

At Remedy Interactive our promise is simple:

We will dramatically reduce your  
workers' compensation costs.

# ***RSIGuard Helps You Prevent & Manage Repetitive Strain Injuries***



- Intelligent break timing with 31 video stretches
- Ergonomic reminder messages with microbreaks
- Tracking of usage and behavioral work statistics
- Scheduled online discomfort surveys
- Integrated discomfort/usage/work-pattern reports
- Reduced mouse strain via automatic clicking
- Definable keyboard hotkeys and keyboard remapping
- Integrated return-to-work tools
- Online ergonomic training, tutorials, and help system
- Network and web options for data, reports & profiles
- Highly customizable and easy to use!

*RSIGuard can help your organization prevent and manage Repetitive Strain Injuries (RSI) because we pay close attention to the realities and needs of the work environment, the employee, and the employer.*

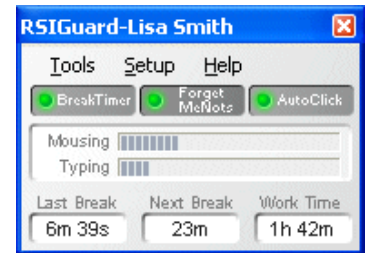
*For more information, please visit us at [www.rsiguard.com](http://www.rsiguard.com)*

## Ergonomics is more than furniture and peripherals.

Annually over 600,000 U.S. employees lose work days due to repetitive strain injuries (RSI). In many organizations, over 50% of employees report increasing computer-related overuse symptoms when surveyed.

Although the costs to organizations and employees are staggering, it *is* possible to effectively address RSIs with a comprehensive ergonomics program.

Physical ergonomics peripherals have proven benefits. But the value of even the best ergonomic designs are diminished if employees are unable to change unhealthy work habits. Yet, while most companies are now aware that changing employee work habits is crucial, they are also discovering that it is challenging.



## How does RSIGuard help prevent and manage RSI?

*RSIGuard allows you to easily combine your choice of the tools described in this brochure into a single integrated tool. Supporting research, documentation, and detailed technical analyses of each feature can be found on our website at [www.rsiguards.com/research.htm](http://www.rsiguards.com/research.htm)*

**BreakTimer:** Using sophisticated monitoring of work intensity, quality, and quantity, as well as natural rest, BreakTimer insures that your employees take needed rests by timing break suggestions based on their actual need to rest. Aside from making ergonomic sense, intelligent break timing greatly increases employee tolerance to break suggestions. During breaks, RSIGuard Stretch Edition and RSIGuard Call Center Edition demonstrate stretches via full-motion animations and optional audio.

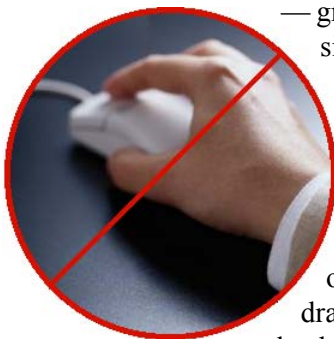
During an initial setup interview, users let BreakTimer know about their current health, their level of willpower to take breaks, any current work restrictions, and other relevant health information. In addition, they let BreakTimer know how able they are to be interrupted by breaks, so that even the most critical computer tasks (e.g., 911 call center operations) can be accommodated. Combined with BreakTimer's analysis of long-term usage behavior, BreakTimer adapts appropriately to develop a meaningful break regimen.

The end result is a BreakTimer tailored to the needs and demands of each of your employees.



**AutoClick & KeyControl:** AutoClick eliminates the need to do two of the most harmful computer activities — grasping and clicking the mouse. AutoClick's automatic-clicking option can be set to simulate a mouse click whenever you stop moving the mouse. With a little practice and fine tuning, users who try AutoClick quickly become accustomed to it. The benefits are immense. AutoClick has enabled many people with significant injuries to return to productive computer work, and it can significantly reduce the likelihood of ever developing an injury.

