

Rest Break Software

Introducing RSiGuard

Many employees find significant computer ergonomic support by using an innovative product called "[RSiGuard](#)". This program includes many user friendly and powerful productivity features and tools. It includes a customizable rest break timer, computer stretching tutor as well as autoclick and key-mapping tools to minimize mouse clicking and keystrokes. It is available in a Mac and PC version for a free trial after which individual lifetime licenses can be purchased from the company for a fee after the trial is over. Click the link above for more information or to download the product.

When requesting the download you will be asked to provide your email address and if you want to obtain the personal version or one for use in your organization. **Use your UCSC email address and indicate your organization affiliation as "UCSC"**.

The campus program recommends you use the 45 day trial to "try before you buy" and see how this product can assist you being safer, more comfortable and more productive.

Once installed explore the tutorials which are brief and user friendly so you can customize its performance for optimal benefit.

Once you are sure that the product is right for you speak with your supervisor about purchasing a license. You will need administrator access to the computer it will be installed on. If you need assistance with that contact ITS.