



RSIGuard

Helping You Work Comfortably At Your Computer



Why should you use RSIGuard?


Have you ever felt discomfort — stiff shoulders, neck or back, tired wrists or arms, sore eyes or headaches — at the end of a long day at the computer? If so, you have experienced computer-related discomfort. Without intervention, these minor discomforts can progress over years to become debilitating injuries. In fact, almost a million U.S. employees lose work days due to computer-related repetitive strain injuries (RSI) each year. RSIGuard is a software application designed to help reduce your exposure to computer strain, to help encourage healthier work habits, and to help you track your progress.



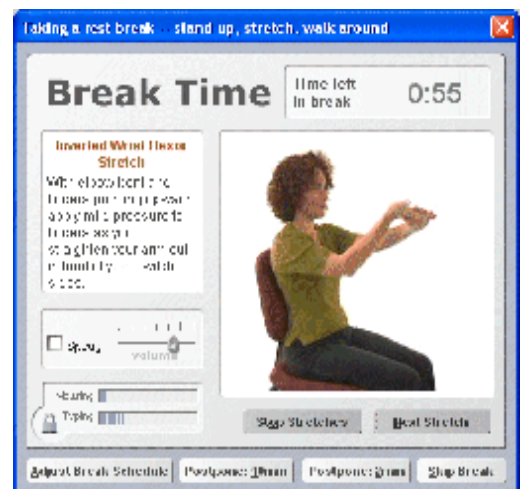
Why software? When you think of ergonomic solutions, do you think of things like adjustable chairs, wrist rests, and curved keyboards? Some types of alternative ergonomic computer equipment have proven benefits (although many do not).

But the value of even the best ergonomic equipment is limited by its ability to change your work habits. Poor posture, extended work without rest, and inefficient use or misuse of equipment will likely eventually cause discomfort in any environment. Software can dynamically remind you to be aware of how you interact with your workstation, remind you to pay attention to your body and rest when needed, offer alternative mechanisms for performing strain-intensive actions, and provide a regular desktop virtual ergonomist presence.

How does RSIGuard help prevent and manage RSI?

 **BreakTimer:** Using sophisticated dynamic analysis of your work on the keyboard and the mouse, as well as monitoring of your natural rest patterns, BreakTimer insures that you take needed rests by timing break suggestions based on your actual need to rest. Aside from making ergonomic sense, intelligent break timing makes breaks feel much less intrusive. And during breaks you will be shown videos of suggested stretches to help your body feel more comfortable.

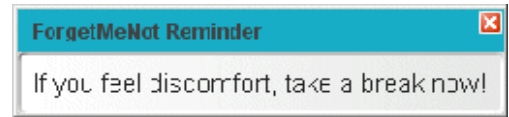
When you first start RSIGuard, a setup wizard will help you configure BreakTimer to meet your needs both in terms of how often breaks will occur, and how you will be asked to take breaks. BreakTimer can be very subtle if your job does not allow interruptions. But if you need help getting yourself to take a rest, BreakTimer can also help force you to rest. BreakTimer can be configured to meet *your* needs so that you will appreciate having it around!





ForgetMeNots: The ForgetMeNots feature helps you change work patterns by regularly reminding you to notice things about how you are working and interacting with your computer. It also can be configured to ask you to take short (10 to 15 second) microbreaks which have been shown to help reduce discomfort for computer users.

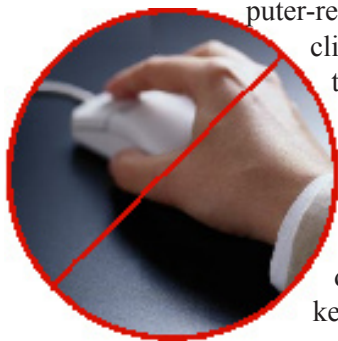
Reminder messages like the one to the right pop up on your screen (for example, with messages that ask you to check in with your body, examine some aspect of your computer, or think about an ergonomic concept.) You can add your own messages as well!



If you have enabled microbreaks, the reminder will also ask you to pause working for a few seconds. If you have not enabled microbreaks, the popup will automatically disappear as soon as you continue working.



AutoClick & KeyControl: AutoClick eliminates the need to do two of the most frequent causes of computer-related discomfort — 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, AutoClick is easy to use. The benefits are immense — AutoClick can significantly reduce the likelihood of ever developing a mouse-related injury.



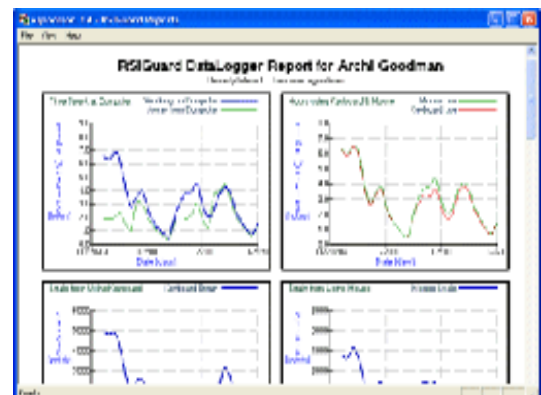
KeyControl allows you to simulate all other mouse functions (e.g., double click, drag & drop, and mouse movement) with keyboard hotkeys. KeyControl hotkeys can also be programmed to run applications, open files, and do numerous other tasks with a single keypress. KeyControl even allows you to remap your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



DataLogger: DataLogger automatically collects extensive ergonomic information about the way you work on the computer.

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 useful statistics.

Using the ‘RSIGuard Reports’ utility, you can view your work patterns to help you and safety staff identify where things are going well, and where there are opportunities to further reduce



The Next Step: Your organization understands that reducing discomfort associated with computer work is important for you and the organization. For that reason, RSIGuard is being made available to you and other employees. If RSIGuard is not already installed on your workstation, please ask your supervisor or health & safety representative to have it installed as soon as possible.

For an online introduction to RSIGuard, please visit <http://www.rsiguard.com/intro>