



**ergo.flex**

BERNSTEIN's response to height-adjustable control stations –  
based on the CS-3000 suspension system

# More comfort. More safety.

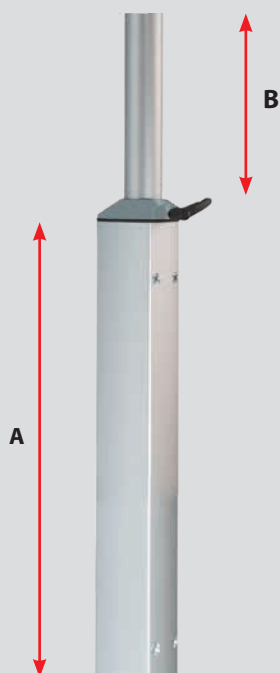
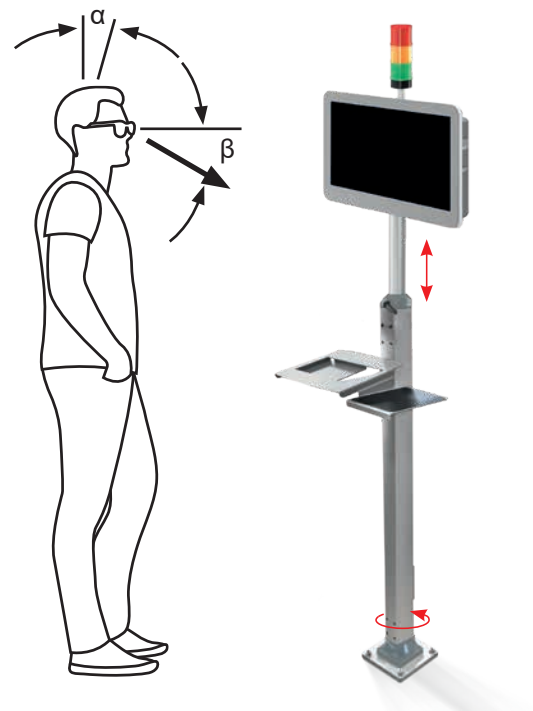
Compliance with occupational health and safety laws and thus the maintenance of the health of employees is becoming more and more important.

Individual and ergonomically designed control stations are an integral part of today's working conditions. A simple and uncomplicated height adjustment of the visualization unit is possible with the **ergo.flex** from BERNSTEIN.

## Man and machine in focus

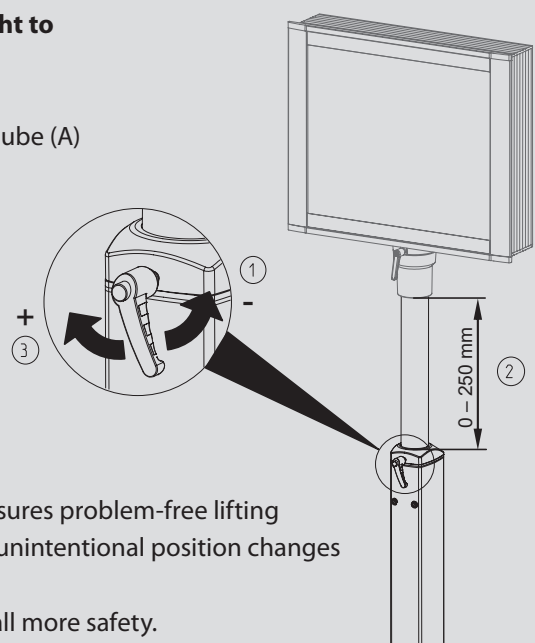
With the **ergo.flex**, BERNSTEIN AG will simplify the operation and monitoring of machines and systems.

Without complex adjustments, the visualisation height can be adjusted to the ergonomically correct position in just a few steps to meet personal requirements at the control station.



