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Should I Use Single or Double Monitor Arms?



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In this article, we'll explore the various options and configurations you can have with both single and double monitor arms. Advantages, disadvantages and examples of how they're used.



What's your ultimate workstation setup? Are you a 90's hacker with more monitors than megabytes? Or are you more of a minimalist who prefers the simplicity of a single screen? Whether you need a single or double monitor arm for your workstation will likely come down to a mixture of preference and how you need to work. That's not to say large, multi-display configurations aren't possible. Your video editors, day traders and computer coders are likely to be running **at least** three monitors.



In this article, we'll explore the various options and configurations you can have with both single and double monitor arms. We'll look at the advantages and disadvantages of either option and provide some examples of how they're used.

We're in the Display Age

It's clear that we're in the display age. Look around, almost everything has a screen now.

A few decades ago, this was unthinkable. Screens were heavy, low-resolution, and needed mains power to operate. Now, while the concept of dual monitors wasn't completely foreign, it was just considered too expensive or impractical for your average office worker. Desks struggled under the weight of a single CRT monitor, let alone two!

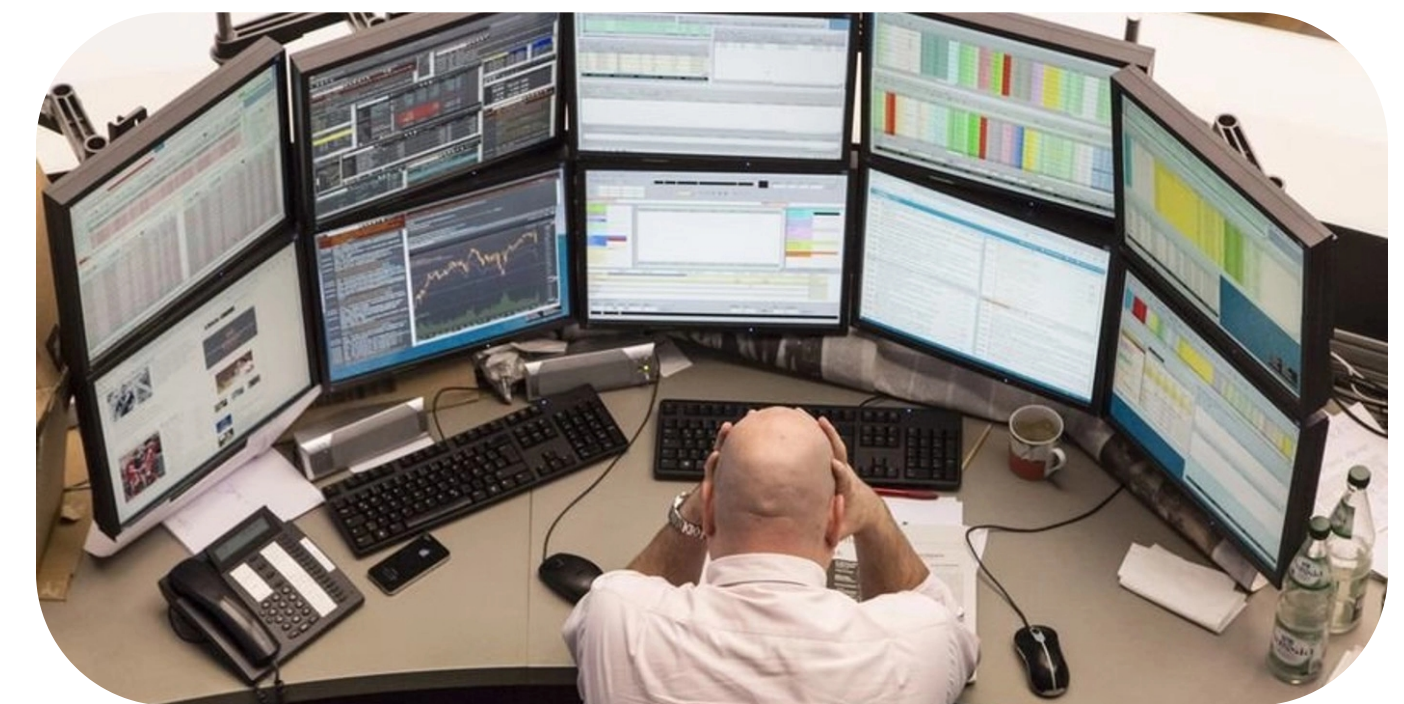
Technology caught up over the years since and it has transformed the workplace. Thinner, lighter, and more efficient displays meant that two or more monitors has become the norm for office workstations.

