

Workrave

Workrave is a free software application intended to prevent computer users from developing or aggravating occupational diseases such as carpal tunnel syndrome, repetitive strain injuries and eyestrain.

The software periodically locks the computer while an animated character walks the user through various stretching exercises and urges them to take a break.

It alerts you to take micro-pauses, rest breaks and exercises and restricts you to a daily limit. It runs on GNU/Linux and Microsoft Windows. Learn more about Workrave at: <http://www.workrave.org/>

Free Installation

From the Start menu: open Software Center, select Workrave from the available software, then Install.

(If Software Center does not appear in your Start menu, contact Service Desk.)

If you wish to use it at home, the software may be downloaded free from the Workrave website.

Beware that you will also be offered other software from sponsors which is not free! (e.g. to check and update your computer's drivers)

Default Settings

Workrave installs with default settings but you can customize them, for example:

- Set the **Rest break** to encourage you to stand up and move around for 2.5 minutes every 30 minutes (as per Rest Break box below)
- Set the **Daily limit** to let you work a maximum of 8 hours per day
- You can turn off sounds and micro-breaks if you wish

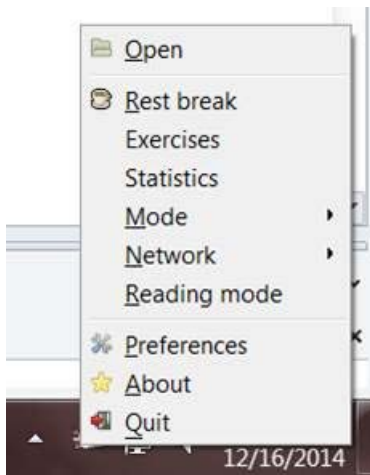


You can *customize* the settings to provide more or fewer breaks and to incorporate sounds and specific exercises if you like! See below.

If having your computer lock for 2.5 minutes could be a problem to you, choose a shorter rest time.

