RSIGuard - Software for prevention and mitigation of Repetitive Strain Injuries (RSI)

Part Code: S-RSIG-SE, Upgrade from v4 to v5 : S-RSIG-UG

Remedy Interactive's RSIGuard is an award-winning desktop ergonomic software solution that reduces the impact of repetitive strain injuries (RSI) for office workers.

Around the globe, health and safety managers, ergonomists, health practitioners, and individual computer users rely on RSIGuard's comprehensive set of tools to:

- Proactively identify risks of repetitive strain injuries early
- Reduce the risk of injuries
- Increase injury prevention program efficiency

KEYTOOLS
making IT easier

t: 0844 879 2282   e: keytools1@hypertec.co.uk   www.hypertec.co.uk
2 Swangate, Charnham Park, Hungerford, Berkshire, RG17 0YX

RSIGuard serves a range of professionals concerned with injury prevention including:

- Health and safety managers
- Workers' compensation managers
- Ergonomics professionals
- Physical therapists / Medical Practitioners
- Computer users

For each of these, RSIGuard gets an understanding of how computer users are using their computers and provides tools that:

- help users take better care of themselves such as BreakTimer and ForgetMeNots
- reduce exposure to strain such as AutoClick and KeyControl
- attempt to analyze the user's work patterns such as DataLogger and Health Status Reports

Technical Information

Operating System:
Windows 7/8, Vista, XP, 2000, NT, ME, 98, 95. Macintosh OSX 10.4 or later. RedHat Linux v4, v5.

Processor Requirements:
Minimum 486, or Pentium processor, or equivalent.

Memory Usage:
RSIGuard typically uses between 10-20MB of RAM, however the footprint may be lower (due to use of virtual memory) on computers with less installed memory. Consumption of memory resources is similar to WordPad or other small Windows utilities. As a result, minimum machine memory requirements are dictated by the installed version of Windows and other larger applications that are running, and not RSIGuard.

CPU Usage:
Typically below 1%. Windows Task Manager normally indicates 0% of the CPU is dedicated to RSIGuard except during breaks when video stretches are being displayed (at which point the computer is typically otherwise idle).

Disk storage:

Installation of RSIGuard Stretch Edition/Call Center Edition v4.0 requires 25MB of disk space. Data stored by RSIGuard uses about 175KB per year per user (i.e., a negligible amount of space).

Network compatibility:
RSIGuard is compatible with all standard networks (e.g., Windows, Novell) and can be operated over a terminal-based system (e.g., Citrix, Windows Terminal Services). Please see Server Installation (section 1.12) for an additional discussion of server installations.
Although RSIGuard can be used without network access, if one wishes to use the network features of RSIGuard (e.g., roaming profiles/data), users need only the ability to read and write from a network drive. RSIGuard requires no other network services. Management of network file security is done using Windows file system security to ensure reliability and to make the implementation learning curve as short as possible.

Network traffic:
Network traffic varies based on numerous factors. In a typical configuration, in which the client is installed on the user's local hard drive, but data and configuration information are stored on a network drive, traffic typically involves
3 or 4 network transmissions per hour per user of a few thousand bytes (i.e., a negligible quantity of bandwidth usage for most computing environments). Because frequency of transmissions varies based on user activity, the theoretical bandwidth range could average as low as 3K per hour (6bps), with peaks up to 300K per hour (600bps) per user.
If data and configuration information and software are stored on the local machine, network bandwidth usage is zero.
If users are on thin clients (e.g., Citrix machines with no local hard drives) or if for some other reason the software is installed on a server instead of the local machine, and if stretches are enabled during breaks, then bandwidth will increase because the video stretches will need to be transmitted over the network (assuming the stretch option is enabled). If the bandwidth requirements (approximately 1MB per hour per user) are too high for your environment, lower bandwidth videos are available. Please provide us with acceptable bandwidth levels so we can provide appropriate video content.

Software compatibility:
RSIGuard is compatible with virtually any application.
RSIGuard does not install, modify, or remove any system DLLs when installed on
Windows 98 or later and therefore will not affect other applications that depend on these DLLs.