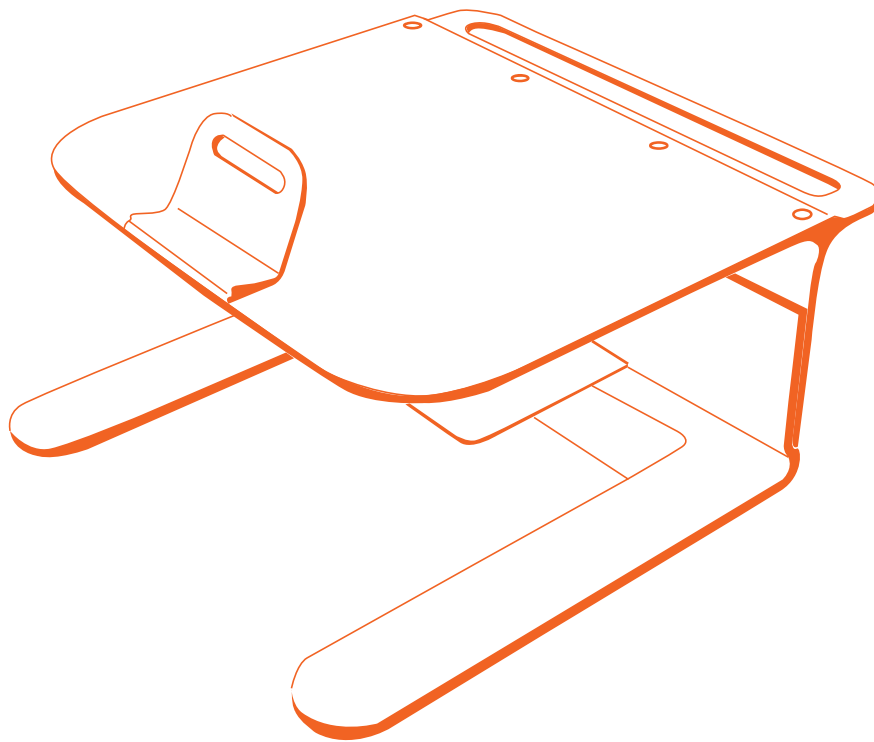


# Welcome Guide

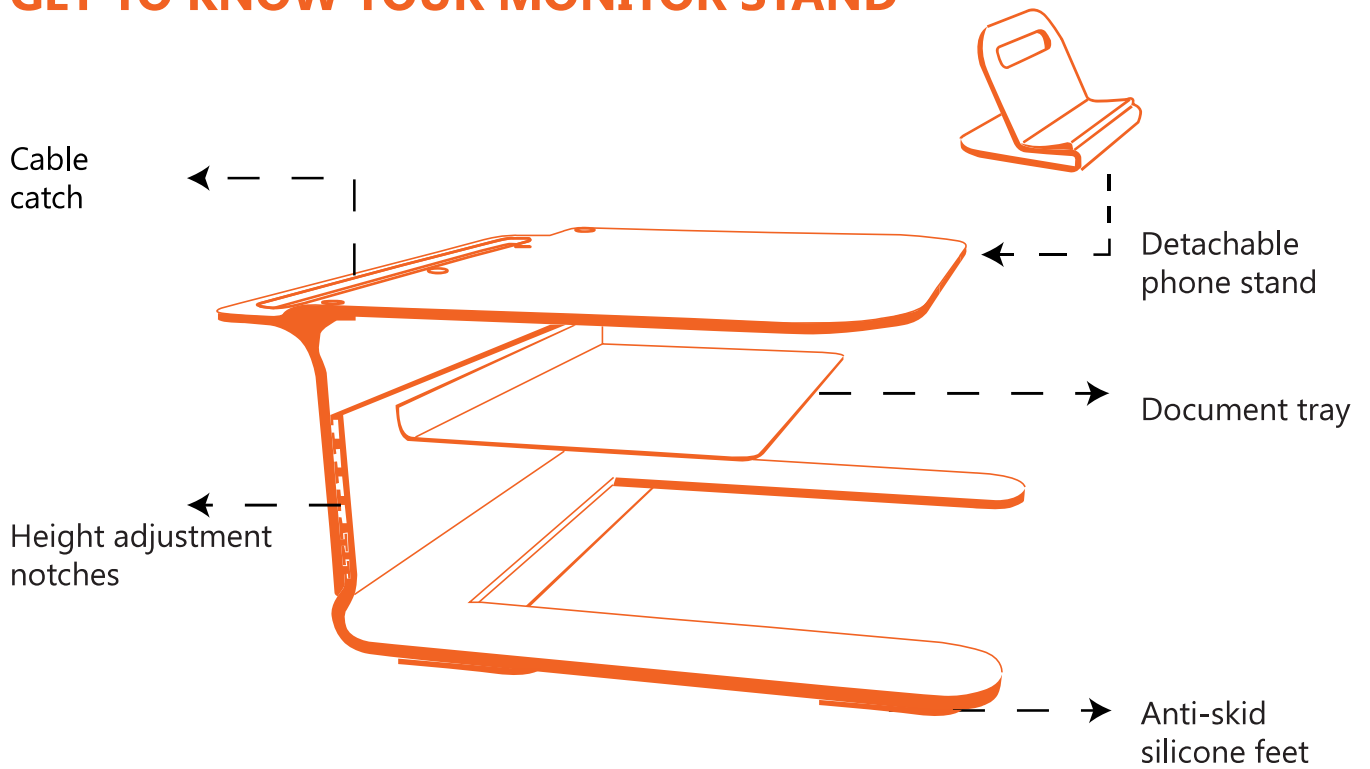
Monitor Stand with Document Tray



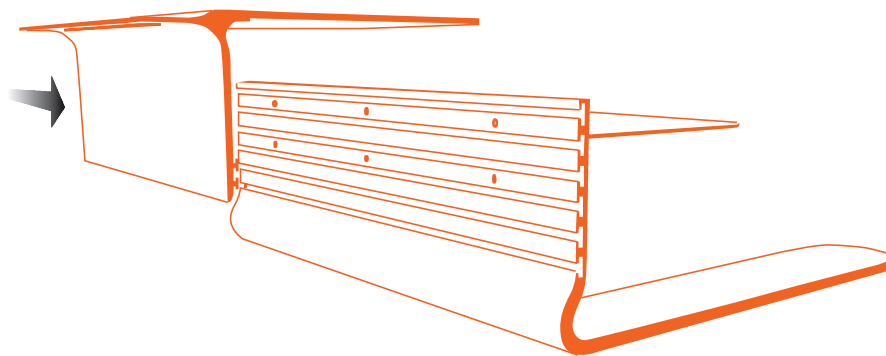
**URBO**

[www.iurbo.com](http://www.iurbo.com)

## GET TO KNOW YOUR MONITOR STAND



Slide in top plate into a pair of notches to set height



1st & 2nd: 7.8 inches (19.8 cm)

2nd & 3rd: 7.3 inches (18.6 cm)

3rd & 4th: 6.8 inches (17.3 cm)

4th & 5th: 6.3 inches (16.2 cm)

5th & 6th: 5.9 inches (15 cm)



## Thanks for choosing the Urbo Monitor Stand.

One of the biggest advantages of using a monitor at work is a bigger display. For a productive & focused desk athlete such as yourself, this can make a huge difference to the way you work and achieve goals. And one accessory that you can count on to optimize the use of your monitor is a stand.

Improper positioning of your monitor can lead to:



Musculoskeletal disorders (MSD)- single largest category of workplace injuries<sup>[1]</sup>.



Posture problems – poor spinal alignment, neck aches, shoulder pains.



Digital eye strain – can cause blurred vision, headaches and dry eyes<sup>[2]</sup>.

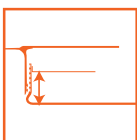
