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.

If you have an RSIGuard CD, you can watch a tutorial about RSIGuard. Insert the CD, click "View RSIGuard Presentation", and select the AutoClick Tutorial. If you don't have a CD, you can view a compressed (slightly lower quality) version at http://www.rsiguard.com/visuals.htm#AutoClick.

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, right clicks, drag and drop/selection, and more. Consult the documentation under the Help menu for more information and to view a tutorial video. The video is also available in a higher quality format on the RSIGuard CD.

More Information about RSIGuard

To learn more about using and setting up RSIGuard, please visit http://www.rsiguard.com and click on "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.

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 a CD, insert it into the CD-ROM drive. Wait a few moments, and click on Install RSIGuard. There are 3 editions of RSIGuard you can install. Be sure to select the one your company has told you to install.

or:

- If you have been told to download RSIGuard, click on the link provided to you by your employer, or get it at www.rsiguard.com. Save the downloaded file to your Desktop, and then open that file after the download process is complete.

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

Installation tips:

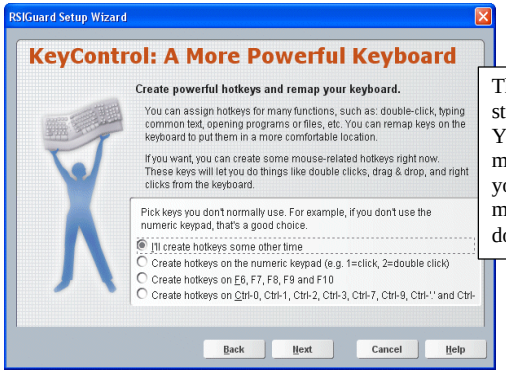
- You will not normally need to reboot after installation, but if the installation asks you to do so, please reboot.
- Some computers may be configured by your company to require special administrative privileges to install software. If you have any problems installing the software, contact your system 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

Each copy of RSIGuard must be registered. Your registration code is on a label on the RSIGuard CD case, or it may have been delivered to you by email. If there is no registration code on the label, you are using a trial version and will need to purchase a registration code to register RSIGuard. You may purchase a registration code from www.rsiguard.com or through an authorized reseller.

After installation, RSIGuard will start automatically and show you the following screen:

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



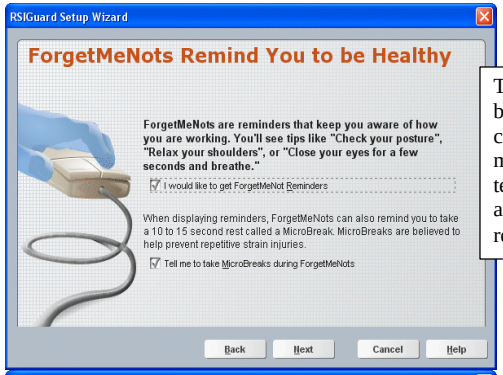
This screen lets you set up several strain-saving KeyControl hotkeys. You can set these hotkeys (and many others) later if you wish. If you do let the Wizard set these up, make sure to select keys that you don't use in any other applications.

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



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 prompts 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.

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.

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

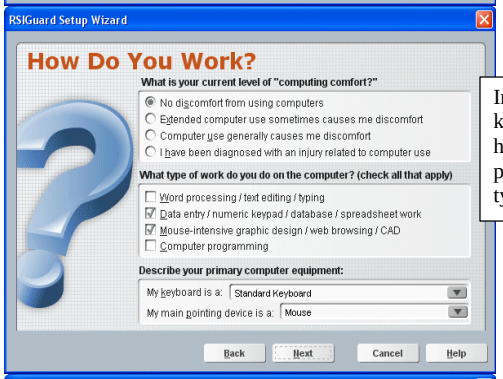
After completing the registration process or beginning the 45-day trial, the Wizard will guide you through the process of tailoring RSIGuard to your personal ergonomic needs.

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.

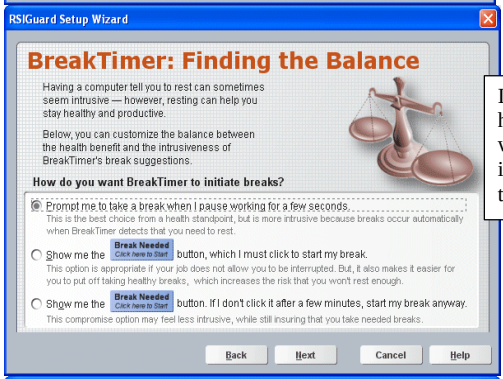


In this next step you let RSIGuard know about your current physical health, what types of activities you perform on a computer, and what type of input devices you use.

This screen describes the unique nature of RSIGuard's 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.



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.

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)