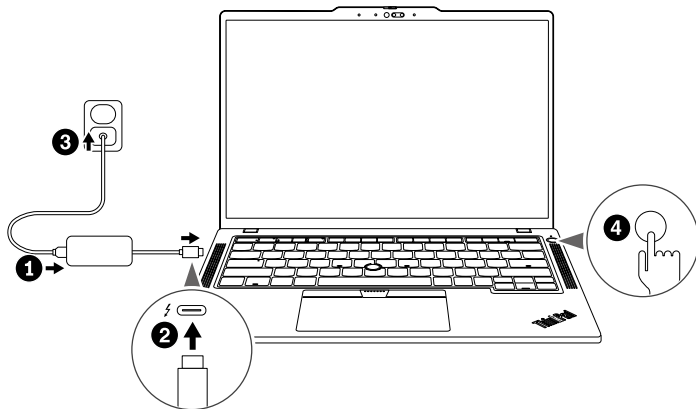
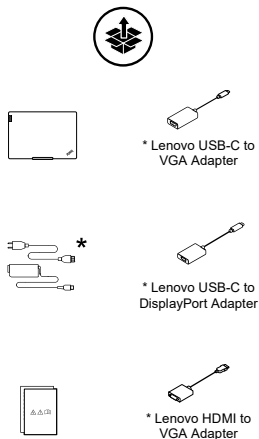


ThinkPad T14 Gen 6 / ThinkPad P14s Gen 6 AMD
ThinkPad T16 Gen 4 / ThinkPad P16s Gen 4 AMD

Get started

Első lépések | Introdúcere | เริ่มต้นใช้งาน | Memulai

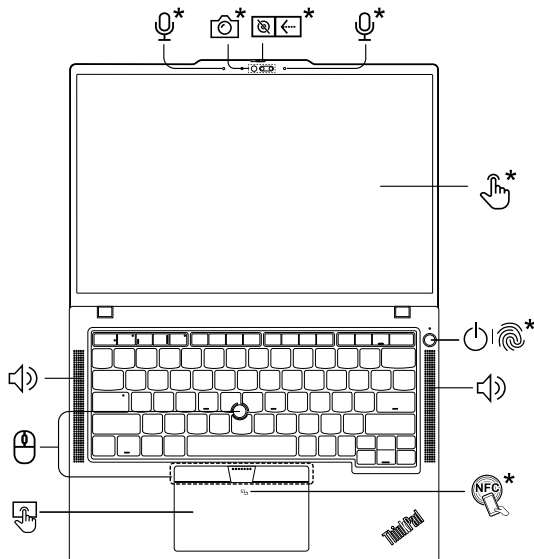


* For selected models | Bizonyos modellek esetén | Pentru modelele selectate | เฉพาะบางรุ่นเท่านั้น | Untuk model tertentu

Overview

Áttekintés | Prezentare generală | ภาพรวม | Ikhtisar

ThinkPad T14 Gen 6 / ThinkPad P14s Gen 6 AMD



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*

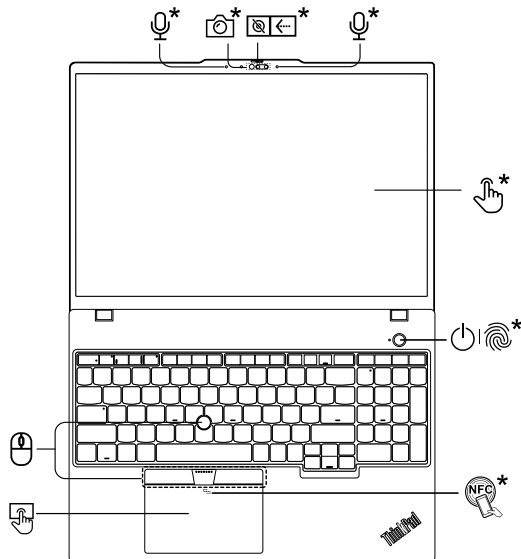


Navigate as a traditional mouse
Navigálás hagyományos egérként
Navigați ca un mouse tradițional
ไปยังส่วนต่างๆ โดยใช้เมาส์แบบดั้งเดิม
Navigasikan selayaknya mouse
tradisional

