



ThinkPad T14 Gen 4 / ThinkPad P14s Gen 4
ThinkPad T16 Gen 2 / ThinkPad P16s Gen 2



Get started

Első lépések | Introducere | เริ่มต้นใช้งาน | Memulai



* Lenovo USB-C to
VGA Adapter



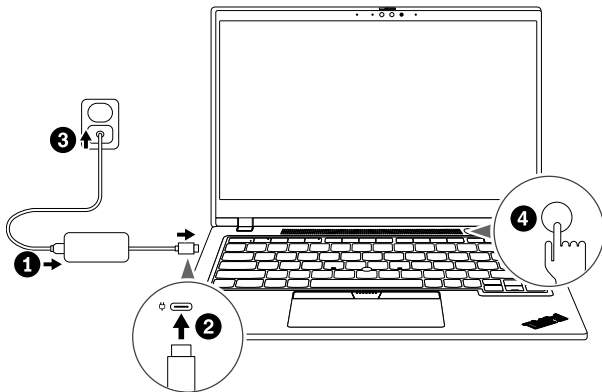
* Lenovo USB-C to
DisplayPort Adapter



* Lenovo HDMI to
VGA Adapter



* Lenovo USB-C to
Ethernet Adapter

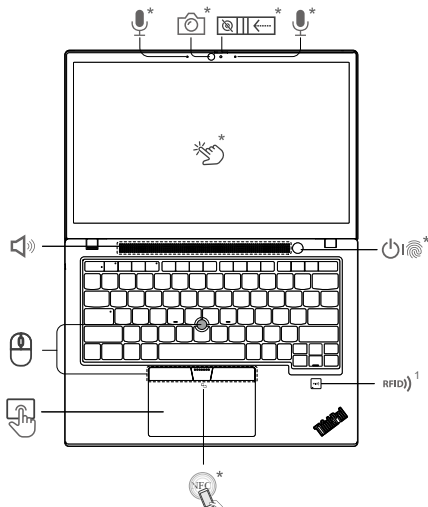


* For selected models | Bizonyos modellek esetén | Pentru modelele selectate | เฉพาะบางรุ่นเท่านั้น | Untuk model tertentu

Front view

Előlnézet | Vedere din față | มุมมองด้านหน้า | Tampak depan

T14 Gen 4 / P14s Gen 4



Press to log in to the computer*

Nyomja meg a számítógépre való bejelentkezéshez*

Apăsați pentru a vă conecta la computer*

กดเพื่อเข้าสู่ระบบคอมพิวเตอร์*

Tekan untuk masuk ke komputer*



Navigate as a traditional mouse

Navigálás hagyományos egérként

Navigați ca un mouse tradițional

ไปยังส่วนต่างๆ โดยใช้เมาส์แบบดั้งเดิม

Navigasikan selayaknya mouse tradisional

¹ For selected models of T14 Gen 4 | A T14 Gen 4 bizonyos modelljei esetén | Pentru modelele selectate de T14 Gen 4 | เฉพาะรุ่น T14 Gen 4 บางรุ่นเท่านั้น | Untuk T14 Gen 4 model tertentu

Front view

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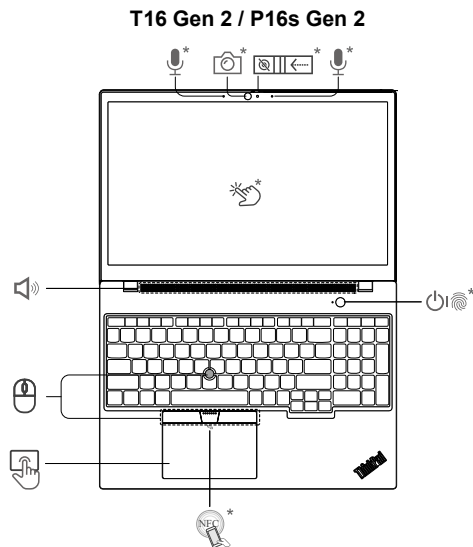
Navigate as a traditional mouse

