

***Fellowes***

Let your  
productivity flow



RisingEx™

**1FM Monitor Arm**

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Features:

- Our most versatile monitor arms combining sophisticated design and custom colour options
- Dynamic gas spring movement helping you to reduce eye, neck and back strain and work in comfort
- SnapKinect™ system for quick assembly and ultimate flexibility
- Revolutionary RotationStop™ to easily lock arm rotation
- Independently tested to meet ergonomic requirements outlined in European Health and Safety Legislation: EN ISO 9241-5
- Holds one screen weighing 2 – 12.7 kg and up to 72"



Specification:

Code	100040083	100040084	100040085	100040086	100040087	100036385	100038344	100038346	100038345
Finish	Standard			Premium		In-Trend*			
Colour	Black	Designer White	Platinum	Black & Bronze	Polished Aluminium & Designer White	Azure*	Sage*	Slate*	Stardust*
RAL / Pantone	9004	9003 & 9006	9006 & P8401C	9004 & P8004C	9003 & Aluminium	P10267C & P10262C	P10310C & P10102C	P8481C & P8180C	P8002C & P8401C
Product Dimensions (H x W x D)	408 x 127 x 710 mm								
Product Weight	4.53 kg								
Outer Carton Dimensions (H x W x D)	170 x 540 x 260 mm								
Outer Carton Weight	5.14kg								
Dynamic Height Adjustability	298 mm								
Height Adjustment Range	170 - 811 mm								
Reach Range	70 – 654 mm								
Rotation	± 90° (180°)								
Pan	± 90° (180°)								
Tilt	+45°/-30° (75°)								
Arm Swivel	360° with RotationStop™ Lock out (14 distinct locations)								
Tension Adjustment	Yes								
VESA	75 x 75 / 100 x 100 quick release plate								
Clamp: Desk Thickness	4 – 51 mm								
Grommet: Desk Thickness	10 – 76 mm								
Grommet: Diameter	12 – 76 mm								
Weight Capacity (kg)	2 – 12.7 kg								
Maximum Monitor Size	72" (182.9cm) diagonally / 163 cm (H)								
Outer Carton Barcode (SCS)	10043859798336	10043859798329	10043859798312	10043859798299	10043859798305	10043859797520	10043859797872	10043859797841	10043859797902
Quantity per Outer Carton	1								
Country of Origin	Taiwan								
Warranty	15 years limited								

\* 12 week lead time. Minimum order quantities apply.



### **Ergonomic viewing**

Maintaining a comfortable viewing height for your monitor reduces strain on your neck and eyes.



### **Finishes**

Choose between Standard, In-Trend and Premium finishes – all carefully curated to enhance your space.



### **No-hassle assembly and configuration**

SnapKinect™ connection system allows the arm to be assembled and installed in 3 easy steps – so you can get to work faster than ever.



### **Ultimate flexibility**

RotationStop™ — a revolutionary new feature that enables you to adjust your monitor swing between 14 distinct stop points. Designed to protect people and equipment,

## Ergonomic Working:

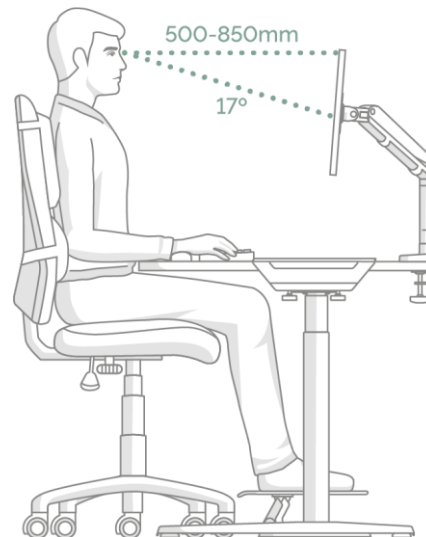


### ZONE 3 RELIEVE NECK STRAIN

Achieve comfortable viewing.  
Ensure your eyes are in line with  
the top of your screen.

