

WorkPace for DOS

WorkPace for DOS is intended for use under DOS, and for DOS programs which are run under Windows 3.1, 95. Unlike Windows NT under Windows 3.1, 95 WorkPace for Windows is unable to monitor keyboard/mouse activity for DOS programs which are run from within Windows. Under these operating systems you can instead use WorkPace for DOS to ensure that you are still reminded to take micropauses and rest breaks. Note that WorkPace for DOS does not offer all the features of WorkPace for Windows. Also the two packages do not communicate with each other i.e. WorkPace for Windows will remain unaware of any activity you do when using WorkPace for DOS.

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Program Description

WorkPace for DOS is an OOS/RSI computer related injury prevention program for MS-DOS. WorkPace uses timers to remind you when best to take a break to help prevent keyboard overuse injury. WorkPace will remind you to take brief breaks (Micropauses) of a few seconds every few minutes, if you are not taking them naturally. WorkPace will also remind you to take longer breaks of 5 to 10 minutes, every hour or so. These regular breaks allow your muscles to recover from keyboard strain, preventing injury.

For more information on the prevention of OOS/RSI refer to the WorkPace manual.

Features of WorkPace for DOS

Warning levels

Warning indication types and options

Features of WorkPace for DOS

WorkPace for DOS intelligently generates micropause and rest break reminders in an effective but unobtrusive manner. There are several different types of reminder indications that WorkPace for DOS can give, and there are 3 different warning levels which become progressively more noticeable as time passes without a break. WorkPace for DOS will automatically detect when you take a long enough break, and will not advance the timers when you are not using the keyboard. In this way WorkPace for DOS only measures active keyboard use, and suggests breaks only if you are not taking them naturally. The unobtrusive and progressive nature of the reminders allow you to better plan your breaks to fit in with your workload.

Warning levels

WorkPace for DOS has 3 different warning levels. It can give a subtle and unobtrusive early warning for micropauses and rest breaks. When a break is due the warning becomes more noticeable. Exactly how noticeable is selectable in the options. If this warning is ignored another warning is generated when the break is overdue by some adjustable amount. This warning can be even more noticeable, but again the degree is selectable in the options. If you ignore early warnings WorkPace for DOS can be optionally set to force breaks, locking your keyboard until a break is finished. This option is offered through the pop-up warnings.

Warning indication types and options

There are 4 types of warning indicators. Each can be enabled or disabled, and the pop-up warnings can be set to respond in different ways to different situations.

The 4 indication types are:

1. Audible warnings
2. The corner indicator
3. A flashing bar at the top of the screen
4. Pop-up warnings

For a full description of these refer to "[Warning Indicators](#)". These warnings can be anything from a brief "Beep", or a small flashing character in the corner of the screen, to a pop-up warning message, or in extreme cases for OOS recovery, the keyboard may be locked to prevent further use while the break is taken. These may be set to occur at different warning levels or may be totally disabled.

If warning are ignored they will always be back to haunt you! But at least you can have the flexibility and early warning to take the breaks at a good time, within reason!

Installation

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Registration and trial installation

You only install WorkPace for DOS once. To use WorkPace for Dos on a permanent basis you will need to enter a registration code, otherwise you will get a trial period of one month. You may enter the registration code at any time, during or after the trial period.

WorkPace for DOS allows a free trial period of 1 month from the installation date. After that you must register or purchase it. Purchasing WorkPace for Windows automatically provides you with WorkPace for DOS.

When you register you will receive a registration code and name which you will need to enter into the configuration program to continue using of WorkPace for DOS. If you have registered for the Windows version of WorkPace, you can use the same registration code and name for WorkPace for DOS.

In exceptional circumstances it is possible to extend the trial period by entering a "Trial Extension Code" into the configuration program. You will be given a random "Extension Request Code" by the configuration program and you will need to get a matching extension code from your reseller.

Installation procedure

If you are unfamiliar with installing software in a DOS environment please ask your system administrator or some other qualified person to install WP4DOS for you.

