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You can read the recommendations in the user guide, the technical guide or the installation guide for APPLE MACBOOK PRO 13 INCH. You'll find the answers to all your questions on the APPLE MACBOOK PRO 13 INCH in the user manual (information, specifications, safety advice, size, accessories, etc.). Detailed instructions for use are in the User's Guide.

User manual APPLE MACBOOK PRO 13 INCH
User guide APPLE MACBOOK PRO 13 INCH
Operating instructions APPLE MACBOOK PRO 13 INCH
Instructions for use APPLE MACBOOK PRO 13 INCH
Instruction manual APPLE MACBOOK PRO 13 INCH

Congratulations, you and your MacBook Pro
were made for each other.



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Manual abstract:

MakesuretheACplugisfullyinsertedintothe poweradapterandthe electrical prongs on your AC plug are in their completely extended position. Insert the AC plug of your power adapter into a power outlet and the MagSafe connector into the MagSafe power port. As the MagSafe connector gets close to the port, you'll feel a magnetic pull drawing it in. AC plug MagSafe connector ~ MagSafe power port AC power cord

To extend the reach of your power adapter, replace the AC plug with the AC power cord. First pull the AC plug to remove it from the adapter, and then attach the included AC power cord to the adapter, making sure it's seated firmly. When disconnecting the power adapter from an outlet or from the computer, pull the plug, not the cord.

10 Chapter 1 Ready, Set Up, Go When you first connect the power adapter to your MacBook Pro, an indicator light on the MagSafe connector starts to glow. An amber light indicates that the battery is charging. A green light indicates that the battery is fully charged. If you don't see a light, make sure the connector is seated properly and the power adapter is plugged in.

Step 2: Connect to a wireless or wired network. A Touse a wireless network with the built-in AirPort Extreme technology, make sure the wireless base station is turned on and that you know the name of the network. After you turn on your MacBook Pro, Setup Assistant guides you through the connection process. For troubleshooting tips, see page 60. A Touse a wired connection, connect one end of an Ethernet cable to your MacBook Pro and the other end to a cable modem, DSL modem, or network.

G Gigabit Ethernet port (10/100/1000 Base-T) Ethernet cable Chapter 1 Ready, Set Up, Go 11 Step 3: Press the power (⏻) button briefly to turn on your MacBook Pro. @@@@ Deauthorizing a computer prevents any songs, videos, or audiobooks you've purchased from being played by someone else and frees up another authorization for use. For information about deauthorizing, choose iTunes Help from the Help menu in iTunes. Chapter 1 Ready, Set Up, Go 13 Migrating Information to Your MacBook Pro You can follow the prompts in Setup Assistant to migrate existing user accounts, files, applications, and other information from another Mac computer. You can do this with one of the following methods: A

Using a FireWire cable to connect the two computers together and transfer the information A

Wirelessly--directly between both computers, or with both computers on the same wireless network Before performing migration, use Software Update on your other Mac. The other Mac should have one of these versions of Mac OS X software--either Mac OS X v10.4.11 or Mac OS X v10.5.6 (or later).

You can choose the items (user accounts, documents, movies, music, photos, and so on) that you want to migrate to your MacBook Pro. Important:

Don't use the other Mac for anything else until the migration is complete. If you don't use Setup Assistant to transfer information when you first startup, you can do it later using Migration Assistant. If the connection is terminated during migration, you can resume the migration at a later time using Migration Assistant on your MacBook Pro and your other Mac. Go to the Applications folder, open Utilities, and double-click Migration Assistant.

14 Chapter 1 Ready, Set Up, Go Step 5: Customize the Mac OS X desktop and set preferences. Menu bar Help menu Spotlight search icon Finder icon Dock System Preferences icon Chapter 1 Ready, Set Up, Go 15 You can quickly customize the desktop using System Preferences. Choose

Apple() > System Preferences from the menu bar or click the System Preferences icon in the Dock. System Preferences is your command center for most settings on your MacBook Pro. For more information, open Mac Help and search for "System Preferences" or for the specific preference you want to change. Putting Your MacBook Pro to Sleep or Shutting It Down When you finish working with your MacBook Pro, you can put it to sleep or shut it down. Putting Your MacBook Pro to Sleep If you'll be away from your MacBook Pro for only a short time, put it to sleep. When the computer is in sleep, you can quickly wake it and bypass the startup process. To put your MacBook Pro to sleep, do one of the following: m Close the display. m Choose Apple() > Sleep from the menu bar.

