Best Practice Briefing

No.: BP11-0002

Title: Update RSI Guard Stretchbreak Software for Best Functioning

Event: LBNL Event

Event Date: 09/12/2011

Category: ES&H - Ergonomics - office/computer work

Best Practice:
The software for MAC and PC versions of RSI Guard break reminder software has been updated on the Lawrence Berkeley National Laboratory (LBNL) Software Download page: https://software.lbl.gov/.

Discussion:
Use of a break reminder software can help individuals remember to take ergonomic breaks. RSI Guard by Remedy Interactive includes a break timer, customizable reminders, and personalization settings that can tailor the reminders to an individual's situation.

Since the changeover at Apple to Intel chips, RSI Guard had to run in the Rosetta Emulator, which degrades performance on a MAC. Some MAC users found that the software slowed down their systems. This issue has been resolved with the latest version of Remedy software for MACs, and with the Lion OS using native Intel, with no Rosetta needed. The IT Division has updated both the MAC and Windows versions of RSI Guard software on the LBNL Software Download page.

If your system will not allow the installation of a break reminder software, consider these tips for taking breaks:

EYES:
- Every 20 minutes, look off at a distance > 20 feet then look at something close for a moment and repeat this several

times

HANDS & ARMS:
- Every 20 minutes, do a few finger fans then rest your hands on your lap with thumbs-up and twiddle your thumbs a bit

SEATED BODY:
- Every 30 minutes, get up and stretch
- Every hour, get up and walk for 5 minutes

For any ergonomic questions, call the LBNL Ergo Team at x6848 or email them at ergo@lbl.gov.

Give feedback for this briefing

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