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You can read the recommendations in the user guide, the technical guide or the installation guide for APPLE MACBOOK PRO 15-INCH. You'll find the answers to all your questions on the APPLE MACBOOK PRO 15-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 15-INCH**  
**User guide APPLE MACBOOK PRO 15-INCH**  
**Operating instructions APPLE MACBOOK PRO 15-INCH**  
**Instructions for use APPLE MACBOOK PRO 15-INCH**  
**Instruction manual APPLE MACBOOK PRO 15-INCH**

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



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MACBOOK PRO 15-INCH user guide](http://yourpdfguides.com/dref/1168648)  
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**Manual abstract:**

If you are an experienced user, you may already know enough to get started. Make sure you look over the information in Chapter 2, "Life with Your MacBook Pro," to find out about the new features of this MacBook Pro. Many answers to questions can be found on your computer in Mac Help. For information about getting Mac Help, see "Getting Answers" on page 30. @@@@ 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, first pull the AC plug up to remove it from the adapter. Attach the included AC power cord to the adapter, making sure it is seated firmly. Plug the other end into a power outlet. The AC power cord provides a grounded connection.

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 Note: 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 being charged. A green light indicates that the battery is fully charged or is not installed. If you don't see a light, make sure that the connector is seated properly.

Step 2: To access the Internet or a network, connect one end of an Ethernet cable to the MacBook Pro and the other end to a cable modem, DSL modem, or network. G Gigabit Ethernet port (10/100/1000Base-T) ® Ethernet cable To use a dial-up connection, you need the external Apple USB Modem, available for purchase from the online Apple Store at [www.apple.com/store](http://www.apple.com/store) or from an Apple Authorized Reseller. Plug the Apple USB Modem into a USB port on the MacBook Pro, and then connect a phone cord (not included) from the modem into a phone wall jack.

Chapter 1 Ready, Set Up, Go 11 Note: Your MacBook Pro also comes with AirPort Extreme technology for wireless networking. For more information about setting up a wireless connection, choose Help > Mac Help, and then choose Library > AirPort Help. See "Getting Answers" on page 30. Step 3: Press the power (®) button briefly to turn on your MacBook Pro. You hear a tone when you turn on the computer. ® Power button Trackpad Trackpad button Sleep indicator light It takes the MacBook Pro a few moments to start up. After it starts up, Setup Assistant opens automatically. If your computer doesn't turn on, see "If your MacBook Pro doesn't turn on or start up" on page 49. 12 Chapter 1 Ready, Set Up, Go Use the MacBook Pro trackpad to select and move items on the screen, just as you use a mouse with a desktop computer. Â To move the arrow pointer on the screen, slide one finger across the trackpad.

Press the trackpad button to select, click, or double-click items. Â Drag two fingers on the trackpad to scroll. For more information, choose Help > Mac Help and search for "trackpad." Step 4: Configure your MacBook Pro with Setup Assistant. The first time you turn on your MacBook Pro, Setup Assistant starts.

Setup Assistant helps you enter your Internet and email information and set up a user account on your MacBook Pro. If you already have a Mac, Setup Assistant can help you automatically transfer files, applications, and other information from your previous Mac. If you don't intend to keep or use your other Mac, it's best to deauthorize it from playing music, videos, or audiobooks that you've purchased from the iTunes Store. 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.

If you don't use Setup Assistant to transfer information when you first start up, you can do it later using Migration Assistant. Go to the Applications folder, open Utilities, and double-click Migration Assistant. Chapter 1 Ready, Set Up, Go 13 Step 5: Customize the Mac OS X desktop and set preferences. Menu bar Spotlight search icon Help menu Dock Finder icon System Preferences icon You can quickly make the desktop look the way you want using System Preferences. Choose Apple ( ) > System Preferences from the menu bar.

