



Getting Started with RSIGuard®

Welcome

RSI, or Repetitive Strain Injury, is unfortunately becoming a more common problem for people who regularly use computers. Your organization cares about your health and is providing you with this software to help prevent injury or the worsening of symptoms.

Although it will take a small amount of effort for you to get used to taking breaks and using other features of the software, the benefit to your health is certainly worth it. Remember, the best time to begin taking care of yourself is before you begin to feel any symptoms of fatigue or pain from computer use.

Getting Started

You may want to take a few minutes to learn more about RSIGuard using the free online tutorial at www.rsiguard.com/intro.

Installing RSIGuard

Because some companies do not allow users to install software on their computers, you may need assistance from your technical support department to install and register RSIGuard.

To start the installation process:

- If you have been told to install RSIGuard, follow the instructions provided by your employer, or download a 45-day trial from www.rsiguard.com/download.

The RSIGuard installation process will begin. When the installation is complete, RSIGuard will automatically launch.

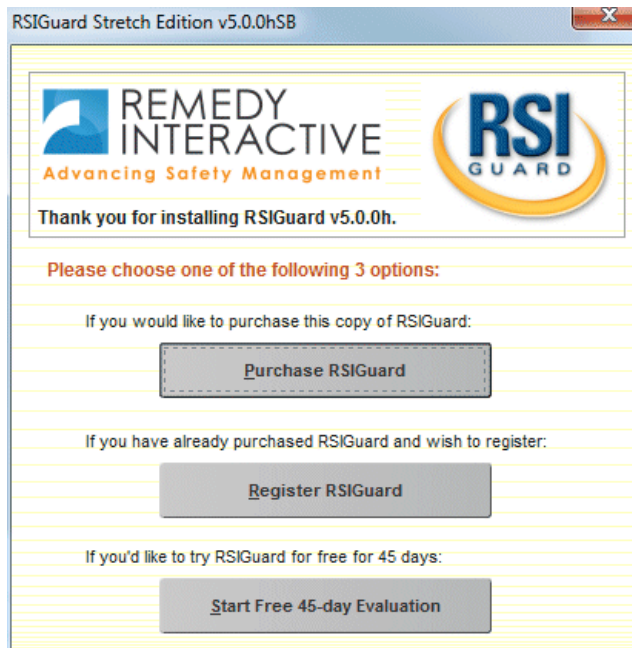
Installation tips:

- You will not normally need to reboot after installation, but if the installation asks you to do so, please reboot.
- Some computers may be configured by your company to require special administrative privileges to install software. If you have any problems installing the software, contact your system administrator.
- After the installation is complete, you may wish to delete the installation package from your desktop as this only needs to be used once to install RSIGuard. In the future, RSIGuard will launch automatically each time you start your computer.

Registering the Software

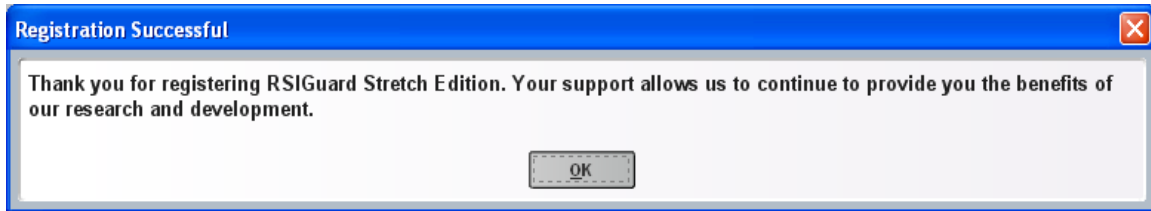
If your organization provided a download, it should already be registered. If not, you'll need to get a registration code from your employer or purchase one (at www.rsiguard.com/purchase or through an authorized reseller).

After installation, RSIGuard starts automatically. If registration is necessary, you'll see:



Click on the appropriate choice. Follow the instructions shown to register RSIGuard. If your registration code starts with 'x' then you will need internet access to register RSIGuard. If you have problems, please contact your system administrator, or send the RSIGuard ID# shown in the registration window, along with your registration code, to support@rsiguard.com. If you have already installed RSIGuard and selected "Start Free 45-day Evaluation", you can still enter your registration code by clicking on the "Setup" menu and selecting "Register RSIGuard".

After you enter the registration code, RSIGuard may download custom configuration information specific to your organization. When registration is complete, you will see a window similar to the following image:



The RSIGuard Setup Wizard

After completing the registration process or beginning the 45-day trial, the Wizard will guide you through the process of tailoring RSIGuard to your personal ergonomic needs.



