



RSIGUARD

Why should you use RSI Guard?

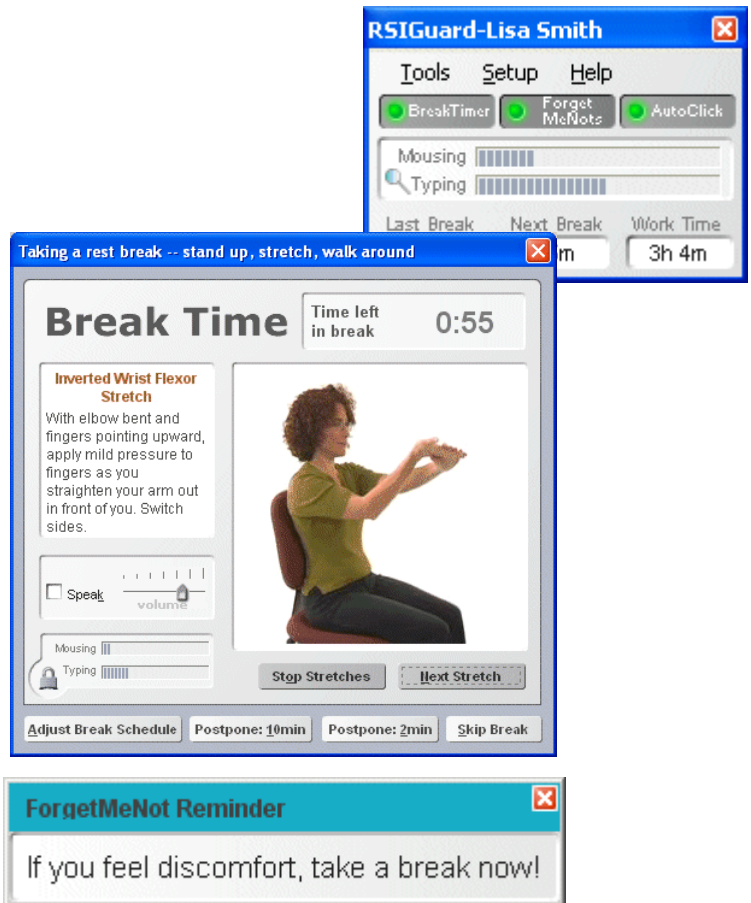
Have you ever felt discomfort — stiff shoulders, neck or back, tired wrists or arms, sore eyes or headaches — at the end of a long day at the computer? If so, you have experienced computer-related discomfort. Without intervention, these minor discomforts can progress become debilitating injuries. In fact, every year almost a million U.S. employees lose work days due to computer-related repetitive strain injuries (RSI). RSI Guard is a software application designed to reduce your exposure to computer strain, to 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 supports, and curved keyboards? Even the most sophisticated ergonomic equipment cannot change your work habits. Poor posture, extended work without rest, and inefficient use or misuse of equipment will 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 RSI Guard help encourage healthy habits?

BreakTimer: BreakTimer ensures that you take needed breaks by analyzing your work on the keyboard and the mouse, as well as your natural rest patterns. BreakTimer suggests breaks 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 RSI Guard, 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, BreakTime 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 microbreaks (10 to 15 seconds) which have been shown to help reduce discomfort for computer users. Reminder messages like the one above appear on your screen, reminding 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!





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ErgoCoach: This virtual coach that provides training, reminders, and tools that are tailored to your unique work environment. For example, the Multiple Monitor coach can tell how you use your monitors and provide specific advice. The Notebook coach helps you set yourself up as comfortably as possible when you are on the go and can detect when you are using the built-in pointing device too much. Other ErgoCoach elements include tools for sit-to-stand workstations, shared spaces, and virtual terminal use.

MicroBreak - Pause for 5 seconds

If you're tired of sitting or standing, switch to the other position.

Time to Stand
Please switch to a standing work position. Click here for more options.

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. You can view your work patterns to help you and your safety staff identify where things are going well, and where there are opportunities to further reduce your risk.

AutoClick & KeyControl: AutoClick eliminates the need for 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. 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.

Now What? Your organization understands that keeping you healthy and productive is important for your success and the success of 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 more information, please visit www.rsiguard.com

