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# 1 Nimble Software EyeShield

## 1.1 System Requirements and Installation

### 1.1.1 System Requirements

Nimble Software EyeShield runs on Microsoft Windows compatible computers. We recommend:

#### Hardware

- A Pentium-class computer, running at 100 MHz or faster
- At least 16 MB of main memory
- About 1.5 MB of free hard-drive space
- A screen capable of displaying High Color (16 bits or greater)

#### Software

Any of the following versions of Microsoft Windows:

- Microsoft Windows 95
- Microsoft Windows 98
- Microsoft Windows Me
- Microsoft Windows NT 4.0 (Workstation) Service Pack 3
- Microsoft Windows 2000 (Professional)
- Microsoft Windows XP (Home, Professional)

### 1.1.2 Version of EyeShield

To find out which version you have:  
In the shortcut menu, click **About...**



### 1.1.3 Installation

EyeShield is shipped as a single file named **eyeshieldsetup.exe**. Save this file to a temporary folder and run **eyeshieldsetup.exe**. Simply double-click on this file and answer a few questions to

install EyeShield on your computer.

Once EyeShield is installed, you can launch it by choosing **Start » Programs » Eye Shield » Eye Shield**.

### 1.1.4 Uninstalling the Software

If you wish to uninstall EyeShield, follow these instructions:

- Click the **Start** menu from the taskbar and select **Settings/Control Panel**.
- Double-click on **Add/Remove Programs**.
- Select EyeShield from the list and click the **Add/Remove** button.
- Confirm that you want to uninstall EyeShield.

## 1.2 Tutorial

### 1.2.1 What does EyeShield do?

We all know that it is wise to take breaks during prolonged periods of monitor use, but what really happens when we overexert our eyes? Staring at your monitor can lead to a variety of ailments, including headaches, eyestrain, blurred vision, dry and irritated eyes, slow refocusing, neck and/or backache, sensitivity to light, double vision and color distortion - all common symptoms of a condition known as Computer Vision Syndrome (CVS). The American Optometric Association defines CVS as the "complex of eye and vision problems related to near work, which are experienced during or related to computer use." According to the American Optometric Association, 70-75% of computer workers experience eye and vision problems.

Computer Vision Syndrome is a very real problem; however, there is a solution to the problems you may be experiencing. Take advantage of EyeShield at your work station.

#### **Providing Eye Care for your Computer Workers**

The eyes are the most important part of the body when it comes to working at a video display terminal (VDT). They are the sole means by which most computer users obtain information to perform their work. In order to streamline the computer work process, the design of the visual task environment and the vision of the person need to be optimized. If there is a problem with a person's vision, he will not be able to perform his job well.

If we think of computer work like any other production process and do what is needed to improve the process, then we discover that it is cost efficient to insure that the computer worker has good vision.

#### **Why should employers solve these eye and vision problems?**

Eye and vision problems can largely be resolved by managing the visual environment and by providing proper eye care for employees. Why should an employer invest resources to resolve these problems?

The primary reason is that it is good business. Business executives invest money in processes or equipment that improve efficiency. Although we typically think of assembly lines and blue collar workers when we talk about work production, we must recognize that people sitting before computer displays are a major part of work production today. Yesterday's blue collar assembly line worker has become today's computer worker. It is important that business improve the efficiency of the office worker today, just as assembly line processes were streamlined in the past.

### Does Eye Care Pay for Itself?

Uncorrected vision problems in the work force create worse vision than those situations above that showed 4-19% decreases in visual task performance. Although they were laboratory studies, and the tasks were performed for durations considerably shorter than a full work day, it is likely that similar inefficiencies occur daily for workers with uncorrected vision disorders. We might even expect that 8-hour productivity would be more greatly reduced because of the symptoms and fatigue accompanying vision problems.

If an employee's compensation is \$30,000 (including benefits), a 1% improvement in work efficiency would be worth \$300. Eye care can be provided for considerably less than this amount, and would result in more than a 1% increase in productivity.

### Should You Provide Eye Care for Your Computer Workers?

Providing good vision for computer employees makes economic sense. Better vision means better performance and happier, more comfortable employees. Maintaining the eyesight of employees is a win-win proposition for employers.

## 1.2.2 Lesson 1 - Setting an Eyecare Mode

The **Eyecare** mode lets you see notification windows only, without the ability to lock the screen during the break time.

