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## 160mm x 100mm Lab Jack Universal Breadboard Adapter



#12-796: 160mm x 100mm Lab Jack Universal Breadboard Adapter

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### Product Downloads

### General

**Included Hardware:**  
(4) 1/4-20, 1/2" Long Screws; (4) M6 x 1.0, 12mm Long Screws

### Physical & Mechanical Properties

Length (mm):  
164.00

Thickness (mm):  
8.00

Width (mm):  
140.00

Anodized Aluminum **Construction:**

0.5 **Weight (kg):**

## Regulatory Compliance

**RoHS 2015:**  
Compliant

**Reach 224:**  
Compliant

**Certificate of Conformance:**  
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## Product Details

- Rugged, Black Anodized Aluminum Construction
- Fine Lead Screw for Precision Movement
- Large Adjustment Knob for Maximum Control
- Locking Knob to Secure Vertical Positioning

Metric Labs Jacks feature a rugged construction and a fine screw movement that allows for precision adjustment of vertical positioning of most optical components or equipment, with a maximum weight capacity of up to 55 lbs. Top surfaces are precision finished mounting platforms with 1/4-20 and M4 tapped holes (see diagram). The bottom platforms have several additional M6 metric and 1/4-20 English sized clearance holes, which are spaced to adapt to common mounting surfaces. Metric Lab Jacks utilize a locking knob to fix vertical position at desired height. Each full revolution of the adjustment knob moves the platform vertically by 1mm.

These metric lab jacks offer stable, height-adjustable platforms ideal for laboratory and optical systems requiring manual vertical positioning. Designed for durability and repeatability, each lab jack integrates smoothly with breadboards, post assemblies, and manual translation stages. Their compact footprint and metric compatibility make them well-suited for modular lab setups where vertical lift precision and load stability are essential.

160 x 100mm Lab Jack ([#54-687](#)) and 132 x 80mm Lab Jack ([#56-336](#)) are compatible with the following stages: [#55-032](#), [#55-459](#), [#55-527](#), [#55-840](#), and [#55-841](#).

**Note:** Mount Lab Jacks on Metric or English Breadboards using [#12-796](#) to mount [#56-336](#) and [#54-687](#), and use [#12-797](#) to mount [#62-009](#).

## Technical Information

### #54-687



