

RSIBreak

COLLABORATORS

	<i>TITLE :</i> RSIBreak		
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Chapter 1

RSIBreak

1.1 main

```
*****
@RSIBreak 1.1 (22/11/95)
-----
      By $LiNg$HoT
      -----

Introduction

Standard Disclaimer

Requirements

Usage

Features

Bugs

History

TO DO

Greetings

Contacting the author
      *****
      The time has come for the PPC
|AT|          -- Super Amiga --          |AT|
*****
```

1.2 What the hell is RSIBreak - Some kind of snooker util???

RSIBreak is a small commodity which sits in the background ↔
of your
work environment and at regular intervals reminds you to take breaks.

There are two types of break; the first is taken usually after a couple of minutes and results in the screen flashing continually for a defined number of seconds. It requires that the user stops typing and maybe shakes their hands out. I have called this the MICROBREAK. The next type of break is called the GETUPBREAK and occurs after a longer period of time and requires that the user stops typing completely and maybe gets up and walks around. The length of time taken for this break is usually around 2-5 minutes depending on user preference. The GETUP break results in a recoverable alert appearing which lasts for the amount of time set by the user (it can be skipped with a mouse click).

So, what is RSI all about then? Well, it's quite a complex subject area but basically RSI (Repetitive Strain Injury) is a collective term referring to a number of different physical ailments mainly affecting the arms and/or shoulders resulting from keyboard use. RSI does not just affect computer users however and can arise through many other repetitive activities such as piano/guitar playing etc...RSI is a very nasty thing to develop and if ignored can completely destroy a career in computing. The scary thing though is that the symptoms can just suddenly come on strong and from that point they wont just dissapear over night.

Therefore, it is very important that computer users are aware what can cause the injuries to develop and take action accordingly. RSIBreak is just one simple method of attempting to reduce the amount of uninterrupted typing sessions an Amiga user may have. This means that the repetitive action of typing which can cause RSI symptoms to appear is reduced. This is no where near complete protection against RSI but it will provide some resistance. Also, if you already have RSI using RSIBreak may well help to reduce some of the symptoms as the actions which caused the problems in the first place are reduced and thus the body may be able to repair itself. In my case by changing my posture, keyboard position and using RSIBreak I have managed to reduce the symptoms of RSI by a huge amount. However, I have had some form of irritation in the arms ever since I first developed the symptoms suddenly on a day in Novemeber 1994, and I really should have seen a doctor about them soon after. Therefore, I recommend that if you ever develop pain in the arms for more than a couple of weeks you must seek medical attention and find out more about RSI. Also be aware that many doctors do not recognise RSI as being a valid medical condition and so some may mis-diaganose your symptoms.

As I havent got the knowledge to fully describe the many causes and treatments for RSI

[click here](#)

for a list of WWW resources on the subject.

1.3 WWW RSI links

WWW RSI links

1). Typing injury FAQ

<http://www.cs.princeton.edu/grad/dwallach/tifaq/>

2). The CTD News

<http://wanda.pond.com/mall/ctdnews/rsi/month.html>

3). Ergonomic discussion and RSI links.

<http://www.com/metamorphosis>

E-Mail

Also, there is a UK mailing list for discussion of RSI. Here is some information on it:

A UK-based list for discussion of Repetitive Strain Injury, tendonitis, tenosynovitis, thoracic syndrome, carpal tunnel syndrome, and other forms of upper limb disorder.

This list is intended to supplement existing RSI mailing lists, newsgroups, newsletters, and other Internet resources, by providing a local forum for UK users to exchange UK-specific information, e.g. on support groups, books and articles, NHS and other health facilities, suppliers of ergonomic equipment, health and safety legislation, and so on. The list is unmoderated, and anyone suffering from or interested in RSI is welcome to join.

To subscribe, send:

To: listserver@tictac.demon.co.uk
Subject: (leave blank)

subscribe rsi-uk <yourfirstname> <yourlastname>

RSI-UK uses Tim Illingworth's "Listserver" mailing list manager. For details of commands available, send:

To: listserver@tictac.demon.co.uk
Subject: (leave blank)

help

Owner: Ellen Mizzell (ellen@tictac.demon.co.uk)

1.4 Excuse me...but what are the associated legalities...?!?? :)

I make no guarantees for this program at all! You use it at your own risk.

RSIBreak is coded in the awesome Amiga E dedicated Amiga programming language. This is a great language and lets you create efficient AmigaOS programs in the shortest time...Try it..! Amiga E is coded by Wouter van Oortmerssen.

RSIBreak is Copyright James Allen A.K.A \$LiNg\$HoT

RSIBreak can be included with any PD-CD or placed on any cover disk as long as the LHA archive is not changed in any way and James Allen is credited in the magazine.

1.5 What ya need..

RSIBreak needs:

- Any Amiga running Kickstart 2+
- Someone with enough self will to take breaks when reminded to!

1.6 So.....How do I use it then?

CLI

Usage is pretty straight forward. If running from the shell the standard AmigaDOS template is:

```
RSIBreak DELAY/N/A,BREAK/N/A,GETUP/N/A,GETUPBREAK/N/A
```

Where:

DELAY = The amount of time before entering a MICROBREAK.
BREAK = The amount of time to take for the MICROBREAK.
GETUP = The amount of time before entering GETUPBREAK.
GETUPBREAK = The amount of time to take for the GETUPBREAK.

* Note: All values must be in seconds *

Example:

```
1> RUN >NIL: RSIBreak DELAY=180 BREAK=5 GETUP=1800 GETUPBREAK=120
```

* Note: The RUN >NIL: bit makes the program detach from the shell and run in the background. If this is not included you would not be able to close the shell or enter any other commands from it. The only way to get it back would be to press CTRL-C to terminate the program or to use the exchange program.