- Start EyeShield, if it is not already running, by choosing **Start » Eye Shield » Eye Shield**.

If you have used EyeShield before, it will open the most recently saved settings.

- In the status area, right-click on the program icon; you will see a context menu.
- On the shortcut menu, click **Customize**. You will see a **Customize** dialog box.
- Click the **General** tab.
- In the **Work minutes** box, type work period time, or select work time.
- In the **Break minutes** box, type break period time, or select break time.

Or,

- In the **Recommended timing** list, click **Adult** or **Child**.
- Under **Break** window, click **Allow to close** if you want to be able to close the **Break** window before the end of the break period.
- Click **Full screen** if you want the **Break** window to appear full screen.
- In the **Mode** list, click **Eyecare**.
- Click **Ok** to save changes.

## 1.2.3 Lesson 2 - Setting a Lock Mode

The **Lock** mode lets you lock the computer, but EyeShield does not notify about breaks in this mode.

- In the **Customize** dialog box, click the **General** tab.
- In the **Mode** list, click **Lock**.

- Click **Passwords** tab.
- In the **Password** box, under **Desktop**, type your password.
- In the **Confirm** box, under **Desktop**, retype your password.
- Click **Ok** to save the changes.

The next time you lock the computer, remember that you will need to type the password to unlock it.

## 1.2.4 Lesson 3 - Setting a Lock+Eyecare Mode

The **Lock+Eyecare** mode lets you take advantage of the **Lock** and **Eyecare** modes.

- In the **Customize** dialog box, click the **General** tab.
- Under **Break window**, click **Allow to close** if you want to be able to close the **Break** window before the end of the break period.
- In the **Mode** list, click **Lock+Eyecare**.
- Click **Passwords** tab.
- In the **Password** box, under **Desktop**, type your password.
- In the **Confirm** box, under **Desktop**, retype your password.
- Click **Ok** to save the changes.

**Note:** The **Break** window is always full screen in **Lock** and **Lock+Eyecare** modes; the **Full screen** option does not reflect the size of the **Break** window.

## 1.2.5 Lesson 4 - Protecting Settings with Password

Defining the password for the Customize dialog box restricts access to the settings.

- In the **Customize** dialog box, click the **Passwords** tab.
- In the **Password** box, under **Customize**, type your password.
- In the **Confirm** box, under **Customize**, retype your password.
- Click **Ok** button to save the changes.

Now check the effect of the changes.

- In the status area, right-click on the program icon; you will see a context menu.
- On the context menu, click **Customize**. You will see a **Password** dialog box.
- In the **Password** box, type the password.
- Click **Ok** to commit the password; if password is correct, you will see a **Customize** dialog box.

## 1.2.6 Lesson 5 - Customizing the Sounds

EyeShield makes it easy to define a sound on the message window's start and close events.

- In the **Customize** dialog box, click the **Sounds** tab.

- Select **Play sounds** check box to enable the sounds.

**Note:** If custom sounds are not defined, the program plays built in sound.

- Select **Play custom sounds** check box to enable user-defined sound.

**Note:** **Play sounds** check box should be selected to play user defined sounds.

In the **Sounds** area:

- Click check box by **Break start** box to enable sound on break start.
- Click check box by **Break stop** box to enable sound on break stop.
- Click check box by **Pre-notify start** box to enable sound on pre-notify start.
- Click check box by **Pre-notify stop** box to enable sound on pre-notify stop.
- Click **Open sound** to define sound files for break start, break stop, pre-notify start, and pre-notify stop.
- Click **Test sound** to listen to the sound for break start, break stop, pre-notify start, and pre-notify stop.
- Click **Ok** to save the changes.

## 1.2.7 Lesson 6 - Using Shortcut Menu

The shortcut menu is the quickest way to execute most of the program commands.

- In the status area, right-click on the program icon; you will see a shortcut menu.

The **Exit** command on the shortcut menu closes the program.

The **About** command shows the program information.

The **Help** command opens this help file.

The **Remind Later** command extends the work period by adding five minutes.

The **Pause** command stops the program timer count down.

The **Rest Now** command starts the break immediately.

The **Lock** command locks the screen.

The **Play sounds** check command enables or disables the sound.

The **Customize...** command opens the **Customize** dialog box.

