10°-20°.

Height: As a guide, the height **(h)** of your display should approximately be as follows:
- Tall Male (Max): 560mm (22")
- Short Male (Min): 368mm (14.5")
- Tall Female (Max): 520mm (20.5")
- Short Female (Min) 356mm (14")

Distance: For visual comfort, a viewing distance **(d)** between 500mm (20") to 750mm (29.5") is recommended.

Tilt Angle: Angular adjustments to reduce reflection on your monitor should range between 5° forward tilt to 15° backward tilt.

5° 15°

10° - 20°

(d)
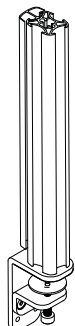
(h)

Installation Complete

SP40S
SP40SW
SP40SB
SP40B

Installation Instructions

SYSTEMA

Systema | 400mm Post

Component Checklist

Post Assembly

M8 x 80mm
Bolt Through Screw

M8 x 25mm
CSK screw

Cable Clips (x2)

Bolt Through
Washer

Pole Cap

Bolt Through Plate

Cable Cover Cap

5mm Allen Key

Tools Required:
• Power Drill
• Phillips Head Screw Driver
• 9mm (0.35") Drill Bit

IMPORTANT INFORMATION:

! **IMPORTANT - Install Systema 400mm Post as per installation instruction.**
! Systema 400mm Post is compatible with Systema monitor arms SA13, SA46, SA71 & SS
! The manufacturer accepts no responsibility for incorrect installation.

Step 1. Check Components

Check what you have received against the component checklist above.

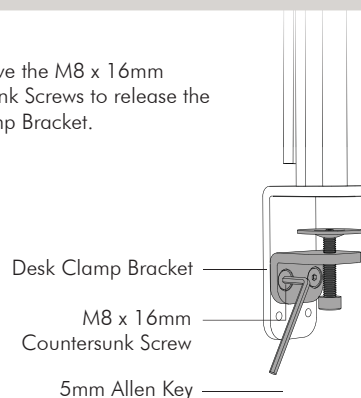## Step 2. Mount Base

Option 1: Mount using Desk Clamp
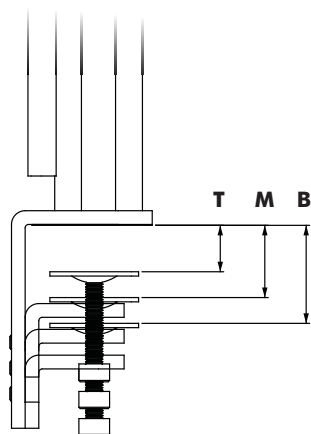
1.1 The Desk Clamp bracket can be repositioned to suit different mounting surface thicknesses. The maximum mounting surface thicknesses supported are listed below from the Top to Middle to Bottom Screw Holes. The Desk clamp bracket comes factory set in the top position.

T M B

Top	0 - 38mm (0 - 1.5")
Middle	11 - 53mm (0.43 - 2.08")
Bottom	25 - 68mm (1 - 2.67")

If you need to reposition the desk clamp bracket or you have no access to the rear of your table continue to **Step 1.2**.
If you DO NOT need to reposition the desk clamp bracket and you have access to the rear of your table skip to **Step 1.5**.
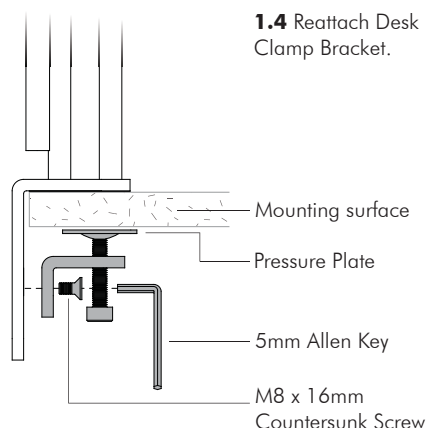
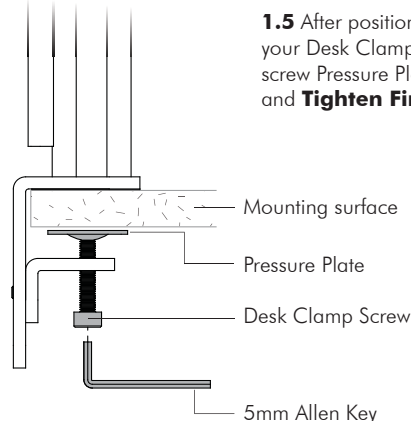**1.2** Remove the M8 x 16mm Countersunk Screws to release the Desk Clamp Bracket.