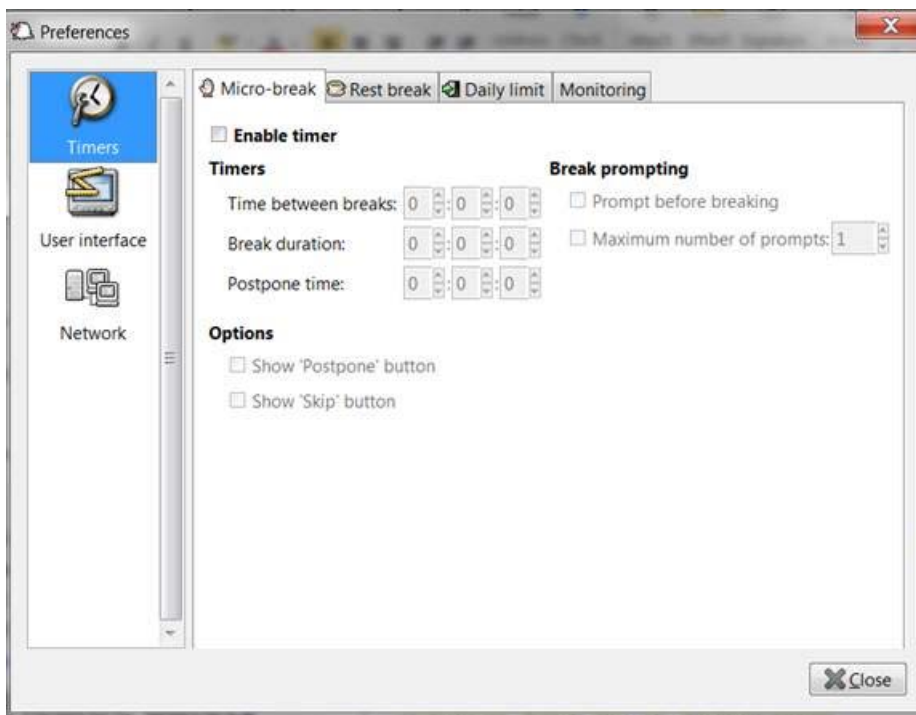
Customizing Workrave

Once you have installed Workrave, right-click the little white sheep in the tray at the bottom right of your screen and the menu below will appear - it may be in the hidden icons (little arrow). Left-click on 'Preferences' and you will be presented with a screen that has 4 tabs along the top and 3 images down the left side. Click on these tabs and images and enter your preferences. For example you can add sounds, exercises and micro-breaks if desired - experiment to find the settings that best suit you.

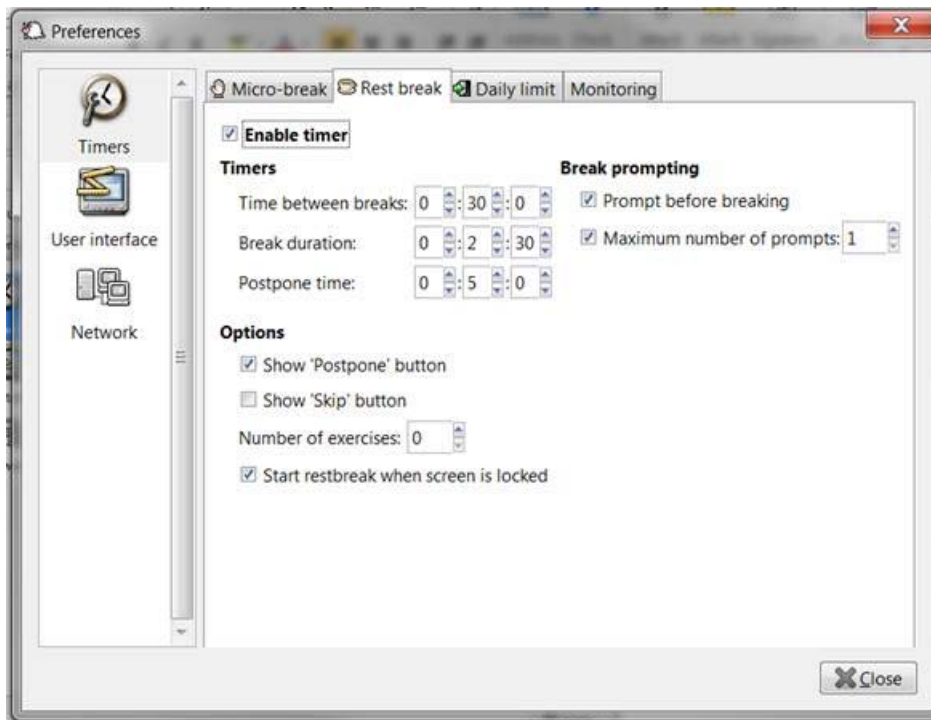


The images below show you what all the different screens look like with the settings in the example above:

