

FCR Tech Tips

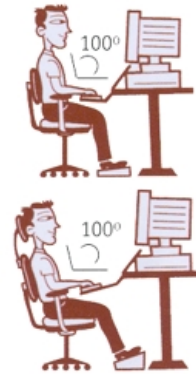
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Ergonomic Tips for Computer Users

Most of us spend hours a day on computers at home and work. Let's face it, we cannot escape our computers; they are a modern day necessity. Repetitive and prolonged use of a computer keyboard and/or mouse can lead to muscle aches and discomfort. Posture and positioning are important to avoid slow-forming strains associated with poor body positioning and repetitive movements. For example, you should float your hands above the keyboard when typing and your documents should be on a document holder between the keyboard and monitor (as seen in the illustrations on the [UCLA Ergonomics website](#)).



It is the job of The Ergonomics Division of UCLA's Office of Environment, Health and Safety (EHS) to find ergo-friendly solutions to a variety of work related problems. As a result of finding ways for workers to work more safely, they are more comfortable and efficient.

For information on ergonomics, injuries and preventions, office stretches, posture exercises and much more go to the UCLA Ergonomics website located [here](#).

Windows 7 Transition

Walt Mossberg, who writes the Personal Technology column for the Wall St. Journal, has a lot of nice things to say about Microsoft's new Windows 7 OS.

[Original Wall Street Journal article here](#)

But, Mr. Mossberg includes some very significant information for those considering moving from XP to Windows 7.



He states:

"The system for upgrading is complicated, but Vista owners can upgrade to the exactly the comparable edition of Windows 7 while keeping all files, settings and programs in place.

Unfortunately, XP owners, the biggest body of Windows users, won't be able to do that. They'll have to wipe out their hard disks after backing up their files elsewhere, then install Windows 7, then restore their personal files, then re-install all their programs from their original CD's or downloaded installer files. Then, they have to install all the patches and upgrades to those programs from over the years.

Microsoft includes an Easy Transfer wizard to help with this, but it moves only personal files, not programs. This painful XP upgrade process is one of the worst things about Windows 7 and will likely drive XP owners to either stick with what they've got or wait and buy a new one"

I have found the following Microsoft website is a wealth of information for those considering a move to the 64-bit version of Windows 7:

<http://windows.microsoft.com/en-us/windows7/32-bit-and-64-bit-Windows-frequently-asked-questions>

Warning: Many older printers and other peripherals may not work with the 64 bit Windows 7 because their manufacturer does not offer a 64 bit driver. In fact, I have heard that some stores only stock the 64 bit version specifically to increase their printer sales when buyers learn that their current printers are incompatible!

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