Desk Clamp Bracket

M8 x 16mm
Countersunk Screw

5mm Allen Key

1.3 Place in desired location.
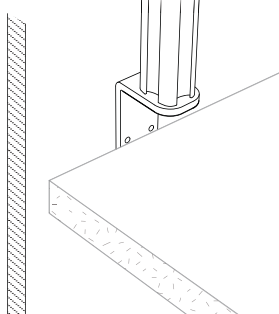
1.4 Reattach Desk Clamp Bracket.

Mounting surface

Pressure Plate

5mm Allen Key

M8 x 16mm
Countersunk Screw

1.5 After positioning your Desk Clamp, screw Pressure Plates in and **Tighten Firmly**.

Mounting surface

Pressure Plate

Desk Clamp Screw

5mm Allen Key
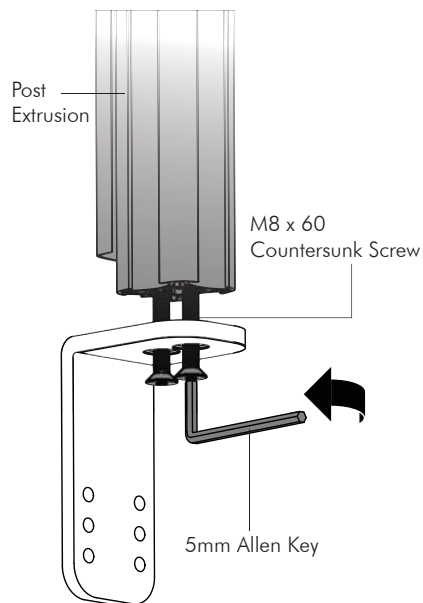
Option 2: Bolt Through - NOTE: Suits mounting surfaces of up to 63.5mm (2.5") thickness.

2.1 Remove the M8 x 16mm Countersunk Screws to release the Desk Clamp Bracket.
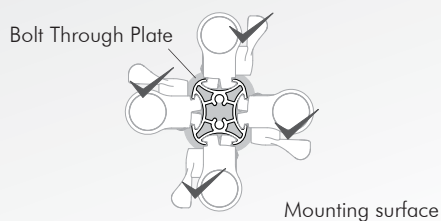
Desk Clamp Bracket

M8 x 16mm Countersunk Screw

5mm Allen Key
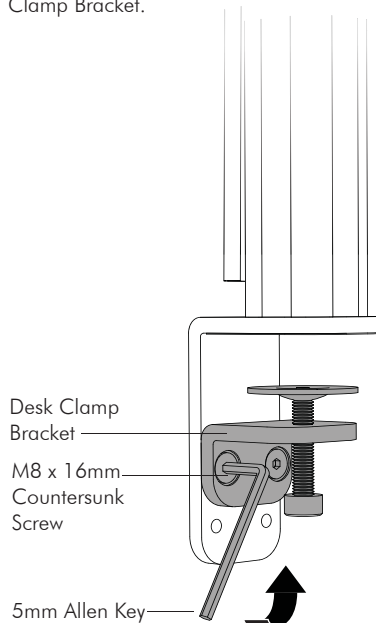
2.2 Remove M8 x 60mm Countersunk Screws to release the post from the Desk Clamp.

Post Extrusion

M8 x 60 Countersunk Screw

5mm Allen Key

2.3 Drill a 9mm (0.35") hole in the Mounting surface in the desired position and assemble as shown below.

Post Extrusion

Bolt Through Plate

M8 x 25mm CSK screw

5mm Allen Key

9mm (0.35") Hole

Bolt Through Washer

Mounting surface

M8 x 80mm Bolt Through Screw
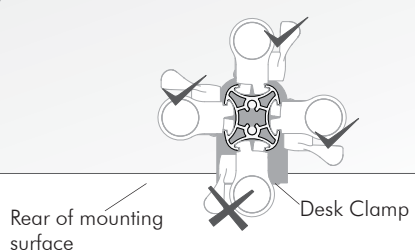
5mm Allen Key
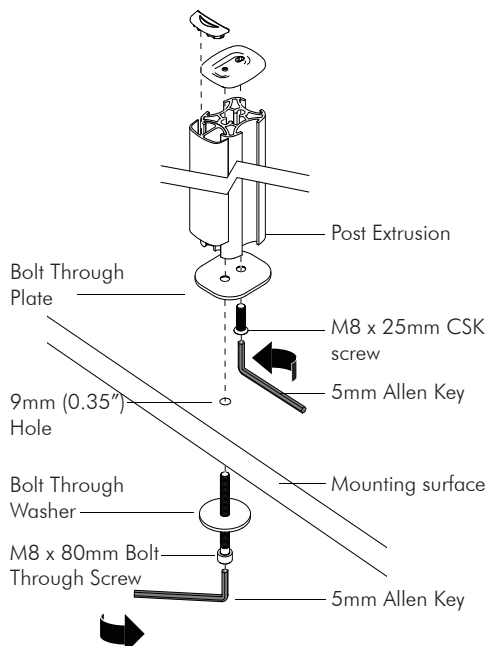
Post placement & Arm configuration

