

Using the monitor arm quick guide

Make sure you set up your monitor in line with the Posturite guidance for setting up your workstation.

Before moving the monitor screen on the monitor arm, you may find it beneficial/easier to ask assistance from a colleague. This allows one person to move the monitor whilst the other person locks it in place with the locking arm mechanism.



Desks will be fitted with a monitor arm as standard



By releasing the lever the height of the monitor can be adjusted.



Push the lever back in place when you are happy with the height.



The screen can also be tilted



The screen arm can be pulled out and moved from side to side