

Resource Summary Report

Generated by PRECISE-TBI on Aug 3, 2026

Workrave

RRID:SCR_024364

Type: Tool

Proper Citation

Workrave (RRID:SCR_024364)

Resource Information

URL: <http://www.workrave.org/>

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Description: Software tool to assist in recovery and prevention of Repetitive Strain Injury. Monitors keyboard and mouse usage and using this information, it frequently alerts you to take microbreaks, rest breaks and restricts you to your daily computer usage.

Synonyms: workrave

Resource Type: software resource, software application

Keywords: recovery and prevention of Repetitive Strain Injury, monitor keyboard and mouse usage, microbreaks, rest breaks, daily computer usage restriction,

Availability: Free, Available for download, Freely available,

Resource Name: Workrave

Resource ID: SCR_024364

Alternate URLs: <https://sources.debian.org/src/workrave/>

Record Creation Time: 20230830T050217+0000

Record Last Update: 20260801T191124+0000

Ratings and Alerts

No rating or validation information has been found for Workrave.

No alerts have been found for Workrave.

Data and Source Information

Source: [SciCrunch Registry](#)

Usage and Citation Metrics

We have not found any literature mentions for this resource.