

## Installing Pocket Ergo



Welcome! Pocket Ergo is a Pocket PC based software program containing workplace assessment tools and guidelines typically used by ergonomics and safety professionals.

### Assessment Capabilities include:

- Hazard Control Methodologies
- Anthropometry (Standing and Seated)
- Revised NIOSH Lifting Equation (1994)
- Utah Back Compressive Force Model
- Push Force Calculator (Snook)
- Pull Force Calculator (Snook)
- Carry Force Calculator (Snook)
- RULA (Rapid Upper Limb Assessment)
- REBA (Rapid Entire Body Assessment)
- Strain Index (SI)
- Grip and Pinch Strength
- Material Handling Checklists
- Computer Workstation Quick Configure Tool
- Office Assessment Checklists

### Uninstall Previous Version

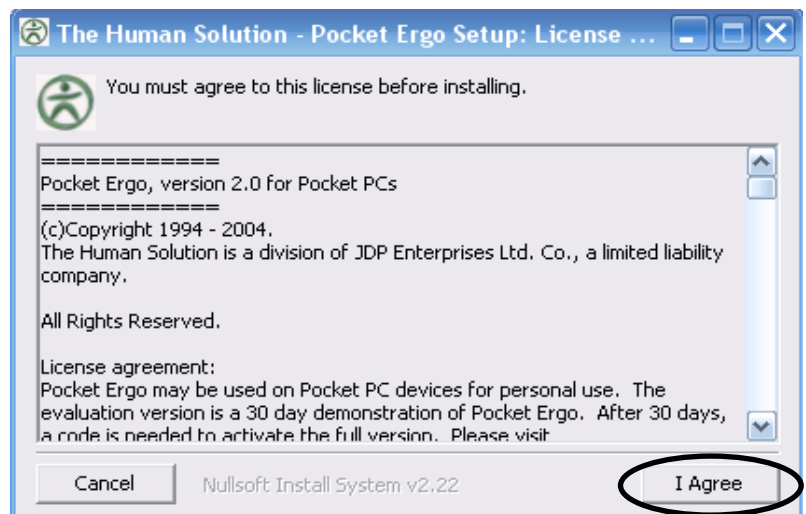
Any previous versions of Pocket Ergo must be uninstalled before installing the newest version.

#### To uninstall:

1. Click on **Start** > **Settings**.
2. Click on the **System** tab at the bottom of the screen.
3. Click on **Remove Programs**.
4. Select **PocketErgo** and click on **Remove**.
5. Click on **Yes** to remove the application.
6. Repeat steps 4 and 5 for **Microsoft .NET CF 2.0**.

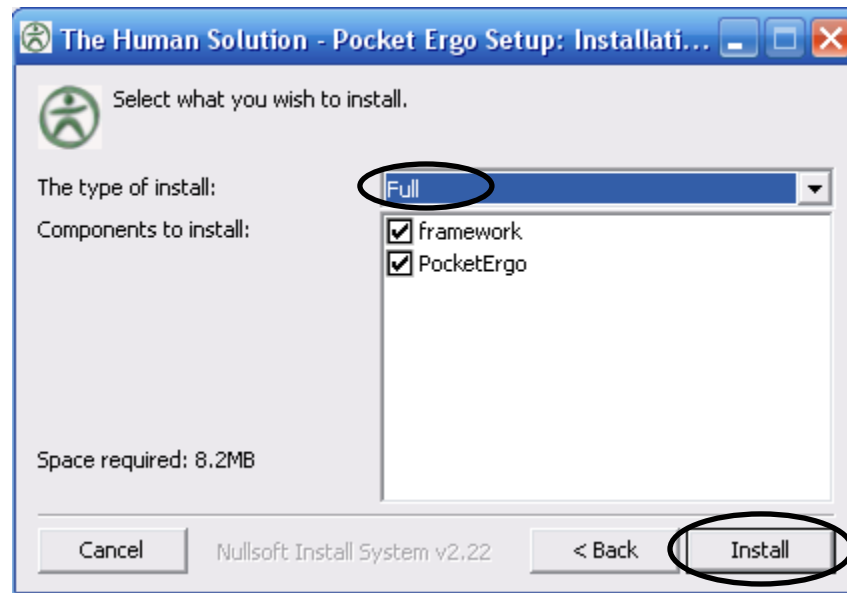
### Installing Pocket Ergo

1. Double-click on the provided .exe installation file. If an installation file was not provided for you, download it from [www.pocketergo.com](http://www.pocketergo.com).
2. Click on **I Agree** to accept the license agreement.





3. Select **Full** install for complete installation of all Pocket Ergo features.



4. Click on **Install**.
5. Click **Yes** to install "Microsoft .Net CF 2.0" using the default application install directory.
6. Click **OK** after you have followed any instructions that may appear on your Pocket PC.
7. Click **Yes** to install in the default directory.
8. Installation is now complete and you can now view the readme.txt file for additional information about PocketErgo.

### Registering Pocket Ergo

1. Launch Pocket Ergo from your Pocket PC.
2. A trial version screen containing a serial number will appear. Email this serial number to [support@thehumansolution.com](mailto:support@thehumansolution.com) and we will reply with the unlock code.
3. Launch Pocket Ergo. From the trial version screen, click on the **Unlock** button and enter the unlock code.