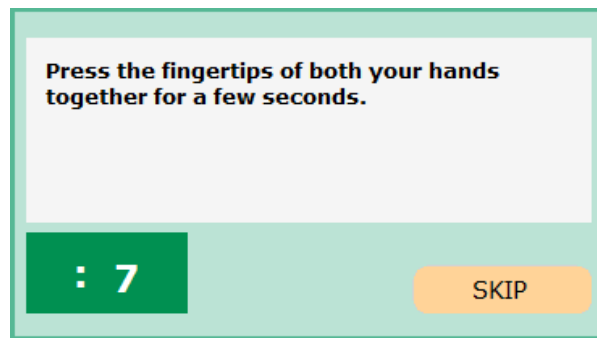# KAZ Guardian Angel - Screenshot Demo

Important: All information and data gathered is kept strictly PRIVATE and CONFIDENTIAL to the computer to which it is installed and is purely intended for the user's attention. It will not be transmitted, shared or divulged to any third party.

KAZ Guardian Angel is a specifically designed tool that runs in the background of individual workstations. It monitors the use of the keyboard and mouse in any application and when set parameters are exceeded, it interrupts the user and provides 2 types of break.

Sample of Micropause:

Press the fingertips of both your hands together for a few seconds.

: 7

SKIP

Micropauses - are regular short breaks of around 10 seconds, initiated when short bursts of typing or mouse usage is detected. Rest time is just long enough to wriggle your fingers before continuing.
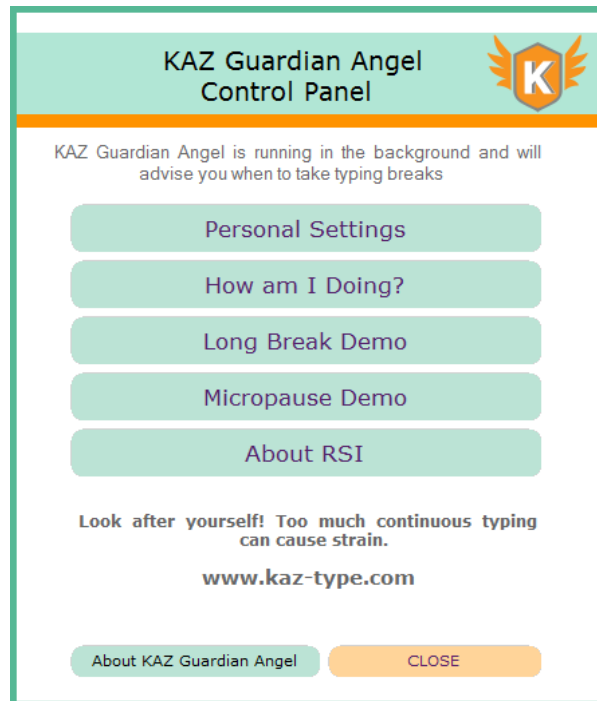
Sample Animation of a Long Break:

1 : 29   Away Break

Stand up now and move away from your computer in order to move around and stretch your legs.

Skip

Long Breaks - depending on settings, can vary between 1 and 5 minutes and are initiated every half an hour or so where longer or more sustained typing or mouse usage is detected - allowing the chance to move away from work stations and stretch.

How to Use Guardian Angel:

When using KAZ Guardian Angel for the first time, you will be presented with the 'Control Panel'. Initially, you will only be granted access to the top and bottom tabs i.e. 'Personal Settings' and 'About RSI'. Please read the 'About RSI' information first.
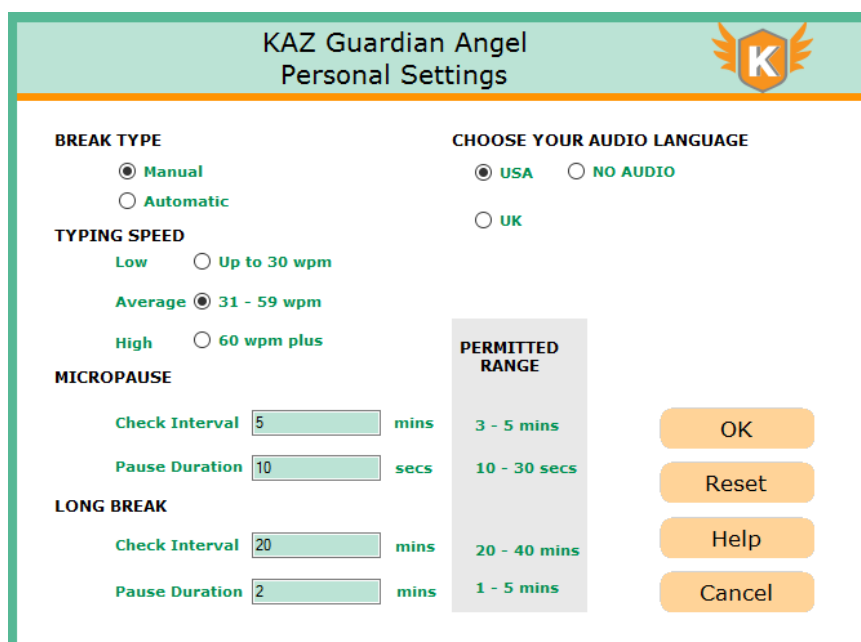

To activate the program, click on **'Personal Settings'**.

Setting Personal Preferences:

Next, click the boxes that you wish to change and then click **'OK'**.

Automatic or Manual setting?

The option of 'Automatic' or 'Manual' is a setting of choice. Unless a professional typist, people very rarely type at 60+ wpm continuously.