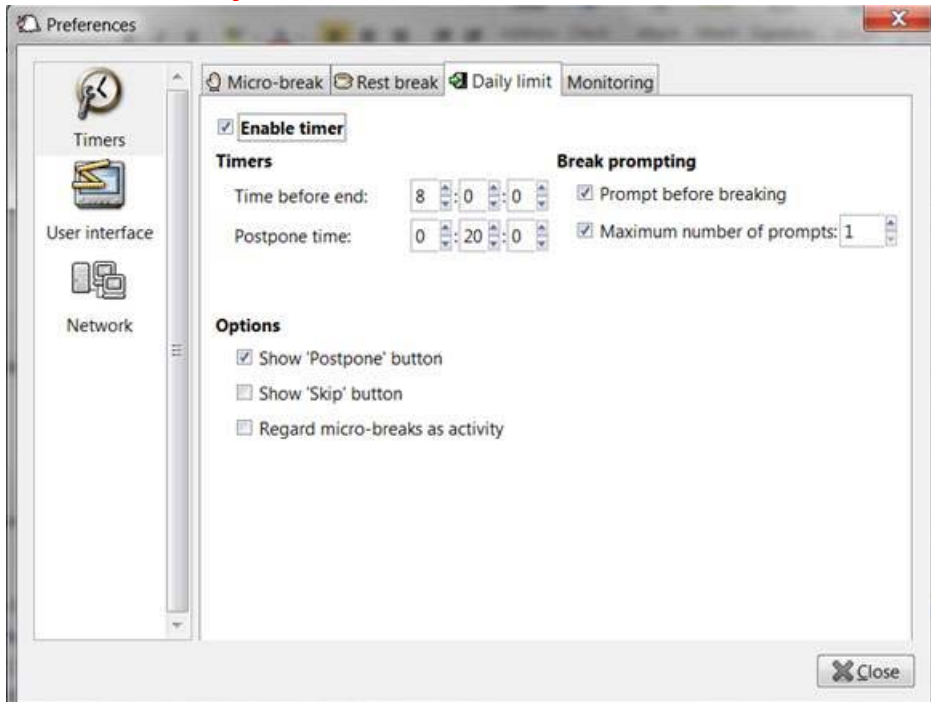
Timers - Micro-break



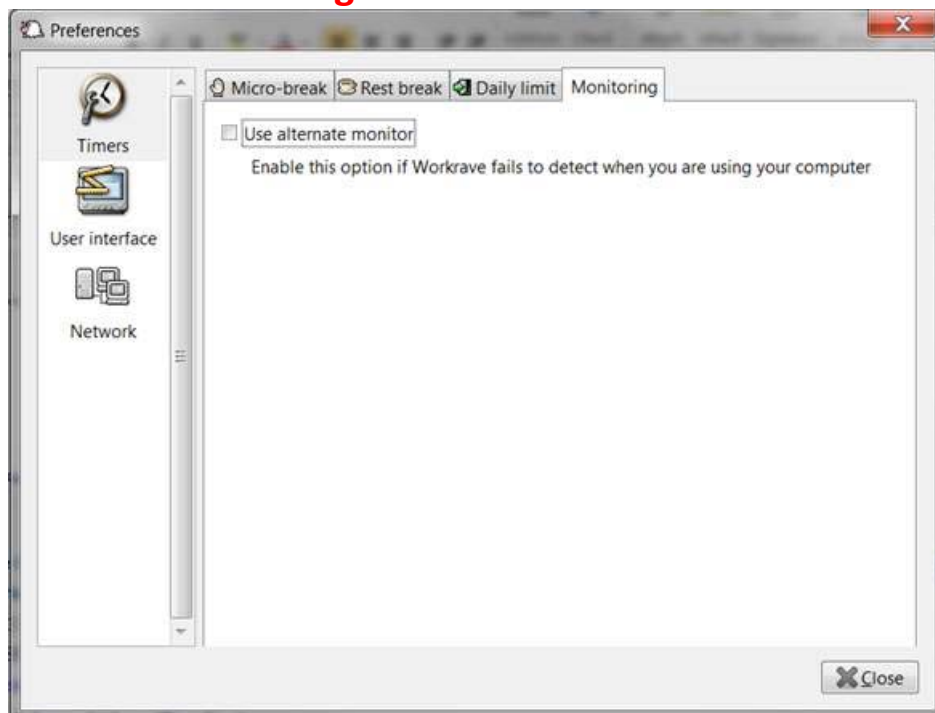
Timers - Rest break



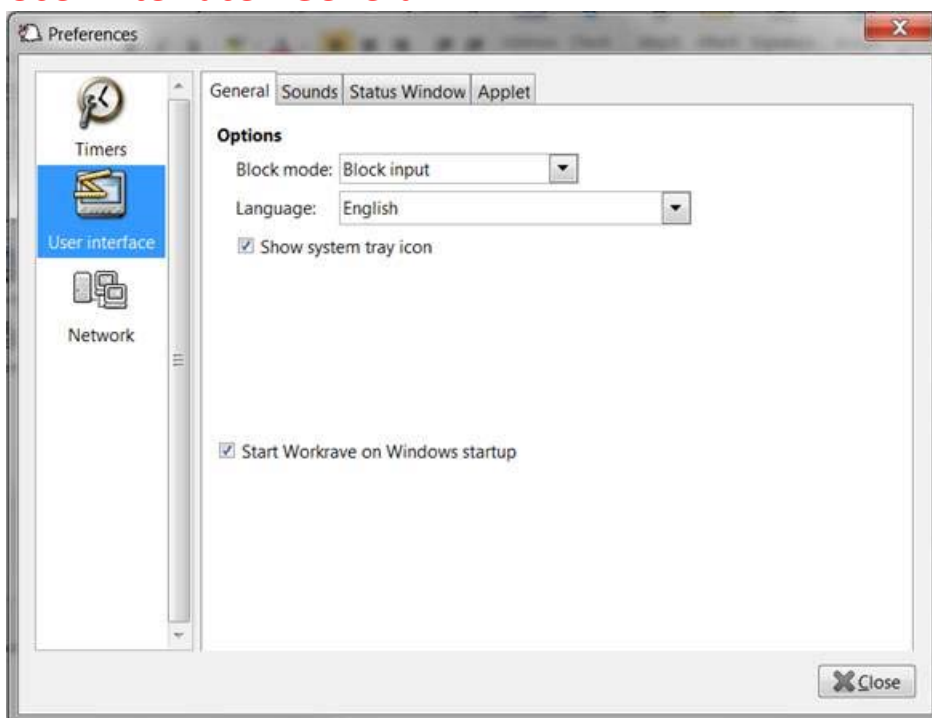