m Press the power (⏻) button and click Sleep in the dialog that appears. m Choose Apple() > System Preferences, click Energy Saver, and set a sleep timer. NOTICE:

Wait a few seconds until the sleep indicator light starts pulsing (indicating that the computer is in sleep and the hard disk has stopped spinning) before you move your MacBook Pro. Moving your computer while the hard disk is spinning can damage it, causing loss of data or the inability to startup from the hard disk. 16 Chapter 1 Ready, Set Up, Go To wake your MacBook Pro: m If the display is closed, simply open it to wake your MacBook Pro.

m If the display is already open, press the power (⏻) button or any key on the keyboard. When your MacBook Pro wakes from sleep, your applications, documents, and computer settings are exactly as you left them. Shutting Down Your MacBook Pro If you aren't going to use your MacBook Pro for a couple of days or longer, it's best to shut it down. The sleep indicator light goes on briefly during the shutdown process. To shut down your MacBook Pro, do one of the following: m

Choose Apple() > Shut Down from the menu bar.

m Press the power (⏻) button and click Shut Down in the dialog that appears. If you plan to store your MacBook Pro for an extended period of time, see page 73 for information about how to prevent the battery from draining completely. Chapter 1 Ready, Set Up, Go 17 2 Life with Your MacBook Pro www.apple.com/macosx

Mac Help Mac OS X Basic Features of Your MacBook Pro iSight camera Camera indicator light Microphone Built-in stereo speakers Battery indicator lights (side) Trackpad Sleep indicator light Infrared (IR) receiver Security slot Slot-loading SuperDrive Power button 20 Chapter 2 Life with Your MacBook

Pro Built-in iSight camera and camera indicator light Videoconferencing with others using iChat, take pictures with Photo Booth, or capture video with iMovie. The indicator light glows when the iSight camera is operating. Built-in microphone

Captures sound with the microphone (located above the Esc key on your keyboard) or talk with friends live over broadband using the included iChat application. Built-in stereo speakers Listen to music, movies, games, and multimedia files. Built-in battery and battery indicator lights

Use battery power when you're away from a power outlet. Press the battery button to activate indicator lights that show the remaining battery charge.

Trackpad Click or double-click anywhere on the trackpad. Touch the trackpad with one or more fingers to move the pointer and use Multi-Touch gestures (described on page 26). Sleep indicator light A white light pulses when the MacBook Pro is in sleep. Infrared (IR) receiver

Use an Apple Remote (available separately) with the IR receiver to control Front Row and Keynote on your MacBook Pro from up to 30 feet (9.1 meters) away. Security slot Attach a lock and cable (available separately) to prevent theft. Slot-loading SuperDrive This optical drive reads and writes standard-size CDs and DVDs. Power button Turn your MacBook Pro on or off, or put it to sleep. Chapter 2 Life with Your MacBook Pro 21 Keyboard Features of Your MacBook Pro Function (fn) key Exposé Dashboard Media keys C Media Eject key F9 F10 F11 F12 esc F1 F2 F3 F4 F5 F6 F7 F8 Brightness keys Keyboard illumination keys -- Mute key -- Volume keys 22 Chapter 2 Life with Your MacBook Pro Function (fn) key Hold down this key to activate customized actions assigned to the function keys (F1 to F12).



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To learn how to customize function keys, choose **Help > Mac Help** from the menu bar and search for "function keys."
"Brightness keys (F1, F2) Increase () or decrease () the brightness of the screen. Exposé key (F3) Open Exposé for quick access to all your open windows.
Dashboard key (F4) Open Dashboard to access your widgets. o ' -- C Keyboard illumination keys (F5, F6)
Increase (o) or decrease (ø) the brightness of the keyboard illumination. Media keys (F7, F8, F9) Rewind (), play or pause (), or fast-forward () as on a song, movie, or slideshow.

Mute key (F10) Mute the sound coming from the built-in speakers or audio output. Volume keys (F11, F12) Increase (-) or decrease (-) the volume of the sound coming from the built-in speakers or audio output. Media Eject key

Hold down this key to eject a disc that's not in use. You can also eject a disc by dragging its desktop icon to the Trash. Chap by air.