There's no denying the boost in productivity when working with multiple monitors. Imagine going back to Alt-tabbing your way through work while squinting into a single, 15" laptop screen.

But is there such a thing as too many monitors?

Is There a Limit to the Number of Screens we can use?

Technically, this depends on your computer. Most PC's and laptops can comfortably support **two additional monitors** depending on their video card, motherboard and available ports. You can install additional video cards, connect docks or use signal splitters to extend this number, but each subsequent display puts increasing strain on your computer's resources.



But when it comes to your average office employee, they're only ever going to need two monitors at most.

So, who comes out on top? Single monitor or dual monitor arms?

Single Monitor Arms

There are many reasons why you'd opt for a single monitor arm over a dual monitor setup. Let's explore some of the pros and cons.



Advantages of Single Monitor Arms

With a single arm and one point of cable management, a single monitor arm can be sleeker and tidier than dual arms.

Curved and Ultrawide monitors are becoming more and more popular in the modern workplace. Single monitor arms are often the only solution that can hold the heavier monitor weights. The [Proflex](#) Single Monitor Arm for example can hold up to 18kg, more than enough to hold [49-inch ultra-wide curved screens](#).

Provide a clutter-free worktop without power or display cables.

Additional arms can be added to achieve a dual monitor setup. This configuration has more ergonomic versatility than a dual monitor arm setup. Users can adjust angle, depth and orientation of each monitor independently, providing an optimal working environment.

Lighter solution than a dual-monitor setup.

Less expensive compared to dual alternatives.

Disadvantages of Single Monitor Arms

Adding a second, free-standing monitor can make your workspace less functional.

Desk must be compatible the specific with monitor arms and have sufficient weight rating.

Dual Monitor Arms

There are many reasons why you'd upgrade to a dual monitor arm configuration. Let's explore some of the pros and cons.



Advantages of Dual Monitor Arms

Great for creating “display symmetry”, or two equal working spaces.

Less expensive option when compared to two, single monitor arms.

Single column can hide arms, power and display cables behind the monitors.

Multiple configuration options that include one or both monitors in portrait mode.

Users can adjust angle, depth and orientation of their own monitors.

Disadvantages of Dual Monitor Arms

Dual systems have less flexibility when it comes to positioning. Due to their fixed pivot points, the two monitors are much closer to the user's face – a nightmare for long-sighted employees.

If one monitor is removed, it can be difficult to centre the remaining one.

The desk must be compatible the specific with monitor arms and have sufficient weight rating.

Proflex Single Monitor Arms

Strong, versatile and built to last, the [ProFlex Single Monitor Arm](#) is the ultimate solution for a clutter-free and ergonomic workspace.

Key Features





A. VESA Mount
Standardized 'VESA' screw-hole positions to ensure multiple device compatibility.



B. Wide Range Stability
Weight rating from 1 - 18kg's to complement monitors and screens from 17 inches up to 49 inches.



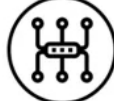
C. 360° Rotation with 180° Locking
Flexible arm range from +45° to -45° tilt, 180° swivel with lock and 360° rotation.




D. Quick Install
Sturdy top-fix clamp makes installation easy and provides excellent grip on a variety of desired worktops.

With an impressive best-in-class 10-year warranty, 18kg weight rating and compatible with monitors up to 49", it's the perfect companion for a variety of workspace configurations. You can effortlessly tilt, swivel, and rotate your screen to find the optimal ergonomic angle that suits your needs. The wide range of flexible motion allows you to tilt your monitor from +45° to -45°, swivel a full 180° with a lock feature for stability, and even rotate a full 360° for seamless transitions between portrait and landscape orientations.


Proflex Single Monitor Arms




Cable Management
Integrated cable management allows the user to conceal cables inside arm for a more organised and tidy workspace.