### Alignment of the visualization height to different sized operators.

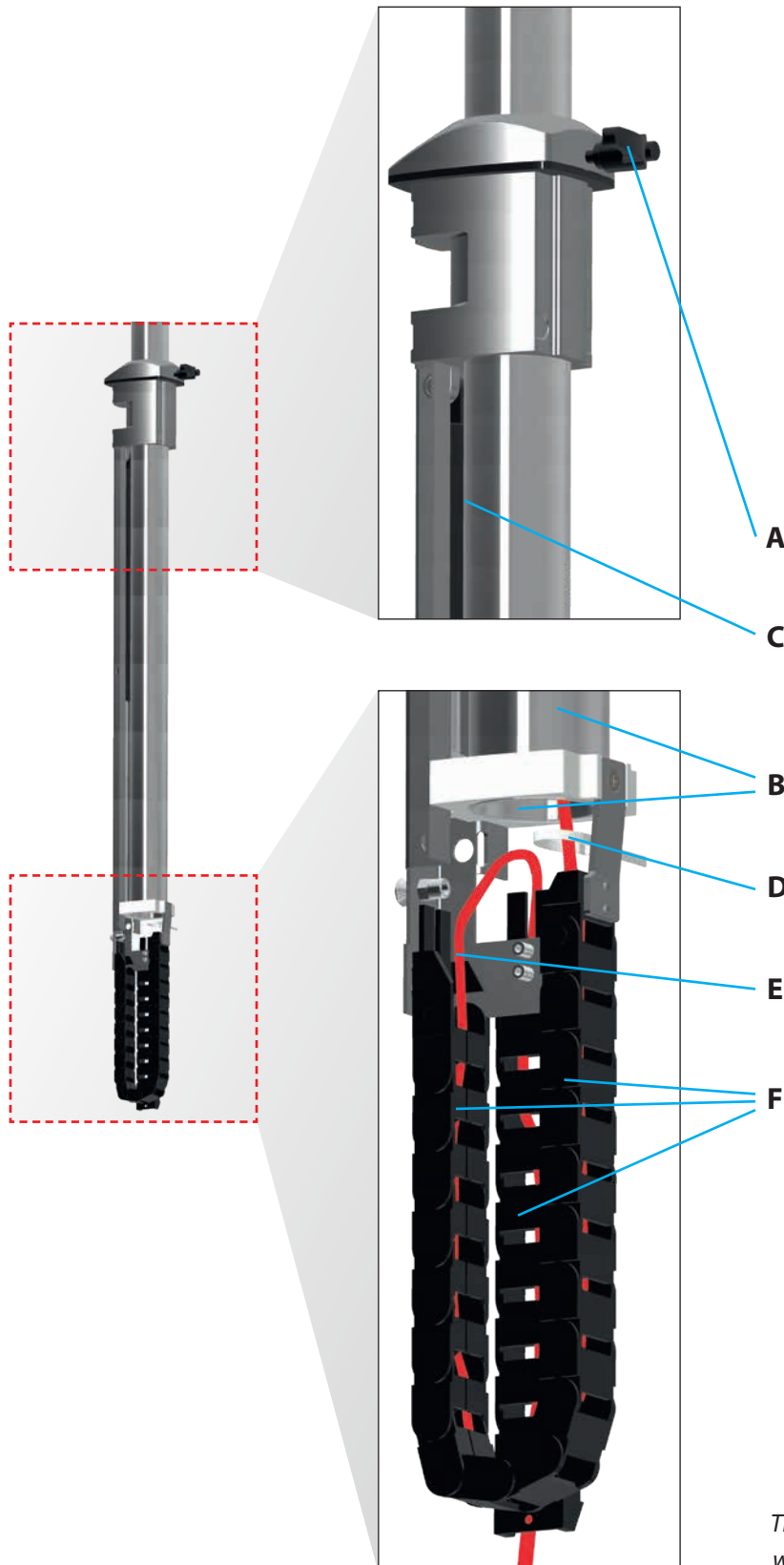
- 1000 mm long CS-3000 aluminium tube (A)
  - 1000 mm version: wall mounting
  - 1000 mm version: free standing
  - 1000 mm version: pendent **new**
- Height adjustment: 250 mm (B)
- Locking possibility by clamping lever in any position



The integrated gas pressure spring ensures problem-free lifting of the visualisation unit and prevents unintentional position changes after releasing the clamping lever. This means more comfort and above all more safety.

# Cable management

## Internal cable management



- The cable conduit (B) and the gas pressure spring (C) are separate from each other.
- The gas pressure spring counteracts the independent and uncontrolled adjustment of the adapted control unit after releasing the clamping lever (A) and additionally reduces the necessary force required for a desired height adjustment.
- The energy chains (F) attached below (standing version) the gas pressure spring serve as safe and reliable cable routing in the moving part of the ergo.flex. They prevent damage to the cables. A strain relief (D) of the cables (E) is also possible in this area integrated.