## 1.2.8 Lesson 7 - Defining Keyboard Hot Keys

The keyboard hot keys can dramatically increase accessibility to the program commands.

- In the **Customize** dialog box, click the **Hot Keys** tab.
- In the **Customize** box, press any key combination.
- Define key combination for the **Pause**, **Rest Now**, **Remind Later**, and **Lock** commands.
- Click **Ok** to save the changes.
- Press any of the defined key combination to check.

## 1.2.9 Lesson 8 - Defining Background Image

With EyeShield, it is easy to use any of the pictures from your collection as the **Break** window background.

- In the **Customize** dialog box, click the **General** tab.
- Under **Background**, click **Show image**.
- Click **Open image** to choose an image for background.

Or:

- In the **Image** box, type image file name.

## 1.2.10 Lesson 9 - Defining Additional Behaviour

There are also a few settings that can dramatically improve the productivity of EyeShield.

- In the **Customize** dialog box, click the **General** tab.
- Click **Allow Remind Later**; this will enable the **Remind Later** command.
- Click **Allow Pause**; this will enable the **Pause** command.
- Click **Long Inactivity Reset**; this will reset the timer to the initial state, if the user is inactive for a period equal to break time.
- Click **Confirm Exit**. This will show **Confirm** dialog on program exit.
- Click **Run at Windows startup**. This will start EyeShield each time Windows loads.

## 1.2.11 Lesson 10 - Using Network Settings

The network settings can simplify EyeShield configuration in a company network.

- In the **Customize** dialog box, click the **Network** tab.
- Click **Save** button.
- Save configuration file to a shared folder.

- Install EyeShield on another PC.
- In the **Customize** dialog box, click the **Network** tab.
- Click **Open** button and select saved configuration file.
- Click **Use network settings** to apply the settings.

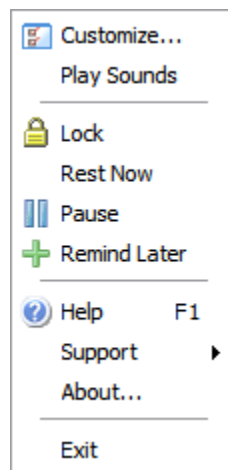
Each time EyeShield starts or opens **Customize** dialog box, the settings will be synchronized with the network (**Use network settings** must be selected).

**That is the end of our tutorial! You now know enough about EyeShield to protect your health and computer. Enjoy!**

## 1.3 The User Interface

### 1.3.1 Shortcut Menu

Right-click EyeShield icon in the status area to access the shortcut menu.



#### **Customize**

Opens **Customize** dialog box, which allows the user to customize most of the program features. Read [Customizing EyeShield](#) to learn more about Customize dialog.

#### **Play Sounds**

Switch the sound On/Off. Read [Customizing EyeShield](#) to learn more about how to customize sounds.

#### **Lock**

Locks the computer.

#### **Rest Now**

Starts the break period immediately.

#### **Pause**

Temporarily pauses timer count down.

#### **Remind Later**

Adds five minutes to the work period.

#### **Help**

Shows the help file.

#### **Send Feedback**

Creates an e-mail to EyeShield support team.

#### **About**

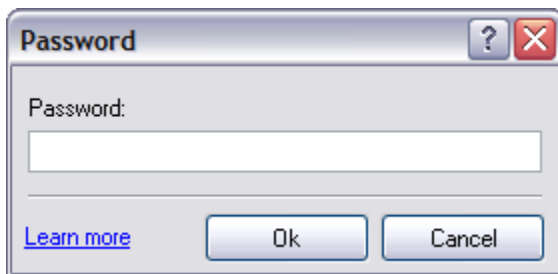
Opens **About** tab of the **Customize** dialog box with the information about program (program version, support department e-mail, and official web site of the program).

#### **Exit**

Exits the program.

### 1.3.2 Password Dialog Box

If a password is defined for the settings, the Password dialog will be opened each time you click **Customize**.



- In the **Password** box, type the password.
- Click **Enter** or **Ok** to confirm the password.

-or-

- Click **Cancel** to discard the password and close the **Password** dialog box.