Bolt Through Plate

Mounting surface

When using the Bolt through method of attachment, arms can be mounted from all four channels and oriented at any angle.

When using the Desk Clamp method of attachment, mounting arms from the rear channel of the post and/or orienting the side mounted arms over the rear of the mounting surface may result in clamp failure.

Rear of mounting surface

Desk Clamp

Ergonomic Guidelines

Many experts believe that the extended use of any computer screen has the potential to cause serious injury to your eyes, neck and back. This can be largely avoided by correctly positioning your display.
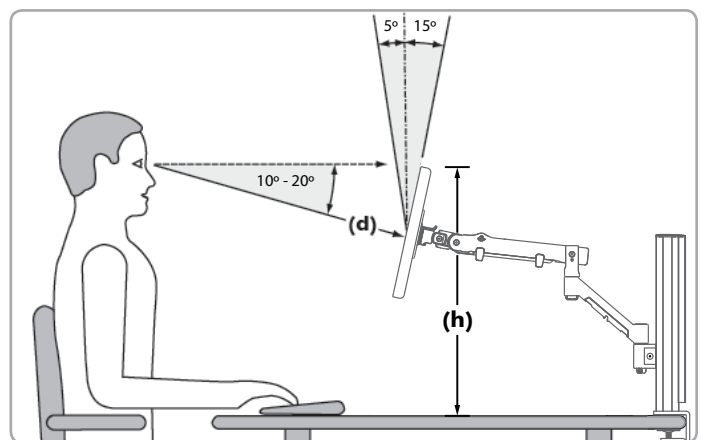
Viewing angle: Ergonomists recommend that the optimal position of your display should be slightly below eye level. When looking at the display's centre the user should have a downward visual angle of approximately 10°-20°.

Height: As a guide, the height **(h)** of your display should approximately be as follows:
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- Tall Female (Max): 520mm (20.5")
- Short Female (Min) 356mm (14")

Distance: For visual comfort, a viewing distance **(d)** between 500mm (20") to 750mm (29.5") is recommended.

Tilt Angle: Angular adjustments to reduce reflection on your monitor should range between 5° forward tilt to 15° backward tilt.

5° 15°

10° - 20°

(d)

(h)

Installation Complete

You are now ready to install your Systema Monitor Arms.
Please refer to the Installation Instructions Included with these products.
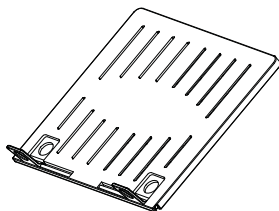
SYSTEMA

Component Checklist
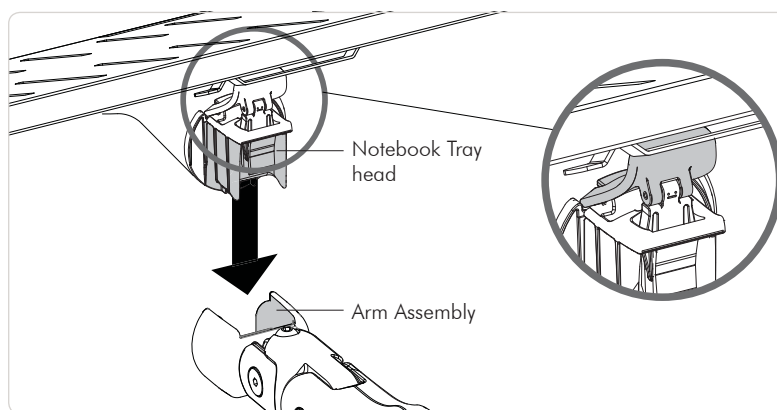
Notebook Tray

Hook & Loop Fasteners
(x4 sets)

IMPORTANT INFORMATION:

! **IMPORTANT - Install Systema Notebook Tray as per installation instruction.**
! This product supports notebooks up to 18", weighing up to 8kg (17.6lbs).
! The Systema Notebook Tray is designed to be used only in conjunction with the Systema range of Monitor arms.
! The manufacturer accepts no responsibility for incorrect installation.

