



## RSI

Repetitive Strain Injury

### The Silent Threat in the Office

#### KAZ Guardian Angel

KAZ Guardian Angel is a specifically designed program 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 breaks.

**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.

**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 workstations and stretch.

The program is intentionally lighthearted and unobtrusive, yet addresses the serious issue of RSI and its preventative measures.

#### Using KAZ Guardian Angel

Once installed, KAZ Guardian Angel will run in the background of your computer and will activate whenever keystroke and mouse usage is detected.

The user is given the option to skip breaks as they occur. However, to gain maximum benefit of KAZ Guardian Angel, we promote the taking of all suggested breaks.

#### What is RSI?

RSI or Repetitive Strain Injury is a general term used to describe a range of medical conditions caused by repetitive action/overuse of part of the upper body (forearms, elbows, wrists, hands, neck and shoulders). The symptoms can vary, but often include; pain or tenderness, stiffness, tingling or numbness, swelling and cramp in the muscles, nerves and tendons.

When typing for long periods without rest, problems can arise with the hands and wrists-which can be further exaggerated if posture and the workstation set up is poor.

#### Just How Common is RSI?

Unfortunately, the cases of RSI are on an increase. It is said to affect one in fifty working people, particularly those using computers for a prolonged period of time. Further concern is that the prevalence can be much higher in workplaces with bad ergonomics and other risk factors. One UK study estimates that if you work with computers, you are more likely to get RSI at some point in your career than to be involved in a car accident. However, the good news is that RSI is easy to prevent and can usually be treated, particularly if caught in the early stages. How can Keyboard Users Prevent RSI

Prevention is aided by correct typing techniques, taking regular breaks from the keyboard, adjusting furniture and positioning screens at eye level. BASIC PREVENTATIVE MEASURES:

- Keyboard skills training: Keyboard users should be trained to use all ten fingers.
- Breaks: Display screen work should be regularly interrupted.
- Display screen: Positioned at eye-level. Clean, stable image with adjustable contrast and brightness. Able to tilt and swivel and free of reflective glare.
- Keyboard: Tilt-able and separate from the screen. Sufficient space in front to provide support for user's hands and arms. Surface of keyboard must be non-reflective. Key symbols must be clear and keys well spaced.
- Work desk/surface: Sufficiently large enough to allow flexible arrangement of screen, keyboard, documents and related equipment.
- Work chair: Stable and must allow freedom of movement. Seat height and back must be adjustable.
- Footrests and wrist rests: Should be available to users if required. If not used, wrists should be held up, not leaning on desk surface.

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## What to do if you think you have RSI

If you frequently experience pain, discomfort or tenderness in your wrists, hands or arms, even after rest, you may have a problem re. RSI. Furthermore, if you experience difficulty in using your hands to pick up objects after a prolonged typing session, don't panic, but it may be advisable to seek medical advice and get it checked out. If caught in the early stages, it is relatively easy to treat, so do make the effort to see your doctor or preferably a medical RSI specialist **Do not** worry unduly, but do act on any warning signs or symptoms you may be seeing or experiencing. Often all you need to do is pay attention to your typing technique, your posture, correct workstation set up and above all ensure you take regular breaks.

KAZ Guardian Angel has been designed especially to help protect you against RSI by initiating frequent breaks from typing and simple exercises. These simple precautions will improve overall efficiency and help guard against RSI.

## Advice for Employers

To ensure the health and safety of your employees it is essential to inform them of the meaning and the risks associated with RSI and to provide preventive measures. Not only will this be appreciated by your staff but it will also improve their overall well being and efficiency in the work place.

KAZ Guardian Angel is a tool designed to help manage the prevention of RSI by ensuring the user takes short but frequent breaks from typing, whilst carrying out simple passive exercises.

There are two levels of break. A micro pause (10-30 seconds) and a longer break (1-5 minutes) following a longer period of typing or mouse use. The frequency of breaks and their duration have been set as default; however, you can change these settings to suit typists of varying abilities. The default settings are for general guidance only and have been reached through extensive research of RSI. The user is given the option to skip breaks as they occur. However, to gain maximum benefit of KAZ Guardian Angel, we promote the taking of all suggested breaks.

We recommend you appoint a member of staff to speak with an RSI expert for further advice and to monitor the use of this program on an on-going basis.

An essential element in helping prevent RSI is the ability for individuals to touch type correctly. The KAZ Typing Tutor program is a REVOLUTION in keyboard training. It reduces the time taken to learn to type and teaches the A-Z keys in just 90 minutes! KAZ® is used by millions of people world-wide and its network versions widely used in schools, colleges, universities, government departments, banks and global businesses.

You can find out more about KAZ® and its products by visiting our website.

## Conclusion - Brian Morgan (*Occupational Health & Safety Adviser*)

Repetitive Strain Injury poses a genuine threat to keyboard operators and companies could find themselves paying out thousands of pounds in compensation to sufferers. They must be aware of the dangers but know that simple training methods are available that can improve efficiency, reduce sickness and eliminate the threat of those costly court actions.

**Sources:** The RSI Association; Brian Morgan (Morgan, Finch & Partners); The Lancet volume 339 - Medicine and the Law by Diana Brahams.

## Disclaimer:

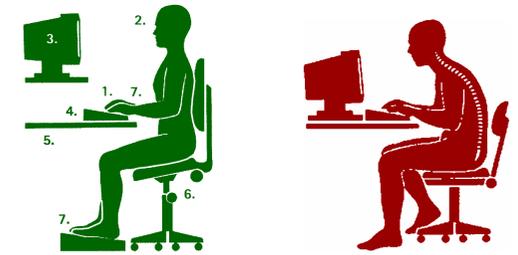
Whilst KAZ Guardian Angel is a powerful tool designed to help protect you against RSI, we cannot guarantee you will not suffer any of these problems. We recommend you use KAZ Guardian Angel as part of a common sense approach in taking sensible precautions whilst typing on a daily basis.

## Contact:

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**Correct Posture**

**Incorrect**

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**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.**