### 1.3.3 Customizing EyeShield

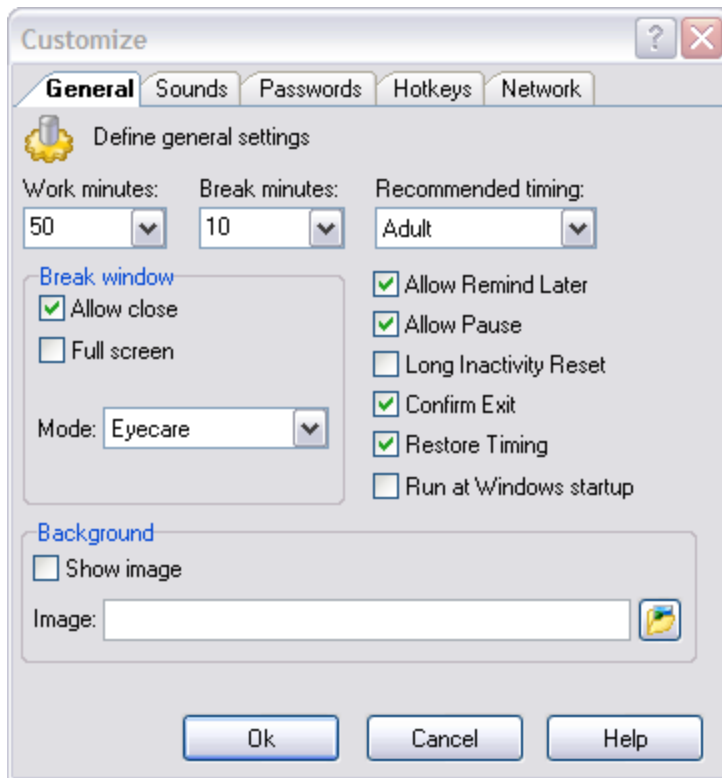
Shortcut menu is one way to execute the program commands. Also see [Hot Keys](#)<sup>14</sup> topic.

Right-click the program icon in the status area to open shortcut menu.



Click **Customize ...**; this will open a **Customize** dialog box.

#### **The General Tab**

**Work minutes**

This is length of the work period in minutes. The minimum value is 10 minutes. It is possible to choose a value from the dropdown list or to define your own.

**Break minutes**

Time of the break period in minutes. The minimum value is one minute. It is possible to choose a value from the dropdown list or to define your own.

**Recommended timing**

Defines recommended periods for work and break periods based on age.

**Allow close**

Shows Close button in the Break window, which allows the user to end the break period.

**Long Inactivity Reset**

Resets the timer to the initial state after inactivity for a period equal to the break period.

**Restore timing**

Restores program timing after program reload.

**Full screen**

The Break window occupies the entire screen.

**Mode**

Choose from the following modes: Eyecare, Lock, Lock+EyeCare.

**Allow Remind Later**

Enables Remind Later command in the program menu and keyboard shortcut.

**Allow Pause**

Enables Pause command in the program menu and keyboard shortcut.

**Confirm Exit**

When you manually close the program, confirmation is requested.

**Run at Windows startup**

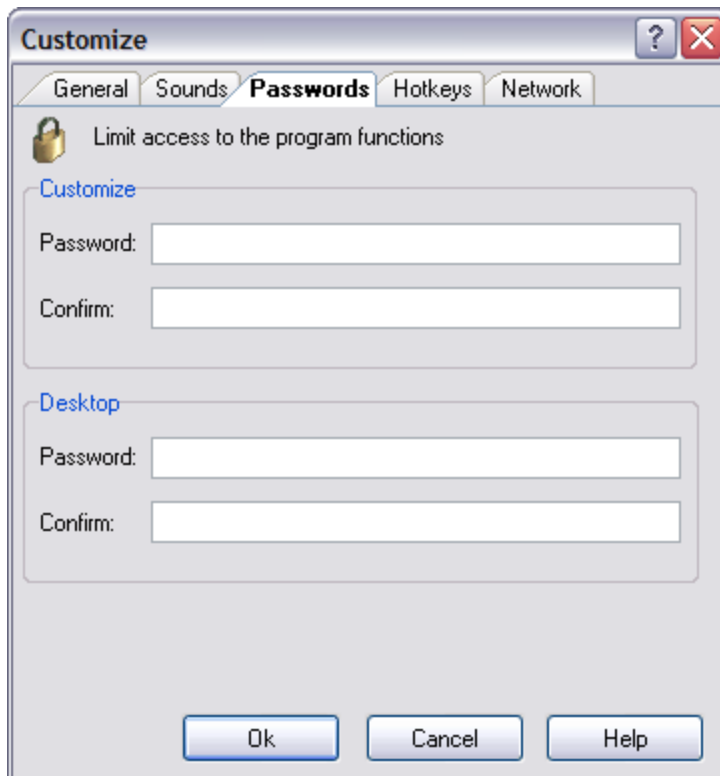
EyeShield is automatically loaded when Windows opens.

