

# CPR for Computers



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# Troubleshooting – CPR

- 🖥️ Check **C**ables
- 🖥️ Check **P**ower – surge protector
- 🖥️ Shut Down & **R**estart – #1 Troubleshooting Technique
- 🖥️ **Ctrl+Alt+Delete** – gets out of frozen programs
- 🖥️ **Windows Updates** automatic in TPSS  
[www.windowsupdates.com](http://www.windowsupdates.com)



# Virus Protection for home use only

 **AVG** – free

[www.grisoft.com/doc/289/Ing/us/tpl/tpl01](http://www.grisoft.com/doc/289/Ing/us/tpl/tpl01)

 **Norton AntiVirus** - [www.symantec.com](http://www.symantec.com)

 **McAfee** – [www.mcafee.com](http://www.mcafee.com)

 **eTrust in TPSS**

 Regular updates

 Scan weekly



# Spyware for home use only



 **eCleaner** <http://ecleaner.tripod.com/>

 **AdAware**  [www.lavasoftusa.com/software/adaware/](http://www.lavasoftusa.com/software/adaware/)

 **Spy-bot** [www.safer-networking.org/en/download/](http://www.safer-networking.org/en/download/)



 **Microsoft Windows AntiSpyware** [www.microsoft.com/athome/security/spyware/software/default.msp](http://www.microsoft.com/athome/security/spyware/software/default.msp)

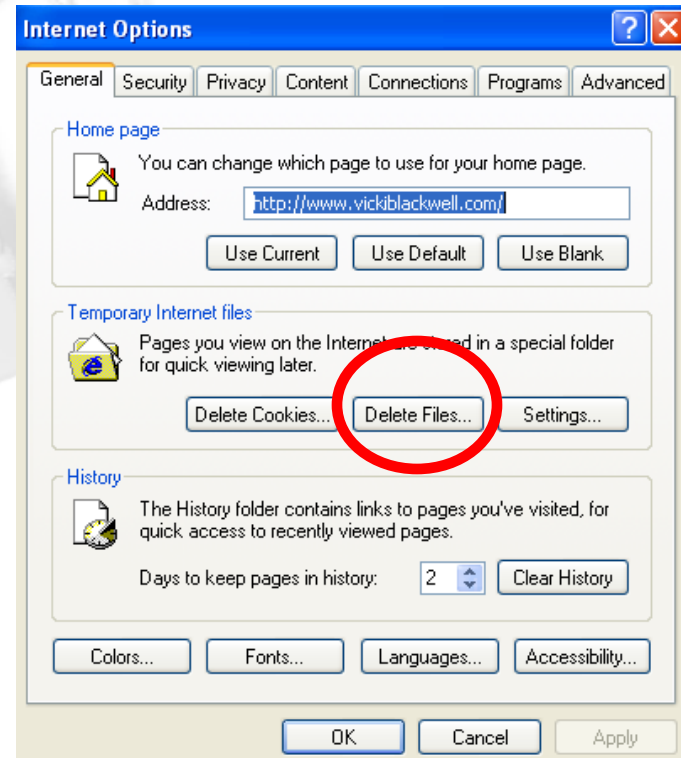
# Cleaning out...

## Temporary Internet Files

- ⊗ Click "Tools" > "Internet Options"
- ⊗ Click "Delete Files" > "OK"

## History –clear and reduce days to keep

- ⊗ Click "Tools" > "Internet Options"
- ⊗ Click "Clear History"
- ⊗ Change "Days..." to 1 or 2



# Scan Disk & Defrag

- 🖥️ Double click "My Computer" > "Right click C: (Hard drive)" > left click "Properties" > click the "Tools" tab at the top of the window > under "Error Checking" > click "Check Now" button
- 🖥️ Double click "My Computer" > "Right click C: (Hard drive)" > left click "Properties" > click the "Tools" tab at the top of the window > under "Defragmentation" > click "Defragment Now" button
- 🖥️ Twice a year or if you are having problems







# Cleaning up

- 🖥️ Cleaning monitor screen
- 🖥️ Cleaning keyboard
- 🖥️ Dust – greatest enemy
- 🖥️ Good ventilation
- 🖥️ Battery charging for laptops



# Hints

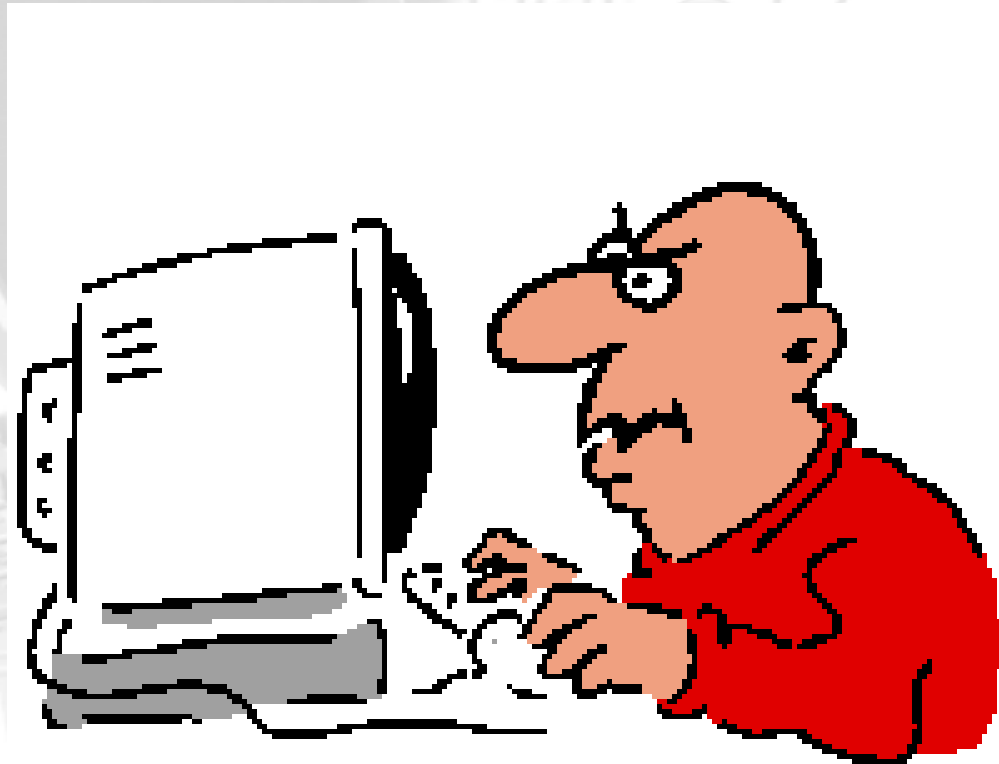


-  Store files in “My Documents” not on the desktop
-  Google Toolbar – Pop-up Blocker  
<http://toolbar.google.com/>
-  Don't fill up hard drive (C:) leave some empty space.
-  **Alt+F4** will close an unwanted window that pops up.



# BEST Advice

 **Save and Save Often!!**





# Possible error messages 😊

