

SAFETY ALERT

October 25, 2022

RSIGuard Break Reminder Software

Hazards: Repetitive Motion Injuries

It is important to take frequent mini-breaks throughout the day to provide your body an opportunity to recharge both your mind and body. You may think that you do not have time to take a break, but think again. Studies have shown people who take mini-breaks are actually more productive and feel better. Whether you use a PC or Mac, we have break reminder resources for you.

RSIGuard is a break reminder software available for free to all Berkeley Lab Mac and PC users. It is customizable and includes a 'smart timer' that is based on the amount of typing and mousing. It can provide cues for those times you get in the zone and forget to move or change positions often enough. Moving and changing positions has been found to be a valuable tool in preventing ergo-related injuries.

If you are interested in trying out this software, it is available at software.lbl.gov in the IT Supported Downloads. You can find out more information by going to Berkeley Lab EHS Ergo Team website: [Break Reminders](#)

Please contact ergo@lbl.gov for assistance in customizing your break reminder program. If you have any questions regarding ergonomic issues in your work area, please contact the ETA Safety Manager, Ron Scholtz at X8137.



RSIGuard