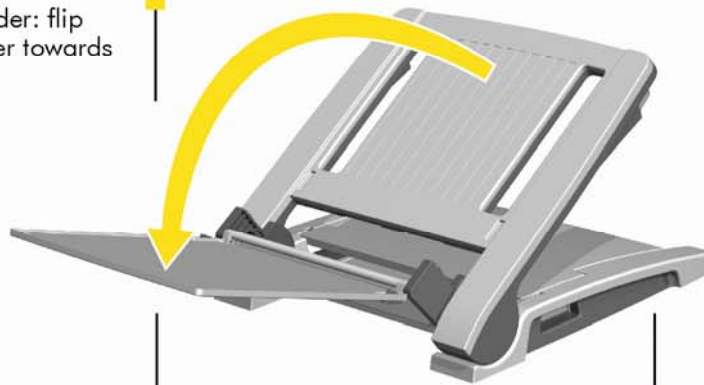
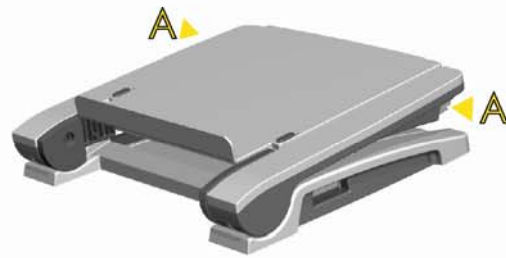


## Set up your Ergo-T 340 notebook workstation

1. Adjust the angle of your notebook stand by pressing both buttons (A) simultaneously and raise or lower the stand to the desired angle (five possible positions).

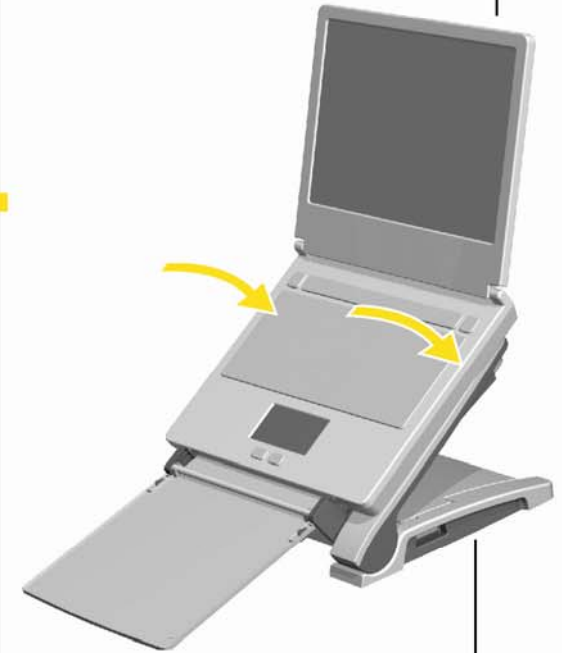
See the ergonomic guidelines section at the end of this user manual for instructions on ergonomic height settings.

2. Open the documentholder: flip over the documentholder towards you.



1

3. Place your notebook on the holder

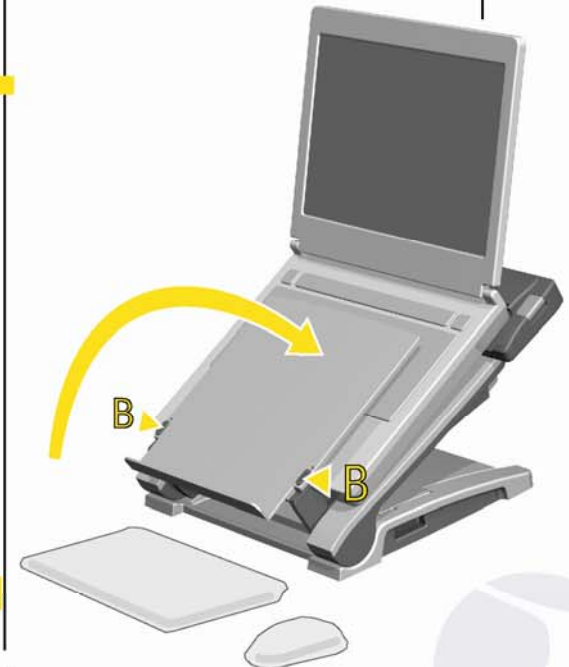


4. Flip back the documentholder in front of the notebook keyboard.

Adjust the inclination of the documentholder by using the shift buttons (B).

5. Attach your keyboard and mouse (for cable management see next section).

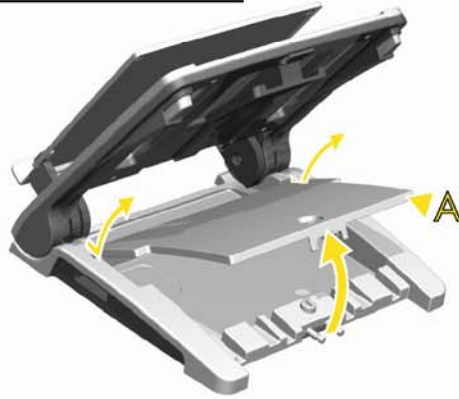
Enjoy working with your Ergo-T 340 notebook workstation



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## Ergo-T 340 cable management and security

1. Remove the cover plate A.

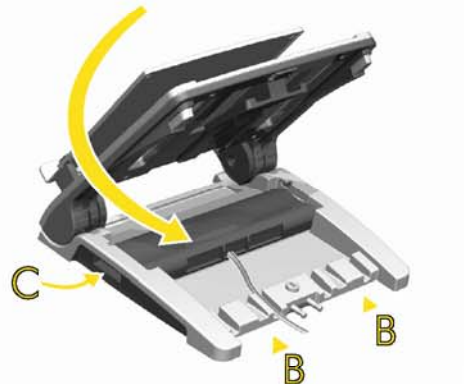


2. Cable management:

**a) Without Targus port replicator**  
Guide cables through as indicated with the yellow arrows.



**b) With Targus port replicator**  
Place the Targus port replicator in cavity. Guide cables through B and connect them to the Targus port replicator. Connect your notebook and the power supply to the Targus port replicator at C.



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3. Insert the cover plate in its place.

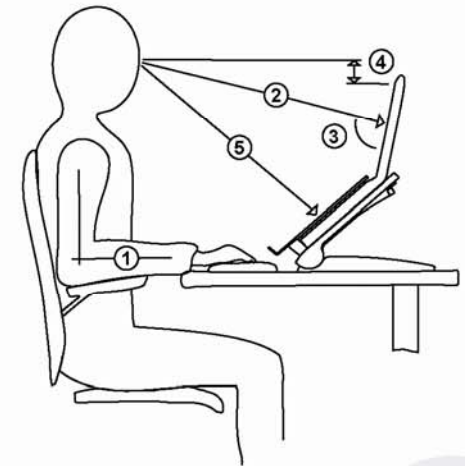
4. Connection Security cable:

**a) Kensington lock**  
Follow the manufacturer's instructions for use of the locking device.



## Ergonomic guidelines

1. Adjust the arm rest of your chair such that it will be level with the height of the table or keyboard. In this position your shoulders should be relaxed;
2. Adjust the screen distance (usually between 50-90 cm or 20-35 inches), so that you can comfortably read the display;
3. Angle the screen so that it is vertical (90 deg) to your line of sight;
4. Ensure the top of the screen is at eye height or just below (within 10 cm or 4 inches);
5. When working with documents, use the in-line document holder between the screen and the keyboard.



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