Overview

Áttekintés | Prezentare generală | ภาพรวม | Ikhtisar

ThinkPad T16 Gen 4 / ThinkPad P16s Gen 4 AMD



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

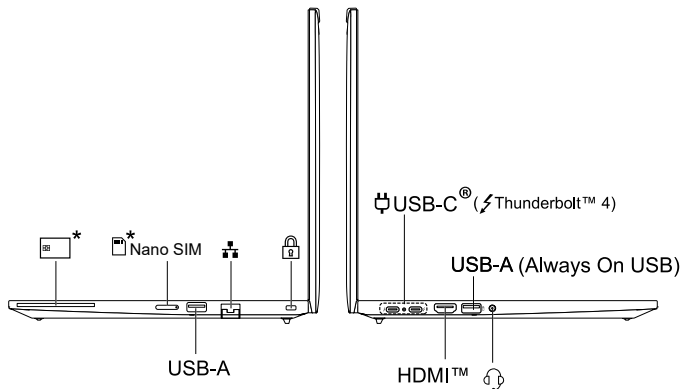
Navigați ca un mouse tradițional

ไปยังส่วนต่างๆ โดยใช้เมาส์แบบดั้งเดิม

Navigasikan selayaknya mouse tradisional

Overview

Áttekintés | Prezentare generală | ภาพรวม | Ikhtisar



Read the statement on USB transfer rate in the *User Guide*. To access the *User Guide*, refer to methods mentioned on the back cover.

Az USB átviteli sebességére vonatkozó nyilatkozat a *Felhasználói kézikönyvben* található. A *Felhasználói kézikönyv* megnyitásával kapcsolatban tekintse meg a hátsó borítón említett eljárásokat.

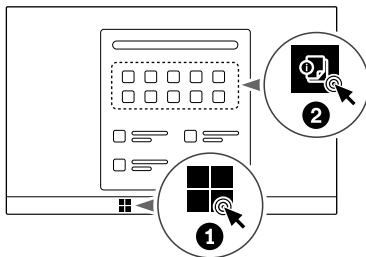
Citiți declarația privind rata de transfer USB din *Ghidul utilizatorului*. Pentru a accesa *Ghidul utilizatorului*, consultați metodele menționate pe capacul din spate.

อ่านคำชี้แจงเกี่ยวกับอัตราการถ่ายโอนข้อมูลผ่าน USB ได้ใน *คู่มือผู้ใช้* หากต้องการเข้าถึง *คู่มือผู้ใช้* โปรดดูวิธีการที่ระบุไว้บนฝาครอบด้านหลัง

Baca pernyataan tentang kecepatan transfer USB di *Panduan Pengguna*. Untuk mengakses *Panduan Pengguna*, lihat metode yang tertera di penutup belakang.

Access User Guide

Hozzáférés a Felhasználói kézikönyvhöz | Accesăți Ghidul utilizatorului | เข้าถึง คู่มือผู้ใช้ | Akses Panduan Pengguna



Third Edition (April 2026)

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Reduce
Reuse
Recycle

For FSC Mix logo only

Lenovo Commercial Vantage*

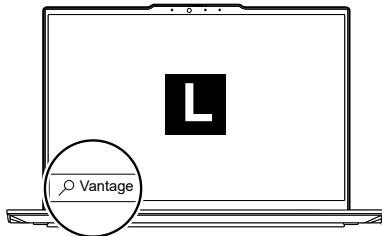
Access Commercial Vantage to adjust device settings and check for system updates.

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.



[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 6	1.600 W/kg	1.929 W/kg
ThinkPad P14s Gen 6 AMD	1.600 W/kg	1.929 W/kg
ThinkPad T16 Gen 4	1.569 W/kg	1.569 W/kg
ThinkPad P16s Gen 4 AMD	1.569 W/kg	1.569 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/be Bluetooth BR/EDR/LE	2400 - 2483.5	< 20 dBm
WLAN 802.11a/n/ac/ax/be	5150 - 5350; 5470 - 5725	< 23 dBm
WLAN 802.11a/n/ac/ax/be	5725 - 5875	< 13.98 dBm
WLAN 802.11a/ax/be	5945 - 6425	< 23 dBm
WWAN UMTS	1/3/8	< 25.2 dBm
WWAN LTE	1/3/7/8/20/28/34/38/40/41/42/43	< 25 dBm
WWAN LTE HPUE	41	< 28 dBm
WWAN 5G NR	1/3/7/8/20/28/38/40/41/77/78	< 25 dBm
WWAN 5G NR HPUE	41/77/78	< 28 dBm
NFC	13.56	< -5.31 dBμA/m@10m

Note: Not all wireless modes / 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.

