

blinknow™



USER MANUAL

PLEASE READ THIS USER MANUAL CAREFULLY PRIOR TO
USING THE BLINKNOW DEVICE.

PLEASE KEEP IN A SAFE PLACE

PACKAGE CONTENTS

One LCD Screen and housing, One Clip/Claw feet section with screw attachment, One mains connection cable, One USB connection cable, One User Manual

Introduction

The following information will help you to use your Blinknow: The Blink Reminder Device to its full capabilities.

Science behind the device

What is Computer Vision Syndrome?

Computer Vision Syndrome (CVS) is the term used to describe the visual problems people get from extended computer use.

Individuals who spend a few hours using a computer or VDU each day will experience symptoms of CVS (also known as Computer Eye Syndrome or screen fatigue). The most common symptoms include eyestrain, tired eyes, dry eyes, irritation, redness, headaches and blurred vision. These symptoms are not caused by the computer screen itself but rather by other factors.

Some of the symptoms of CVS or screen fatigue are caused by decreased blinking while working long hours focusing on computer screens. Independent studies have shown that the blink reflex is reduced when doing computer work. The longer the eye remains open between blinks, the more likely the front surface of the eye (cornea) is to dehydrate. This leads to dry eyes, resulting in a feeling of tiredness and irritation in the eyes with difficulty focusing on near objects after a short duration. Screen fatigue or computer vision syndrome can be very uncomfortable.

Who is at the greatest risk of developing Computer Vision Syndrome?

Individuals at the greatest risk of developing CVS are people who use computers intensively for two or more hours on a daily basis.

How does the Blinknow device work?

A recent study in a European Eye Journal showed that a schematic visual representation of a blink presented to computer users can increase the blink rate of the individuals.

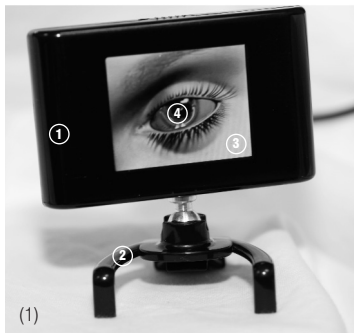
Blinknow: The Blink reminder device is a unique patented device. The device encourages individuals to blink whilst working on their computer or VDU screens. The device is a visual display apparatus with an animated representation of an external appearance of an eye. The device can be used as a clip on device on a computer or VDU screen or placed by the side of a computer monitor. Once the device is connected and switched on, it will show a blink. The blink will be repeated at regular intervals. It will remind the user to blink at a healthy rate thus overriding the blink suppression that can occur during prolonged computer work.

When should you use the blinknow device?

For maximum benefit the device must be used on a long term basis, regularly and continuously while working at the computer.

Blinknow Device (1)

1. Device Housing
2. Clip/Claw Feet for monitor attachment
3. LCD Screen
4. Blink Animation

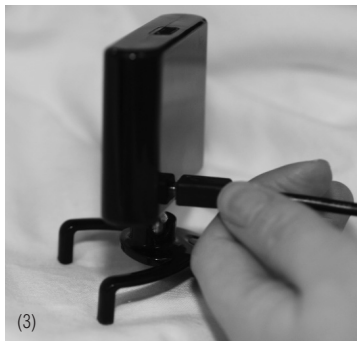


Setting up the Blinknow device

Remove the contents from the packaging
Attach the LCD screen (with housing) to the clip/claw feet section by screwing the two sections together as shown (2) (Please do not use excessive force to tighten screw and take care not to damage the feet on the clip/claw feet section)



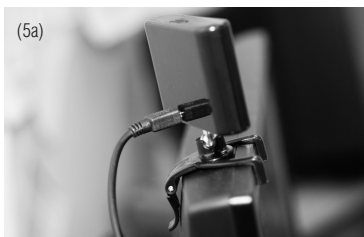
Please attach the mains power cable or one end of the USB power cable to the socket on the back of the Blinknow device (3). Please note that the Blinknow device is a stand alone device and as such requires NO software installation prior to use.



Open out the clip/claw feet section as shown to the open position (4a, 4b)



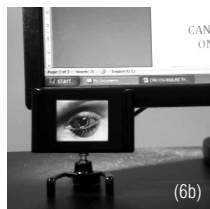
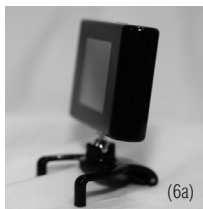
Clip the device at a convenient location on your computer monitor or screen (5a, 5b). The device may be placed on the left or right hand side of the monitor depending on user preference.



NOTE: Majority of individuals read text or study images on a computer screen at the top of page and scroll the read text upwards and such individuals may prefer to attach the Blinknow device as shown in the example above.

Some computer or VDU users may prefer to read text or study images on a computer screen starting at the bottom of the page and scroll the read text upwards. These individuals may opt to place the blinknow device on the side of the computer screen on the desk. The clip/claw feet mechanism in the closed position enable the blinknow device to rest on a flat surface (6a).

Ensure that the device does not obstruct the computer screen but is still visible in the corner of your field of vision as you work at your computer (6b).



