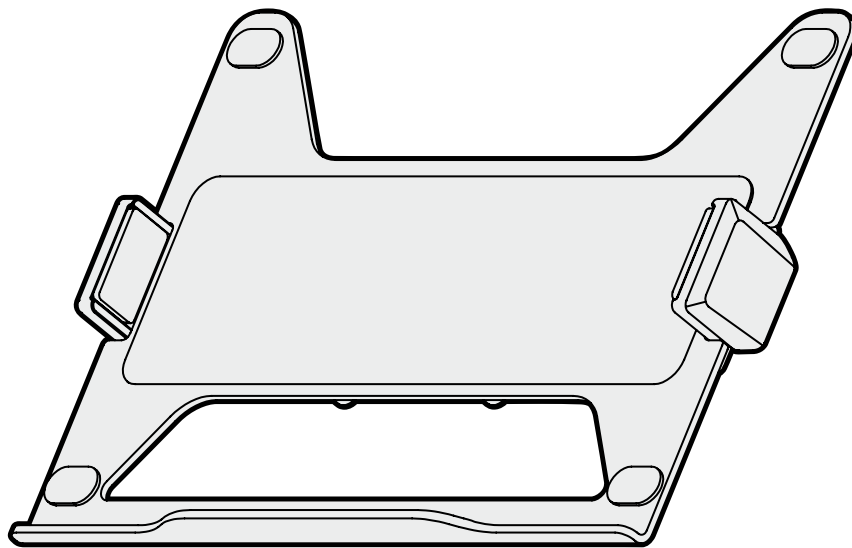


Laptop Mount

ACC092

UPLIFT DESK



For assembly assistance,
visit upliftdesk.com/contact,
call 800-349-3839,
or email info@upliftdesk.com

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Safety and Warnings



CAUTION: Read all instructions before assembly. Failure to assemble or operate properly may result in damage or personal injury. Retain manual for future reference.

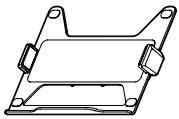


CAUTION: Make sure the supporting monitor arm will safely hold the combined weight of the Laptop Mount (2.4 lb) and laptop.

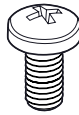
Under no circumstances does the manufacturer accept warranty or liability claims for damages caused from improper use of this product. Please provide these instructions to any new user or owner of the product.

Package Contents

Laptop Mount



M4 x 8mm Machine
Screw
qty 4

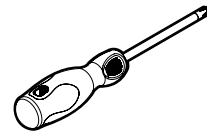


M4 Flat Washer
qty 4



You'll Also Need

Phillips Head Screwdriver

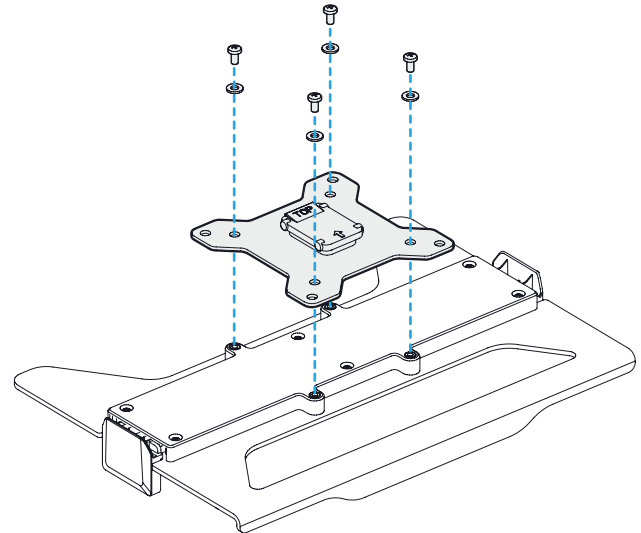


These instructions show the Laptop Mount attached to an UPLIFT Crestview Monitor Arm and VESA plate. Monitor arm and VESA plate designs vary.

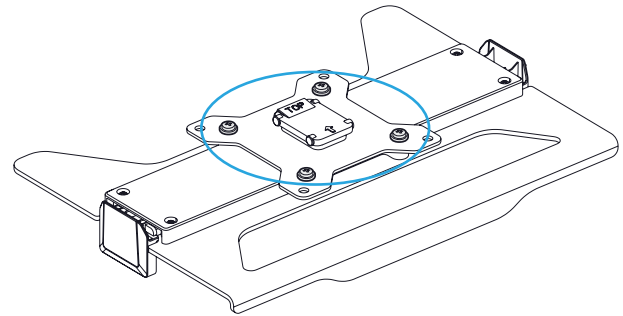
Refer to the instructions provided with your monitor arm for attachment of the VESA plate to the monitor arm.