1. Create a directory for WP4DOS, for example

```
C:\> md C:\WP4DOS
```

2. Copy the file WP4DSE.EXE file into this directory. This is a self extracting archive file.
3. Run WP4DSE.EXE

```
C:\WP4DOS\> WP4DSE
```

This will create the necessary files for WorkPace for DOS.

4. Run WPCONFIG.EXE

```
C:\WP4DOS\> WPCONFIG
```

You may enter you registration name and code at this point if you have any. Refer to "[Entering a registration code](#)" for instructions.

You can set up the options you require, or simply keep the default options for now. You may change these at any time. Refer to "[The configuration program](#)" for information on set up the various options.

5. Select "Exit" from the menu using the arrow keys and press the [Enter] key.

** WorkPace for DOS is now installed. **

You can run WP4DOS from the command prompt at any time, however it is recommended that you add WP4DOS to your C:\AUTOEXEC.BAT file so it starts every time you turn on or reset your computer.

6. Add the following line to the file C:\AUTOEXEC.BAT

```
C:\WP4DOS\WP4DOS
```

** WP4DOS does **NOT** need to be in the DOS path **

7. Start WP4DOS with the command WP4DOS from the WP4DOS directory or specify the directory WP4DOS is in. For example at the command prompt, type:

```
C:\WP4DOS\WP4DOS
```

8. To stop WP4DOS and remove it from memory enter the command 'WP4DOS u' in the same way.

For more information on starting WP4DOS see "[Starting WP4DOS](#)".

Files in WorkPace for DOS and technical information

The WorkPace for DOS package consists of 2 program files, the run time program WP4DOS.EXE and the configuration program WPCONFIG.EXE. Two more files are generated when you first run WPCONFIG.EXE, these are WP4DOS.BIN and WP4DOS.OPT.

!! These files must always be in same directory !!

WP4DOS and WPCONFIG can be run from any current directory, and will always look for the WP4DOS.OPT and WP4DOS.BIN files in the same directory the .EXE files are located in.

WP4DOS is a memory resident program, and runs in the background. It can be started at any time, but to ensure it is active whenever you use your computer you should start it from the DOS C:\AUTOEXEC.BAT file.

You will need to run WPCONFIG after installation to enable the trial period or enter the registration code. WP4DOS will not work until WPCONFIG has been run. You don't need to select any options to begin the trial, it will start automatically as soon as WPCONFIG is run.

The nature of the protection in WP4DOS is such that for a trial to work, reinstalls are not allowed, and the date and files must not be tampered with during the period of the trial. If something goes amiss the trial will be disabled and you will need a trial extension code to continue with the trial, or a registration code to allow full access.

Registered versions are not bothered by such things, unless you delete essential files, when you will need to re-enter your registration code.

Uninstallation

To uninstall WorkPace for DOS from your hard disk, delete all files in the WP4DOS directory and remove the startup line "C:\WP4DOS\WP4DOS" from your AUTOEXEC.BAT file.

Troubleshooting

If WorkPace for DOS does not work correctly with some other program there are several things you can try:

1. If it is only one of the indicators that cause problems, ie sound, corner indicator, or flashing bar, then you can disable any of these from the 'Indicator Options' page of the configuration program WPCONFIG. The pop-up warnings can be disabled from the 'Micropause Options' and 'Rest Break Options' pages.
2. If there are still problems you can suspend WorkPace for DOS when you run that program, either manually or using a batch file to suspend WP4DOS, then run the program, then resume WP4DOS. See "*Temporarily suspending WorkPace for Dos*" for details.

The WorkPace for DOS Configuration Program, WPCONFIG.EXE

WPCONFIG.EXE is the configuration program for WorkPace for DOS. This program is used to change the various options and time settings, and is also used to enter registration and trial extension codes. If WorkPace for DOS is in memory, then the changes will take effect immediately, otherwise they will take effect next time WorkPace for Dos is started.

Using the WorkPace for DOS Configuration Program

The Main Menu

Registration and Trials

Micropause and Rest Break Options

Warning Indication Options

Advanced Options

Loading, saving, and resetting options

Using the WorkPace for DOS Configuration Program

You can run WPCONFIG from any current directory. WPCONFIG displays a main menu in a window on the left, and any selected options page or other information in a window on the right. When WPCONFIG is run you can select the desired options from the Main menu on the left using the arrow keys to move the highlight bar, then pressing [Enter] or [Space] to select the option. To return to the main menu from an options page highlight the 'Main Menu' option with the arrow keys and press [Enter] or [Space] as before.

