Workrave installation instructions

Method 1.

Click on the Start Menu > All Programs > Workrave > Workrave.

The following prompt will appear while the installer loads.

When the prompt disappears and the Workrave application appears, the application has been installed.
Method 2.

Click on the Start Menu > Control Panel

Select ‘Get programs’. If the ‘Get Programs’ option is not available, ensure that View By: Category is selected.
Select Workrave from the list and click ‘Install’

When the Workrave application appears, the application has been installed.