



**Create your
flexible work
place**



**Bakker
Elkhuisen**

Filex Galaxy monitor arm

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Optimal screen viewing behaviour

Did you know that your computer screen viewing behaviour is very important for a healthy working position? But what does that entail, screen viewing behaviour? Matters such as viewing direction, viewing angles, viewing distance, viewing time and visual conditions (contrast, illuminance/luminance, use of colour) determine your viewing behaviour. When it comes to the optimisation of viewing behaviour, it is crucial to set up your screen according to your own wishes and needs.

The right screen positioning allows you to work whilst maintaining a neutral neck and torso position. The viewing distance is optimised fully by the readability and light conditions that support you in performing tasks in the workplace, instead of hindering you. The monitor arm allows for the positioning of the screen to be regulated.

In order to relax the eye muscles, it is advised to often take a break and look ahead in the distance. Lengthy computer usage can lead to an overload on the muscles that control the eye movement as well as the cramping up of the accommodation muscle.



Configure your Filex Optimal Galaxy

Optimal set up

Adjusting according to your personal preferences

Basic principle

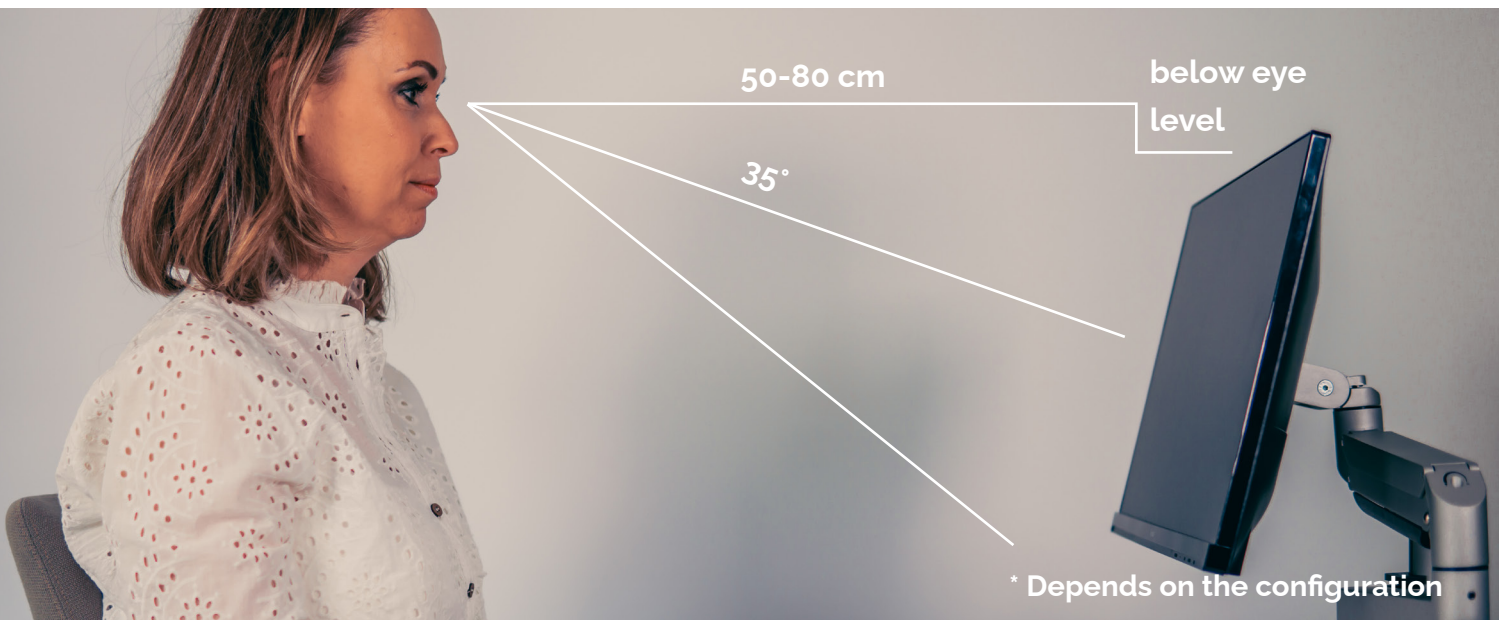
1. Distance to the screen: min 50, max 80 cm