TAB and SHIFT-TAB will always move the highlight the same as the Right and Left arrow keys respectively, even when in time or text fields when the left and right arrows only move within the field (see below)

Each options page may contain a number of menu selections, plus tick boxes and fields where you can enter a time or other text. Fields can be selected as described above, with the arrow keys or TAB key.

Tick boxes

Press [Space] or [Enter] to tick or untick these boxes.

Time or text fields

Left and Right arrows move the cursor within the box. Use up and down arrows or the TAB or SHIFT-TAB key to move the highlight to another field or option.

Typing in a text or time box will first clear what was there before, unless you first use the left or right arrow keys, TAB key or the [Home] or [End] keys.

If you make a mistake typing or do not want to enter what you have typed, press the [ESC] key to undo any typing you have done since you last selected that field or pressed [Enter]. If you press [Enter] or move the highlight to another field [ESC] will not work.

The time format is "hh:mm:ss", where hh is hours, mm is minutes, and ss is seconds. Any numbers separated by colons, ':', will be interpreted this way. You do not need to include both colons, or even any colons at all. For example, type:

"10" = 10 seconds, and will be displayed as "0:10" when you press [Enter].

"4:55" = 4 minutes and 55 seconds.

"1:05:00" = 1 hour 5 minutes.

"120" = 120 seconds = 2 minutes, displayed as "2:00" when you press [Enter].

"2:0" = 2 minutes, displayed the same way, ie "2:00"

"1:." = one hour, displayed as "1:00:00"

"3600" = 3600 seconds = 1 hour, also displayed as "1:00:00"

Restore original options

Most options pages have a "Restore Original Options" selection. Selecting this field will restore all the options on this page only back to what they were when you started WPCONFIG.

The Main Menu

The Main menu is always displayed in a window on the left of the screen, and is active when the main menu window border is white with double lines. WPCONFIG starts with the main menu active. To return to the main menu from an options page, select 'Main menu' at the bottom of the options page.

The following selections are available from the Main Menu:

- [Micropause Options](#)
- [Rest Break Options](#)
- [Indicator Options](#)
- [Advanced Options](#)
- [Registration](#)
- [Save and Restore Options](#)
- [Exit](#)

The Micropause, Rest Break, Indicator and Advanced options allow you to change the break timing and reminder indicator settings.

Select 'Registration' to:

1. Get information on the current registration and number of licences,
2. See how much of the trial period is left, or
3. Enter a new registration code or to enter a trial extension code or get a trial extension request code.

All these are explained in "[Registration](#)".

The 'Save and Restore' page has a number of options to save the options to disk (this is normally done automatically on exit), to restore all options to what they were when you started WPCONFIG, or to reset all options to a pre-defined default configuration.

Selecting 'Exit' exits the Configuration program, and saves the options to disk. If this is the first time WPCONFIG has been run since WP4DOS was installed on your computer exiting the program will also initialise WP4DOS, starting a trial period if WP4DOS is not registered. You must initialise WP4DOS by running WPCONFIG before WP4DOS will work.

Exit without saving options

Pressing [ESC] at the Main menu will pop up a question box asking if you really want to quit without saving the options. If you choose yes, [y] or [Enter], WPCONFIG will exit without saving any changes you might have made to the options since you started WPCONFIG or last saved the options using the 'save options' selection on the 'Save and Restore' page.

Quitting without saving does not effect initialisation of WP4DOS or any registration or extension codes you might have entered.

Registration and Trials

The Registration page of the configuration program WPCONFIG can be selected from the Main Menu.

This page displays registration or trial information. If WP4DOS is registered it will show the registration name and number of licences, otherwise it will show the number of days remaining of the trial, or if the trial has expired.

This page also has menu options to enter a registration code or extend a trial period.

