
Monitor Arms & Accessories

Q1. What's the benefit of a monitor arm vs. a standard monitor stand?

A: A standard monitor stand has a fixed position. A monitor arm allows you to raise, lower, tilt, swivel, and extend the monitor independently of the desk surface. Key benefits: proper ergonomic positioning at eye level regardless of desk height or chair height, freeing up 4-8 inches of desk surface space under the monitor, easy repositioning for different tasks or users, and clean cable management through the arm. For anyone spending significant time at a computer, the ergonomic benefit alone justifies the cost.

Q2. What does VESA mount compatible mean and how do I check?

A: VESA mount compatibility means the monitor has a standard set of mounting holes in a square pattern on the back. Common VESA patterns: 75x75mm and 100x100mm are most common for monitors; 200x200mm for larger displays. To check: look at the back of your monitor for a square pattern of 4 holes. Measure between hole centers in millimeters. The monitor arm's VESA plate must match your monitor's pattern. Most modern monitors from 19" to 34" are 100x100mm VESA compatible. Ultra-wide monitors may use 200x100mm patterns.

Q3. What's the weight limit I need to check for a monitor arm?

A: Monitor arm weight ratings typically range from 4.4 lbs to 44 lbs per arm. Standard office monitors (22-27") typically weigh 6-14 lbs. Ultra-wide 34" monitors can weigh 18-25 lbs. Before buying, check your monitor's weight in the specs. Choose an arm rated for at least 25% more than your monitor weight — this prevents wear on the gas cylinder and maintains smooth adjustment. Using an arm at or near its maximum rating strains the mechanism.

Q4. What types of monitor arm mounts are available?

A: Clamp mount: attaches to desk edge via C-clamp — most common, easy to install, doesn't require holes. Grommet mount: fits through a hole in the desk surface — more secure, cleaner look, requires drilling or an existing grommet hole (typically 1.5-3.5" diameter). Wall mount: attaches directly to wall — for wall-facing workstations. Pole mount: multiple arms mount on a central pole — useful for multi-monitor setups. Most commercial monitor arms offer both clamp and grommet mounting options. Clamp is the default for most installations; grommet is preferred for the cleanest look.

Q5. How do I set up a dual-monitor arm correctly?

A: A dual monitor arm has two arm extensions from a single mounting point. Setup steps: 1) Confirm both monitors are VESA-compatible and within the arm's weight rating. 2) Mount the base using the clamp or grommet method. 3) Adjust the gas cylinders for the weight of each monitor. 4) Position monitors at eye level — top of screen at or slightly below eye level. 5) Angle monitors inward at 15-30° to form a slight V-shape facing the user. 6) Route cables through the arm's cable management channels. The most common mistake: mounting dual monitors too far apart or at mismatched heights.

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Q6. What's a laptop arm and when would I use one?

A: A laptop arm (also called a notebook arm or laptop holder) is a monitor arm variant with a platform that holds a laptop instead of a VESA-mounted display. Use cases: home/office hybrid workers who carry a laptop between locations, workers who use a laptop as a secondary screen alongside a monitor, and hot-desking environments where workers arrive with a personal laptop. Laptop arms typically include a document holder tray and cable management. They allow the laptop screen to be at proper eye level alongside any connected monitors.

Q7. What accessories come with a quality monitor arm?

A: A good monitor arm package includes: a VESA adapter plate (with multiple hole patterns), a clamp mount and grommet mount hardware set, a cable management spine or clips, and sometimes a cable cover for the base. Better arms include a gas spring counterbalance mechanism (allows tool-free height adjustment), a built-in USB hub at the arm head, and an integrated power delivery port. Don't buy a monitor arm that doesn't include cable management provisions — an arm with exposed cables is worse than a fixed monitor stand aesthetically.

Q8. What keyboard tray options exist for desks?

A: Keyboard trays come in three types: slide-out (drawer-style under the desk, manually slides in and out), articulating (adjustable height and tilt, extends outward and positions at proper ergonomic angle), and desk-surface models (sit on top, adjustable tilt). For ergonomic benefit, an articulating tray that positions the keyboard below desk height is ideal — it allows wrists to be in a neutral position while typing. For users who alternate between keyboard and writing tasks, a slide-out retractable tray keeps the desk surface usable when the keyboard is stowed.

Q9. What is a desk privacy screen and do I need one?

A: A desk privacy screen is a filter that attaches to a monitor and narrows the viewing angle — only the person directly in front can see the screen clearly; people at angles see only a dark screen. Used in: open offices where confidential information is displayed, banking and financial services, healthcare environments with patient data, and any environment where screen privacy matters. They reduce monitor brightness slightly and add cost. For any role handling sensitive information in an open environment, privacy screens are a standard specification.

Q10. What power accessories make sense for a modern workstation?

A: Useful power accessories: in-desk power grommets (combine outlets and USB ports in a hole in the desk surface — clean, accessible), desk-clamp power units (clamp to desk edge with outlets and USB — flexible, no drilling), monitor arm heads with integrated USB hubs (USB ports at the monitor level for easy device connections), and cable management raceways (horizontal channels that run along the desk back edge to hide cables). A modern workstation should have power and USB within easy reach of the user without cable chaos. Budget \$50-200 per station for power accessories.
