



tangram™

Bellwether

Welcome Guide

tangraminteriors.com



Bellwether



Welcome!

Discover Your New Workspace!

01/ Product User Guide

02/ Ergonomic Adjustments

Operating Your AMQ Activ Pro 2.0 Height Adjustable Desk

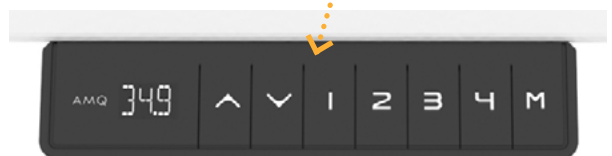
Workstations



Programming Memory Presets

1. Press the up or down arrow to set the worksurface to the desired height.
2. Press "M" button followed by one of the preset number buttons (1, 2 or 3) on the LED screen.
3. The table will automatically reset to this height whenever the preset number is pressed and held* until the preset height is reached.

Note: As a safety feature, the user must continuously hold down the button in order for the desk to move.



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Operating Your Migration SE Height Adjustable Desk

Private Office



OPERATING THE CONTROLLER

The desk adjusts via the simple touch controller.

- Lift up or press down on the controller to reach the desired desk height.
- The desk will continue to move up or down until the controller is released or the minimum or maximum height is reached.

Note: The user must continuously lift up or press down the controller in order for the desk to move.



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Operating Your SitOnIt Hexy Task Chair



Features

- Extra-wide backrest with innovative hexagon core provides integrated ergonomics
- Ultra-supportive performance mesh seamlessly fuses with a lightweight frame
- Aerodynamic adjustable arms and pull-handle offer active comfort and convenience – 4 Way Height/Width Adjustable Arms
- Standard Synchro with Seat Depth Adjustment

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Operating Your Humanscale M/Flex M2 Dual Monitor Arm



MONITOR ARM CONTROLS

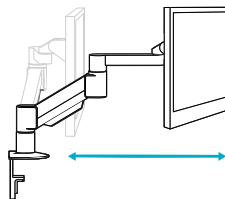
To reposition the arms on the post:

Height Adjustment

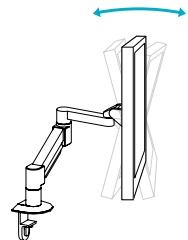
- Slide the arm upward
- Move the outer retention ring up
- Place the inner retention ring into the appropriate height location hole
- Slide the outer retention ring back over the inner retention ring and slide the arm downward into position

Focal Length Adjustment

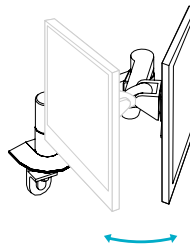
- For comfort, easily bring monitors closer for detailed work or move them farther away with the touch of a hand, without altering the height or angle of the screens.



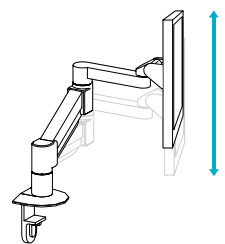
Focal Adjustment



Tilt Adjustment



Panning Adjustment



Height Adjustment

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Ergonomic Guidance

Tips to Work Comfortably

1. Neck is straight and head is balanced evenly
2. Shoulders are completely relaxed so arms hang naturally, close to body
3. Back has full contact with the backrest (sit all the way back in your chair)
4. Elbows and forearms can rest comfortably on the arms of your chair, without bearing weight
5. Lower back fits into curved lumbar support
6. Tension is adjusted so backrest reclines easily, yet provides smooth, even support, and encourages postural change
7. Top of monitor is at eye level or slightly lower and directly in front of you so your head is not turned
8. Monitor should be 20" to 30" from the eyes or approximately an arm's length away
9. Forearms should be parallel to the floor
10. Wrists should be straight when keying or mousing, not bent up or down
11. Thighs are parallel to the floor
12. Neutral spine position, avoid slouching or overextension
13. Avoid locking knees to help maintain good posture
14. Feet are flat on the floor or on a footrest or foot pad.

WHEN SEATING



WHEN STANDING



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