Navigálás hagyományos egérként

Navigați ca un mouse tradițional

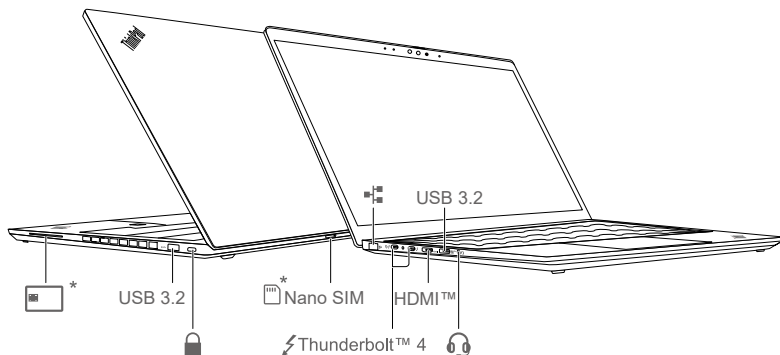
ไปยังส่วนต่างๆ โดยใช้เมาส์แบบดั้งเดิม

Navigasikan selayaknya mouse
tradisional



Overview

Áttekintés | Prezentare generală | ภาพรวม | Ikhtisar



Read the statement on USB transfer rate in the User Guide. To access the User Guide, go to <https://pcsupport.lenovo.com>.

Az USB átviteli sebességére vonatkozó nyilatkozat a Felhasználói kézikönyvben található. A Felhasználói kézikönyv eléréséhez menjen a <https://pcsupport.lenovo.com> weboldalra.

Citiți declarația privind rata de transfer USB din Ghidul utilizatorului. Pentru a accesa Ghidul utilizatorului, accesați <https://pcsupport.lenovo.com>.

อ่านคำชี้แจงเกี่ยวกับอัตราการถ่ายโอนข้อมูลผ่าน USB ได้ใน คู่มือผู้ใช้ หากต้องการเข้าถึง คู่มือผู้ใช้ โปรดไปที่ <https://pcsupport.lenovo.com>

Baca pernyataan tentang kecepatan transfer USB di Panduan Pengguna. Untuk mengakses Panduan Pengguna, kunjungi <https://pcsupport.lenovo.com>.

Lenovo Commercial Vantage*

Access Commercial Vantage to adjust device settings and check for system updates.

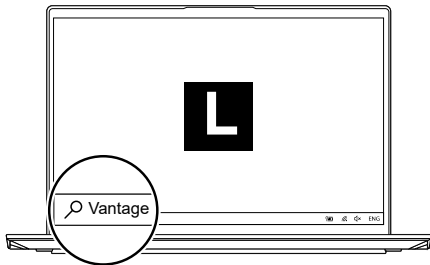
A Commercial Vantage szolgáltatásban megadhatja az eszközbeállításokat, és ellenőrizheti a rendszerfrissítéseket.

Accesați Commercial Vantage pentru a ajusta setările dispozitivului și pentru a verifica dacă există actualizări de sistem.

เข้าถึง Commercial Vantage

เพื่อปรับการตั้งค่าอุปกรณ์และตรวจสอบการอัปเดตระบบ

Akses Commercial Vantage untuk menyesuaikan pengaturan perangkat dan memeriksa pembaruan sistem.



Lock on leave²

Lezárás távozáskor | Blocare la plecare | ต่อกเมื่อออก | Mengunci tanpa sentuhan



Protect your privacy and improve battery life.

Megvédheti adatait és javíthatja az akkumulátor üzemidejét.

Protejați-vă confidențialitatea și îmbunătățiți durata de viață a bateriei.

ปกป้องความเป็นส่วนตัวและชีวิตอายุการใช้งานแบตเตอรี่

Lindungi privasi Anda dan tingkatkan masa pakai baterai.

