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Productivity Reviews

RSIGuard v4.0 Stretch Edition (MAC/WIN)

RSIGuard v4.0 Stretch Edition is a unique software application that intelligently monitors computer usage with the goal of significantly reducing the pain and discomfort of repetitive strain injuries (RSI). It should be of special interest to digital publishers who routinely spend the majority of their workday in front of a computer screen.

During installation the user is taken through a series of set-up screens that help to define their normal computer usage, and are presented with some program options that can improve their computer use.

These include:

- **BreakTimer:** A program that tracks a user's work level and rest patterns and devises appropriate break suggestions. These breaks are supplemented with videos showing 31 stretching exercises.
- **ForgetMeNots:** These are recurring messages and reminders that are displayed on-screen to keep the user aware of their work habits. The content of the messages may consist of predefined RSIGuard text, or may be written by the user, or his or her manager or physician.

- **AutoClick:** This proprietary technology has been designed to reduce hand strain by eliminating the need to hold the mouse in the normal manner and to initiate mouse clicks. Although the software can be set to execute complex clicking behavior, what it essentially does is allow the user to hold the mouse in a manner that is most comfortable, without regard for the mouse buttons. The user simply moves the mouse to location it needs to be, and after a defined period, the click action is activated by the software.
- **KeyControl:** Users can perform common functions, such as opening files, typing frequently used text, and executing other repetitive activities through the use of a single keystroke.

Not only does the program excel in reducing keyboarding and mousing fatigue, but it also provides excellent reporting tools that reveal user work habits. These include the DataLogger, which automatically collects relevant user data and delivers the appropriate BreakTimer and ForgetMeNot messages; and Health Status Reports, which can be generated in response to certain events, such as an increase in wrist pain, or on a defined schedule, such as every Friday for six months.

RSIGuard is the best tool we have seen for monitoring human-to-computer interaction and assessing and reducing the potential risks associated with computer use. \$65.

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