Therefore, by positioning your monitor correctly, you can avoid and even correct a whole host of problems. Here are some tips:

Recommended viewing distance is 20 to 40 inches<sup>[3]</sup>.

Monitor size	Viewing distance
17" - 20"	Approx 20"
21" - 24"	Approx 30"
Above 24"	Approx 40"



Place the stand and monitor directly in front of you – this helps eliminate twisting your neck & back.



Adjust stand height so the top of the screen is at/slightly below eye level.



If you wear corrective lenses, consider lowering the height of the stand and monitor so you don't force your head & neck back.

Disorganized work space can impede work<sup>[4]</sup>. The document tray helps organize paperwork and accessories.

[1] US Department of Labor  
Bureau of Labor Statistics

[2] American Optometrist  
Association

[3] Occupational Safety  
& Health Administration

[4] Harvard Business Review  
(January 2015)

## SPECIFICATIONS

Model	: UR-M9X1
Height	: Min- 5.9 inches (15 cm) Max- 7.8 inches (19.8 cm)
Width	: 11.8 inches (30 cm)
Weight	: 4.8 lb (2.2 kg)
Supports weight (max)	: 33 lb (15 kg)
Document tray length	: 5.9 inches (15 cm)
Document tray supports	: Max - 11 lb (5 kg)
Material	: Aluminium

## CUSTOMER SERVICE

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