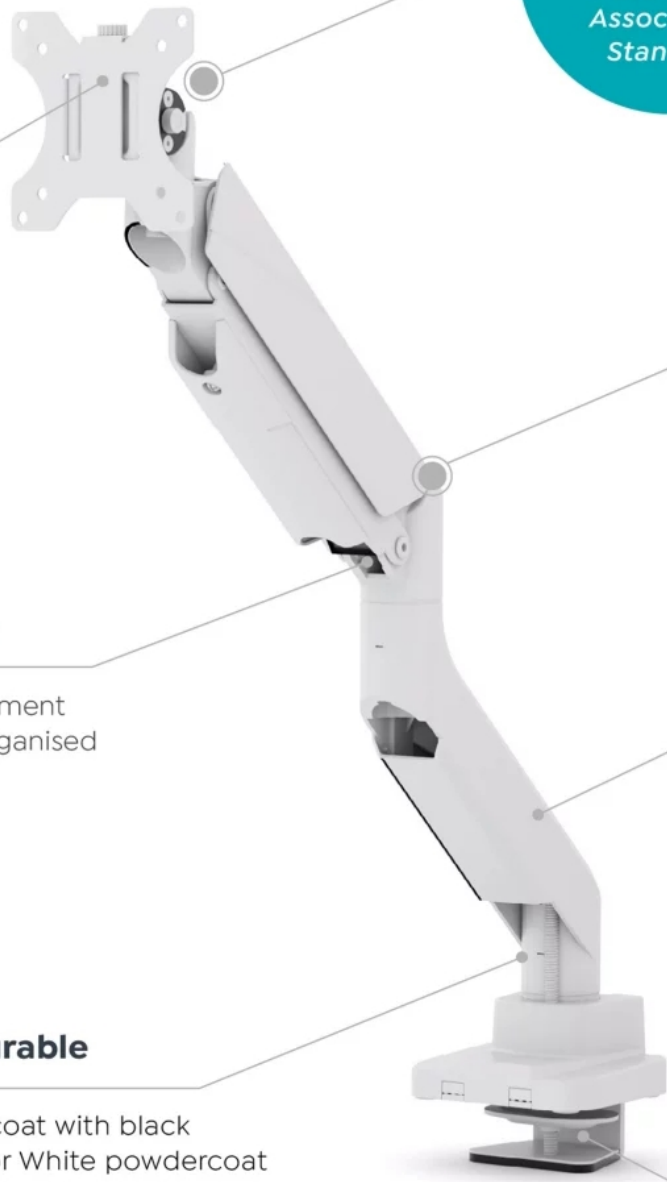
Stylish Design
Slick, contemporary design to complement any modern office environment.



1st Warranty
10 year warranty is the best in it's class giving you extra peace of mind.



Strong and Rugged
Powdercoated aluminum with hard polymer plastic covers provides additional strength and durability.



VESA Mount Plate
(Video Electronics Standards Association) Standard.

10 Year Warranty
Best in it's class.

Ergonomic Positions
Multi-adjustable plate includes tilting, swiveling to desired screen rotation for optimal ergonomic positions.

Cable Management
Integrated cable management through the arm for an organised and neat workspace.

Fully Adjustable
Exceptional range of flexible motion featuring +45° to -45° tilt, 180° swivel with lock and 360° rotation.

Strong & Durable
Black powdercoat with black plastic cover or White powdercoat with white plastic cover with weight rating of up to 1 - 18kgs.

Easy Install with Sturdy Desk Clamp
Strong top fix clamp provides excellent support and is simple to install onto a variety of worktops.

Crafted from your choice of black or white powder-coated aluminium and steel and articulated in modern polymer covers, the ProFlex Single Monitor Arm exudes both style and durability. Easily and quickly installed onto new or existing workstations, the strong top fix clamp provides excellent stability without damaging the underlying worktop.

Should I Use Single or Dual Monitor Arms?

The answer to this question will ultimately depend on one factor: the role requirements of the employees at each workstation. Single monitor arms are tidier, more ergonomically functional and in many cases, more robust. While dual monitor arms can hold a significant amount of weight, only single monitor arms can hold the increasingly popular ultrawide and curved screens.



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