Step 1. Check Components

Check what you have received against the component checklist and hardware above.

Step 2. Mount Notebook Tray
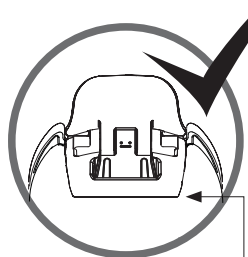
Notebook Tray
head

Arm Assembly

2.1 Ensure the Lever is flicked **up** and Insert Notebook Tray head into the receptacle in the Arm Assembly.
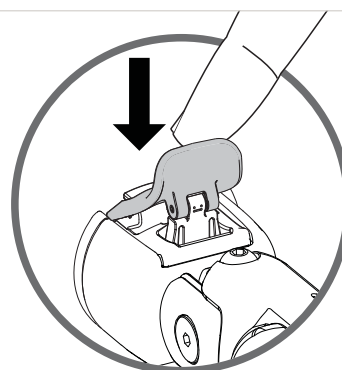
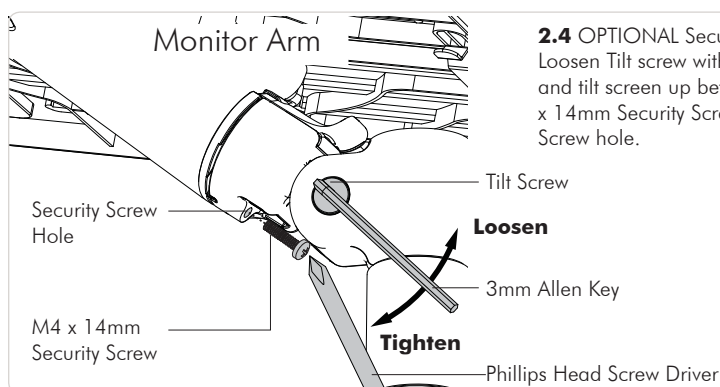**2.2** Ensure that the Notebook Tray head sits flush within the Arm Assembly receptacle. There should be **no** gap.
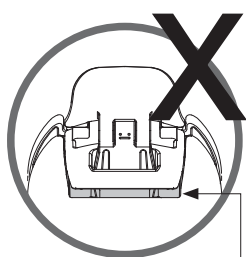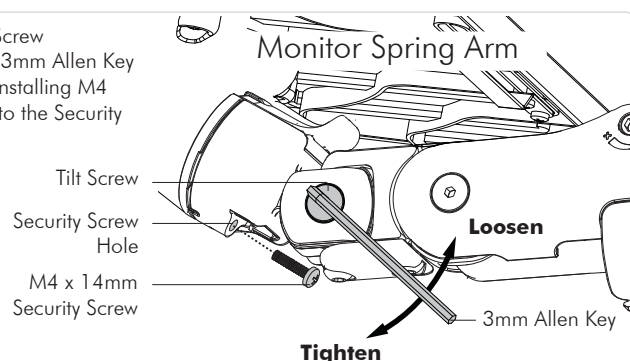
Gap

No Gap

2.3 Once the Notebook Tray head is sitting flush, push the lever down to secure it to the Arm Assembly.

Monitor Arm

2.4 OPTIONAL Security Screw
Loosen Tilt screw with the 3mm Allen Key and tilt screen up before installing M4 x 14mm Security Screw into the Security Screw hole.
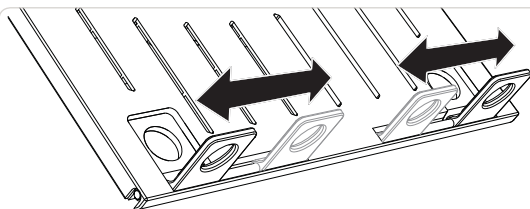
Monitor Spring Arm

Security Screw
Hole

Tilt Screw

Loosen

3mm Allen Key

M4 x 14mm
Security Screw

Tighten

Phillips Head Screw Driver

Tilt Screw

Security Screw
Hole

M4 x 14mm
Security Screw

**Loosen**

3mm Allen Key

Tighten

Step 3. Install Notebook

3.1 Adjust the Support Tabs to suit the width of the Notebook Computer ensuring that cable ports are not obstructed.

**3.2** To increase stability, use the self adhesive Hook-and-Loop Fasteners supplied.

• Peel off the backing paper to the fasteners.

• Attach fasteners to both the Notebook Tray and Computer.

