

Monitor Arm Buying Guide

Choose the right single, dual or multi-monitor mounting solution

Designed for

Corporate offices, home offices, control rooms, trading desks and professional workstations.

ERGO Hong Kong

Practical procurement guidance for professional workplaces, education, healthcare and enterprise environments.

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How to Use This Guide

A monitor arm should be selected by engineering fit - not appearance alone. Screen weight, VESA pattern, desk construction, reach, adjustment range and the number of displays determine whether the installation will remain stable and comfortable.

Quick Procurement Checklist

1	Confirm screen size, actual weight without the original stand, and VESA pattern.
2	Choose the number and arrangement of screens: single, dual, triple, quad or more.
3	Check desk thickness and whether clamp, grommet, wall or freestanding installation is possible.
4	Define required movement: height, tilt, swivel, rotation and forward reach.
5	Allow margin below the arm's maximum load rating and plan cable routing.

1. Start with Compatibility

Screen weight and VESA

Use the monitor manufacturer's net screen weight and verify the rear mounting pattern, commonly 75 x 75 mm or 100 x 100 mm. Large or ultrawide monitors may require heavy-duty arms and larger VESA adapters.

Desk and mounting surface

A strong clamp cannot compensate for a weak, hollow or glass desktop. Confirm material, thickness, edge clearance and any under-desk obstructions.

2. Choose the Right Arm Type

Mechanical arm	Stable fixed setups and budget-conscious offices	Fewer dynamic adjustments
Gas-spring arm	Frequent repositioning and sit-stand use	Must be tuned to screen weight
Pole-mounted arm	Multi-screen alignment and vertical stacking	Pole height and desk stability
Wall-mounted arm	Freeing desk space and fixed work zones	Wall structure and cable route
Freestanding stand	Desks where drilling or clamping is unsuitable	Base footprint and balance

3. Multi-Monitor Planning

Alignment matters

- Match monitor sizes and bezel heights where possible.
- Confirm each arm can hold its share of the total load.
- Check side-to-side width before choosing a crossbar or independent-arm layout.
- For curved and ultrawide screens, account for deeper centre-of-gravity loading.

4. Ergonomic Setup

Position the primary screen directly in front of the user, with the top of the active display near eye level. Avoid forcing the user to twist the neck toward a secondary screen for long periods.

Relevant ERGO Hong Kong Pages

Use these links to compare available solutions and discuss the correct configuration with our team.

Monitor Arms, Stands & Mounts Single, dual, triple and quad options.	View online
Single Monitor Arms & Stands Solutions for one-screen workstations.	View online
Dual Monitor Arms & Stands Side-by-side professional setups.	View online
Big Monitor Arms & Stands Heavy-duty and larger-screen applications.	View online
Clamp Type Monitor Arms Desk-edge installation options.	View online

Need a recommendation?

Share the device size, weight, quantity, installation environment and any special workflow requirements. ERGO Hong Kong can recommend a standard model or discuss a customized configuration.

[Contact ERGO Hong Kong](#)

Important Note

This guide is intended for preliminary product selection. Final suitability depends on exact dimensions, load, VESA pattern, device power requirements, site conditions, user workflow and compliance requirements. Product specifications and availability may

change; confirm final details before ordering.