Timers - Daily limit



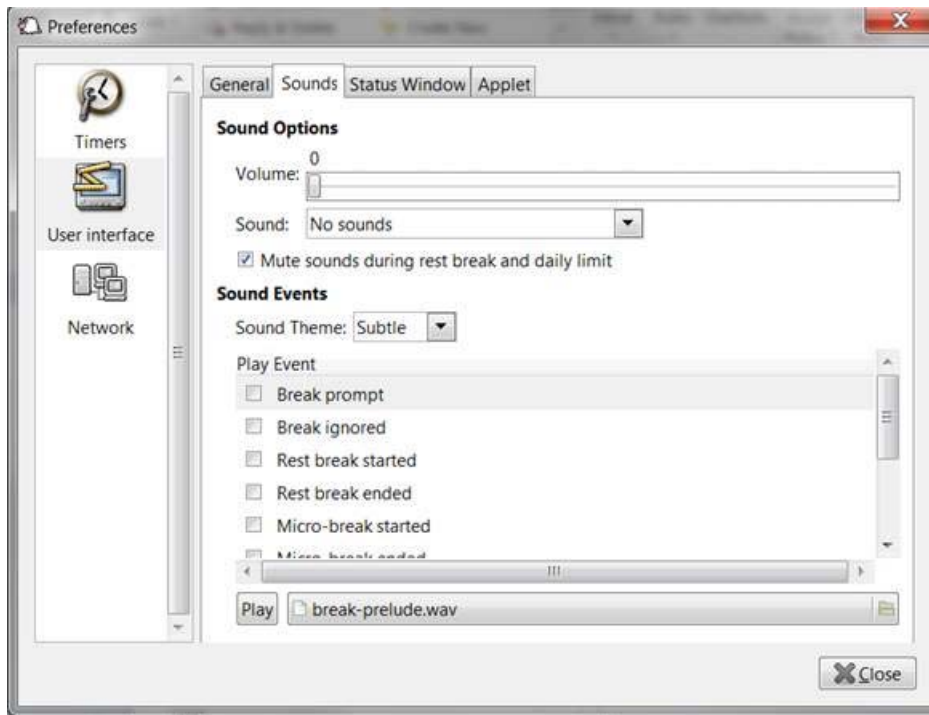
Timers - Monitoring



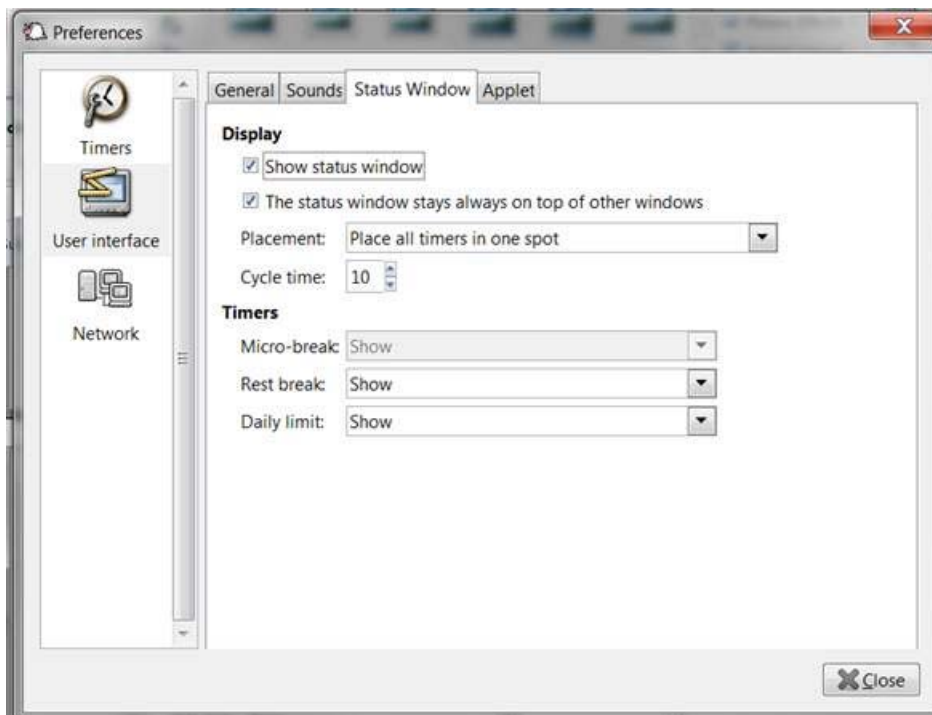
User Interface - General