Getting a registration code

Entering a registration code

Trial extension codes

Getting a trial extension request code

Entering a trial extension code

Getting a registration code

To continue using of WorkPace for DOS after the trial has expired, you will need to get a registration code when you purchase WorkPace. If you get WorkPace for DOS with the Windows version of WorkPace as part of a package, then you can use the same registration code for both products. If you purchase only the DOS version, the registration code you receive will only be valid for the DOS version.

Without a registration code you will get a one month free trial of WorkPace for DOS. Once that expires you will need to enter a registration code to get WorkPace for DOS working again.

In exceptional circumstances you may be given a trial extension code which will allow a further one month trial. See below for more information.

Refer to ORDER.TXT for contact and ordering information.

Entering a registration code

When you first purchase WorkPace for DOS or if you upgrade the number of licences, you will need to enter the registration code obtained from your reseller. Should you need to reinstall WP4DOS onto your hard disk, you will need to re-enter your registration code, so keep your registration code in a safe place for future reference.

To enter a registration code:

1. Select 'Registration' from the Main Menu.
2. Select 'Enter Registration Code' from the registration page menu.
3. A window entitled 'WP4DOS Registration Code Entry' will pop-up.
4. Using the Arrow keys to move the highlight between fields as before, enter your registration name and registration code in the fields provided. Your reseller will give you both the name and code and you must enter these exactly, including upper and lower case.
5. The one exception being that if the name does not fit on one line you may continue it on the next line, splitting words if necessary, or you may carry the whole word over to the next line.
6. Select 'Register' and press [Enter]
7. A message will appear at the bottom of the screen informing you whether the registration code has been accepted or not. If not you must check the name and code and be sure that every letter is correct and in the correct case.
8. When the code is accepted you will be asked to press a key to continue. When pressed, the pop-up window will disappear and the new registration details will be shown on the registration page.

* To cancel registration code entry and return to the registration page select 'Cancel' and press [Enter], or press [ESC]

The same editing keys apply to the text fields as described in "*Using WP4DOS configuration program*"

Trial extension codes

In exceptional circumstances you may be given a trial extension code which will allow a further one month trial.

This option is not needed (and not available) if your copy is already registered.

To get a trial extension code you must send your supplier an 'Extension Request Code' which is displayed on the trial extension window (see below). Your supplier will give you a matching 'Trial Extension Code' which you must enter in the Trial extension window.

When a new trial starts a new extension request code is generated, and the old code will not work any more.

Getting a trial extension request code

1. Select 'Registration' from the main menu
2. Select 'Extend Trial' from the registration page menu.
3. A window entitled 'WP4DOS Trial Extension Code Entry' will pop-up.
4. At the top of the window is the 'Extension request code'
5. Write down the 'Extension request code' and send it to your supplier.
6. Select 'Cancel' and press [Enter] to return to the registration page.

Entering a trial extension code

Follow steps 1-2 in the previous section then.

1. Enter your trial extension code in the field provided.
2. Select 'Enter' and press [Enter]

A message will appear at the bottom of the screen informing you whether the extension code has been accepted or not.

When the code is accepted you will be asked to press a key to continue. When pressed, the pop-up window will disappear and the number of days remaining in the new trial will be shown on the registration page.

* To cancel extension code entry and return to the registration page select 'Cancel' and press [Enter], or press [ESC]

Micropause and Rest Break Options

The time between breaks and the duration of breaks can be set for Micropauses and Rest Breaks from the 'Micropause Options' or 'Rest Break Options' pages, selected from the Main Menu. Pop-up warning options can also be set from these pages.

Options on these pages are:

1. Time between breaks
2. Break Duration
3. Enable pop-up warnings
4. Lock Keyboard on pop-up
5. Pop-up level ('Pop-up when break is: ...')
6. Restore original options

Time between breaks (Interval)

The time between breaks is the amount of active time spent using the keyboard between breaks. If you stop using your PC for a short while the inactive time is not counted, and if you stop for long enough WorkPace for DOS will recognise that you have taken a break, whether one is due or not.

Break duration

The 'Break duration' is the minimum length of time to be spent not using the keyboard. When you take a break of this length or longer WorkPace for DOS will recognise it and reset the interval timer.