(depending on screen size and resolution)

2. Viewing angle at centre of screen: Approximately 35 degrees below eye level. Top of screen below eye level.

- Depending on screen size and resolution; generally a higher distance with larger characters is preferred.
- Optimal spacing can be created by mounting on the edge of the desk. (Desk is often 80 cm deep).
- A monitor base with a fixed stand has no or only limited adjustability, making adjustment difficult. This makes it difficult or impossible to set the correct viewing distance.
- Easy and quick adjustability must be provided, especially for interchangeable workstations.

Relief for the eyes and neck muscles





Multiple screens

When 20% of the workload consists of processing information from various sources at the same time, it is wise to start working with multiple screens. The ideal positioning of these screens depends on the work to be conducted:

- When one third of the workload consists of processing data from multiple sources, screens will be placed next to each other on the same level.
- When most tasks are done on one of the screens, the main screen will be placed right in front of the user and the extra screen either to the left or the right of the main screen.



Benefits of the Filex Galaxy monitor arms

Ergonomics

- The Filex Galaxy monitor arms can easily be adjusted to improve the height, depth and viewing angle of the screens. This ensures a neutral positioning of the neck and torso as well as extra visual comfort.

Flexibility

- The Filex Galaxy monitor arm is ideal for flexible work environments and work spaces. The screen can be adjusted to the right height in no time
- The Filex Galaxy arm can easily be integrated with a laptop.

Ease of use

- Rotating and tilting the Filex Galaxy monitor arm ensures that colleagues can easily see the screen as well.
- The screen can easily be turned around in case of reflection.

Clean desk policy

- The Filex Galaxy monitor arm ensures the screens are not leaning on the desk anymore which frees up space and provides an overall tidy appearance. The desk can also be cleaned easier.

Artikel 5.1 - De Nederlandse wet schrijft voor:

Het beeldscherm is vrij te plaatsen en gemakkelijk verstelbaar en kantelbaar.

Simple

The screen can be adjusted into every position

Rotation

The Filex Galaxy monitor arm can rotate 90° both to the left and the right.



Orientation

The Filex Galaxy monitor arm can hold the screen in both landscape and portrait, ensuring optimal flexibility.



Kantelen

De Filex Galaxy monitorarm heeft een kantelhoek van 90° omhoog en 45° omlaag.



Modular

The most flexible modular monitor arm on the market



Configure your Filex Optimal Galaxy

The Filex Galaxy monitor arm can be delivered in every desired set up. It comes in three colours (black, white and silver) and can be expanded with useful accessories to optimise every work space.

Modular and ready for the work place of the future

The modular basic principle of just one post with loose connectors offers the user endless possibilities:

Both a single and multi-setup suitable for the same platform.

A single setup can easily be expanded in the future.

The Filex Galaxy series entails all important accessories such as electrification, laptop holders, CPU holders etc. All can be mounted onto the monitorarm directly.

The gas spring ensures the monitorarm can be adjusted in height without any intervals.

Gas spring

Suitable for screens ranging from 2 to 12 kg



The adjustable gas spring ensures a smooth but direct movement capacity. This means the screens can be easily adjusted and stay up on the right level without falling down.

Gas springs are more reliable and precise in compensating the weight of the screen than mechanical screen arms. A gas spring allows for a flexible adjustment and movement from top to bottom (height). The Filex Galaxy monitor arm is suitable for screens ranging from 2 to 12 kg.

Other arms on the market often need different gas springs to ensure the weights are adjustable and stable. But the unique gas spring in the Filex Galaxy monitor arm ensures you do not have to install a new gas spring when you change your screen for one with a different weight.