Many of your system preferences are automatically set to optimize battery life. You can determine the charge remaining in the battery by looking at the eight-battery level indicator lights on the left side of your MacBook Pro. Press the button next to the lights, and the lights glow briefly to show how much charge remains in the battery.

Important: If only one indicator light is on, very little charge is left. If no lights illuminate, the battery is completely drained and the MacBook Pro won't start up unless the power adapter is connected. Plug in the power adapter to let the battery recharge. For more information about battery indicator lights, see page 55.

You can also check the amount of battery charge remaining by viewing the Battery () status icon in the menu bar. The battery charge level displayed is based on the amount of power left in the battery with the applications, peripheral devices, and system settings you are currently using. To conserve battery power, close applications and disconnect peripheral devices not in use, and adjust your Energy Saver settings.

For more information about battery conservation and performance tips, go to www.apple.com/batteries/notebooks.html. 30 Chapter 2 Life with Your MacBook Pro

Charging the Battery When the power adapter that came with your MacBook Pro is connected, the battery recharges whether the computer is on, off, or in sleep. The battery recharges more quickly, however, when the computer is off for in sleep.

The battery in your MacBook Pro can be replaced only by an Apple Authorized Service Provider or an Apple Retail Store. Getting Answers

Much more information about using your MacBook Pro is available in Mac Help on your computer and on the Internet at www.apple.com/support/macbookpro.

To get Mac Help: 1 Click the Finder icon in the Dock (the bar of icons along the edge of the screen). 2 Click the Help menu in the menu bar and do one of the following: a Type a question or term in the Search field, and select a topic from the list of results or select Show All Results to see all topics. b

Choose Mac Help to open the Mac Help window, where you can click links or type a search question. Chapter 2 Life with Your MacBook Pro 31 More Information For more information about using your MacBook Pro, see the following: To learn about Installing memory Troubleshooting your MacBook Pro if you have a problem

Finding service and support for your MacBook Pro Using Mac OS X Moving from a PC to a Mac Using iLife applications See

Chapter 3, "Boost Your MacBook Pro" on page 35. Chapter 4, "Problem, Meet Solution" on page 49.

Chapter 4, "Learning More, Service, and Support" on page 64. Or go to the Apple Support site at www.apple.com/support/macbookpro. The Mac OS X website at www.apple.com/macosx. Or search for "Mac OS X" in Mac Help. "Why you'll love a Mac" at www.apple.com/getamac/whymac.

The iLife website at www.apple.com/ilife. Or open an iLife application, open Help for the application, and then type a question in the search field.

System Preferences by choosing **Apple (K) > System Preferences**. Or search for "system preferences" in Mac Help. Open System Preferences and click Trackpad.

Mac Help and search for "keyboard." Mac Help and search for "iSight." The AirPort Support page at www.apple.com/support/airport. Changing system preferences Using the trackpad Using the keyboard Using the iSight camera Using AirPort Extreme wireless technology 32 Chapter 2 Life with Your MacBook Pro To learn

about Using Bluetooth wireless technology See The Bluetooth Support page at www.apple.com/support/bluetooth. Or open the Bluetooth File Exchange application, located in the Utilities folder within the Applications folder, and choose **Help > Bluetooth Help**.

Mac Help and search for "battery." Mac Help and search for "printing." Mac Help and search for "FireWire" or "USB."

" Mac Help and search for "Internet." Mac Help and search for "displayport." Mac Help and search for "remote." Mac Help and search for "Front Row."

Mac Help and bundled applications, see "Reinstalling the Software That Came with Your MacBook Pro" on page 62.