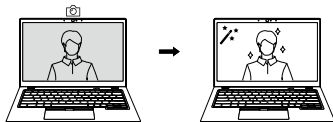


² For infrared camera models only | Csak az infravörös kamerával rendelkező modellek esetén | Doar pentru modelele cu cameră cu infraroșu | เฉพาะรุ่นที่มีกล้องอินฟราเรดเท่านั้น | Hanya untuk model kamera inframerah

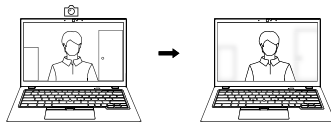
Lenovo View*



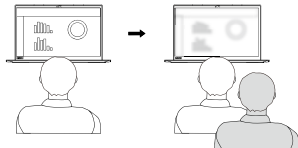
Video Enhancer | Videojavító |
Optimizator video | Video Enhancer |
Video Enhancer



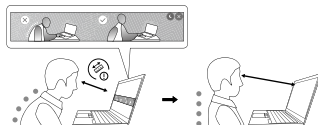
Background Removal | Háttér eltávolítása |
Eliminare fundal | Background Removal |
Background Removal



Privacy Guard | Biztos adatvédelem |
Protect. Confidențialitate | Privacy Guard |
Privacy Guard



Posture Warning | Testtartás figyelmeztetés |
Avertizare postură | Posture Warning |
Posture Warning



[English]

Specific absorption rate (SAR)

YOUR DEVICE MEETS INTERNATIONAL GUIDELINES FOR EXPOSURE TO RADIO WAVES.

Refer to the following for 10g SAR limit and maximum reported SAR values:

10g SAR limit: 2 W/kg (body-worn SAR); 4 W/kg (limb SAR)

Maximum SAR with 0 mm separation distance:

Product name	Body-worn SAR value	Limb SAR value
ThinkPad T14 Gen 4/P14s Gen 4	1.353 W/kg	3.057 W/kg
ThinkPad T16 Gen 2/P16s Gen 2	1.547 W/kg	3.104 W/kg

For more information about SAR, refer to the *Safety and Warranty Guide* that came with your device.

European Union (EU) / United Kingdom (UK) — radio frequency and power

This radio equipment operates with the following frequency bands and maximum radio-frequency power:

Technology	Frequency [MHz] / band	Maximum transmit power
WLAN 802.11b/g/n/ax	2400 - 2483.5	< 20 dBm
WLAN 802.11a/n/ac/ax	5150 - 5725	< 23 dBm
WLAN 802.11a/n/ac/ax	5725 - 5875	< 13.98 dBm
WLAN 802.11ax	5945 - 6425	< 23 dBm
Bluetooth BR/EDR/LE	2400 - 2483.5	< 20 dBm
WWAN UMTS	1/8	< 25.5 dBm
WWAN LTE	1/3/7/8/20/28/34/38/40/41/42/43	< 25.5 dBm
WWAN LTE HPUE	41	< 26 dBm
NFC	13.56	< -5.31 dBμA/m@10m
RFID	0.125/13.56	< 19.21 dBμA/m@3m

Note: Not all wireless bands may be enabled depending on your product configuration. Usage of this device is limited to indoor locations in the bands 5150 - 5350 MHz and 5945 - 6425 MHz.

[Magyar]

Fajlagos energiaelnyelési tényező (SAR)

AZ ESZKÖZ MEGFELEL A RÁDIÓHULLÁMOKNAK VALÓ KITETTSÉGRE VONATKOZÓ NEMZETKÖZI IRÁNYELVEKNEK.

Az alábbiakban további információkat tudhat meg a 10 g SAR-határértékről és a legmagasabb jelentett SAR-értékekről:

10 g SAR-határérték: 2 W/kg (határérték testen viselés esetén); 4 W/kg (határérték végtagok esetében)

Maximális SAR 0 mm távolság esetén:

A termék neve	Fajlagos energiaelnyelési érték testen való viseléskor	Fajlagos energiaelnyelési érték végtagon való viseléskor
ThinkPad T14 Gen 4/P14s Gen 4	1,353 W/kg	3,057 W/kg
ThinkPad T16 Gen 2/P16s Gen 2	1,547 W/kg	3,104 W/kg

A SAR-ról további információkat a készülékhez mellékelt *Biztonsági és jótállási útmutatóban* talál.