• Ensure that each set of fasteners are correctly aligned i.e. Hook to Loop.
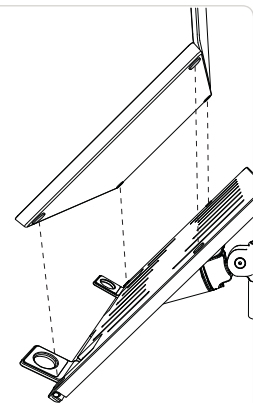
Step 4. Cable Management

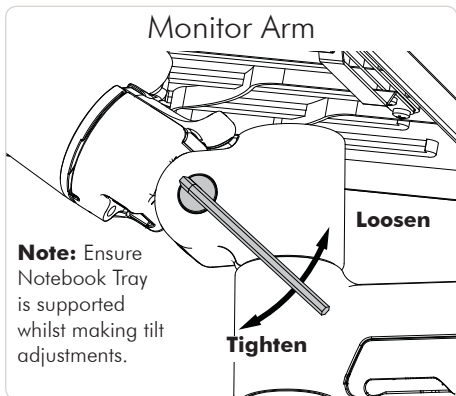**4.2** Cable Clips and Covers can be used to further manage cables.

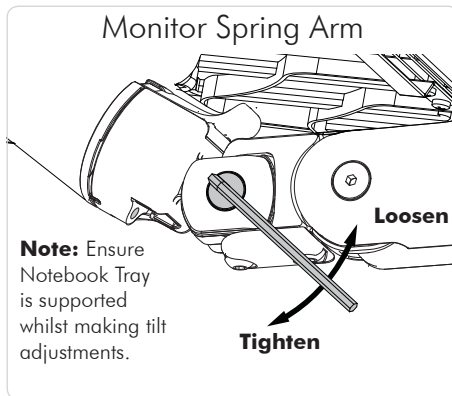**Note:** Ensure enough cable slack is given to allow for movement.

LIFT
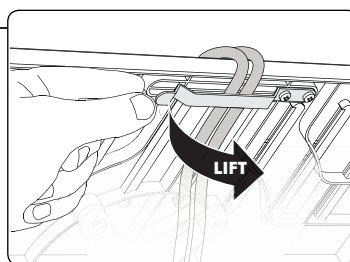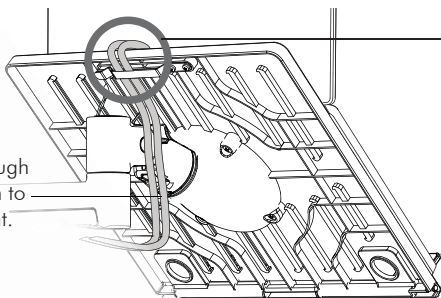
Note: After connecting the Notebook Cables, route them through the Cable Management Clip on the back of the Notebook Tray.

Step 5. Adjusting the Notebook Tray
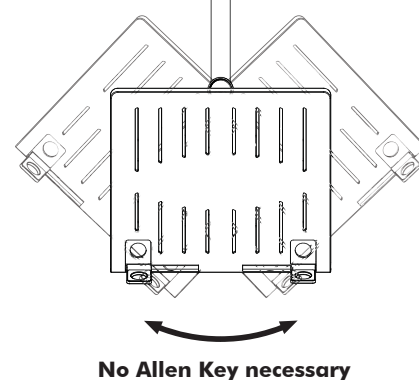
Tilt (Screen angle up/down) (Use **3mm** Allen key)

Monitor Arm

Loosen

Note: Ensure Notebook Tray is supported whilst making tilt adjustments.

Tighten

Monitor Spring Arm

Loosen

Note: Ensure Notebook Tray is supported whilst making tilt adjustments.

Tighten

Pan (Screen angle left/right)

No Allen Key necessary

Horizontal Adjustment

±5° Horizontal Adjustment
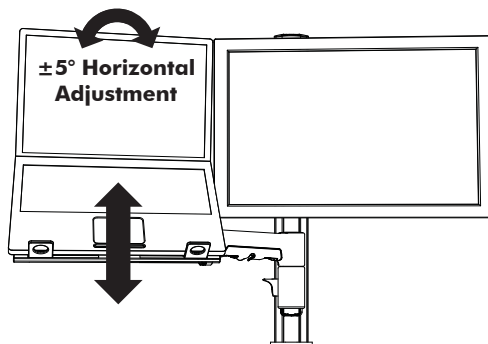
For the optimal position of your display, refer to the Ergonomic Guidelines in your Systema Monitor and Monitor Spring Arm manuals.

Installation Complete