If the 'Automatic' setting is chosen, KAZ Guardian Angel will automatically adjust your typing speed into one of the three categories - Low, Average or High, automatically detecting and taking into account your keyboard and mouse activity and suggesting breaks when factory set parameters are exceeded.

Note: Changes to the factory settings cannot be made when in 'Automatic' mode.

The 'Manual' option is available should you wish to select a 'Typing Speed' category and personalise / make adjustments (ie. increase or decrease break times - within a permitted range) to the factory installed 'pre-determined' ranges.

Therefore, if you are unsure of your typing speed or which category best suits your typing style, simply choose the **'Automatic'** setting. If however, you know your typing speed and wish to change factory settings, select the **'Manual'** option.

Next, select your audio/language preference:

'Choose Your Audio Language' - offers you the option between: '**USA'**, '**UK'** or **'No Audio'** - (a text only version, suitable when working in a busy environment).

When you return to the 'Control Panel' the program will be active and all menu tabs will be accessible. The program will suggest breaks when factory set parameters or personally set parameters have been exceeded and will adjust to suit your typing speed and style.

The 'Control Panel' and all information screens have been specifically designed so that if required, they can be left on screen or repositioned. Simply clicking on the header bar (top white panel) will enable the screen to be dragged into position on the desktop.

Pressing **'Close'** at the foot of the 'Control Panel' will minimise the screen and the app will be saved in your tray app or taskbar.

The reason KAZ is the preferred choice of RSI guard is because it is adaptive and responsive to the typist. If you are not typing or do not exceed the parameters, breaks will not be activated.

Important: You can return to the 'Control Panel' at any time to change preferences.

Typing Speed: Allows you to select your level of typing speed (Low - up to 30 wpm, Average - 31 to 59 wpm or High - 60+wpm).
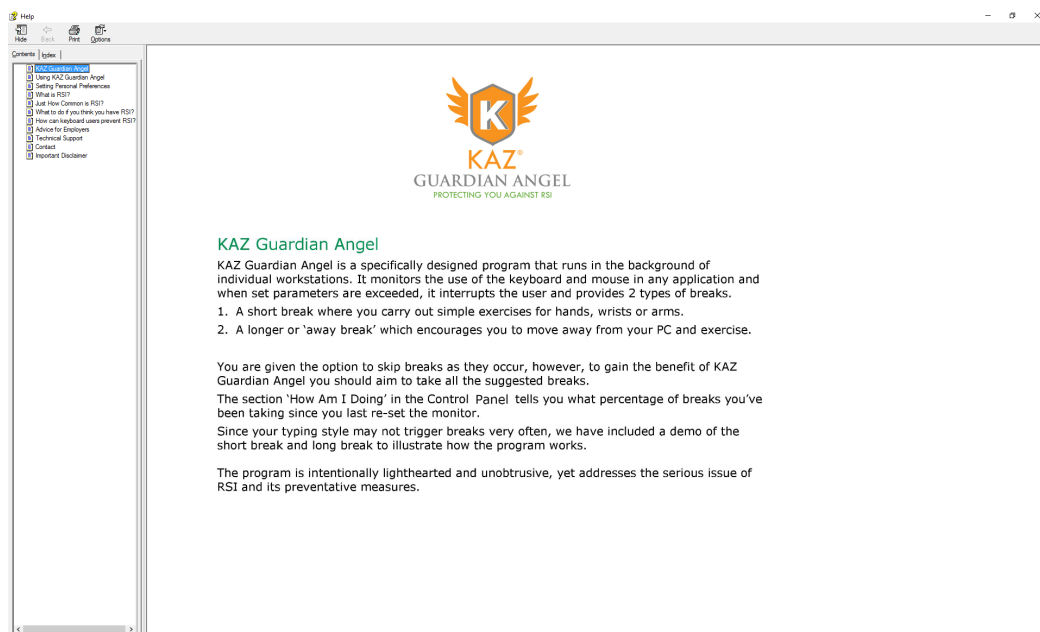
Pause Duration: A micro pause can be set between 10 and 30 seconds. The default setting is 10 seconds.

Check Interval: According to the amount of time (in minutes) that you specify in this field, KAZ will monitor your typing, and if necessary, display a message advising you to take a break. However, if you have not exceeded the parameters selected within this time period, a message will NOT appear. The 'check frequency' can be set between 3 and 5 minutes, with the default setting at 3 minutes.

'OK': For all the changes to take effect press this button.

'Reset': Restores original factory settings which are suited to the average typist.

'Help': Brings up a factual menu which will guide you through the 'Preference Settings' along with other information about KAZ Guardian Angel and RSI.

'Cancel': Takes you back to the 'Control Panel' without making any changes.

To calculate your Typing Speed:

Typing speed can be easily calculated with KAZ Guardian Angel:-

1. Simply click on **'Personal Settings'**, select either **'Manual'** or **'Automatic'**, then select the **'How am I Doing?'** panel.
2. Next, click on **'RESET'**, ensuring that a blank document is open and copy text is ready for a simple typing exercise. Then close this window - leaving only the 'Control Panel' window open.
3. Press **'RESET'** and simply type a panel of text (usually a 3-5 minutes time period - depending on the 'Break Type' chosen) and when the 'Micropause' is activated, STOP!
4. Finally, re-open the **'How am I doing?'** panel where your 'Typing Speed' will be displayed.

KAZ Guardian Angel - Think of tomorrow - Protect yourself today

Available for Mac and PC.

TEACHING THE WORLD TO TYPE