The gas spring has been tested over 50,000 cycles. Weakening of the strength of the spring is minimal which ensures years of user comfort. You will receive a 5 year warranty on this spring.



Back to back

Integrated rotation stop

The Filex Galaxy connector's integrated rotation stop provides the option for the desk to be placed directly against the wall or another desk (back to back), without the arms and/or wall touching.

- One single arm will be placed onto the middle of the post which provides a back to back set up without a rotation stop.
- The rotation stop is integrated in every Filex Galaxy connector meaning you do not need any additional parts to realise a rotation stop.
- 3 setting screws with which you can block the arm at 0°, 90° and 180°.

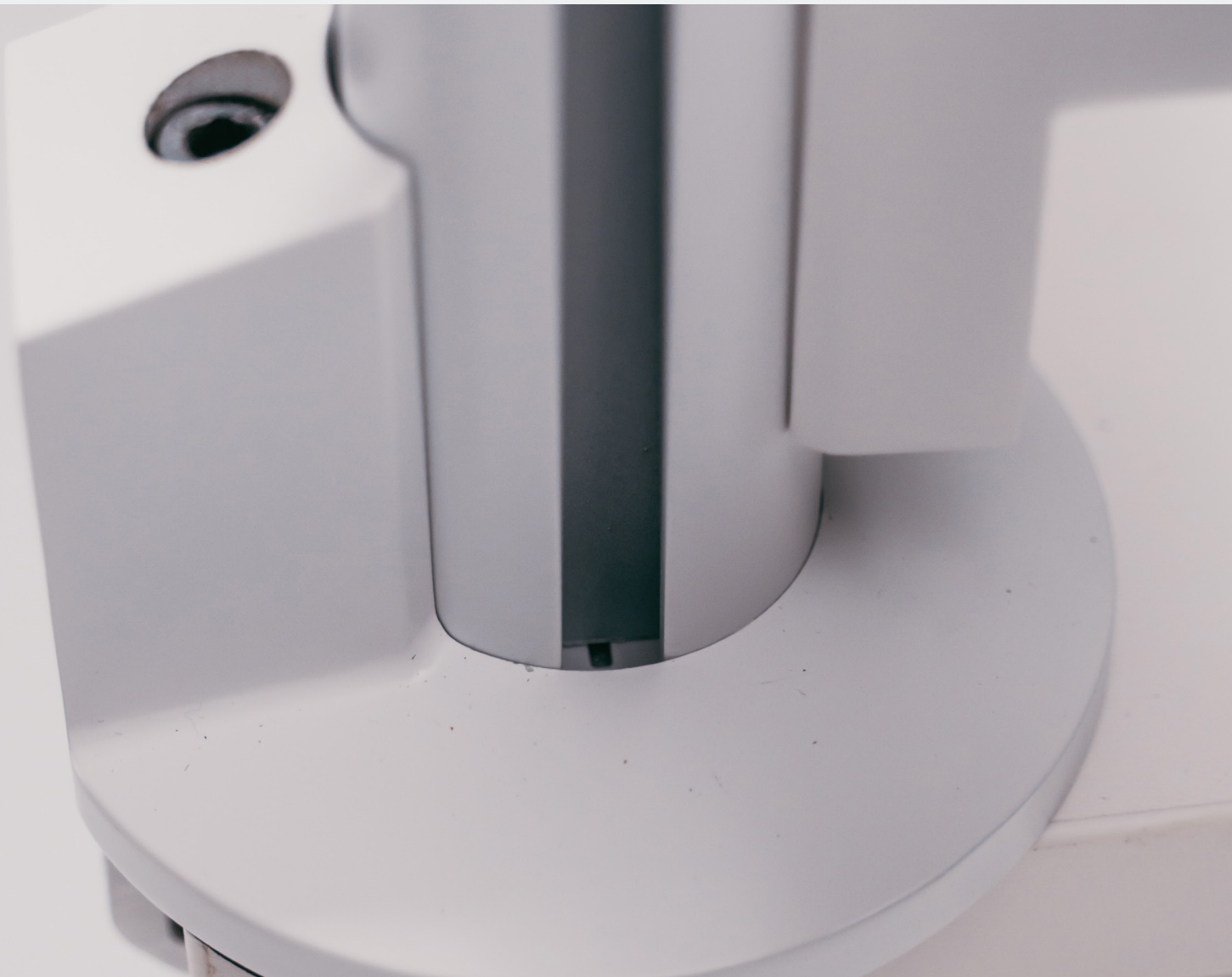




Mounting options

Various mounting solutions

The Filex Galaxy arm has various configurations for attaching the arm to the desktop. In the second part of this brochure you will find the complete list of (mounting) parts of the Filex arm. The big advantage is that there is a suitable solution for every desktop.





Plug & Play

Intuitive mounting and set up

The entire Filex Galaxy series can be mounted using a clamp or desk implementation. The Filex Galaxy monitor arm offers various set up possibilities ensuring the best screen positioning. The intuitive controlling and flexibility of the mechanism stimulate the user to work ergonomically. With over 20 Filex Galaxy items, it is easy to build all possible configurations.



Sustainable

100% recyclable.

The Filex Galaxy series incorporates the future and sustainability of both our and the user's environment:

- The products are made of approx. 10% recycled materials and are 100% recyclable;
- All Filex Galaxy parts have a 5 year warranty;
- The modular basic principle allows the user to easily upgrade and expand in the future without changing any parts from the old setup;
- Because of the gas spring's wide range, the user does not have to buy a new spring when a screen with a different weight is being used.

Functional, People-oriented and Subtle

The Filex Galaxy series impresses with its functional, people-oriented and subtle design. The basic principle of the Filex Galaxy series is based on the flexible, modular configurability of any workstation with monitor arms and handy accessories. Optimal mounting options for a wide variety of table tops are also taken into account.