Connect to and disconnect from a wireless network

Connecting to a wireless network will increase energy consumption of the product.

Connect to and disconnect from a Wi-Fi network

- Click the quick settings area on the taskbar.
- In the Wi-Fi quick setting, click **Manage Wi-Fi connections**.
- Click the desired Wi-Fi network and click **Connect**. Provide the necessary information if required.

Clicking the Wi-Fi icon again will disconnect the Wi-Fi network. The **Disconnected** icon appears when you're not connected.

Connect to and disconnect from a cellular network (for selected models)

To connect to a 4G or 5G cellular data network, ensure you have a wireless wide area network (WWAN) card along with a SIM card or an installed eSIM profile.

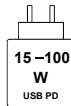
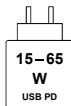
Click the network icon, and then select the cellular network icon from the list. Provide the necessary information if required.

Clicking the cellular network icon again will disconnect the cellular network.

Important:

Disabling the OS's sleep setting will result in higher energy consumption. It is recommended that you keep the sleep setting enabled, as it will automatically switch the product into standby mode.

Power adapter notice



ThinkPad T14 Gen 6 / ThinkPad P14s Gen 6 AMD: The power delivered by the adapter must be between min 15 Watts (5V, 3A) required by the radio equipment, and max 65 Watts (20V, 3.25A) to achieve the maximum charging speed. This product supports USB PD fast charging.

ThinkPad T16 Gen 4 / ThinkPad P16s Gen 4 AMD: The power delivered by the adapter must be between min 15 Watts (5V, 3A) required by the radio equipment, and max 100 Watts (20V, 5A) to achieve the maximum charging speed. This product supports USB PD fast charging.

[Magyar]

Fajlagos energiafelnyelési 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-érték 0 mm távolság esetén:

A termék neve	Fajlagos energiafelnyelési érték testen való viseléskor	Fajlagos energiafelnyelési érték végtagon való viseléskor
ThinkPad T14 Gen 6	1,600 W/kg	1,929 W/kg
ThinkPad P14s Gen 6 AMD	1,600 W/kg	1,929 W/kg
ThinkPad T16 Gen 4	1,569 W/kg	1,569 W/kg
ThinkPad P16s Gen 4 AMD	1,569 W/kg	1,569 W/kg

A SAR-értékről a készülékhez mellékelt *Biztonsági és jótállási útmutatóban* talál további információt.

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

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

Technológia	Frekvencia [MHz]/sáv	Maximális átviteli teljesítmény
WLAN 802.11b/g/n/ax/be Bluetooth BR/EDR/LE	2400 - 2483,5	< 20 dBm
WLAN 802.11a/n/ac/ax/be	5150 - 5350, 5470 - 5725	< 23 dBm
WLAN 802.11a/n/ac/ax/be	5725 - 5875	< 13,98 dBm
WLAN 802.11a/ax/be	5945 - 6425	< 23 dBm
WWAN UMTS	1/3/8	< 25,2 dBm
WWAN LTE	1/3/7/8/20/28/34/38/40/41/42/43	< 25 dBm
WWAN LTE HPUE	41	< 28 dBm
WWAN 5G NR	1/3/7/8/20/28/38/40/41/77/78	< 25 dBm
WWAN 5G NR HPUE	41/77/78	< 28 dBm
NFC	13,56	< -5,31 dBμA/m @10 m

Megjegyzés: A termékkonfigurációtól függően előfordulhat, hogy nem minden vezeték nélküli mód/sáv van engedélyezve. Az eszköz használata belfőldre, az 5150 - 5350 MHz-es és a 5945 - 6425 MHz-es frekvenciatartományra korlátozódik.

Vezeték nélküli hálózathoz való csatlakozás és onnan való lecsatlakozás

A vezeték nélküli hálózathoz való csatlakozás növeli a termék energiafogyasztását.

Wi-Fi-hálózathoz való csatlakozás és onnan való lecsatlakozás

1. Kattintson a gyorsbeállítások területre a tálcán.
2. A Wi-Fi gyorsbeállításában kattintson a **Wi-Fi-kapcsolatos kezelése** lehetőségre.
3. Kattintson a kívánt Wi-Fi-hálózatra, majd kattintson a **Csatlakozás** lehetőségre. Ha szükséges, adja meg a kért információkat.