Enable pop-up warnings

Tick this box to make the status window pop-up when a break is due. The status window shows (i) which break is due, if any, (ii) the break timers, including (iii) time remaining when taking a break, or (iv) how long a break has been over due if when a due break has not yet been taken yet.

When a pop-up warning occurs the keyboard will lock for 2 seconds before allowing you to remove the window and continue by pressing a key. This will briefly disrupt your computer use, but is a very useful reminder.

You can set a pop-up warning to occur at a later stage, after you have already been given unobtrusive warning sounds and corner indicator warnings a short time before. See "[Pop-up level](#)" below for more information on pop-up warning levels.

Pop-up warnings can be set independently for Micropauses and Rest Breaks.

Lock keyboard on pop-up

It is possible to lock the keyboard for the entire period of the break when a pop-up warning occurs. This prevents you from continuing to use the computer and forces you to take the break. It is most useful when trying to break bad work habits (of consistently ignoring breaks) or when trying to recover from an existing OOS/RSI condition.

If this option is ticked locking will occur on all pop-up warning for this break type. Pop-up warnings must be enabled before locking can work.

Locking can be can be set independently for Micropauses and Rest Breaks.

Pop-up level ('Pop-up when break is: ...')

You can set the pop-up warnings to occur at various stages in the progressive warning development. ie you can set the pop-up warning to occur a short time before a break is due as an early warning (although there are other less obtrusive early warnings such as sound and the corner indicator), or you may set the pop-up to occur when the break is due or overdue by a time specified in the "Advanced options" (see "[Advanced Options](#)"). You can only select one of the three boxes for this option, and no ticks will be shown if pop-up warnings are disabled.

A pop-up warning will occur at the selected level and for all higher warnings, ie if 'due' is selected a pop-up warning will occur when a break is due and again when it is overdue by the specified amount.

Restore original options

This option will restore all the options on this page only back to what they were when you started WPCONFIG.

Warning Indication Options

This page allows you to enable or disable the various warning indicators. These are:

1. Warning sounds
2. Corner indicator
3. Flashing overdue bar

For a complete description of what these indicators are, refer to "[Warning indicators](#)".

Advanced Options

These options are not normally required to be set by the user.

These options are as follows:

1. MP Overdue Period
2. RB Overdue Period
3. Idle Detect Time

MP and RB overdue period

An overdue warning is issued when a break is overdue by this 'overdue period'. This is set separately for Micropauses (MP) and Rest Breaks (RB).

Idle detect time

This is the period of keyboard inactivity required before WP4DOS recognises that you have stopped using the computer so WorkPace can pause its timers. The idle is normally 10 seconds. Idle time does not effect the length of breaks, and breaks can be shorter than this time. For example the micropause duration may be set to 8 seconds.

Loading, saving, and resetting options

From this page you can:

1. Restore ALL options back to what they were when you started WPCONFIG
2. Reset ALL options to the defaults
3. Save the current options to disk and update WP4DOS immediately if it is running, rather than waiting until you exit WPCONFIG.

Options are automatically saved to disk when you choose 'exit' from the main menu, and if WP4DOS is running, any changes take effect immediately.

Options are not saved if you press [ESC] from the main menu and choose to quit without saving options from the pop-up window you get when you press [ESC].

Using WorkPace for DOS, WP4DOS.EXE

WP4DOS.EXE is the runtime part of the WorkPace for DOS package. This is the program that is normally run when you turn on or reset your computer. WP4DOS stays in your computers memory in the background, the whole time you are using it. WP4DOS keeps track of the timers, measuring keyboard activity and generating the reminder indications when a break is due, or overdue, and gives early warnings of an impending break.

At any time you can check when the different breaks are due, how long they have been overdue, or how much of a break remains to be taken. Do this by popping up the 'Status Window', using the key combination:

ALT-Dot- the [ALT] key then '.' key held down together.

Refer to "[The Pop-up Status Window](#)" for more details.

To temporarily cancel the flashing overdue bar press:

ALT-Comma- the [ALT] key then ',' key held down together.