Functional, because every conceivable configuration of monitor arms can be realized.

People-oriented, because each user can quickly, easily and precisely adjust their screen to their needs and thus set the optimal ergonomic screen position.

Subtle, because the monitor arms fit into any working environment thanks to the extensive options. The Filex Galaxy series is available in black, white and silver. In addition, the integrated cable management ensures a tidy desk.

Design







Advice

This flexible, expandable monitor arm ensures every work place to be able to offer the correct viewing behaviour.

Before buying a monitor arm, ask yourself the following questions:

Is the monitor arm used by one person or mounted in a flexible work place (shared desking)?

If the arm is going to be mounted in a flexible work place, a gas spring arm will be best suited. A gas spring ensures the arm can be mounted simply and set to the correct height without any intervals.

If the monitor arm is used by just one person, a static arm can be sufficient.

 **See standard configurations**

What kind of tasks will the user perform? Is one screen sufficient with a laptop on a laptop stand? Or do you need 2 or more screens?


The Filex Galaxy series offers a fitting solution for both simple work-from-home spaces and more complex multi-screen setups.

 **See standard configurations**

Do the screens need to be adjustable one by one?

If this is not necessary, a single monitor arm with a beam can be sufficient.

 **See standard configurations**

 **Do you prefer a different configuration?
Configure your optimal Filex Galaxy arm!**

Technical specifications

We have described the value of a proper monitor arm in this brochure, as well as the benefits of the Filex Galaxy monitor arm and what sets it apart from its competitors. In the second part, the technical specifications part, we will dive deeper into the technical specifications of the Filex Galaxy series.

Inspiration

Our biggest fan, Robert, has been dreaming for years about what he wants to be when he grows up. Are you curious as to how the Filex Galaxy series can help Robert to make sure his dreams come true?



[Watch our inspiration video](#)





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