As you get to know your computer, explore System Preferences, 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. 14 Chapter 1 Ready, Set Up, Go 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: Â Close the display. Â Choose Apple ( ) > Sleep from the menu bar. Â Press the power (®) button and click Sleep in the dialog that appears. Â Choose Apple ( ) > System Preferences, click Energy Saver, and set a sleep timer. Â Press and hold the Play/Pause (') button on the Apple Remote for 3 seconds. 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 moving your MacBook Pro. Moving your computer while the disk is spinning can damage the hard disk, causing loss of data or the inability to start up from the hard disk. To wake your MacBook Pro: Â If the display is closed, simply open it to wake your MacBook Pro. Â If the display is already open, press the power (®) button, or any key on the keyboard, or any button on the Apple Remote. When your MacBook Pro wakes from sleep, your applications, documents, and computer settings are exactly as you left them.

Chapter 1 Ready, Set Up, Go 15 Shutting Down Your MacBook Pro If you aren't going to use your MacBook Pro for a day or two, 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: Â Choose Apple ( ) > Shut Down from the menu bar. Â 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 "Important Handling Information" on page 65 for information about how to prevent your battery from draining completely. 16 Chapter 1 Ready, Set Up, Go 2 2 Life with Your MacBook Pro [www.apple.com/macosx/MacHelp/MacOSXReadonforanoverviewofthedifferentpartsandfeaturesofyourMacBookPro](http://www.apple.com/macosx/MacHelp/MacOSXReadonforanoverviewofthedifferentpartsandfeaturesofyourMacBookPro).



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The Apple website at [www.apple.com](http://www.apple.com).

[com](#) links you to the latest Apple news, free downloads, and online catalogs of software and hardware for your MacBook Pro. You can also find the manuals for many Apple products and technical support for all of Apple's products on the Apple Support website at [www.apple.com/support](http://www.apple.com/support). Chapter 2 Life with Your MacBook Pro 19 Basic Features of Your MacBook Pro ® Power button Trackpad ® Trackpad button Battery (underneath) Sleep indicator light Display release button Slot-loading SuperDrive 20 Chapter 2 Life with Your MacBook Pro ® Power button Turn your MacBook Pro on or off, or put it to sleep. Trackpad and trackpad button Move the pointer on the MacBook Pro display with one finger on the trackpad, or scroll with two fingers. Press the trackpad button to click or double-click. Slot-loading SuperDrive This optical drive reads and writes to CDs and DVDs. Display release button Push to release the display and open your MacBook Pro. Sleep indicator light A white light pulses when the MacBook Pro is in sleep.

Battery Run your MacBook Pro using battery power when you are away from a power outlet. Chapter 2 Life with Your MacBook Pro 21 Additional Features of Your MacBook Pro iSight camera Camera indicator light Built-in stereo speakers Microphone ® Infrared (IR) receiver 22 Chapter 2 Life with Your MacBook Pro Built-in iSight camera Videoconference with others using the included iChat AV application, snap pictures with Photo Booth, or capture video with iMovie HD. Camera indicator light The green camera indicator light glows when the built-in iSight camera is operating. Built-in stereo speakers Listen to music, movies, games, and other multimedia files. Microphone (built in under the left speaker grille) Capture sounds directly with the microphone MacBook Pro. Turning off features such as AirPort Extreme or Bluetooth® wireless technology can help conserve the battery charge. If the battery runs low while you are working, attach your power adapter and let the battery recharge. To replace a low battery with a charged one when you are not using a power adapter, it's best to shut down your computer. You can determine the charge left in the battery by looking at the battery level indicator lights on the battery itself. Press the button next to the lights and the lights glow briefly to show how much charge is left in the battery.

You can check the charge with the battery in or out of your MacBook Pro. Important: If only one indicator light is on, very little charge is left. If no lights are on, 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, or replace the drained battery with a fully charged battery (see "Replacing the Battery" on page 42). 28 Chapter 2 Life with Your MacBook Pro Battery Indicator lights Button The amount of battery charge left can also be checked 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](http://www.apple.com/batteries/notebooks.html). Chapter 2 Life with Your MacBook Pro 29 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 or in sleep. 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](http://www.apple.com/support). To get Mac Help: 1 Click the Finder icon in the Dock (the bar of icons along the edge of the screen). 2 Choose Help > Mac Help (click the Help menu in the menu bar and choose Mac Help). 3 Click in the search field, type a question, and press Return on your keyboard. 30 Chapter 2 Life with Your MacBook Pro More Information For more information about using your MacBook Pro, see the following: To learn about Installing memory Troubory

Installing memory involves removing and replacing the battery. The following procedure includes instructions for removing the battery, adding memory, and replacing the battery. Step 1: Removing the Battery 1 Shut down your MacBook Pro. Disconnect the power adapter, Ethernet cable, and any other cords connected to the MacBook Pro to prevent damaging the computer. WARNING: Use care when handling the battery. See the battery safety information on page 64. Chapter 3 Boost Your Memory 35 2 Turn over the MacBook Pro and locate the release latches on either side of the battery. Slide both latches up. The battery should pop up slightly. Lift it out. WARNING: The internal components of your MacBook Pro can be hot.