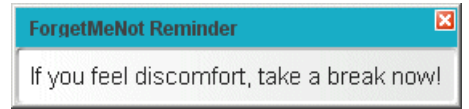
KeyControl allows you to simulate all other mouse functions (e.g., double click, drag & drop, and mouse movement) with keyboard hotkeys. KeyControl hotkeys can also be programmed to run applications, open files, and do numerous other tasks with a single keypress. Also, KeyControl allows you to remap your keyboard so that the keys you use most often can be placed in the easiest-to-access location.





**ForgetMeNot:** The ForgetMeNot feature offers two important tools for preventing injuries — reinforcement of ergonomic training via reminder messages and microbreaks.

Reminder messages pop up on the screen to help the user stay aware of work habits. The messages can include preset RSIGuard messages, custom messages that a user, employer, or doctor writes, and messages that RSIGuard temporarily adds when it detects certain unhealthy work patterns. Reminders can be set to appear on a varying schedule to prevent them from becoming too predictable, or can be eliminated for job tasks during which pop up messages would be inappropriate.

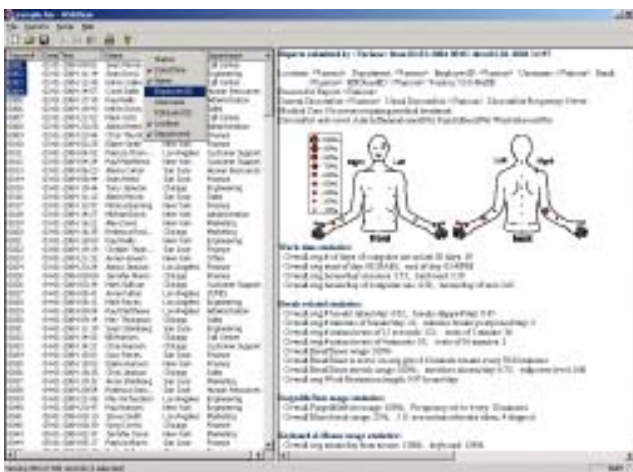
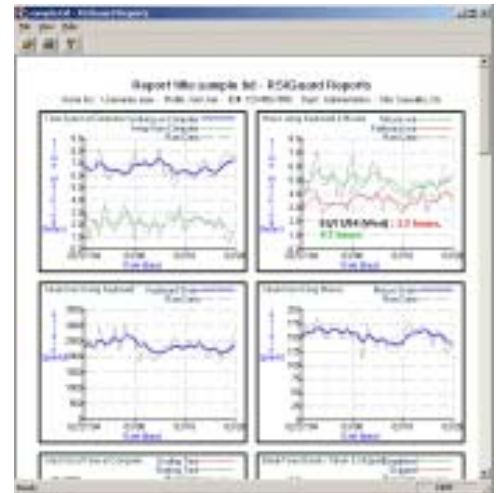


Studies have shown the importance of short, frequent microbreaks (in addition to longer, less frequent breaks). ForgetMeNot microbreaks are 10 to 15 second breaks that give users just enough time to breathe, relax their muscles, and continue working — with minimal disruption.



**DataLogger:** DataLogger automatically collects extensive information about the way a user is working through automatic observations. Collected data includes: length and intensity of keyboard and mouse use, key usage frequency, break-time behavior (e.g., taking vs. skipping vs. postponing breaks), and over a dozen other useful statistics. The separate ‘RSIGuard Reports’ utility allows a user to view and print the automatically collected data over the course of time, and RSIGuard uses the information to adjust the BreakTimer and to add messages to ForgetMeNot.

The data can also be exported for use in a spreadsheet, data analysis, or report/presentation tool.



Health Status Reports allow users

to submit reports confidentially about their health either when certain events occur (e.g., increase in pain, change in workload, medical event, etc.) or on a schedule (e.g., every Monday or every 30 days). At your organization’s discretion, the reports can be automatically filed over the internet (or on a company intranet) to your ergonomics coordinator to assist your organization in efficiently tracking employee health. Using a separate manager’s utility, an ergonomics coordinator can correlate survey data to the automatically collected objective information to provide powerful cause and effect insights that can be used to identify risks and solutions, and thus reduce future problems.

