



A Desktop
Software Solution
That Prevents Injuries
& Protects Your Bottom Line



**Try RSI Guard
free for 45 days.**

See back panel for more information.

DESKTOP ERGONOMIC SOFTWARE
FROM REMEDY INTERACTIVE

Preventing Injury. Protecting Profitability.

The personal computer might be the most important productivity tool of our time. But that productivity can come at a cost. Repetitive strain injuries can sideline key employees when you need them most – and that loss can take a toll on your bottom line.

That's why Remedy Interactive brings you RSIGuard, a software solution that actually uses the computer to prevent or manage computer-related injuries. RSIGuard works to eliminate the factors that cause pain, helping employees develop better computer and workflow habits by:

- 1 **Maintaining awareness:** Helpful reminders keep employees aware of healthy computer-related work habits.
- 2 **Reducing strain:** Hotkeys and keyboard remapping cut down on keyboard strain by reducing the number of keys pressed and relocating hard-to-press keys. Automatic clicking eliminates strain associated with mouse clicking.
- 3 **Taking breaks:** Break reminders promote regular rest from repetitive activities, allowing for time to relax, regain awareness of posture and work patterns, and take stock of how the body is feeling.
- 4 **Reducing tension:** 31 video stretches enable re-energizing and rejuvenating breaks.



“ **RSIGuard is simply a magnificent program...I highly recommend RSIGuard to everyone who works hard — it'll keep your body and hands healthy!** ”

Phillip S. Pang, M.D., Ph.D.
Stanford University Medical Center

RSIGuard Features

Installed on employees' computers, RSIGuard helps users improve their work patterns with proactive alerts, reminders and lessons, allowing them to self-correct injury-prone behaviors. Some of RSIGuard's habit-changing features include:

BreakTimer: Injuries are often caused by too much time spent at the computer. BreakTimer analyzes work patterns and suggests breaks at appropriate times. 31 full-motion, multi-camera angle videos provide rejuvenating stretching exercises.

ForgetMeNots: Reminders appear on the screen to maintain the employee's awareness of work habits. The messages can be pre-set, customized by a user, manager or physician, or added when RSIGuard detects unhealthy work patterns. Microbreaks are designed to reduce fatigue and improve circulation.

AutoClick: Grasping and clicking the mouse are two of the most injury-inducing computer activities. AutoClick, which simulates a mouse click whenever the mouse stops moving, reduces mouse-related discomfort and decreases the likelihood of future injuries.

KeyControl: Allows the user to perform mouse operations, open files or applications, type common text, or perform other repetitive tasks with a single keypress. The keyboard can also be remapped so that frequently used keys are in more comfortable locations.

UserInsight and GroupInsight Reporting: RSIGuard collects extensive information about the employee's use of the computer through both automatic observations and optional survey methods. You can view the automatically collected information and correlate it to health survey information.

Health Status Reports: Employees can submit reports about their health when certain events occur (e.g., increase in pain, change in workload, medical event) or on a schedule (e.g., every Monday, every 30 days). Reports can be automatically filed via the Internet or company intranet, allowing your organization to track employee health and trends.

Every major industry counts on RSIGuard.

Aerospace/Defense/Engineering

Bechtel
Boeing
BWX Technologies
Lawrence Berkeley National Laboratory
Pratt & Whitney
Raytheon
Sandia National Laboratories

Government

Cities of San Jose, Downey, Fairfield,
and Fremont, California
Counties of Alameda, Monterey,
San Bernardino, San Diego, San Mateo, Tulare
and Ventura, California
Golden Gate Bridge Authority
National Archives of Australia
National Library of Australia
State of Washington
UK Department for Business,
Innovation & Skills
UK Land Registry

Healthcare

Alta Bates Medical Center
Becton, Dickinson and Co.
Catholic Healthcare West
City of Hope Medical Center
Kaiser Permanente Hospitals
Sutter Health System

High Tech

Agilent Technologies
Applied Materials
CNET
National Semiconductor
Seagate
Texas Instruments
Yahoo!

Higher Education

Bowdoin College
Santa Barbara Business College
University of California
University of Western Australia
York University, Canada

Insurance/Financial Services

Health Net
Liberty Mutual
Mutual of Omaha
State Farm
Wells Fargo

Manufacturing/Consumer

Clorox
DuPont
Eastern Mountain Sports
Illinois Tool Works
Leprino Foods
Otis Elevator
Praxair
Ransomes Jacobsen
W.R. Grace

Pharmaceuticals /Biotech

Bio-Rad Laboratories
Cell Genesys
Codexis
Exelixis
GlaxoSmithKline
PDL BioPharma

Utilities/Telco/Energy

BP
Bruce Power
Chevron
Energy
Orange Communications
Seattle Public Utilities
Santa Clara Water District



Try RSIGuard free for 45 days

Call us today at 800.776.5545 or at
415.332.6433, or visit www.rsiguard.com

Remedy Interactive delivers a comprehensive suite of software solutions to help organizations prevent workplace injuries, reduce injury-related costs, and increase productivity and profitability.