How to Download RSIGuard

Windows OS - Instructions: Follow the link: https://www.rsiguard.com/download/?id=ucla Authorized users must have a valid UCLA email address to receive a link to download RSIGuard. You will receive an email from Cority RSIGuard Support: staff@rsiguard.com with the subject line UCLA RSIGUARD DOWNLOAD LINK. Follow the link to begin the download process.

Mac OS - Instructions: Follow the link: https://www.rsiguard.com/download and download the 45-day trial for Mac OS X (International Edition). Send an email to contact@ergonomics.ucla.edu for a registration code to convert your trial copy into a permanent copy.

Installation

Users must have administrative privileges to install software on the computer or should contact their IT Help Desk to complete the installation.

Once installed, the RSIGuard Main Display gives you easy access to each of the program's main features.

- Data Menu Button
- Tools Menu Button
- AutoClick Button
- Help Menu Button
- Time Until Next Break
- Pause Breaks
- Take a Break Now
- Keyboard and Mouse Activity
- Computer Exposure

Main Display
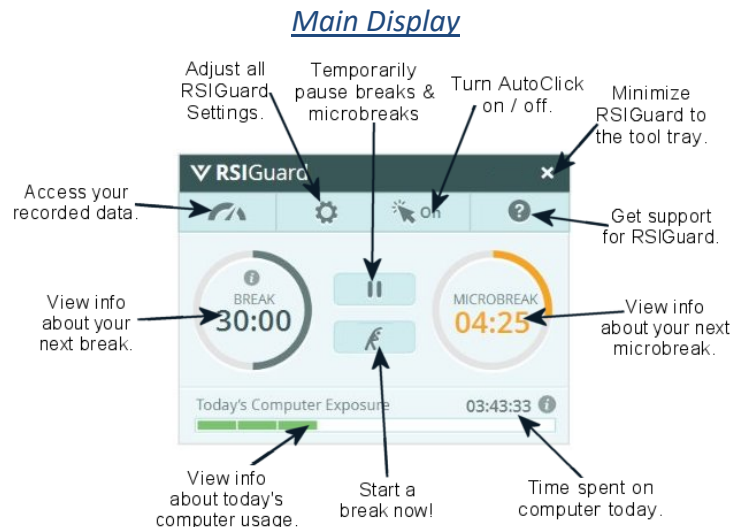
The window size can be adjusted by pressing Ctrl+Minus or Plus

Setup Wizard

The first time RSIGuard starts, you'll go through a Setup Wizard to customize features in order to maximize their benefit to you.

BreakTimer Part 1: By specifying that you experience discomfort at the computer, BreakTimer adjusts its recommended break schedule and adjusts break recommendations based on how you use the keyboard and mouse.

BreakTimer Part 2: This screen lets you adjust Break Frequency and Willpower.

- **Break Frequency** – Based on your answers on the previous screen, the wizard suggests a reasonable average time between breaks. You can adjust the time based on your preference, but remember, breaks occur less often than the suggested time between breaks if you take natural breaks or work lightly, and more often when you work intensely.
- **Willpower** – When BreakTimer suggests breaks, this setting controls how easy it is for you to postpone or skip those breaks. Consider your personality and the degree to which your job allows you to be interrupted when making this selection. The first option makes it easy to skip breaks and should only be selected if you are likely to take suggested breaks. The last option makes it difficult to skip breaks and should only be selected if it's okay to be more forceful in making you take breaks.

BreakTimer Part 3: This screen lets you adjust how BreakTimer asks you to take breaks. In RSIGuard, this is referred to as BreakTimer's Interaction Style.

- BreakTimer's Interaction Style Settings
- BreakTimer Settings

Stretches and Videos: During BreakTimer-suggested breaks, you can view videos that guide you through stretches. This screen reminds you that if you have an injury, you should confirm with your health care practitioner which stretches are acceptable for your situation – and that stretches should only be done if comfortable.

ForgetMeNots and Microbreaks: In addition to longer breaks, more frequent short microbreaks may help reduce stress, improve concentration, restore circulation, and reduce discomfort. The RSIGuard's ForgetMeNot feature offers microbreaks with reminder messages that are focused on building self-awareness. That self-awareness can help you modify behavior, for example, to change poor or fixed postures, or to be less stressed.