Connect the mains power cable to the mains supply or if you have used one end of the USB power cable connect the other end of the USB power cable to a USB port on the computer or computer screen. (Please note that USB connection is used as a power supply only and NO software will be downloading via the device to the computer and NO software is required to run the Blinknow device). NO specific system requirements are needed on the computer as the Blinknow device is a stand alone device (ie NO specific operating system is required). The LCD screen housing can be easily rotated as shown in the photograph to adjust the device position (7).

Turn Blinknow device to 'ON' position using the on/off button on the top of the device (8).

Once the device is switched on, it will show a blink. The blink will be repeated at regular intervals. (Blink rate on the animation cannot be altered by the user) Follow the cue provided by the animation on the device screen. It will remind the user to blink at a healthy rate thus overriding the blink suppression that can occur during prolonged computer work. (9).

Please email info@blinknow.co.uk if you are keen to find out how the Blinknow device may increase productivity and worker efficiency in your work place.

(7)



Disclaimer: The blink now device is an ergonomic tool designed to "reduce the risk" of eye problems caused from computer vision syndrome or screen fatigue. It is not a "cure" nor does it offer any guarantees of protection. Improper use of the device e.g. inadequate use will also diminish the degree of protection gained from the use of the device. The blinknow product is to be used in conjunction with all the other good practice advice offered to computer users by Health and Safety organisations. If you are unsure whether this product might be of benefit to yourself, please visit www.blinknow.co.uk/faq

Please remember that eye complaints in the computer workdesk environment are multi-factorial in origin and a regular eye examination by a qualified healthcare professional is recommended.
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For questions on any set up issues contact: support@blinknow.co.uk

Website www.blinknow.co.uk
Blinknow Device Patent Number. GB2425926
Blinknow Logo Registered Trademark Blinknow Ltd
Blinknow Product Manufactured by Blaze
Visit www.blazeeurope.com

WARNING

Do not expose to extremes of heat or wet conditions. This product is not for use as a memory or storage device. Use the adapter Provided.

Returns/Exchange Policy and Warranty

The blink now device is an ergonomic tool designed to "reduce the risk" of eye problems caused from computer vision syndrome or screen fatigue. It is not a "cure" nor does it offer any guarantees of protection. For the maximum benefit, the device must be used on a long term basis regularly and continuously while working at the computer. If you are unsure whether the Blinknow device will be of benefit to yourself, please visit www.blinknow.co.uk/faq

The importer/manufacture is only able to offer an

exchange if the product is faulty or defective. If your device is faulty first contact tech support to verify the problem. Email support@blazeeurope.com. We will send you an authorisation number. Products returned without an authorization number will not be accepted.

PLEASE NOTE - When you send your returned item(s) back to our warehouse we are unable to track its progress for you until it has been received into our warehouse and your return/exchange has been processed for you.

The warehouse will automatically send you an email when your return has been processed.

Print and Complete the returns form found on www.blinknow.co.uk

Our return warehouse address is;
Blaze Europe, Unit 15, Shaw Wood Business Park,
Shaw Wood Way, Doncaster, DN2 5TB

See below for important information regarding the terms of your return.

In the rare and unfortunate event of your item being faulty, please accept our apologies. Please take care when repacking items for return to ensure the device and associated items are included in the original packaging.

Returning goods

Product must be returned within 30 days from purchase date. All returns should be posted with original packaging with a proof of purchase to: Blaze Europe Ltd at the above address. Customer is responsible for cost of postage. Please obtain a proof of postage from the post office.

Please note that in the unfortunate event that a return sent is lost on it's way back to us, then you will need the proof of postage document in order to investigate with Royal Mail.

For returns sent with any other method of postage, you will need to contact the courier service yourself.

Administration of your return

Returns are normally administered within 14 days, although customers should allow up to 30 days for returns to be processed, particularly at busy periods. We will exchange the faulty product with a new product depending on availability of stocks. We are unable to offer you a refund. Customers are unable to visit our warehouse

Due to Health & Safety reasons we can not allow customers to drop off their items to our warehouse, under any circumstances.

If you purchased through a retail partner then please return to your original place of purchase for an exchange. Your statutory rights are not affected.

The importer/manufacture warrants this product against defects in materials and workmanship for a period of one (1) year from the date of original purchase. If a defect exists, the importer/manufacture will either repair the product at no cost or exchange the product with a new or refurbished product.

Non-Warranty Repairs

For all non-warranty repairs (if you've had your device for more than a year or you have accidentally damaged the device or damaged due to incorrect use) email Blaze at: support@blazeeurope.com

We will contact you by email to let you know whether it is possible to repair the device. There will be a cost involved for the repair/replacement including postage and packaging cost.

The device is a tool to aid with the protection of computer users from computer vision syndrome associated with deficient blink frequency. It is recognised to be of benefit but cannot offer any guarantees of protection.

It does not prevent computer vision syndrome from other causes such as excessive screen glare. Please be aware that red and sore eyes can be caused by other more serious eye conditions like glaucoma, eye infection etc. and if problems persist or worsen during computer use it is recommended to seek expert medical attention.

Any modification made to the device will make the warranty void

Inappropriate or forceful placement of the device can cause damage to existing hardware equipment and blinknow ltd or Blaze can take no liability for such damage. We advise user discretion at attachment/placement of the device.

blinknow™

For technical support Email: support@blinknow.co.uk
Website www.blinknow.co.uk

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