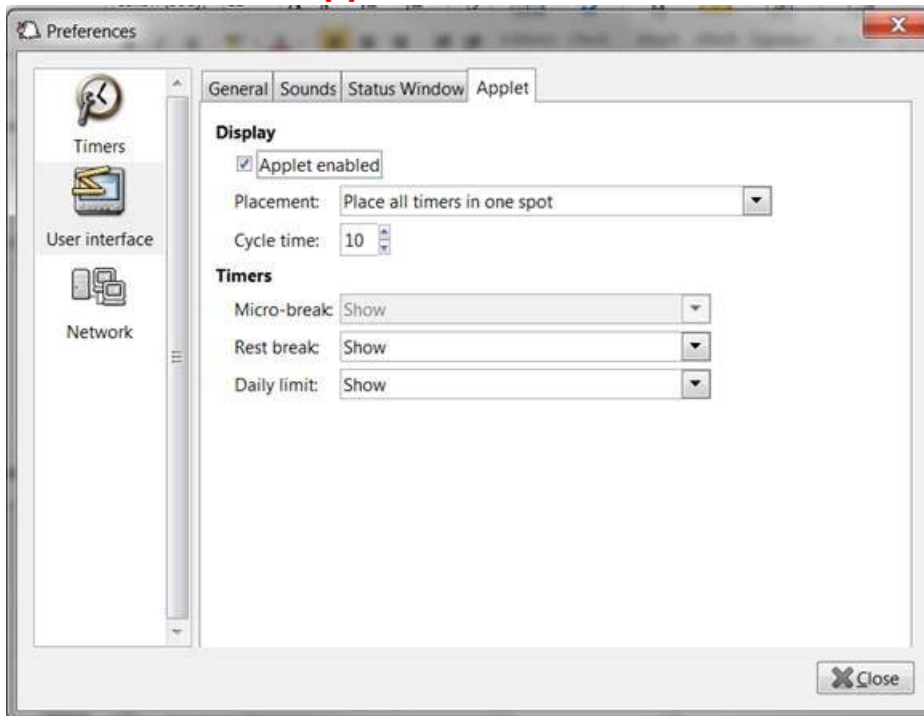
User Interface - Sounds



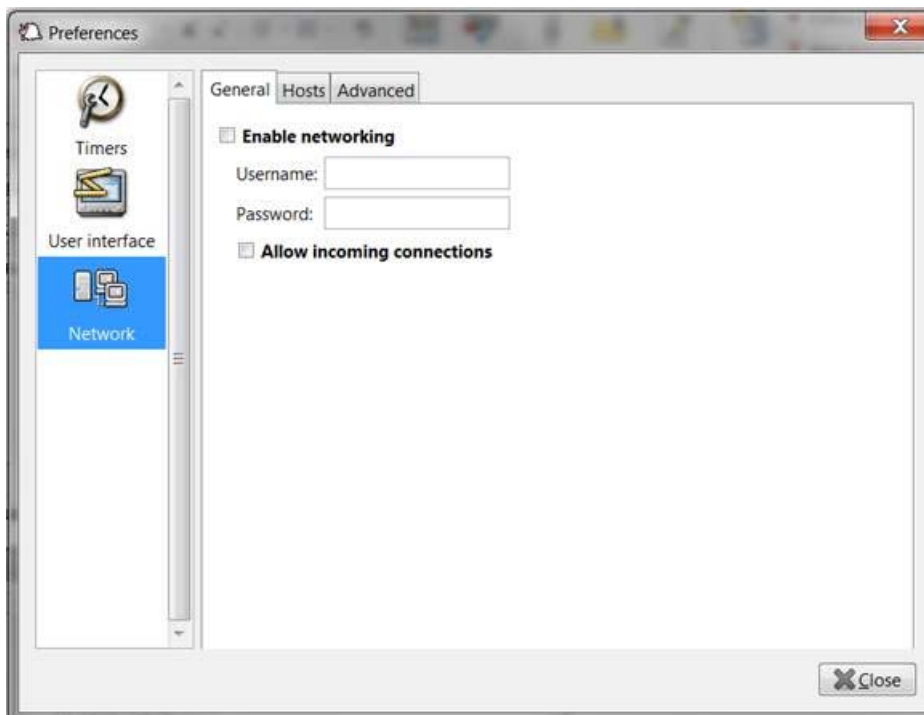
User Interface – Status window