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**Network Control:** RSIGuard DataLogger data and configuration profiles can be stored on a network.

By storing DataLogger data on the network, your ergonomics team can view all the data for each user, even if they work on multiple computers. And reporting features allow you to look at groups of employees by department, location, and many other categorizations.

Storing user configuration profiles on the network means a user’s RSIGuard settings will follow them from workstation to workstation. It also means that the RSIGuard manager can remotely view and change each user’s settings.



**Online training:** RSIGuard provides basic ergonomic training on topics such as hand and wrist position, posture, workstation setup, and keyboard shortcuts.

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## Evaluating and Purchasing RSIGuard v4.0

- Please contact us to set up a free pilot for your organization.
- Individuals may download a free 45-day trial from our website or from an RSIGuard CD.
- We work with each organization to develop a custom RSIGuard strategy so you get the most out of RSIGuard with the least effort possible.
- Please call or write us to discuss your questions, comments, or special customization needs.

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## What our users say...

(for more testimonials, visit [www.rsiguard.com/Testimonials.pdf](http://www.rsiguard.com/Testimonials.pdf))

Dear RSIGuard,

I think your software is excellent. I have RSI in both hands and find your software is helping me a great deal. In the first day of use, it showed me that I rolled the trackball way too much and I should use the keyboard more. It made a difference in how my hands & forearms felt by the end of the first day. I can't say that about other software I've tried.

**J.G., Concentrated Consulting**

Dear RSIGuard,

After using RSIGuard for 30 days it hardly ever alarmed any more, as I had retrained myself. Part of it was just being aware to only move the mouse when I had a specific thing I need to do... I figured I had retrained myself, so I decided to turn it off! Two weeks later, I am in trouble again. (RSIGuard is back on again!) Thank you very much.

**Staff Engineer, Qualcomm, Inc.**

Dear RSIGuard,

Your software has let me monitor myself and stay within my physician-ordered work restriction. By telling how much I use the keyboard, the mouse, and how I use each, it helps us both track how I use the computer and gauge the trauma to my hands and arms. It's like having a friendly ergonomist looking over my shoulder.

**Physician's Assistant, San Francisco**

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Following is a sample of organizations where individual employees or sites use RSIGuard:

Apple Computer  
Associated Press  
AT&T  
Australian Conservation Foundation  
Australian Sports Commission  
Bay Medical Center  
Cadence Design Systems  
California Institute of Technology (Caltech)

CAMI Automotive, Inc.  
Catholic Healthcare West  
Compuserve  
Cornell University  
Creative Technologies  
Diversey-Lever Equipment  
Dry Creek Software  
Dublin City University  
Duke University Medical Center  
E-mu Systems  
FedEx  
Finnish Institute of Occupational Health  
Hewlett-Packard Company

IBM  
ILWU-PMA Benefit Plans  
Inprise/Borland  
Intel  
Kvaerner Process  
Leeds Metropolitan University  
Lucent Technologies  
Luleå Academic Computer Society  
Magellan Satellite Access  
Microsoft  
NextCard, Inc.  
Nortel Networks  
NYS Pilgrim Psychiatric Center  
Qualcomm

Ryedale District Council  
San Diego Regional Center  
SmithKline Beecham  
Texas Parks & Wildlife  
UCO Lick Observatory  
Universiteit Leiden  
US Federal Communications Commission (FCC)  
US Geological Survey (USGS)  
Veteran's Administration  
Voicepath  
Wells Fargo Bank  
Wind River Systems  
Xerox PARC



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## RSIGuard by Remedy Interactive

[www.rsiguard.com](http://www.rsiguard.com)  
[info@rsiguard.com](mailto:info@rsiguard.com)  
800.776.5545 (sales)  
831.421.0139 (support)



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