If you have been using your MacBook Pro, wait 10 minutes after shutting it down to let the internal components cool before continuing. 36 Chapter 3 Boost Your Memory Step 2: Installing Memory 1 Using a Phillips #00 screwdriver, unscrew the four screws holding the memory door and remove it from the battery bay of the computer. Chapter 3 Boost Your Memory 37 2 Touch a metal surface inside the computer to discharge any static electricity from your body. 38 Chapter 3 Boost Your Memory 3 If you need to remove a memory card that's already installed in the slot, spread the tabs in the slot away from the notches in the memory card. The card should pop up slightly. Lift the memory card to a 30-degree angle and then gently slide the card out of the memory slot. 4 Insert the memory card at a 25-degree angle. Line up the notch in the card with the small tab in the memory slot and slide the card into the slot until the gold edge is almost invisible. Then firmly push the memory card into the memory slot. You might feel some resistance.

Chapter 3 Boost Your Memory 39 5 Gently spread the small tabs in the memory slot away from the notches and push the memory card down until the two snaps on either side of the card lock into place. 250 Correctly inserted Incorrectly inserted Note: Make sure your memory is installed according to this illustration, so the gold contacts are almost completely inserted into the connector. 40 Chapter 3 Boost Your Memory 6 Insert any additional memory in the second slot. 7 Replace the memory door and make sure it is lying flat before tightening the screws into place. Chapter 3 Boost Your Memory 41 Step 3: Replacing the Battery 1 Place the bottom edge of the battery in the battery compartment. Gently press the top edge of the battery down until the battery latches lock into place.



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2 Reconnect the power adapter and any other cables that were attached. 42 Chapter 3 Boost Your Memory Making Sure Your MacBook Pro Recognizes the New Memory After installing additional memory in your MacBook Pro, check whether the computer recognizes the new memory. To check the computer's memory: 1 Start up your MacBook Pro. 2 When you see the Mac OS X desktop, choose Apple ( ) from the menu bar and then choose About This Mac. The total memory includes the amount of memory that originally came with the computer plus the new memory you added. For a detailed breakdown of the amount of memory installed in your computer, open System Profiler by clicking More Info and then Memory. If your MacBook Pro doesn't recognize the memory or doesn't start up correctly, confirm that the memory you installed is compatible with your MacBook Pro and that it is installed correctly. Chapter 3 Boost Your Memory 43 4 4 Problem, Meet Solution [www.apple.com/support](http://www.apple.com/support) Mac Help help Occasionally you may have problems while working with your MacBook Pro. Read on to find some solutions to try when you have a problem. You can also find more troubleshooting information in Mac Help and on the MacBook Pro Service Support website at [www.apple.com/support/macbookpro](http://www.apple.com/support/macbookpro).

When you experience a problem working with your MacBook Pro, there is usually a simple and quick solution. Think about the conditions that led up to the problem. Making a note of things you did before the problem occurred will help you narrow down possible causes and find the answers you need. Things to note include: • The applications you were using when the problem occurred. Problems that occur only with a specific application might indicate that the application is not compatible with the version of the Mac OS installed on your computer. • Any new software that you installed, especially software that added items to the System folder. • Any new hardware that you installed, such as additional memory or a peripheral. Problems That Prevent You from Using Your MacBook Pro If your MacBook Pro doesn't respond or the pointer doesn't move On rare occasions, an application might "freeze" on the screen. Mac OS X provides a way to quit a frozen application without restarting your computer. Quitting a frozen application might allow you to save your work in other open applications.