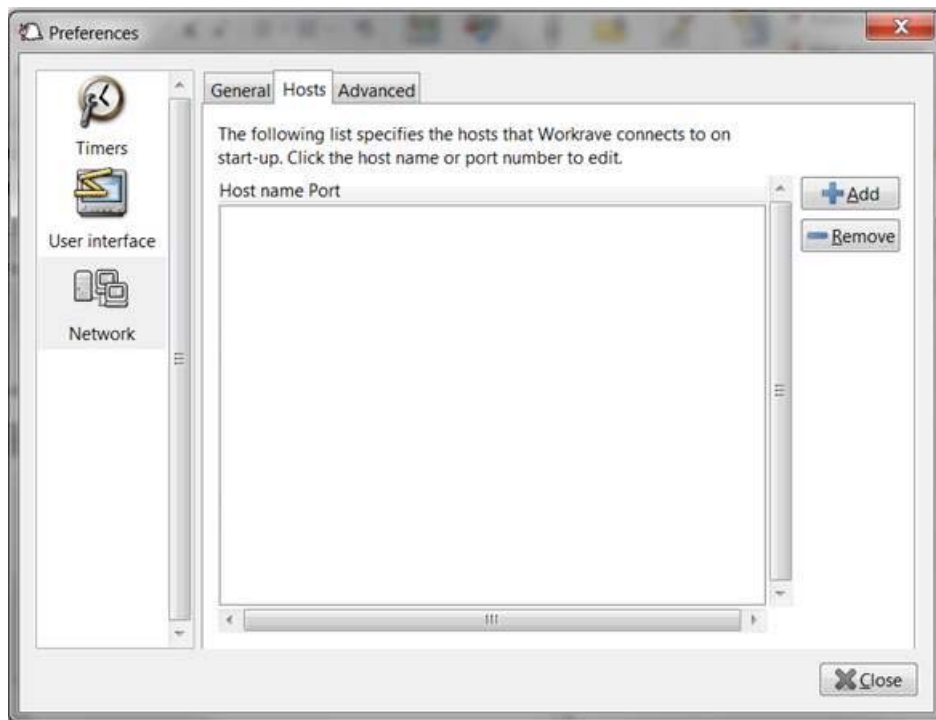
User Interface – Applet



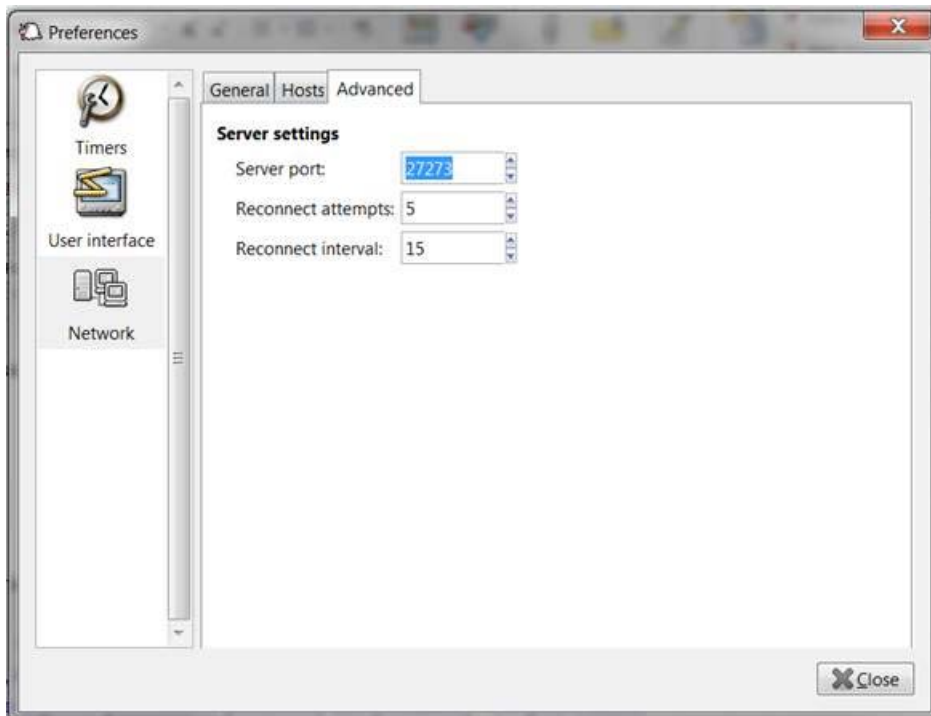
Network - General



Network - Hosts



Network - Advanced



We would value feedback on your experience using Workrave.

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With thanks to Michelle Low, Senior Ergonomics Officer at QUT