#### How to use a monitor arm

- 1. Arms Reach:** Whether sitting or standing check that your monitor is positioned so you can touch the screen with your fingertips and that you can easily read what is on your screen without straining.
- 2. Eye level:** Adjust the monitor arm until the top of your monitor/s are roughly level with your eyes.
- 3. Tilt:** Tilting the screen slightly upwards can help achieve a more neutral posture and reduce glare.
- 4. Multiple screens:** If you're using more than one monitor make sure:
  - The tops of each screen are level and positioned side by side;
  - You sit in the middle or in front of your main screen to reduce twisting and turning.



## Certifications:

Ergonomic Excellence by Fira International

EN ISO 9241-5 1999 Ergonomic requirements for office work with visual display terminals (VDT's): part 5: 1999, workstation layout and postural requirements.

ANSI / BIFMA x5.5 – 2014 Desk/Table Products. Clause 22, 23, 24.



## CAD Files:

.dwg CAD files available to download from pCon Catalog

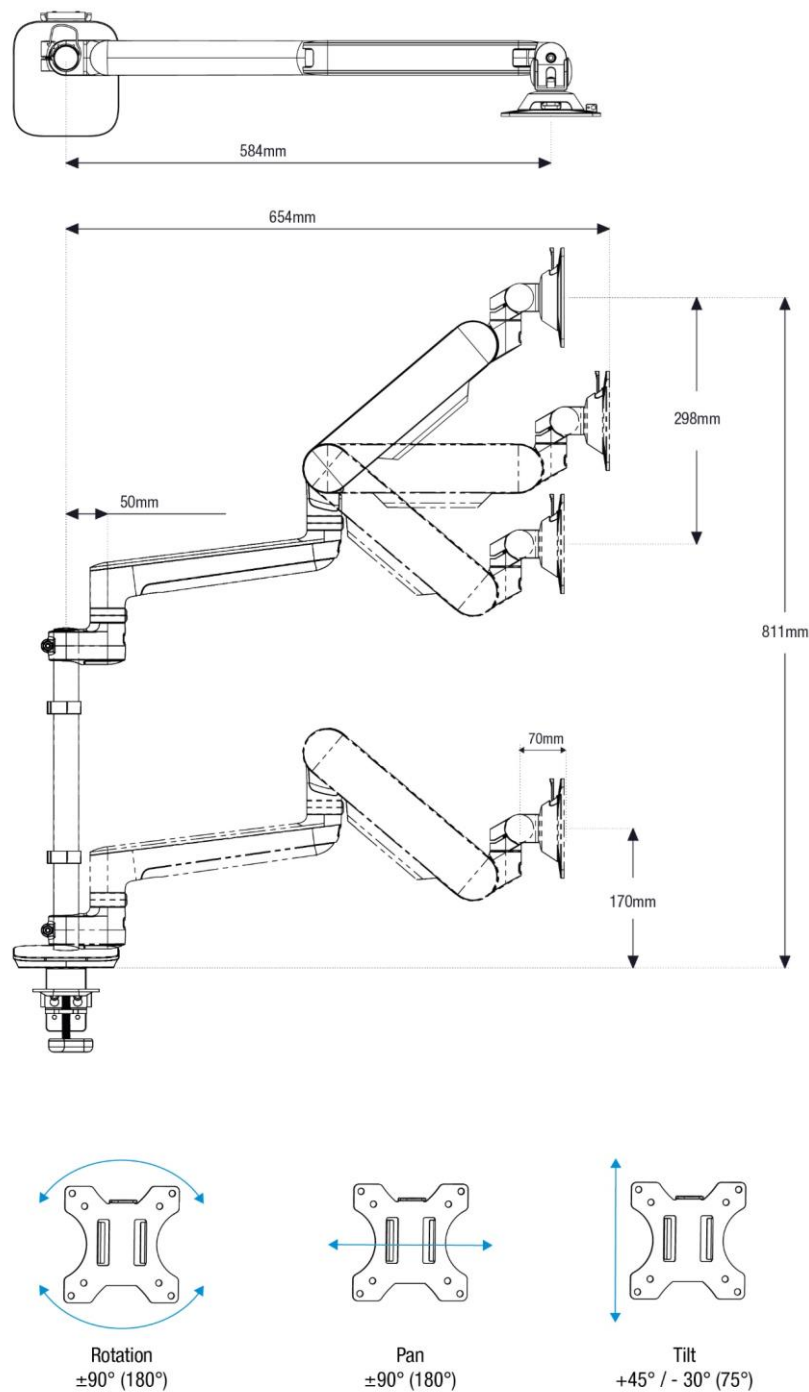
OFML data available on all pCon platforms