Workbench

If you want to run RSIBreak from Workbench (recommended) simply copy it into your WBStartup drawer and modify the tool types to the values you desire. The included MagicWB icon contains all the relevant tooltypes set to the values that I use. If no tooltypes are present (or if some are missing) the program will default to the following values:

DELAY = 180 (3 minutes)
BREAK = 5
GETUP = 1800 (30 minutes)
GETUPBREAK = 120 (2 minutes)

* Note: If running from WBStartup you must have the tooltype DONOTWAIT in the programs icon.

These are the timing values that I use and find them quite acceptable.

You may want less or more time for the breaks but I've heard that you should have at least 10 minutes off per hour of computer work and take a microbreak every 3-5 minutes. Hey, guess I better have more time off for the GETUPBREAK then!

Commodity Control

RSIBreak is a commodity which means that once running you can terminate it or disable it using the Exchange program (sys:tools/commodities/exchange). Once you have disabled the program the timers will be reset and so once re-enabled they will begin counting from 0. This can be useful if you have left your machine for a while.

* Note: You can also kill RSIBreak by sending a CTRL C signal to it using one of the many PD System Monitor programs.

1.7 It will stop you getting painful RSI!!

Features:

- Reminds the user to take regular breaks.
- 2 breaks for more protection against RSI.
- It's a commodity allowing for easy termination and resetting of timers.

1.8 Arhhhhh no not them....!

KNOWN BUGS

If you discover ANY other bugs that occur during use, please report them to

me

as soon as possible. I will then attempt to fix them, and mail ←
you the

new version.

1.9 What has been changed and added..

RSIBreak Version History

V1.0 - (15/04/95) - UNRELEASED

- First version
- Uses loops and delay() to time the breaks.

V1.1beta - (05/05/95) - SCRAPED

- Uses the timer.device directly (using message ports!! :)

- It is now a commodity.
- Uses 2 timer requests for the two breaks.
- Didn't work properly like this and so was scrapped.

V1.1 - (22/11/95) - RELEASED ON AMINET (1/1/96)

- Modified to use 1 timer request, 1 second at a time with a counter.
- Tidied up code and made more efficient.

1.10 What next then?

- Add a GUI to allow configuration of timing parameters etc..
- Add new methods of reminding the user to take breaks, maybe a screen blanker type GETUPBREAK reminder (like in the Mac program - Coffee Break)
- Improve the documentation, especially in the introduction.

If you have any ideas or find some bugs (I hope not!), feel free to
mail em to me!

1.11 Hi mum!

Greets go out to the following people:

Laurie Lee (The C God) - Just one word about this being useless and...
Dave Hollway - I'll get a A4000T before you...Oh yes, you'll see....!!!! :)
Mark & Scott/Visage Computers - What are YOU doing with one of my programs?
Catlord - When ya gonna code a demo then.... *)
Draxx/Desire - Hi buddy...Long time no mail..Hope to see you around sometime.
Creator - Get that Babylon 5 beater finished! ;)
KenD/LSD - See yers on mono m8.
CounterPoint/Westower - I want a space battle score right now... :)
Chalky - Finally you have upgraded, about time too....;>
WhiteWolf - LOOK, I want my damn CD back.....;)
WolfLord - Hi...Hey, how come your reading this....?!?!?!?
Jason Compton - Keep producing your great mag!
Deztech - Its unlikely you'll ever see this considering you have defected!
Mark Williams - How are the sheep doing..Talk soon.. ;>>>
Wangi - Cant wait to see SUPERWangi Pad!! Get in touch!

AND..

All the programmers on the world wide Amiga scene, who make our machine
such a joy to use.

While I'm at it, greets to ALL Amiga owners everywhere. Keep the dream
alive!

1.12 So you want to talk to me huh? :)

Here are my current Industrial Placement E-Mail addresses. They remain valid until August 96.

Mail me - James Allen - at either:

- ja@dsbc.icl.co.uk OR
- James.Allen@bra0101.wins.icl.co.uk

When I get back to uni in October 96, my e-mail address will be:

- cc023jwa01@ntu.ac.uk (I think!)
- and maybe:
- sys3jal@doc.ntu.ac.uk

I look forward to hearing from you.....

Look out for my other releases such as:

- MultiVer - Scans 2 directories and compares \$VER of files.
(Aminet: util/cli/MultiVer12.lha)
- NameStrip - Recursively scans and strips file names of spaces etc..
- GuideCompiler - Scans recursively and builds an @AmigaGuide of text files.
(Aminet: text/hyper/GuideCompil12a.lha) Includes:
- DeliList - " " " and builds up a @DeliTracker2 playlist.
(Aminet: mus/misc/DeliList10a.lha)
- SpeakTime - Speaks the current time using speak:
(Aminet: util/time/SpeakTime10.lha)

Oh and my one released music mod is on aminet in mods/pro and is called:

WhoIsElvis94.lha

It's a remix of the techno track, "Who is Elvis" By Interaction.

I have also done a REKO Klondike AGA cardset. The theme is space and it is a 256 colour set. It's on Aminet as:

game/think/SpaceREKO.lha

There has been a slight (well massive) delay in development of my programs, as I havent been feeling too well over the past 3 months or so with headaches, dizziness etc...Also, my damn RSI has started up again abit lately, and I havent felt like coding much. Still, I hope to make a start on the GUI for this program at some point soon and must get this damn RSI seen too by a professional!
