



ThinkPad T14 Gen 5 / ThinkPad P14s Gen 5 AMD



# Get started



\* Lenovo USB-C to  
VGA Adapter



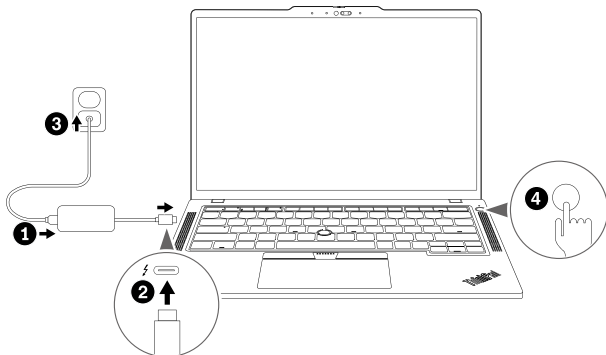
\* Lenovo USB-C to  
DisplayPort Adapter



\* Lenovo HDMI to  
VGA Adapter

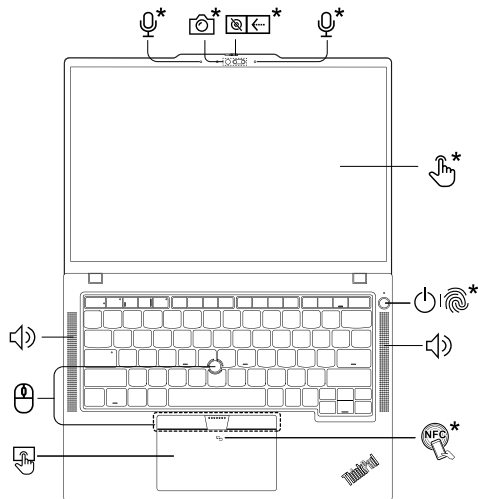


\* Lenovo USB-C to  
Ethernet Adapter



\* For selected models | For selected models | For selected models | For selected models | For selected models

# Overview

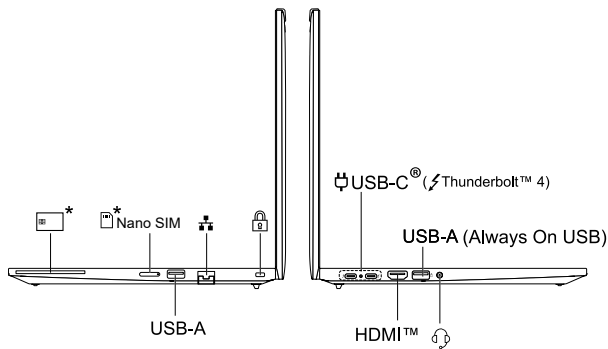


Press to log in to the computer\*



Navigate as a traditional mouse

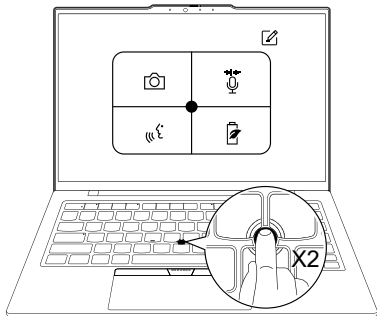
# Overview



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

## TrackPoint Quick Menu

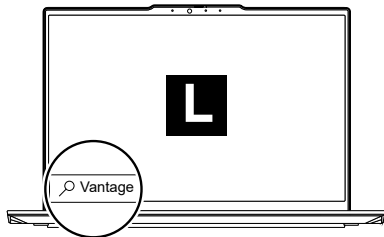
Launch TrackPoint Quick Menu by double tapping<sup>1</sup> for quick configuration of some device settings.



<sup>1</sup> It can be set to single tapping. | It can be set to single tapping. | It can be set to single tapping. | It can be set to single tapping. | It can be set to single tapping.

## Lenovo Commercial Vantage\*

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



## Lock on leave<sup>2</sup>



Protect your privacy and improve battery life.

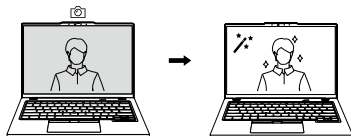
**Note:** The initial BIOS disabled this function. It will be enabled by software update soon. Refer to README file for BIOS on system support site.

<sup>2</sup> For infrared camera models only | For infrared camera models only | For infrared camera models only | For infrared camera models only | For infrared camera models only

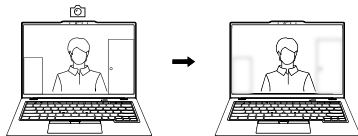
# Lenovo View\*



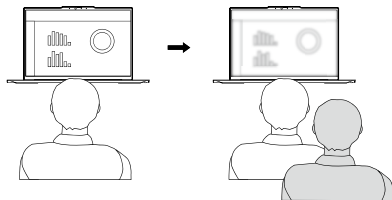
Video Enhancer



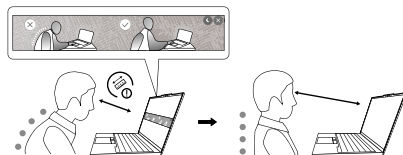
Background Removal\*



Privacy Guard



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 5	1.600 W/kg	1.929 W/kg
ThinkPad P14s Gen 5 AMD	1.600 W/kg	1.929 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 802.11ax/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	< 27 dBm
WWAN 5G NR	1/3/7/8/20/28/38/40/41/77/78	< 25 dBm
WWAN 5G NR HPUE	41/77/78	< 27.5 dBm
NFC	13.56	< -5.31 dBμA/m@10m

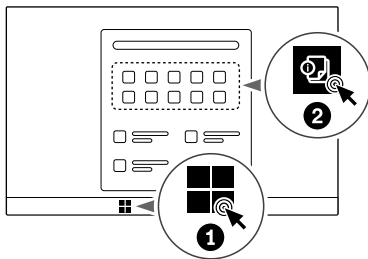
**Note:** Not all wireless bands may be enabled depending on your product configuration. Usage of this device is limited to indoor locations in the bands 5150 - 5350 MHz and 5945 - 6425 MHz.

For Barcode Position Only

PN: xxxxxxxxx Printed in China

## Access User Guide

Access User Guide | Access User Guide | Access User Guide | Access User Guide | Access User Guide



First Edition (May 2024)

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Reduce  
Reuse  
Recycle

For FSC Mix logo only