A Wi-Fi-ikonra ismét kattintva megszakad a Wi-Fi-hálózathoz való kapcsolat. A **Leválasztva** ikon akkor jelenik meg, ha nincs kapcsolat.

Mobilhálózathoz való csatlakozás és onnan való lecsatlakozás (bizonyos modellek esetén)

A 4G-s vagy 5G-s mobil adathálózathoz való csatlakozáshoz győződjön meg róla, hogy rendelkezik telepített vezeték nélküli nagy kiterjedésű hálózati (WWAN) kártyával, valamint SIM-kártyával vagy egy telepített eSIM-profilal.

Kattintson a hálózat ikonra, és válassza ki a listából a mobilhálózat ikonját. Ha szükséges, adja meg a kért információkat.

Ha ismét a mobil adathálózat ikonjára kattint, megszakad a mobil adathálózattal való kapcsolat.

Fontos:

Az operációs rendszer alvó beállításának letiltása magasabb energiafogyasztást eredményez. Javasoljuk, hogy hagyja bekapcsolva az alvó beállítást, mivel ez automatikusan készenléti módba helyezi a terméket.

Hálózati adapterrel kapcsolatos megjegyzés

ThinkPad T14 Gen 6 / ThinkPad P14s Gen 6 AMD: Az adapter által leadott teljesítménynek a rádióberendezés által igényelt legalább 15 watt (5 V, 3 A) és a maximális töltési sebesség eléréséhez szükséges legfeljebb 65 watt (20 V, 3,25 A) között kell lennie. Ez a termék támogatja az USB PD gyorsöltést.

ThinkPad T16 Gen 4 / ThinkPad P16s Gen 4 AMD: Az adapter által leadott teljesítménynek a rádióberendezés által igényelt legalább 15 watt (5 V, 3 A) és a maximális töltési sebesség eléréséhez szükséges legfeljebb 100 watt (20 V, 5 A) között kell lennie. Ez a termék támogatja az USB PD gyorsöltést.

[Română]

Rata 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 6	1,600 W/kg	1,929 W/kg
ThinkPad P14s Gen 6 AMD	1,600 W/kg	1,929 W/kg
ThinkPad T16 Gen 4	1,569 W/kg	1,569 W/kg
ThinkPad P16s Gen 4 AMD	1,569 W/kg	1,569 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/be Bluetooth BR/EDR/LE	2400 - 2483,5	< 20 dBm
WLAN 802.11a/n/ac/ax/be	5150 - 5350; 5470 - 5725	< 23 dBm
WLAN 802.11a/n/ac/ax/be	5725 - 5875	< 13,98 dBm
WLAN 802.11a/ax/be	5945 - 6425	< 23 dBm
WWAN UMTS	1/3/8	< 25,2 dBm
WWAN LTE	1/3/7/8/20/28/34/38/40/41/42/43	< 25 dBm
WWAN LTE HPUE	41	< 28 dBm
WWAN 5G NR	1/3/7/8/20/28/38/40/41/77/78	< 25 dBm
WWAN 5G NR HPUE	41/77/78	< 28 dBm
NFC	13,56	< -5,31 dBμA/m @10 m

Notă: este posibil ca nu toate modulele/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.

Conectarea și deconectarea de la o rețea fără fir

Conectarea la o rețea fără fir va crește consumul de energie al produsului.

Conectarea și deconectarea de la o rețea Wi-Fi

1. Faceți clic pe zona de setări rapide din bara de activități.
2. În setarea rapidă Wi-Fi, faceți clic pe **Gestionare conexiuni Wi-Fi**.
3. Faceți clic pe rețeaua Wi-Fi dorită și faceți clic pe **Conectare**. Introduceți informațiile necesare, dacă este cazul.

Dacă faceți clic din nou pe pictograma Wi-Fi, rețeaua Wi-Fi se va deconecta. Pictograma **Deconectat** apare atunci când nu sunteți conectat.

Conectarea și deconectarea de la o rețea de telefonie mobilă (pentru modelele selectate)

Pentru a vă conecta la o rețea de telefonie mobilă 4G sau 5G, asigurați-vă că aveți un card de rețea de arie largă fără fir (WWAN) împreună cu o cartelă SIM sau un profil eSIM instalat.

