



# Workrave

*Workrave is a free program that assists in the recovery and prevention of Repetitive Strain Injury (RSI). The program monitors your activity. Using this information, it frequently reminds you to take breaks, and restricts you to your daily limit.*

## Micro-pauses

Studies have revealed that taking several short pauses an hour (i.e. micro-pauses) helps in keeping yourself healthy and help injuries to heal. Workrave supports these micro-pauses, next to the regular rest break. Furthermore, Workrave can enforce a daily-limit.



## Subtle, yet persistent

Workrave alerts you to take a break in an undisturbing manner. When it is time for your break, a friendly small popup window appears asking you to take a break. This window automatically moves out of the way if you keep on working. However, if you ignore these hints too often Workrave acts less friendly and pops up the break window for your own good. The break windows can be configured to completely block your computer for the duration of the break.

## Activity monitoring

Workrave continuously monitors your keyboard and mouse activity. Hence, if you leave your computer running while you are at a meeting, Workrave will notice that you are taking a natural break from the computer.

## Network aware

Is switching forth and back between several PC's part of your job? Traditional pause software does not notice that you switch between PC's. Therefore, your pause scheme is not correctly enforced. Not so for Workrave: it monitors all your PC's, so that it exactly knows for how long you have been working. Your pause

scheme is correctly enforced across all your PC's.



## Multi-language

Although you are reading this text in English, Workrave is available in several languages. Danish, Dutch, English, German, Polish and Spanish are currently supported.

## Free, as in freedom

Workrave is free software. Not only does it come free of charge, but you are also free to make modifications to the program. The authors of Workrave welcome your contributions.

### Product details

**OS** UNIX, Windows  
**Version** 1.4.0  
**Price** \$ 0 / € 0  
**URL** [www.workrave.com](http://www.workrave.com)