Chapter 3 Boost Your MacBook Pro 43 Installing Additional Memory Your computer has two memory slots that you access by removing the bottom case. Your MacBook Pro comes with a minimum of 4 gigabytes (GB) of 1066MHz Double Data Rate (DDR3) Synchronous Dynamic Random-Access Memory (SDRAM) installed. Each memory slot can accept an SDRAM module that meets the following specifications: Â

Double Data Rate Small Outline Dual In-Line Memory Module (DDR3) format Â 30mm (1.18 inches) Â 204-pin Â 1GB, 2GB, or 4GB Â PC3-8500 DDR3 SO-DIMM 1066MHz Type RAM You can add two 4GB memory modules for a maximum of 8GB of memory. For best

performance, fill both memory slots and install an identical memory module in each slot. To install memory in your MacBook Pro: 1

Follow steps 1 through 3 beginning on page 37. Important: When you remove the bottom case, you expose sensitive internal

components. Avoid touching anything other than the memory assembly when you remove or add memory. 44 Chapter 3 Boost Your MacBook Pro 2

Push the lever on the sides of the memory module in an outward direction to release the module from the memory cards slot. The memory pops up at an angle.

Before removing it, make sure you see the half-circle notches. If you don't, try pushing the levers outward again. Notches Chapter 3 Boost Your MacBook Pro 45 3

Hold the memory module by its notches and remove it from the slot. 4 Remove the other memory module. Important:

Hold the memory modules by their edges, and don't touch the gold connectors. @ @ b Tilt the card and push the memory into the slot. c

Use two fingers with firm, even pressure to push down on the memory module. You should hear a click when the memory is inserted correctly. @ @ To check the computer's memory: 1 Start up your MacBook Pro. 2 When you see the Mac OS X desktop, choose **Apple () > About This Mac**.

@ @ @ @ @ @ @ @ The Force Quit Applications dialog appears with the application selected. 2 Click **Force Quit**.

The application quits, leaving all other applications open. If you need to, you can also restart the Finder from this dialog.

@ @ @ @ @ @ @ @ Restart your computer and hold down the C key as it starts up.

When prompted, choose your preferred language. When the next screen appears, choose **Disk Utility** from the Utilities menu in the

menu bar. When **Disk Utility** opens, follow the instructions in the **First Aid** pane to see if **Disk Utility** can repair the disk.

If using **Disk Utility** doesn't help, you might need to reinstall your computer's system software. See "Installing Mac OS X" on page 62.

52 Chapter 4 Problem, Meet Solution If your MacBook Pro doesn't turn on or start up Try the following suggestions in order until your computer turns on: Â

Make sure the power adapter is plugged into the computer and into a functioning power outlet.



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Be sure to use the 60W MagSafe Power Adapter that came with your MacBook Pro. If the power adapter stops charging and you don't see the indicator light on the power adapter turn on when you plug in the power cord, try unplugging and replugging the power cord to reseal it.
Check whether the battery needs to be recharged. Press the small button on the left side of your computer. You should see one to eight lights indicating the battery's level of charge. If a single indicator light is on, connect your power adapter to recharge. For more information about battery indicator lights, see page 55.
If the problem persists, reset the MacBook Pro power manager (while still preserving your files) by pressing the left Shift key, left Option (alt) key, left Control key, and the power (⌘) buttons simultaneously for five seconds until the computer restarts.
If you recently installed additional memory, make sure that it is correctly installed and is compatible with your computer.

See whether removing it and reinstalling the old memory allows the computer to start up (see page 44).
Press the power (⌘) button and immediately hold down the Command (x), Option, P, and R keys simultaneously until you hear the startup sound a second time. This resets the parameter RAM (PRAM).
If you still can't start up your MacBook Pro, see "Learning More, Service, and Support" on page 64 for information about contacting Apple for service.
Chapter 4 Problem, Meet Solution 53 If the screen suddenly goes black or your MacBook Pro freezes Try restarting your MacBook Pro. 1 Unplug any devices that are connected to your MacBook Pro, except the power adapter. 2 Press the power (⌘) button to restart the system. 3 Let the battery charge to at least 10 percent before unplugging in any external devices and resuming your work. To see how much the battery has charged, look at the Battery () status icon in the menu bar or check the battery indicator lights on the left side of your MacBook Pro.
The screen might also darken if you have energy saver features set for the battery.