Faceți clic pe pictograma de rețea și apoi selectați pictograma de rețea de telefonie mobilă din listă. Introduceți informațiile necesare, dacă este cazul.

Dacă faceți clic din nou pe pictograma de rețea de telefonie mobilă, rețeaua de telefonie mobilă se va deconecta.

Penting:

Dezactivarea setării de repaus a sistemului de operare va duce la un consum mai mare de energie. Se recomandă să păstrați activată setarea de repaus, deoarece produsul va fi trecut automat în modul standby.

Notificare privind adaptorul de alimentare

ThinkPad T14 Gen 6 / ThinkPad P14s Gen 6 AMD: Puterea adaptorului trebuie să fie între 15 wați (5 V, 3 A) și 65 wați (20 V, 3,25 A). Prima valoare reprezintă puterea minimă necesară echipamentului radio, în timp ce ultima valoare permite utilizarea celei mai rapide viteze de încărcare. Acest produs acceptă încărcarea rapidă USB PD.

ThinkPad T16 Gen 4 / ThinkPad P16s Gen 4 AMD: Puterea adaptorului trebuie să fie între 15 wați (5 V, 3 A) și 100 wați (20 V, 5 A). Prima valoare reprezintă puterea minimă necesară echipamentului radio, în timp ce ultima valoare permite utilizarea celei mai rapide viteze de încărcare. Acest produs acceptă încărcarea rapidă USB PD.

[ภาษาไทย]

ThinkPad T14 Gen 6 / ThinkPad P14s Gen 6 AMD

ข้อมูลความสอดคล้องกับวิทยุไร้สายสำหรับประเทศไทย

เครื่องโทรคมนาคมและอุปกรณ์นี้มีความสอดคล้องตามมาตรฐาน หรือข้อกำหนดทางเทคนิคของ กสทช.

เครื่องวิทยุคมนาคมนี้มีอัตราการดูดกลืนพลังงานจำเพาะ (Specific Absorption Rate – SAR)

อันเนื่องมาจากเครื่องวิทยุคมนาคม

เท่ากับ 1.593 W/kg ซึ่งสอดคล้องตามมาตรฐานความปลอดภัย ต่อสุขภาพของมนุษย์จากการใช้เครื่องวิทยุคมนาคมที่ กสทช. ประกาศกำหนด

ThinkPad T16 Gen 4

ข้อมูลความสอดคล้องกับวิทยุไร้สายสำหรับประเทศไทย

เครื่องโทรคมนาคมและอุปกรณ์นี้มีความสอดคล้องตามมาตรฐาน หรือข้อกำหนดทางเทคนิคของ กสทช.

เครื่องวิทยุคมนาคมนี้มีอัตราการดูดกลืนพลังงานจำเพาะ (Specific Absorption Rate – SAR)

อันเนื่องมาจากเครื่องวิทยุคมนาคม

เท่ากับ 1.518 W/kg ซึ่งสอดคล้องตามมาตรฐานความปลอดภัย ต่อสุขภาพของมนุษย์จากการใช้เครื่องวิทยุคมนาคมที่ กสทช. ประกาศกำหนด

ThinkPad P16s Gen 4 AMD

ข้อมูลความสอดคล้องกับวิทยุไร้สายสำหรับประเทศไทย

เครื่องโทรคมนาคมและอุปกรณ์นี้มีความสอดคล้องตามมาตรฐาน หรือข้อกำหนดทางเทคนิคของ กสทช.

เครื่องวิทยุคมนาคมนี้มีอัตราการดูดกลืนพลังงานจำเพาะ (Specific Absorption Rate – SAR)

อันเนื่องมาจากเครื่องวิทยุคมนาคม

เท่ากับ 1.485 W/kg ซึ่งสอดคล้องตามมาตรฐานความปลอดภัย ต่อสุขภาพของมนุษย์จากการใช้เครื่องวิทยุคมนาคมที่ กสทช. ประกาศกำหนด

[Bahasa Indonesia]

No Pendaftaran: IMKG.584.03.2025 (ThinkPad T14 Gen 6), IMKG.697.03.2025 (ThinkPad P14s Gen 6 AMD/ThinkPad T16 Gen 4 /ThinkPad P16s Gen 4 AMD)

Dilapor oleh:

PT. Lenovo Indonesia

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