To force an application to quit: 1 Press Command (x)-Option-Esc or choose Apple ( ) > Force Quit from the menu bar. The Force Quit Applications dialog appears with the application selected. 46 Chapter 4 Problem, Meet Solution 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.

Next, save your work in any open applications and restart the computer to make sure the problem is entirely cleared up. If you are unable to force the application to quit, press and hold the power (⌵) button for a few seconds to shut down the computer. Wait 10 seconds, and then turn on the computer. If the problem occurs frequently, choose Help > Mac Help from the menu bar at the top of the screen. Search for the word "freeze" to get help for instances when the computer freezes or doesn't respond.

If the problem occurs only when you use a particular application, check with the application's manufacturer to see if it is compatible with your computer. To get support and contact information for the software that came with your MacBook Pro, go to [www.apple.com/guide](http://www.apple.com/guide). If you know an application is compatible, you might need to reinstall your computer's system software. See "Reinstalling the Software That Came with Your MacBook Pro" on page 56. Chapter 4 Problem, Meet Solution 47 If your MacBook Pro freezes during startup, or you see a flashing question mark, or the display is dark and the sleep indicator light is glowing steadily (not in sleep) The flashing question mark usually means that the computer can't find the system software on the hard disk or any disks attached to the computer. • Wait a few seconds. If the computer doesn't soon start up, shut it down by pressing and holding the power (⌵) button for about 8 to 10 seconds. Disconnect all external peripherals and try restarting by pressing the power (⌵) button while holding down the Option key.

When your computer starts up, click the hard disk icon, and then click the right arrow. After the computer starts up, open System Preferences and click Startup Disk. Select a local Mac OS X System folder. • If that doesn't work, try using Disk Utility to repair the disk: • Insert the Mac OS X Install Disc 1 into your computer. • Then restart your computer and hold down the C key as it starts up. • Choose Installer from the menu bar, and then choose Open Disk Utility. 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 "Reinstalling the Software That Came with Your MacBook Pro" on page 56. 48 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: • Make sure the power adapter is plugged into the computer and into a functioning power outlet.

Be sure to use the 85W 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 MagSafe connector 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 battery. You should see one to four lights indicating the battery's level of charge.

If a single indicator light is flashing, allow the power adapter to charge the battery at least until that indicator light is glowing continuously. • If the problem persists, return the computer to its factory settings by disconnecting the power adapter, removing the battery, and holding down the power (⌵) button for at least 5 seconds. • If you recently installed additional memory, make sure that it is correctly installed and that it is compatible with your computer.

••••• 2 Press the power (⌵) button to restart the system. ••••• 1 Insert the Mac OS X Install Disc 1.

Then restart your computer and hold down the C key as it starts up. ••••• To use Apple Hardware Test: 1 Disconnect all external devices from your computer except the power adapter. If you have an Ethernet cable connected, disconnect it. 2 Insert the Mac OS X Install Disc 1 that came with your computer. 3 Restart your computer and hold down the D key as it starts up. 4 When the Apple Hardware Test main screen appears, follow the onscreen instructions. 5 If Apple Hardware Test detects a problem, it displays an error code.



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Make a note of the error code before pursuing support options. 1 Open System Preferences and click Network. 2 Follow the onscreen instructions.

You can try the following steps. 1 Check the cables and power supplies to Ethernet hubs and routers. 2 Some ISPs recommend that you unplug the modem's power cord. 3 Click Network. 4 Choose Network Port Configurations from the Show pop-up menu. 5 Drag Built-in Ethernet to the top of the Port Configurations list. 6 Choose Built-in Ethernet from the Show pop-up menu. 7 Click PPPoE. 8 Click TCP/IP. 9 Click Apply Now.

If you cannot resolve the issue using these steps, contact your ISP or network administrator. Problems with AirPort Extreme Wireless Communication If you have trouble using AirPort Extreme wireless communication: 1 Make sure the computer or network you are trying to connect to is running and has a wireless access point. 2 Make sure you have properly configured the software according to the instructions that came with your base station or access point. 3 Make sure you are within 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. 4 Chapter 4 Problem, Meet Solution 5 Check the AirPort (Z) status menu in the menu bar. Up to four bars appear, indicating signal strength. If you don't see the bars, try changing your location. 6 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. Keeping Your Software Up to Date You can connect to the Internet and automatically download and install the latest free software updates, drivers, and other enhancements from Apple. When you are connected to the Internet, Software Update checks Apple's Internet servers to see if any updates are available for your computer. You can set your MacBook Pro to check the Apple server periodically, and download and install updated software. To check for updated software: 1 Choose Apple ( ) > System Preferences. 2 Click the Software Update icon and follow the instructions on the screen. 3 For more information, search for "Software Update" in Mac Help. 4 For the latest information about Mac OS X, go to [www.apple.com/macosx](http://www.apple.com/macosx).