If an audio device plugged into the audio port isn't working Unplug the audio device. Choose Apple () > System Preferences, and open Sound preferences. In the Input pane, specify whether you want the port to be used for Sound Input or Sound Output. Plug the audio device back in. Note: If you're running Windows on your MacBook, the ports support only audio output.
54 Chapter 4 Problem, Meet Solution If you press the battery button, and all battery indicator lights flash five times quickly Your battery needs to be replaced. Contact an Apple Retail Store or an Apple Authorized Service Provider. @ @ @ @ @ @ 2 When prompted, choose your preferred language. @ @ @ @ @ @ If you have an Ethernet cable connected, disconnect it. 2 Restart your MacBook Pro while holding down the D key. @ @ @ 4 Press the Return key or click the right arrow button. @ @ @ @ @ @ Click the "Assist me" button to open Network Setup Assistant. @ @ To use Network Diagnostics: 1 Choose Apple () > System Preferences. @ @ 4 Follow the on-screen instructions. @ @ @ @ @ @ @ @ To check PPPoE settings: 1 Choose Apple () > System Preferences. 2 Click Network. @ @ @ @ 6 Click Apply to make the settings active. @ @ Check the cables and power supplies to your Ethernet hubs and routers. @ @ @ @ If you cannot resolve the issue using these steps, contact your ISP or network administrator. Chapter 4 Problem, Meet Solution 59 Problems with AirPort Extreme Wireless Communication If you have trouble using AirPort Extreme wireless communication:
Make sure the computer or network you are trying to connect to is running and has a wireless access point.

Make sure you have properly configured the software according to the instructions that came with your base station or access point.
Make sure you are within an antenna range of the other computer or the network's access point. Nearby electronic devices or metal structures can interfere with wireless communication and reduce this range. Repositioning or rotating the computer might improve reception.
Check the AirPort (Z) status icon in the menu bar. Up to four bars appear, indicating signal strength. If the signal strength is weak, try changing your location.
See AirPort Help (choose Help > Mac Help, and then choose Library > AirPort Help from the menu bar). Also see the instructions that came with the wireless device for more information.
60 Chapter 4 Problem, Meet Solution Keeping Your Software Up to Date You can connect to the Internet and automatically download and install the latest free software versions, drivers, and other enhancements from Apple. When you're reconnected to the Internet, Software Update checks to see if any updates are available for your computer. You can set your MacBook Pro to check for updates periodically, and then you can download and install updated software. To check for updated software: 1 Choose Apple () > System Preferences. 2 Click the Software Update icon and follow the on-screen instructions.
For more information, search for "Software Update" in Mac Help.
For the latest information about Mac OS X, go to www.apple.com/macosx. Chapter 4 Problem, Meet Solution 61 Reinstalling the Software That Came with Your MacBook Pro Use the software installation disc that came with your MacBook Pro to install Mac OS X and any applications that came with your computer. You can install Mac OS X without erasing the target volume, which saves your existing files and settings, or you can erase the volume first, which erases all your data and leaves the computer ready for you to re-install Mac OS X and applications.
Important: Apple recommends that you back up the data on your hard disk before restoring software. Apple is not responsible for any loss of data.
Installing Mac OS X To install Mac OS X: 1 Backup your important files. 2 Insert the Mac OS X Install DVD that came with your computer. 3 Double-click Install Mac OS X. 4 Follow the on-screen instructions. Note: To restore Mac OS X on your MacBook Pro to the original factory settings, you must first erase the volume you want to install on. You can do this during installation using Disk Utility. For instructions, see the Knowledge Base article at support.apple.com/kb/ht3910. 5 When the installation is complete, click Restart to restart your computer. 6 Follow the prompts in the Setup Assistant to set up your user account.
If you erase your hard disk during installation, you need to re-install your applications; see the following section.
62 Chapter 4 Problem, Meet Solution Reinstalling Applications If you erased your hard disk as part of reinstalling Mac OS X, you must re-install the applications that came with your MacBook Pro, such as the iLife applications. To install the applications that came with your MacBook Pro: 1 Backup your important files. 2 Insert the Applications Install DVD that came with your MacBook Pro. 3 Double-click Install Bundled Software. 4 Follow the on-screen instructions. 5 When the installation is complete, click Close.
Using Disk Utility You can use Disk Utility to repair, verify, or erase the Mac OS X hard disk. To use Disk Utility: 1 Insert the Mac OS X Install DVD that came with your computer. 2 Double-click Install Mac OS X. 3 After selecting your language, choose Utilities > Open Disk Utility and then follow the instructions in the First Aid pane to see if Disk Utility can repair the disk. 4 Quit Mac OS X Installer.
If using Disk Utility doesn't help, try reinstalling the Mac OS X system software. See "Reinstalling the Software That Came with Your MacBook Pro" on page 62. Chapter 4 Problem, Meet Solution 63 Learning More, Service, and Support Your MacBook Pro does not have any user-serviceable parts, except the hard drive and the memory. If you need service, contact Apple or take your MacBook Pro to an Apple Authorized Service Provider.