Európai Unió (EU) / Egyesült Királyság (UK) – Rádióberendezések frekvenciája és energiája

Ez a rádióberendezés a következő frekvenciasávokat és maximális rádiófrekvencias teljesítményt használja:

Technológia	Frekvencia [MHz]/sáv	Maximális átviteli teljesítmény
WLAN 802.11b/g/n/ax	2400 - 2483,5	< 20 dBm
WLAN 802.11a/n/ac/ax	5150 - 5725	< 23 dBm
WLAN 802.11a/n/ac/ax	5725 - 5875	< 13,98 dBm
WLAN 802.11ax	5945 - 6425	< 23 dBm
Bluetooth BR/EDR/LE	2400 - 2483,5	< 20 dBm
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WWAN LTE	1/3/7/8/20/28/34/38/40/41/42/43	< 25,5 dBm
WWAN LTE HPUE	41	< 26 dBm
NFC	13,56	< -5,31 dBμA/m @10 m
RFID	0,125/13,56	< 19,21 dBμA/m @3 m

Megjegyzés: A termékkonfigurációtól függően előfordulhat, hogy nem minden vezeték nélküli sáv engedélyezett. Az eszköz használata beltérre, az 5150 – 5350 MHz és a 5945 – 6425 MHz frekvenciatartományra korlátozódik.

[Română]

Rată specifică de absorbție (SAR)

DISPOZITIVUL DUMNEAVOASTRĂ RESPECTĂ REGULILE INTERNAȚIONALE PRIVIND EXPUNEREA LA UNDELE RADIO.

Pentru limita SAR 10 g și pentru valorile maxime raportate SAR, consultați următoarele:

Limita SAR 10 g: 2 W/kg (limita SAR pentru dispozitive purtate asupra corpului); 4 W/kg (limita SAR pentru membre)

Limita maximă SAR la o distanță de separare de 0 mm:

Numele produsului	Valoarea SAR pentru dispozitive purtate asupra corpului	Valoarea SAR pentru membre
ThinkPad T14 Gen 4/P14s Gen 4	1,353 W/kg	3,057 W/kg
ThinkPad T16 Gen 2/P16s Gen 2	1,547 W/kg	3,104 W/kg

Pentru mai multe informații despre SAR, consultați *Ghidul pentru măsuri de siguranță și garanție* primit odată cu dispozitivul.

Uniunea Europeană (UE) / Regatul Unit (UK) – frecvență radio și alimentare

Acest echipament radio funcționează cu următoarele benzi de frecvență și puteri maxime ale frecvenței radio:

Tehnologie	Frecvență [MHz]/bandă	Puterea maximă de transmisie
WLAN 802.11b/g/n/ax	2400 - 2483,5	< 20 dBm
WLAN 802.11a/n/ac/ax	5150 - 5725	< 23 dBm
WLAN 802.11a/n/ac/ax	5725 - 5875	< 13,98 dBm
WLAN 802.11ax	5945 - 6425	< 23 dBm
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Notă: este posibil ca nu toate benzile wireless să fie activate, în funcție de configurația produsului. Folosirea acestui dispozitiv este limitată la locațiile interioare, în benzile de 5150 - 5350 MHz și 5945 - 6425 MHz.

[ภาษาไทย]

T14 Gen 4 / P14s Gen 4

ข้อมูลความสอดคล้องกับวิทยุไร้สายสำหรับประเทศไทย

เครื่องโทรคมนาคมและอุปกรณ์นี้มีความสอดคล้องตามมาตรฐาน หรือข้อกำหนดทางเทคนิคของ กสทช.

เครื่องวิทยุคมนาคมนี้มีอัตราการดูดกลืนพลังงานจำเพาะ (Specific Absorption Rate – SAR)

อันเนื่องมาจากเครื่องวิทยุคมนาคม

เท่ากับ 1.353 W/kg ซึ่งสอดคล้องตามมาตรฐานความปลอดภัย

ต่อสุขภาพของมนุษย์จากการใช้เครื่องวิทยุคมนาคมที่ กสทช. ประกาศกำหนด

T16 Gen 2 / P16s Gen 2

ข้อมูลความสอดคล้องกับวิทยุไร้สายสำหรับประเทศไทย

เครื่องโทรคมนาคมและอุปกรณ์นี้มีความสอดคล้องตามมาตรฐาน หรือข้อกำหนดทางเทคนิคของ กสทช.

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Reuse
Recycle

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