Chapter 4 Problem, Meet Solution 55 Reinstalling the Software That Came with Your MacBook Pro Use the software installation discs that came with your computer to reinstall Mac OS X and any applications that came with your computer. Important: Apple recommends that you back up the data on your hard disk before reinstalling software. Apple is not responsible for any lost data. Installing Mac OS X and Applications To install Mac OS X and the applications that came with your MacBook Pro: 1 Back up your essential files. Because the Erase and Install option erases your hard disk, you should back up your essential files before installing Mac OS X and other applications. 2 Make sure your power adapter is connected and plugged in. 3 Insert the Mac OS X Install Disc 1 that came with your computer. 4 Double-click Install Mac OS X and Bundled Software. To install only the applications that came with your computer, double-click Install Bundled Software Only. Note: To install iCal, iChat AV, iSync, iTunes, Safari, and the iLife applications, double-click Install Mac OS X and Bundled Software.

5 Follow the onscreen instructions. 6 After selecting the destination volume for installation, continue following the onscreen instructions.

7 Choose your country from the pop-up menu. 8 Choose Help > Mac Help. 9 For information, visit [www.apple.com/support/products](http://www.apple.com/support/products) or visit the website address for your country listed below. If you need assistance, AppleCare 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 and telephone fees may apply. Country United States Australia Canada (English) (French) Ireland New Zealand United Kingdom Phone 1-800-275-2273 (61) 133-622 1-800-263-3394 (353) 1850 946 191 00800-7666-7666 (44) 0870 876 0753 Website [www.apple.com/support](http://www.apple.com/support) [www.apple.com/au/support](http://www.apple.com/au/support) [www.apple.com/ca/support](http://www.apple.com/ca/support) [www.apple.com/ca/fr/support](http://www.apple.com/ca/fr/support) [www.apple.com/ie/support](http://www.apple.com/ie/support) [www.apple.com/uk/support](http://www.apple.com/uk/support)

58 Chapter 4 Problem, Meet Solution 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/contact/phone\\_contacts.html](http://www.apple.com/contact/phone_contacts.html) Locating Your Product Serial Number Use one of these methods to find your computer's serial number: 1 Choose Apple ( ) from the menu bar and then choose About This Mac.

2 Click the version number beneath the words "Mac OS X." Clicking cycles between the Mac OS X version number, the build version, and the serial number. 3 Click the Finder icon and open /Applications/Utilities/System Profiler. Click Hardware in the Contents panel. 4 Remove the battery and view the serial number for your MacBook Pro in the battery bay.

For information about removing the battery, see page 35. Chapter 4 Problem, Meet Solution 59 5 5 Last, but Not Least [www.apple.com/environment](http://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.

Important Safety Information WARNING: Failure to follow these safety instructions could result in fire, electric shock, or other injury. Avoiding water and wet locations Keep your computer away from sources of liquid, such as drinks, washbasins, bathtubs, shower stalls, and so on. Protect your computer from dampness or wet weather, such as rain, snow, and fog. Handling your MacBook Pro Set up your MacBook Pro on a stable work surface that allows for adequate air circulation under and around the computer. Do not operate your MacBook Pro on a pillow or other soft material, as the material can block the airflow vents. Never place anything over the keyboard when operating your computer. Never push objects into the ventilation openings. The bottom of your MacBook Pro may become very warm during normal use. If your MacBook Pro is on your lap and gets uncomfortably warm, remove it from your lap and place it on a stable work surface. 62 Chapter 5 Last, but Not Least Using the 85W MagSafe Power Adapter Make sure the AC plug or AC power cord is fully inserted into the power adapter before plugging the adapter into a power outlet.