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You can find more information about the MacBook Pro through online resources, onscreen help, System Profiler, or Apple Hardware Test.

Online Resources For online service and support information, go to www.apple.com/support. Choose your country from the pop-up menu. You can search the Apple Care Knowledge Base, check for software updates, or get help from Apple's discussion forums. Onscreen Help You can look for answers to your questions, as well as instructions and troubleshooting information, in Mac Help. Choose Help > Mac Help. System Profiler Together information about your MacBook Pro, use System Profiler. It shows you what hardware and software is installed, the serial number and operating system version, how much memory is installed, and more. To open System Profiler, choose Apple() > About This Mac from the menu bar and then click More Info.

AppleCare Service and Support Your MacBook Pro comes with 90 days of technical support and one year of hardware repair warranty coverage at an Apple Retail Store or an Apple-authorized repair center, such as an Apple Authorized Service Provider. You can extend your coverage by purchasing the AppleCare Protection Plan. For information, go to www.apple.com/support/products or the website for your country listed below. 64 Chapter 4 Problem, Meet Solution If you need assistance, Apple Care telephone support representatives can help you with installing and opening applications, and basic troubleshooting. Call the support center number nearest you (the first 90 days are complimentary). Have the purchase date and your MacBook Pro serial number ready when you call. Note:

Your 90 days of complimentary telephone support begins on the date of purchase. Telephone fees may apply.

Country United States Australia Canada (English) (French) Ireland New Zealand United Kingdom Phone 1-800-275-2273 (61) 1-300-321-456 1-800-263-3394 (353) 1850946191 00800-7666-7666 (44) 08442090611 Website www.apple.com/support www.apple.com/au/support www.apple.com/ca/support www.apple.com/ca/fr/support www.apple.com/ie/support www.apple.com/nz/support www.apple.com/uk/support Telephone numbers are subject to change, and local and national telephone rates may apply. A complete list is available on the web: www.apple.com/support/contact/phone_contacts.html Chapter 4 Problem, Meet Solution 65 Locating Your Product Serial Number Use one of these methods to find your computer's serial number: A Turnover your MacBook Pro. The serial number is etched into the case near the hinge.

Serial number A Choose Apple() > About This Mac. Click the version number beneath the words "Mac OS X" to cycle through the Mac OS X version number, the build version, and the serial number. A

Click the Finder icon and open Applications/Utilities/System Profiler. Click Hardware in the Contents pane. 66 Chapter 4 Problem, Meet Solution 5 Last, but Not Least www.apple.com/environment Mac Help ergonomics For your safety and that of your equipment, follow these rules for handling and cleaning your MacBook Pro and for working more comfortably. Keep these instructions handy for reference by you and others.

@@@ @@@@ @@@@ @@@@ @@@@ @@@@ @@@@ @@@@ @@@@ @@@@ A Avoid turning up the volume to block out noise surroundings.

@ The optical disc drive in your computer contains a laser that is safe in normal use but that may be harmful to your eyes if disassembled.

For your safety, have this equipment serviced only by an Apple Authorized Service Provider. Important Handling Information NOTICE:

Failure to follow these handling instructions could result in damage to your MacBook Pro or other property. Operating environment Operating your MacBook Pro outside these ranges may affect performance: A Operating temperature: 50° to 95°F (10° to 35°C) A Storage temperature: -4° to 113°F (-20° to 45°C) A Relative humidity: 5% to 90% (noncondensing) A Operating altitude: 0 to 10,000 feet (0 to 3048 meters) Chapter 5 Last, but Not Least 71 Turning on your MacBook Pro Never turn on your MacBook Pro unless all of its

internal and external parts are in place. Operating the computer when parts are missing may be dangerous and may damage your computer. Carrying your MacBook Pro If you carry your MacBook Pro in a bag or briefcase, make sure that there are no loose items (such as paper clips or coins) that could accidentally get inside the computer through vent openings or the optical drive slot or get stuck inside a port.