**Show image**

Shows the image as the Break window background.

**Image**

A file name to the background image file.

**The Passwords Tab****The Customize group box****Password box**

Type the password.

**Confirm box**

Type the password.

**The Desktop group box**

**Password box**

Type the password.

**Confirm box**

Confirm the password.

**The Hot Keys Tab****Customize**

Defines a hot key to open **Customize** dialog box.

**Pause**

Defines a hot key for **Pause** command.

**Rest Now**

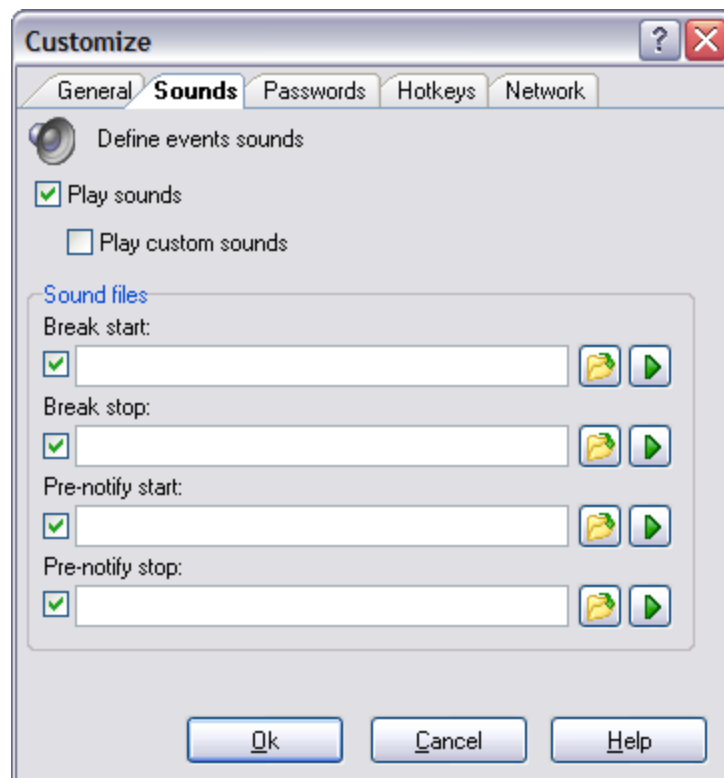
Defines a hot key for **Rest Now** command.

**Remind Later**

Defines a hot key for **Remind Later** command.

**Lock**

Defines a hot key for **Lock** command.

**The Sounds Tab****Play sounds**

Enables sound for start and end of break and pre-notify messages.

**Play custom sounds**

Enables user-defined sounds instead of default for the program.

**Start break, Stop break, Pre-notify start, Pre-notify stop**

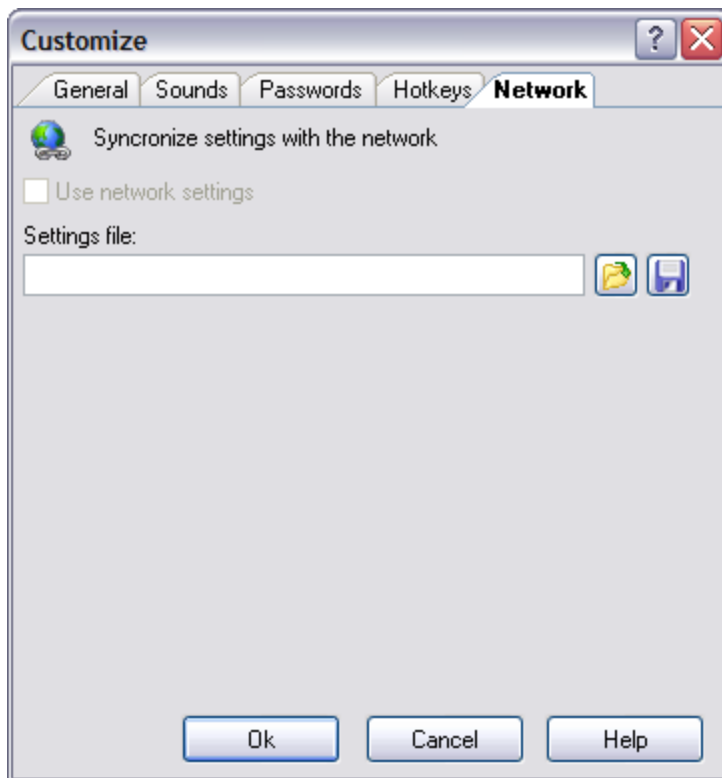
Enables default or custom sound for the action.