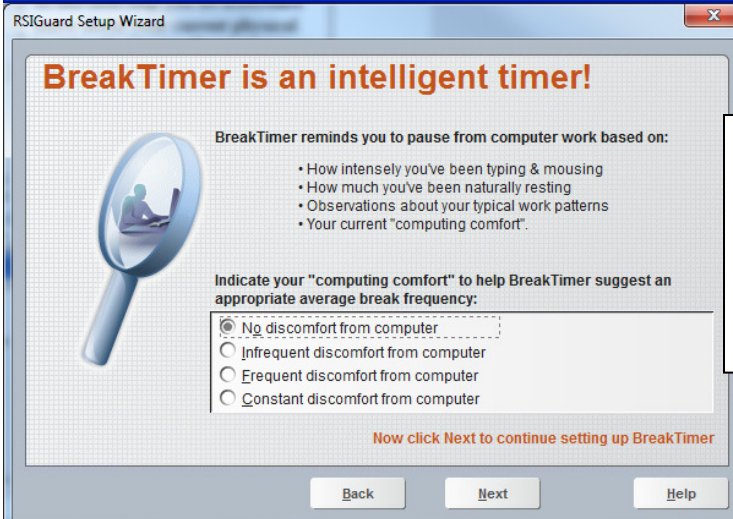
The first screen of the RSIGuard Setup Wizard.

Answer the questions and read the information in the screens of the Setup Wizard. Remember that if you are unsure how to answer a question, you can always adjust your selections later.

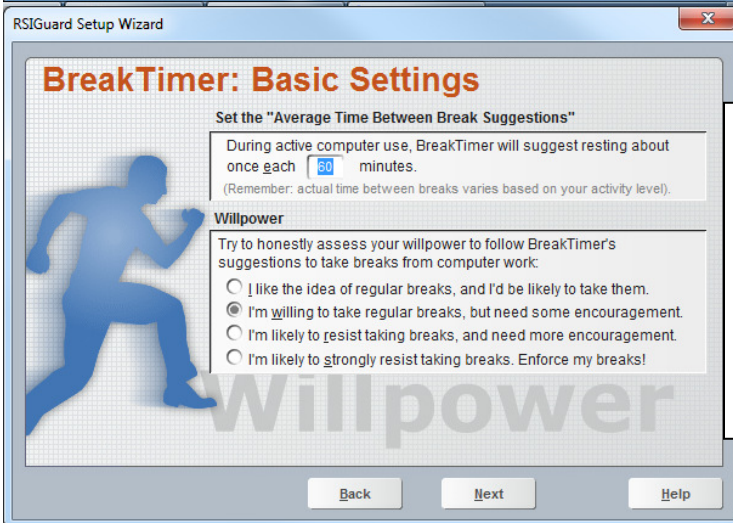
Note: Depending on your configuration and the edition of RSIGuard you are using, some of the following screens might appear differently or not at all.



In this screen you tell RSIGuard what name you wish to use to identify yourself. This can be your login name, a nickname, or whatever you choose.



This screen describes the unique nature of RSIGuard's BreakTimer and lets you indicate if you currently experience discomfort (which helps RSIGuard pre-configure BreakTimer).




Here you tell BreakTimer about how often you want breaks (or you can accept RSIGuard's suggestion based on your reported discomfort). The Willpower setting lets you tell BreakTimer how much you want breaks to be enforced.

RSIGuard Setup Wizard

BreakTimer: Finding the Balance

Having a computer tell you to rest can sometimes seem intrusive — however, resting can help you stay healthy and productive.

Below, you can customize the balance between the health benefit and the intrusiveness of BreakTimer's break suggestions.



When you need a break, how do you want BreakTimer to tell you?

Popup Window: Ask me to take a break as soon as I pause working for a few seconds.
This is the best option from a health standpoint, but is more intrusive because breaks popup automatically when BreakTimer detects that you need to rest.

Show me the **Break Needed** button, which I click to start my break when ready (no popups).
This option is good if being interrupted to take breaks seems too disruptive. But, it also makes it easier for you to put off taking healthy breaks, which increases the risk that you won't rest enough.


Show me the **Break Needed** button. If I don't click it for a few minutes, start my break anyway.
This compromise option may feel less intrusive, while still ensuring that you take needed breaks.

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In this screen you tell BreakTimer how intrusive breaks can be. Users who are likely to be upset by interruptions should choose the third option.

RSIGuard Setup Wizard

Stretching Reduces Discomfort



Stretching is a healthy way to reduce stress and discomfort at work.

If you have an injury, please check with your doctor or therapist before doing any new stretches.


Stretching should be a comfortable experience.

NEVER perform stretches that cause you discomfort !

Show me stretches during breaks.

Breaks can also include videos from YouTube channels.

Select YouTube Channels...



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In this part of the setup you can choose to view animated stretches during breaks. You may wish to disable stretches if you have a doctor-prescribed stretch regimen. (RSIGuard Stretch and Call Center Editions only)

RSIGuard Setup Wizard

ForgetMeNots Remind You to be Healthy



ForgetMeNots are reminders that keep you aware of how you are working. You'll see tips like "Check your posture", "Relax your shoulders", or "Close your eyes for a few seconds and breathe."