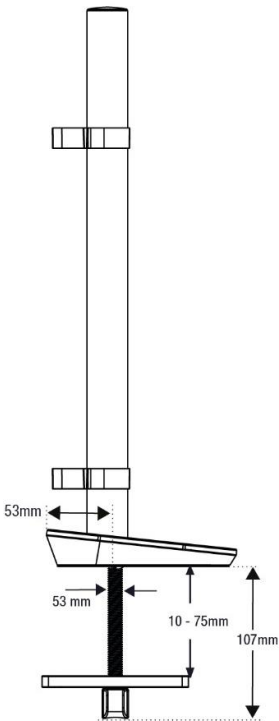
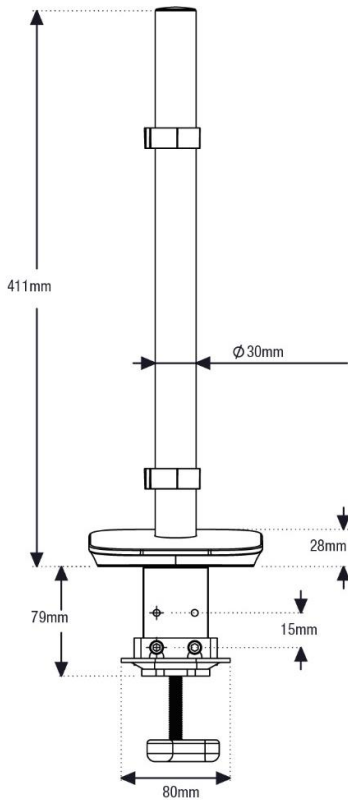
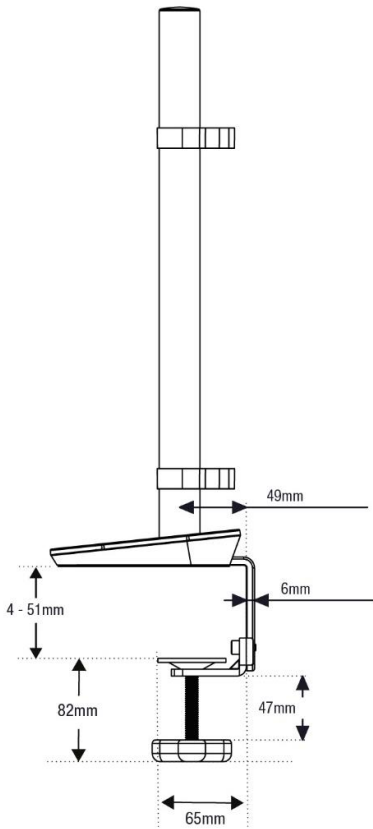
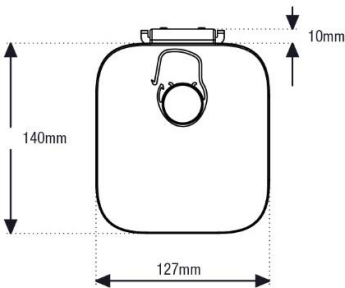


Aftercare:

- Servicing:** Check joint parts regularly to make sure the screws have not loosened.
- Spare Parts:** Available. Contact [CS-UK@Fellowes.com](mailto:CS-UK@Fellowes.com) or telephone 00800 18101810.
- Cleaning:** Wipe over with a damp microfibre cloth. Do not use any cleaning solutions.
- Handling & Storage:** Read and follow all instructions and warnings before use. This product is intended for indoor use only.

Dimensional Drawings:





Every effort has been made to ensure that information provided in this document is up to date and accurate. However, Fellowes cannot guarantee and assumes no legal liability or responsibility for the accuracy or completeness of the information provide. In case of any query please contact us as [www.Fellowes.com/locations](http://www.Fellowes.com/locations).