Refer to "[Ignoring or Delaying a Break](#)" for more information.

There are various indications of when a break is due. These are described in "[Warning Indicators](#)".

You can update the various times and other options using "[WPCONFIG](#)" whether WP4DOS is running or not. Any changes take effect immediately upon exiting WPCONFIG or saving the options within WPCONFIG.

Refer to the following sections for more information.

[Starting WorkPace for DOS](#)

[Stopping WorkPace for DOS](#)

[The Pop-up Status Window](#)

[Warning Indicators](#)

[Ignoring or Delaying a Break](#)

[Temporarily Suspending WorkPace for DOS](#)

[WP4DOS Command Line Options](#)

Starting WorkPace for DOS

Start WP4DOS by running the program 'WP4DOS.EXE'. This is normally done when your computer is turned on or reset, through the AUTOEXEC.BAT file. For instructions on how to do this refer to "[Installation Procedure](#)".

When WP4DOS is first installed on your hard disk you will need to run WPCONFIG to initialise WP4DOS and start a trial or enter a registration key. This is described in the "[Installation Procedure](#)". Initialisation is automatic when you run WPCONFIG and you only need to run WPCONFIG then exit to initialise WP4DOS and start a trial. To enter a registration code refer to "[Registration and Trials](#)".

WP4DOS will not work if it is not initialised.

WP4DOS has a number of command line options, most of which are not used in normal operation. Refer to "[WP4Dos command line options](#)" for details.

[Stopping WorkPace for DOS](#)

Stopping WorkPace for DOS

Stop WP4DOS and remove it from memory with the command 'WP4DOS u'. For example, type:

```
C:\WP4DOS\WP4DOS u
```

The Pop-up Status Window

At any time you can view the timers and see the break status of WorkPace for DOS by pressing:
ALT-Dot

(Hold down the ALT key then press the '.' key while ALT is held down, then release both keys)

When no breaks are due, the status window looks like this:

```
=====
||      WorkPace For DOS      ||
||                             ||
|| Micropause due in:        5:00 ||
||                             ||
|| Rest Break due in:        59:35 ||
||                             ||
|| Idle time:                 0:11 ||
||                             ||
||      Press a key to Exit    ||
=====
```

Press any key to remove the window and return to your work.

The top line normally displays the text 'WorkPace for DOS', but when a break is due, being taken or just finished, a message will be displayed on this line indicating what is currently happening. eg 'REST BREAK DUE'

The 'Micropause due in:' and 'Rest Break due in:' lines give the time until a micropause or Rest Break is due. If a break is overdue or being take, different messages are displayed on these lines indicating the time remaining in the break, or how long since the break was due. For example:

```
Rest break remaining:      1:44
Micropause overdue by:    0:15
```

The 'Idle time' is the time since you last pressed a key on the keyboard.

WARNING: If you press a key during a break the idle time will be reset to zero, and you will have to take the break from the beginning. You will loose the time you have already spent taking the break!

Warning Indicators

There are 4 different ways that WorkPace for DOS can indicate when a break is due. Each can be enabled or disabled, and the pop-up warnings can be set to respond in different ways to different situations. There are:

1. Audible warnings
2. The corner indicator
3. A flashing bar at the top of the screen
4. Pop-up warnings

Audible warnings

Different audible warning tones are generated for the various break types and levels. An early warning is a short 'pip' or 'tick' sound. When a break is due either a Beep or double Beep sounds to indicate either a micropause or rest break is due. If a break is ignored until it becomes overdue by a set amount, a "ring" or double "ring" sound is generated. When a break is finished a high-low "beep-bop" tone is generate to end a micropause, or a downwards trill for the end of a rest break. In summary:

pip	Early warning of upcoming micropause or rest break
beep	Micropause is due
beep-beep	Rest break is due
ring	Micropause overdue
ring-ring	Rest break overdue
beep-bop	Micropause finished
downward trill	Rest break finished

Sounds may be disabled from the "Indicator Options" page of the configuration program.

The corner indicator

When a reminder is given a small indicator appears in the top right hand corner of the screen. This is two characters wide and one line high. Reminders are shown as either a 'm' or 'r' for micropause or rest break early warnings, or a flashing 'M' or 'R' when a break is due.