I would like to get ForgetMeNot Reminders

When displaying reminders, ForgetMeNots can also remind you to take a 10 to 15 second rest called a MicroBreak. MicroBreaks are believed to help prevent repetitive strain injuries.

Tell me to take MicroBreaks during ForgetMeNots

Sample ForgetMeNot with MicroBreak

MicroBreak - Pause for 10 seconds

Notice your posture relative to your computer.

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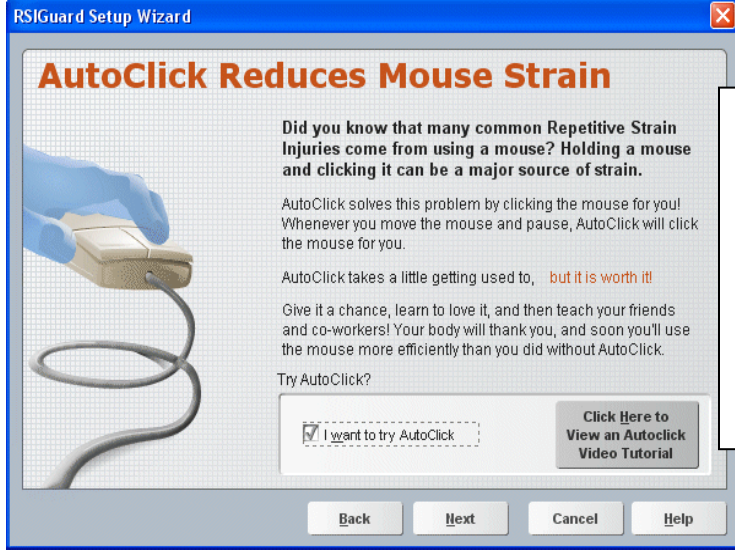
This screen lets you enable subtle behavioral reminders. The first checkbox enables the reminder messages, and the second checkbox tells RSIGuard to force you to take a brief microbreak when the reminder messages appear.



This screen may prompt you to tell RSIGuard if you want it to track a doctor-prescribed work-restriction. If you don't have a work restriction, just click Next.



ErgoCoach provides additional tools to help you with multiple monitors, sit-stand desks, shared workspaces, and notebook computers. Click on each item that is appropriate to your situation.



This screen allows you to enable AutoClick. The AutoClick tool is strongly recommended for users who have mouse-related discomfort – but it does change the way you use your mouse (or other pointing device). Click on “Click Here to View an AutoClick Video Tutorial” for more information.



This screen lets you set up several strain-saving KeyControl hotkeys. You can set these hotkeys (and many others) later if you wish. If you do let the Wizard set these up, make sure to select keys that you don't use in any other applications, as these hotkeys work globally across all applications.

When you have finished, you will see the following screen:



Click the Finish button and RSiGuard will be running!

Understanding RSiGuard's AutoClick Tool

One of the most common sources of computer-related pain is the mouse or other pointing devices. Often, people deal with mousing pain by switching to their other hand or by using a different pointing device such as a trackball or tablet. While those options may or may not help, they essentially redirect the straining activity towards healthier muscle groups. Such changes may initially feel better, but they may also put the new muscle groups at risk – which may be a questionable long-term strategy.

AutoClick provides an alternative. Normally, when you mouse, you move then click, move then click, and so on. With AutoClick, you move the mouse (or other pointing device) where you want it to click, pause, and AutoClick will automatically click for you.

By eliminating the strain of clicking the mouse, rather than redirecting it, most AutoClick users will be able to use the same pointing device they currently use, with the same hand, with much less discomfort. With AutoClick, there is no need to grip or firmly hold the mouse, and there is no need to keep a finger hovering over the click button. Because you don't need to click, fine motor/tendon activity in the hand is reduced or eliminated.

AutoClick is simple to use, but you will need to spend a few minutes learning your new mousing pattern. When AutoClick is first enabled and automatic clicking begins, moving the mouse will cause clicks. You will soon learn not to move the mouse until you are ready to click on something. If you have a habit of moving the mouse around as you work, just to see the cursor move, try to break the habit. Moving the mouse only when you actually need to click on something will also help reduce strain.

Finally, using the KeyControl feature, you can set up hotkeys. A hotkey allows you to perform a wide range of mouse and keyboard functions with greater ease – double clicks, drag and drop/selection, typing commonly used text, opening applications or websites, and much more. Consult the documentation under the Help menu for more information and to view a tutorial video.

More Information about RSIGuard

To learn more about using and setting up RSIGuard, please visit <http://www.rsiguard.com/support>. There you can learn all about getting the most out of RSIGuard.

Disclaimer

RSIGuard is designed to help people work more comfortably and productively with a personal computer. It is not intended as a substitute for specific advice given by medical professionals. If you are experiencing discomfort, you should consult a medical professional. If you have any medical condition which you believe may contraindicate the performance of any stretches, keyboard remapping, equipment adjustments, or any other use of RSIGuard, please consult your physician before using RSIGuard.