Step 1 - Attach VESA Plate

- A. Ensure the bottom edge of the VESA plate faces towards the bottom edge of the Laptop Mount with the support lip.
- B. Align the 75mm spaced holes on the monitor arm VESA plate with the threaded attachment holes on the back of the Laptop Mount.
- C. Loosely thread an M4 x 8mm Machine Screw through each M4 Flat Washer, VESA plate hole, and the holes on the Laptop Mount.

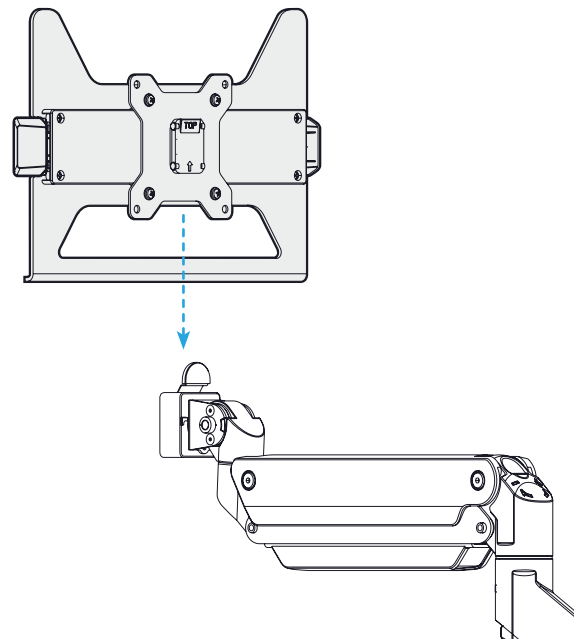


- D. Once all four screws are started, use a Phillips Head Screwdriver to tighten the screws until they are snug. Be careful not to overtighten.

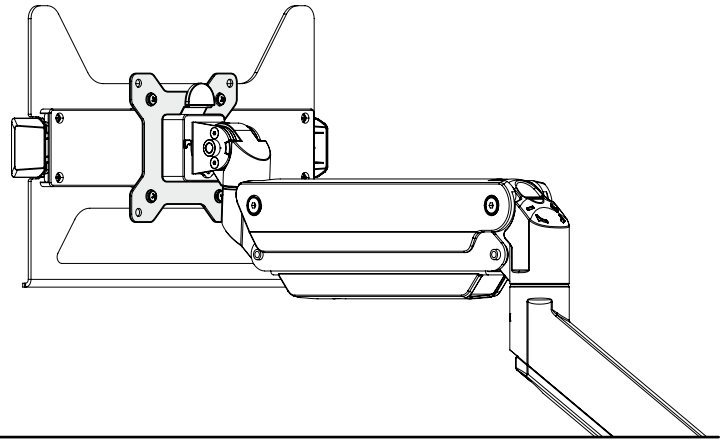


Step 2 - Attach Laptop Mount

- A. Position the Laptop Mount with the attached VESA plate above the monitor arm.
- B. Attach the VESA plate to the monitor arm and lock into place per the instructions included with your monitor arm.

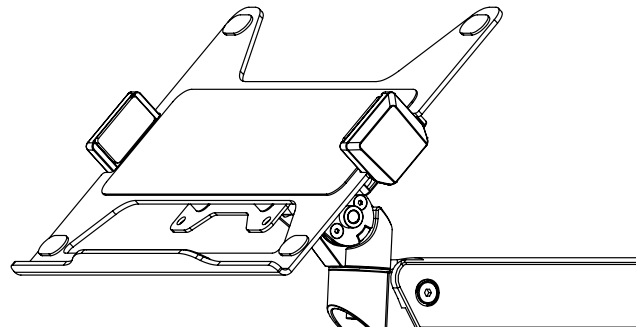


Ensure the VESA plate is securely attached and locked into the monitor arm.

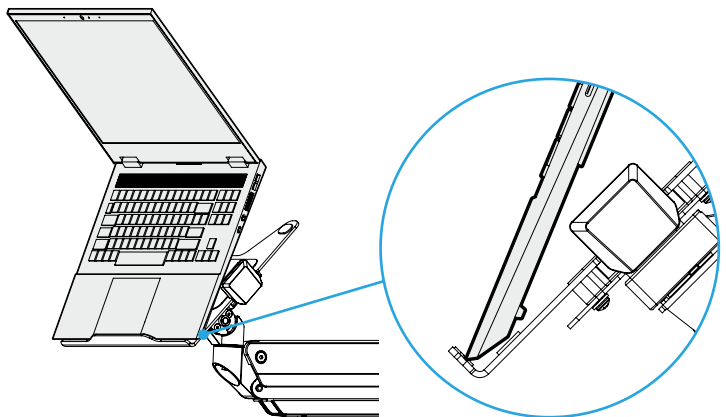


Step 3 - Insert Laptop

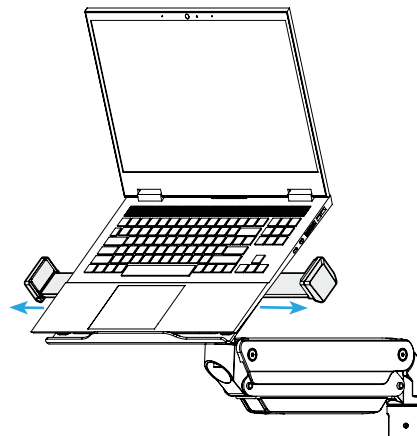
- A. Position the Laptop Mount at an angle similar to what is shown to accept the laptop.