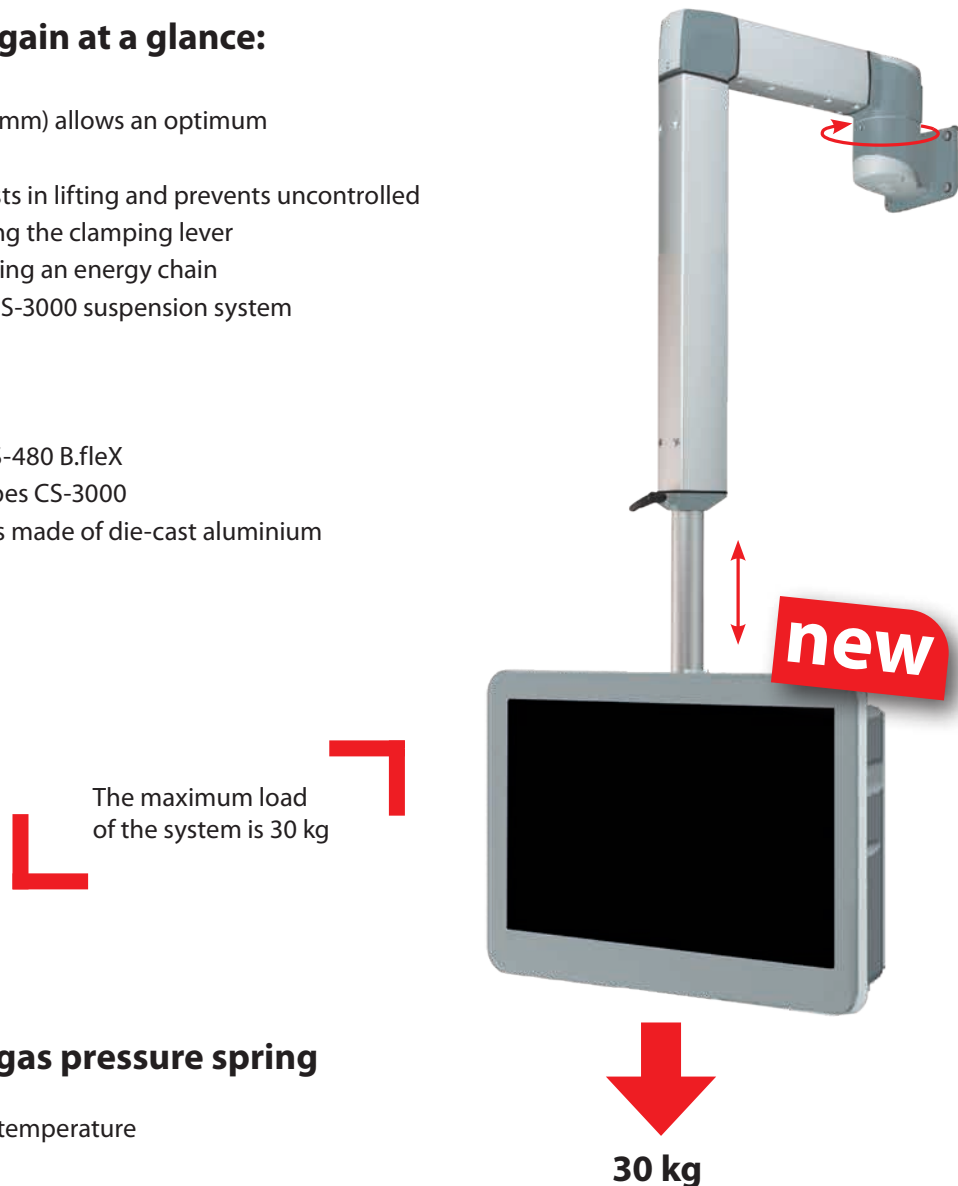
*The internal cable management was shown without the CS-3000 tube!*

## The advantages again at a glance:

- The variable stroke (250 mm) allows an optimum visualisation height
- Gas pressure spring assists in lifting and prevents uncontrolled adjustment after releasing the clamping lever
- Internal cable routing using an energy chain
- Easy integration to the CS-3000 suspension system

### Materials:

- Galvanized steel tube CS-480 B.fleX
- Anodised aluminium tubes CS-3000
- Connection components made of die-cast aluminium
- POM bearing
- Neoprene seals
- protection class IP 54
- Energy chain PA