ErgoCoach: This part of the setup wizard lets you configure the ErgoCoach tools for multiple monitor use, sit/stand desks, notebook computers, and shared workspaces.

AutoClick: A feature designed to lessen strain associated with mousing. AutoClick Video Tutorial
1. When you move the mouse to a new location, AutoClick automatically clicks for you.
2. By pressing a KeyControl hotkey, you can perform a single, double-, or triple-click, or a right-click.
3. KeyControl's DragLock hotkey will hold the mouse button down until you press another key (or click the mouse). This lets you drag to select or move things without the strain of holding the mouse button.

KeyControl: This feature lets you assign simple or complex repetitive tasks to a hotkey.
You can create hotkeys to:
- View frequently visited websites, launch frequently-used applications or open frequently-used files
- Type commonly-typed text (for example, standard email replies and email signatures) Special Characters List
- Perform mouse operations (for example, double clicks and drag-and-drops) to reduce mouse use
- Run complex macros using RSIGuard's scripting language RSIScript (for example, to complete forms or perform multi-step processes) 10 Hotkeys Examples using RSIScript
- **Mouse Cursor Movement** – Enable mouse cursor movement with Windows Key+Ctrl key in combination with the arrow keys controlling the Mouse with Arrow Keys. Check Enable mouse cursor movement with Windows Key+Ctrl key in combination with the arrow keys to control from the keyboard where the mouse cursor points. Hold down the Windows Key and then use the arrow keys to move the mouse. You can combine 2 arrow keys to move diagonally (e.g., holding the Up arrow and the Left arrow makes the cursor move diagonally up and to the left).

Work Restrictions: If your doctor prescribed limits to how much you can use the computer, configuring work restrictions may require one or more of the following settings. Email contact@ergonomics.ucla.edu for assistance setting up work restrictions.
- **Minute-by-Minute Restriction** – This restriction definition will monitor the amount of time you are actively using your computer and prompt you to take a break if that active limit is surpassed. RSIGuard monitors computer activity and will account for "natural breaks," such as times when you are performing non-typing/mousing tasks. If you are continuously active on your computer for the amount of time specified by your medical provider then RSIGuard will prompt a mandatory break.

  EXAMPLE: A medical note states that an employee must take a 15-minute break for every 45 minutes of computer work. To define this restriction using the minute-by-minute feature you must determine the total duration of active time and break time (45+15=60). Then enter 45 minutes of activity per 60 minutes.

- **Keystroke & Mouseclick Restriction** – These restrictions prompt you to stop working for the day when you have reached the specified number of keystrokes or mouseclicks.

Specify Limit on "Hours of Work at the Computer" – This restriction has two options: "Fixed Length Work Restriction," and "Variable Length Work Restriction." *Ramp Down Restrictions* is a rare type of work restriction. Please contact Ergonomics for more information.
- **Fixed Length Work Restrictions** allow you to define the total amount of time spent on the computer per day. Once the daily limit is reached RSIGuard will prompt you to stop working, or extend the active computer time by an additional 10 to 60 minutes. Fixed Work Restrictions can be combined with minute-by-minute restrictions when necessary.
- **Variable Length Work Restrictions** has two configuration options: "Days of the Week Work Restriction" and "Ramp Down Restrictions."
- **Days of the Week Work Restriction** – This allows you to define the total amount of time spent on the computer per day of the week. You can specify a single daily limit or a limit that varies by day. When you reach the hourly limit per day you are notified to stop working and given the option for a 10 to 60-minute extension.

  EXAMPLE: A medical note states that an employee must limit their typing to no more than 5 hours per day, and no more than 16 hours per week. To accommodate this restriction the employee's department has assigned them to perform fewer computer tasks on Tuesdays and Thursdays. This accommodation is defined in the image below showing the maximum number of active computer hours per day.

NOTE: Checking "Make work restriction times above compensate for work intensity" will instruct RSIGuard to adjust the daily limit for active computer use. Using the previous example, if an employee is very busy on Monday and does not take any breaks the daily limit will decrease to less than 4 hours as defined in the Days of the Week Work Restriction.

Additional Resources

- Available at https://www.ergonomics.ucla.edu/injury-prevention/break-reminder-software