After the audible warning, this is probably the next most useful unobtrusive indicator. For early warnings the sound generated is the same, so this indicator shows which type of break is coming up, although you can also check the pop-up window if the corner indicator has been disabled.

The corner indicator can be disabled from the "[Indicator Options](#)" page of the configuration program.

The flashing bar

This only occurs when a warning is overdue by a specified amount. The top line of the screen flashes red to indicate an overdue warning. It's pretty hard to miss, but it does not prevent you from using the keyboard.

You can cancel the flashing bar and continue to work by pressing the 'ignore' key combination ALT-Comma. You will be reminded again after the specified overdue period.

The flashing bar can be disabled from the "Indicator Options" page of the configuration program.

Pop-up warnings

The normal pop-up status window can be set to pop-up automatically when a warning occurs. This can be selected from the micropause or rest break options pages of the configuration program. You can set the status window to automatically pop-up when a break is near, due or overdue. This can be set independently for micropauses and rest breaks.

When the status window automatically pops up, it disables the keyboard for 2 seconds, enough time to notice the warning. (You'd be surprised how quickly 2 seconds can pass when you get a warning like this out of the blue!) After that you can clear the window and return to your work by pressing a key. Of course you should take the break either when the warning is shown or soon after. You will be reminded again when the next reminder occurs, ie when the break becomes due or overdue by the set amount.

Should you choose to take the break when the status window pops up, it will automatically disappear 10 seconds after displaying a break finished message when the break is over. Of course you can press a key at any time to remove the status window provided the keyboard is not locked.

You may select the "lock keyboard" option in the micropause or rest break option pages of the configuration program. This will lock the keyboard when the status window automatically pops up in response to the specified warning. Since the keyboard is locked you will be forced to take the break, so relax! That's the whole idea :-). When the break is over the keyboard will be enabled again, and you can remove the status window while it displays the end of break message, otherwise it will automatically disappear after 10 seconds.

The status window will show which break is due, or overdue, or coming up soon, and when it is finished. It also shows the timers for both rest breaks and micropauses, showing the time until the next break or the time remaining in this break.

Ignoring or Delaying a Break

You can defer overdue warnings and cancel the flashing overdue bar by pressing the key combination:

ALT-Comma - the [ALT] key then ',' key held down together.

After a set time (the Overdue period in the "Advanced Options") the overdue warning will be issued again and the flashing bar will start again. The warnings will only stop when you take the break.

Temporarily Suspending WorkPace for DOS

If you find there are some programs that react adversely to WP4DOS, it is possibly to suspend WP4DOS before you start the problematic program, then resume WP4DOS when it finishes. You can either do this manually, or by writing a .BAT file (ask an expert to do this for you) using the command line options:

WP4DOS stop - suspends WP4DOS if already in memory.

WP4DOS go - resumes WP4DOS if suspended or after unsuccessful 'uninstall' (removal from memory, not the hard disk)

Refer to "*WP4DOS command line options*" for more information.

WP4DOS Command Line Options

- WP4DOS u - Uninstall. Stop WP4DOS and remove it from memory.
- WP4DOS stop - suspends WP4DOS if already in memory.
- WP4DOS go - resumes WP4DOS if suspended or after unsuccessful 'uninstall' (removal from memory, not the hard disk).
- WP4DOS h - Displays brief Help for WP4DOS.
- WP4DOS ? - same as WP4DOS h

Technical WP4DOS command line options.

These options are not normally used by the user, but were included as a debugging aid. For EXPERT users only.

- WP4DOS d - Sets all options to internal defaults, ignoring options set in WPCONFIG.
- WP4DOS o - Reloads options from options file created by WPCONFIG.
- WP4DOS m,r,i - These options independently set the Micropause, Rest Break, and idle detect times for that session only.

These options can all be set using WPCONFIG. Their use is described in the WP4DOS command line help by typing WP4DOS h.

THESE ARE FOR DEBUGGING PURPOSES ONLY and are not needed in the normal operation of WP4DOS.

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