

**TV/Monitor**  
**Lift Off Headrest Mount**  
*Fitting Instructions*



Thank you for your purchase; we want you to get the best results when using our products, so please be sure to read these instructions before attempting the installation of the TV headrest mount.

**Note:** *Whilst every effort has been made to ensure these instructions are as accurate and clear as possible, we cannot be held responsible for misinterpretation or any subsequent accident or damage caused through mis-fitted parts.*

**Tools required:**

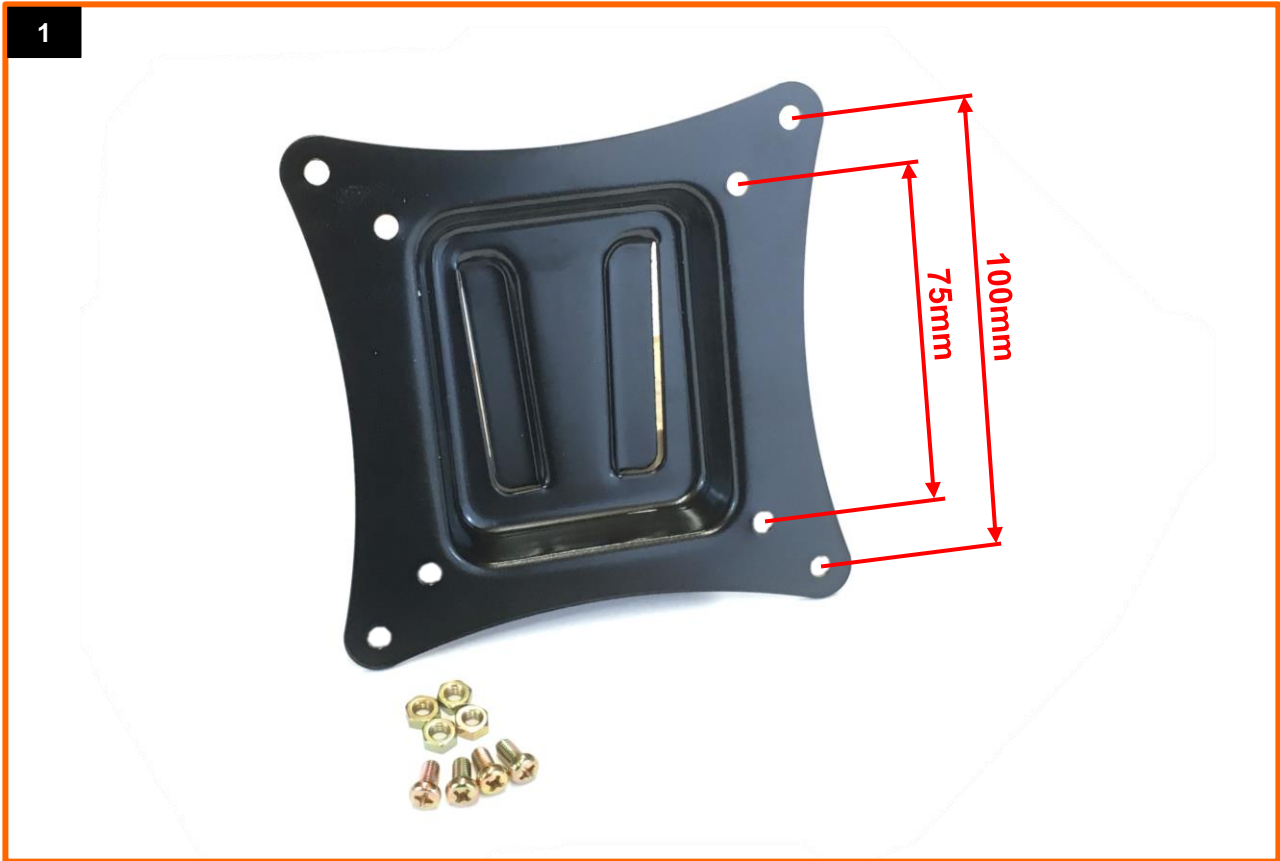
- Phillips screwdriver

**The set comprises:**

- Headrest Fixing Bracket
- 95mm Extension Arm
- TV Connecting Plate
- VESA Standard Lift Off Connecting Plate and Fixing Screws

**Fitting the VESA Lift Off TV Connecting Plate**

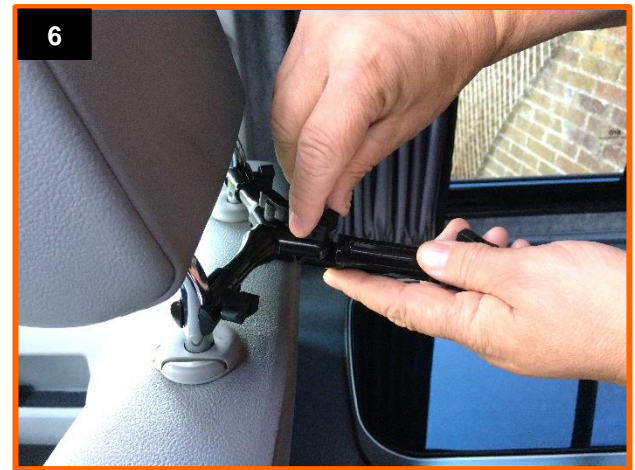
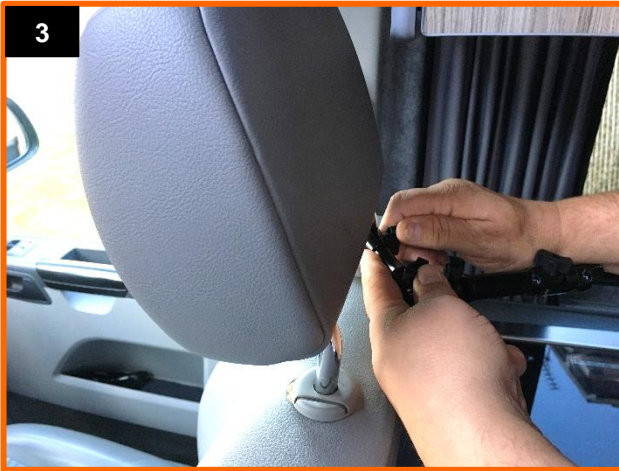
1. The VESA Lift Off Connecting Plate has 75mm and 100mm holes that fit most flat screen TV's from 14" to 27". (fig.1) Fix the plate to the rear of the TV using the screws provided. (fig.2) Please make sure the arrow on the plate is pointing to the top of the TV.



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### Fitting the Headrest Bracket

2. Lift the headrest up to reveal the bars. Undo the thumb screw on one clamp end and fit it over the headrest bar. (fig.3) Repeat for the other side, then tighten them both up tight. (fig.4) Tighten up the centre thumb screw to lock it in place. (fig.5) Loosely tighten up the thumb screw on the connecting arm. (fig.6)



### Fitting the TV Connecting Plate

3. Fit the TV Connecting Plate and loosely tighten the thumb screw. (fig.7) Please make sure the arrow on the plate is pointing upwards. It is stiff but can be rotated if required (please **DO NOT** try to undo the centre screw). The TV can then be lifted onto the bracket. (fig.8)



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## Adjustment

4. The bracket can be adjusted to many positions for best viewing then tighten all thumb screws. When you change the position, you may need to rotate the TV to the correct level. The TV can easily be lifted off the bracket for storage.



**IF YOU NEED ANY HELP OR ADVICE, PLEASE CONTACT US**

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