**Open sound**

Opens existing sound file for the action.

**Play sound**

Enables the selected sound file.

**Network Tab****Use network settings**

Synchronizes settings with the network settings.

**Settings file**

Network settings file name.

**Open settings file**

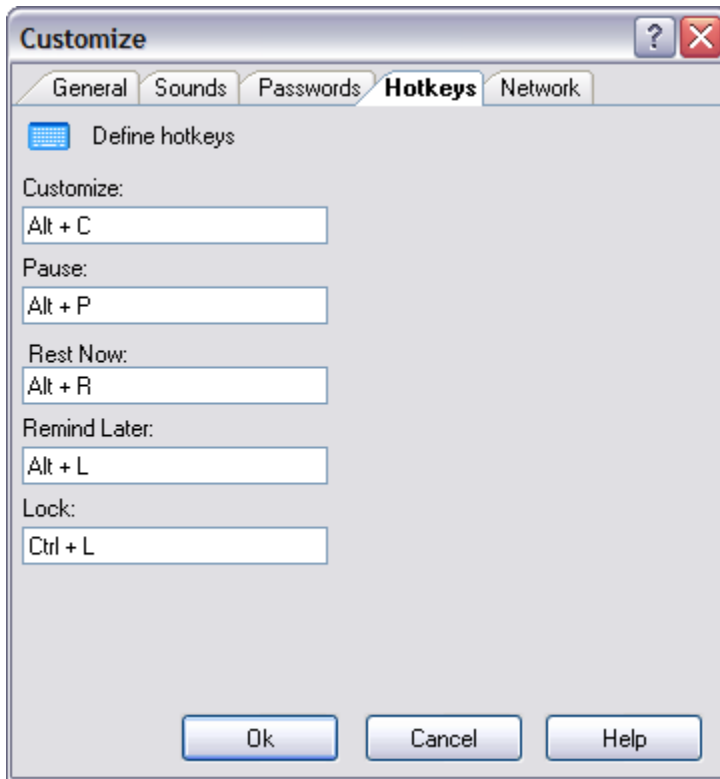
Opens settings file.

**Save settings file**

Saves setting file.

### 1.3.4 Hot Keys

Hot keys are the quickest way to execute the program commands from the other programs.

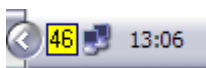


Command	Shortcut	Customizable
Customize	Alt+C	Yes
Pause	Alt+P	Yes
Rest Now	Alt+R	Yes
Remind Later	Alt+L	Yes
Full Screen	F11	No





**Note:** Most of the hot keys are customizable. Define your own hot keys in the [Customize](#) dialog.

### 1.3.5 Status Area Icon

The program icon in the status area provides at-a-glance information on the program work mode and the minutes remaining until the break. See the table for the meaning of each colored icon.



Icon	Color	Meaning
	Yellow	Work time; seven minutes until the break

	Green	Break time.
	Blue	User manual pause.
	Blue	Program internal pause after five minutes of user inactivity.
	Yellow	Lock mode

## 1.4 Getting Help

### 1.4.1 Help

The help file that comes with EyeShield contains complete documentation of all aspects of the program.

To display Help:

Choose **Start » Programs » Eye Shield » EyeShield Help** or press F1

-or-

Click **Help** command in EyeShield shortcut menu

### 1.4.2 Sending Feedback to Nimble Software

We love to hear from our customers. Send us your suggestions, ideas, and questions to [support@nimblesoftware.com](mailto:support@nimblesoftware.com). Please include your e-mail address so that we can contact you with any questions or assistance.

To obtain the latest information about EyeShield, please visit EyeShield on the web:

<http://www.nimblesoftware.com>.