How to Operate
Simply lift the handles to raise and lower your QuickStand.

How to Adjust
QuickStand should be effortless to lift and lower. If it feels too heavy, remove the top plate of your QuickStand to find the Tension Adjuster. Using an Allen Wrench, turn clockwise until the desired amount of tension is achieved. Note that this may take up to 20 turns.

If you still believe your screen is too low or high, we offer additional accessories that are available through your local sales representative or Humanscale customer service.

How to Position – Standing
Position the work surface about 25mm below your rested elbow height, allowing your shoulders to be relaxed.

How to Position – Monitor Height
Move closer or further away from the product to ensure the monitor is about an arm’s length away. The top line of text on your screen should be at or slightly below eye level.