## Selection criteria gas pressure spring

Total weight and ambient temperature influence selection

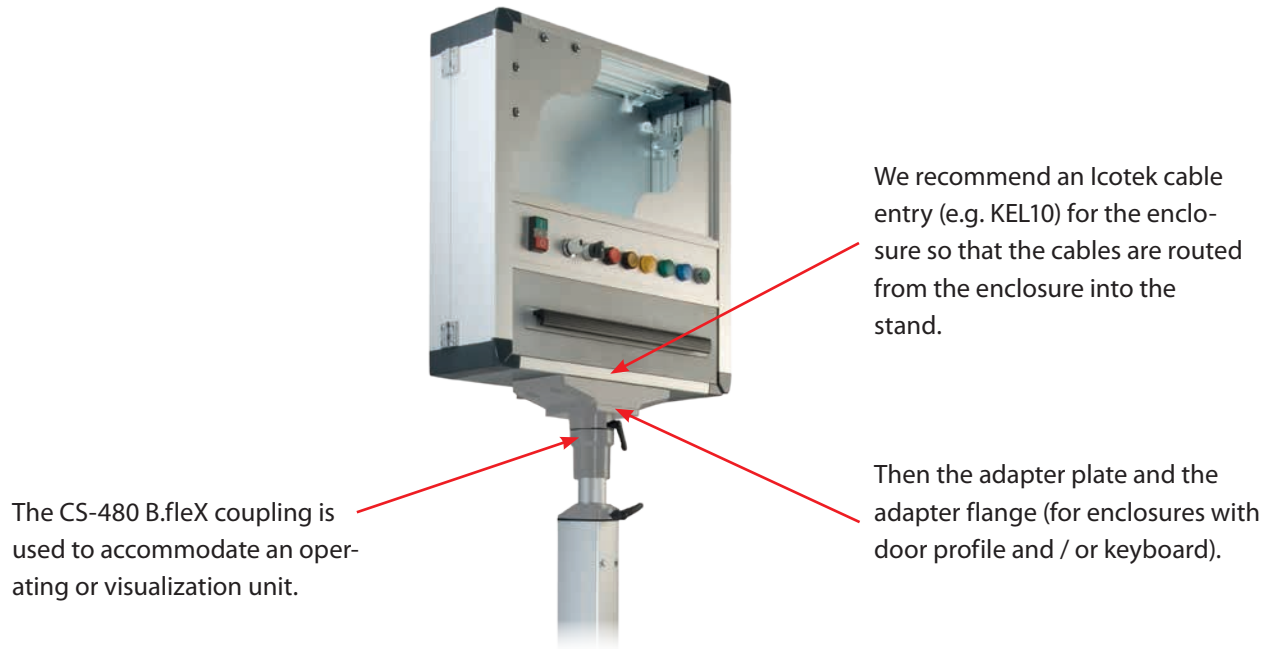
The total weight is calculated:

- Enclosure
- Installed equipment
- Coupling components

Different gas springs, depending on the field of application

Ambient temperature	Strength of the gas pressure spring [N] (maximum weight load [kg])			
	100 N (8,7 kg)	150 N (14 kg)	200 N (19,4 kg)	300 N (30,0 kg)
	100 N (8,3 kg)	150 N (13,5 kg)	200 N (18,7 kg)	300 N (29,0 kg)
40 °C	100 N (8,7 kg)	150 N (14 kg)	200 N (19,4 kg)	300 N (30,0 kg)
30 °C	100 N (8,3 kg)	150 N (13,5 kg)	200 N (18,7 kg)	300 N (29,0 kg)
20 °C	100 N (8,0 kg)	150 N (13 kg)	200 N (18,0 kg)	300 N (28,0 kg)



## Accessories for system integration



## Our solutions



# Ordering data

Figure	Article
	<b>ergo.flex 1000/100 suspended</b> <b>1015300295</b> <ul style="list-style-type: none"> <li>Gas pressure spring force [N]: 100</li> <li>Colour: RAL 9006 (standard)</li> </ul>
	<b>ergo.flex 1000/150 suspended</b> <b>1015300292</b> <ul style="list-style-type: none"> <li>Gas pressure spring force [N]: 150</li> <li>Colour: RAL 9006 (standard)</li> </ul>
	<b>ergo.flex 1000/200 suspended</b> <b>1015300293</b> <ul style="list-style-type: none"> <li>Gas pressure spring force [N]: 200</li> <li>Colour: RAL 9006 (standard)</li> </ul>
	<b>ergo.flex 1000/300 suspended</b> <b>1015300294</b> <ul style="list-style-type: none"> <li>Gas pressure spring force [N]: 300</li> <li>Colour: RAL 9006 (standard)</li> </ul>
	<b>ergo.flex 1000/100 upright</b> <b>1015300296</b> <ul style="list-style-type: none"> <li>Gas pressure spring force [N]: 100</li> <li>Colour: RAL 9006 (standard)</li> </ul>
	<b>ergo.flex 1000/150 upright</b> <b>1015300297</b> <ul style="list-style-type: none"> <li>Gas pressure spring force [N]: 150</li> <li>Colour: RAL 9006 (standard)</li> </ul>
	<b>ergo.flex 1000/200 upright</b> <b>1015300298</b> <ul style="list-style-type: none"> <li>Gas pressure spring force [N]: 200</li> <li>Colour: RAL 9006 (standard)</li> </ul>
	<b>ergo.flex 1000/300 upright</b> <b>1015300299</b> <ul style="list-style-type: none"> <li>Gas pressure spring force [N]: 300</li> <li>Colour: RAL 9006 (standard)</li> </ul>

Notes

Plans. Sketches. Ideas.



A large grid of small dots for sketching or writing.

**DETECT****We make  
safety happen.****PROTECT****We keep safe  
your visions.**

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