Also, keep magnetically sensitive items away from the MagSafe power port. Using connectors and ports Never force a connector into a port. When connecting a device, make sure the port is free of debris, that the connector matches the port, and that you have positioned the connector correctly in relation to the port. Using the optical drive The SuperDrive in your MacBook Pro supports standard 12 cm (4.7 inch) discs.

Irregularly shaped discs or discs smaller than 12 cm (4.7 inches) are not supported and can become lodged in the drive. 72 Chapter 5 Last, but Not Least Handling glass parts Your MacBook Pro contains glass components, including the display and trackpad. If they are damaged, don't use your MacBook Pro until it has been repaired by an Apple Authorized Service Provider. Storing your MacBook Pro If you are going to store your MacBook Pro for an extended period of time, keep it in a cool location (ideally, 71°F or 22°C) and discharge the battery to 50 percent or less. When storing your MacBook Pro for longer than five months, discharge the battery to approximately 50 percent. To maintain the capacity of the battery, recharge the battery to 50 percent every six months or so. Cleaning your MacBook Pro When cleaning the outside of your MacBook Pro and its components, first shut down your MacBook Pro and unplug the power adapter. Then use a damp, soft, lint-free cloth to clean the computer's exterior. Avoid getting moisture in any openings.

Don't spray liquid directly on the computer. Don't use aerosol sprays, solvents, or abrasives that might damage the finish. Cleaning the MacBook Pro screen To clean the MacBook Pro screen, first shut down your MacBook Pro and unplug the power adapter. Then dampen the included cleaning cloth with just water and wipe the screen. Don't spray liquid directly on the screen. Chapter 5 Last, but Not Least 73 Understanding Ergonomics Here are some tips for setting up a healthy work environment. Keyboard and Trackpad When you use the keyboard and trackpad, your shoulders should be relaxed. Your upper arm and forearm should form an angle that is slightly greater than a right angle, with your wrist and hand in roughly a straight line. This Not this 74 Chapter 5 Last, but Not Least Use a light touch when typing or using the trackpad and keep your hands and fingers relaxed. Avoid rolling your thumbs under your palms.

This Not this Change hand position often to avoid fatigue. Some computer users might develop discomfort in their hands, wrists, or arms after intensive work without breaks. If you begin to develop chronic pain or discomfort in your hands, wrists, or arms, consult a qualified health specialist. External Mouse If you use an external mouse, position the mouse at the same height as the keyboard and within comfortable reach. Chair A adjustable chair that provides firm, comfortable support is best.

Adjust the height of the chair so your thighs are horizontal and your feet are flat on the floor. The back of the chair should support your lower back (lumbar region). Follow the manufacturer's instructions for adjusting the backrest to fit your body properly. Chapter 5 Last, but Not Least 75 You might have to raise your chair so that your forearms and hands are at the proper angle to the keyboard. If this makes it impossible to rest your feet flat on the floor, you can use a footrest with an adjustable height and tilt to make up for any gap between the floor and your feet.



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Moreinformationisavailableontheweb: www.apple.com/environment 76 Chapter 5 Last, but Not Least Regulatory Compliance Information FCC Compliance Statement Thisdevicecomplieswithpart15oftheFCCrules. Operation issubjecttothefollowingtwoconditions:(1)Thisdevicemay notcauseharmfulinterference,and(2)thisdevicemustaccept anyinterferencereceived,includinginterferencethatmaycause undesiredoperation. Seeinstructionsifinterferencetoradioor televisionreceptionissuspected. L'utilisationdecedispositifstautoriséeseulementaux conditionssuivantes:(1)ilnedoitpasproduiredébrouillageet(2)l'utilisateurdudispositifdoitêtreprêtàacceptertoutbrouillage radioélectriqueçu,mêmesicebrouillageestsusceptiblede compromettrelefonctionnementdudispositif. Radio and Television Interference Thiscomputer equipmentgenerates,uses,andcanradiateradiofrequencyenergy. Ifitisnotinstalledandusedproperly--that is,instrictaccordancewithApple'sinstructions--itmaycause interferencewithradioandtelevisionreception. @@@@. Move the computertoonesideortheotherofthetelevision orradio. · Move the computerfartherawayfromthetelevisionorradio.

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