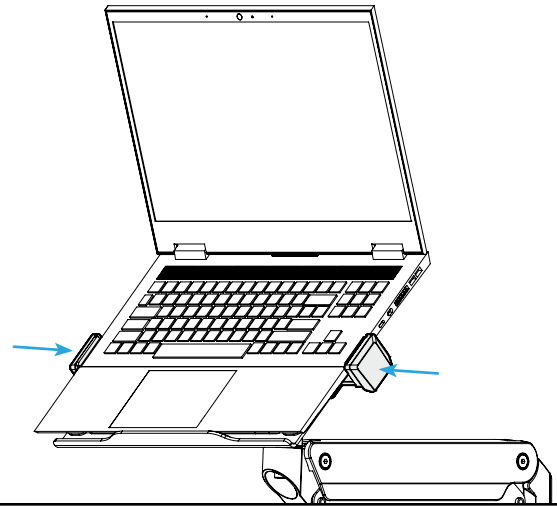
- B. Position the bottom edge of the laptop on the lip at the bottom of the Laptop Mount as shown.



- C. Pull the spring loaded Laptop Mount side grips outward so they are wide enough to allow the laptop to rest flush against the Laptop Mount surface.



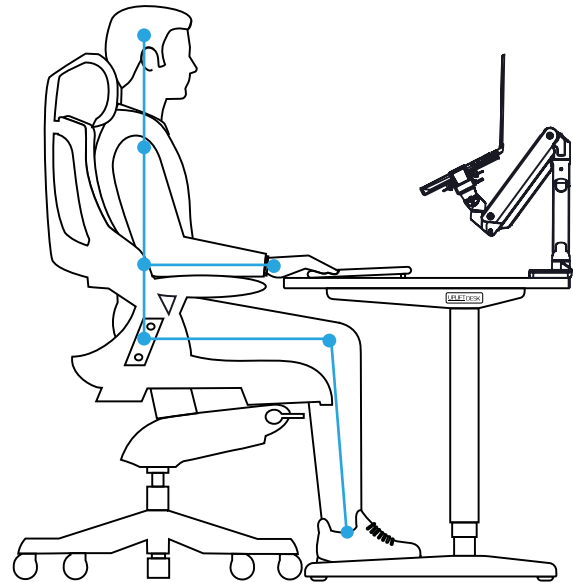
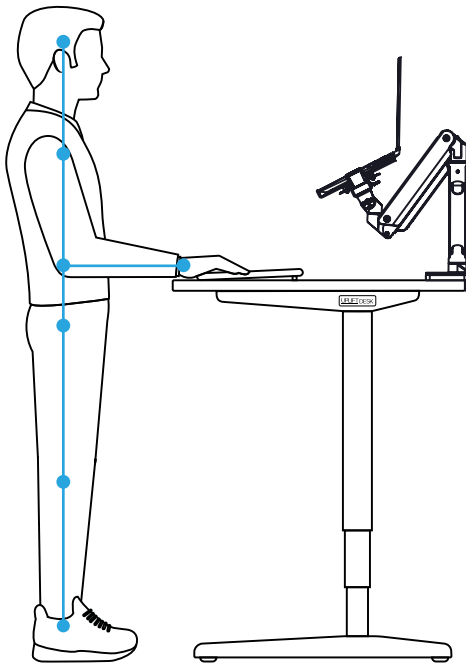
- D. Gently release the side grips, allowing them to clamp the laptop in place on the Laptop Mount.



Step 4 - Adjust angle, height, and distance

Adjust the height, tilt, distance, and horizontal alignment of your laptop screen to reduce stress on the neck, shoulders, and torso.

- A. **Height:** Make sure that the top line of your screen is at or just below eye level. Tilting your head backward to read the screen leads to neck discomfort.
- B. **Distance:** Place your laptop screen roughly an arm's length (fingertip reach) away. Positioning the screen too far away will cause you to have trouble seeing the screen, and your eyes will pull your head forward causing you to extend your neck, often leading to neck, back, and shoulder discomfort.
- C. **Angle:** Adjust screen angle to minimize glare from lights and windows.



[illegible]

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal grey lines across its entire width, typical of notebook or school paper. The background is white, and there are no margins, text, or other markings present.



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SAVE THE INSTRUCTIONS

Study this manual carefully. If this product is sold, please provide this manual to the buyer, installers, or support personnel operating the product.



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