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Use only the power adapter that came with your MacBook Pro, or an Apple-authorized power adapter that is compatible with this product. The power adapter may become very warm during normal use. Always plug the power adapter directly into a power outlet, or place it on the floor in a well-ventilated location. Disconnect the power adapter, remove the battery, and disconnect any other cables if any of the following conditions exists: *• You want to add memory. • You want to clean the case (use only the recommended procedure described on page 66). • The power cord or plug becomes frayed or otherwise damaged. • Your MacBook Pro or power adapter is exposed to rain, excessive moisture, or liquid spilled into the case. • Your MacBook Pro or power adapter has been dropped, the case has been damaged, or you suspect that service or repair is required.* The MagSafe power port contains a magnet that can erase data on a credit card, iPod, or other device. To preserve your data, do not place these and other magnetically sensitive material or devices within 1 inch (25 mm) of this port.

If debris gets into the MagSafe power port, remove it gently with a dry cotton swab. Chapter 5 Last, but Not Least 63 Handling the battery Do not drop, disassemble, crush, incinerate, or expose the battery to temperatures above 212° F (100° C). Stop using the battery if it appears damaged in any way. Replace the battery only with an Apple-authorized battery for this product. Dispose of used batteries promptly according to your local environmental guidelines.

Avoiding hearing damage Permanent hearing loss may occur if earbuds or headphones are used at high volume. You can adapt over time to a higher volume of sound that may sound normal but can be damaging to your hearing. If you experience ringing in your ears or muffled speech, stop listening and have your hearing checked. The louder the volume, the less time is required before your hearing could be affected. Hearing experts suggest that to protect your hearing:

*• Limit the amount of time you use earbuds or headphones at high volume.*

*• Avoid turning up the volume to block out noisy surroundings. • Turn the volume down if you can't hear people speaking near you.* High-risk activities This computer system is not intended for use in the operation of nuclear facilities, aircraft navigation or communications systems, air traffic control systems, or for any other uses where the failure of the computer system could lead to death, personal injury, or severe environmental damage. 64 Chapter 5 Last, but Not Least Laser Information for Optical Disc Drives

**WARNING:** Making adjustments or performing procedures other than those specified in your equipment's manual may result in hazardous radiation exposure. 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. 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.

Chapter 5 Last, but Not Least 65 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. When storing your computer for longer than five months, discharge the battery to approximately 50 percent and then remove it from the MacBook Pro. 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 computer and its components, first shut down your MacBook Pro, unplug the power adapter, and remove the battery. Then use a damp, soft, lint-free cloth to clean the computer's exterior. Avoid getting moisture in any openings. Do not spray liquid directly on the computer.

Do not use aerosol sprays, solvents, or abrasives that might damage the finish. Cleaning your MacBook Pro display To clean your MacBook Pro screen, first shut down your MacBook Pro, unplug the power adapter, and remove the battery. Then dampen a clean, soft, lint-free cloth or paper with water only and wipe the screen. Do not spray liquid directly on the screen. 66 Chapter 5 Last, but Not Least 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 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 Chapter 5 Last, but Not Least 67 Change hand positions 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 a comfortable reach. Chair An 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. 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 adjustable height and tilt to make up for any gap between the floor and your feet. Or you can lower the desktop to eliminate the need for a footrest.

Another option is to use a desk with a keyboard tray that's lower than the regular work surface. 68 Chapter 5 Last, but Not Least Built-in Display Adjust the angle of the display to minimize glare and reflections from overhead lights and windows.



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Do not force the display if you meet resistance. The display is not meant to open past 135 degrees. You can adjust the brightness of the screen when you take the computer from one work location to another, or if the lighting in your work area changes. More information about ergonomics is available on the web: [www.apple.com/about/ergonomics](http://www.apple.com/about/ergonomics) Apple and the Environment Apple Computer, Inc. recognizes its responsibility to minimize the environmental impacts of its operations and products. More information is available on the web: [www.apple.com/environment](http://www.apple.com/environment)

Chapter 5 Last, but Not Least 69 Regulatory Compliance Information Compliance Statement This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. See instructions if interference to radio or television reception is suspected. L'utilisation de ce dispositif est autorisée seulement aux conditions suivantes: (1) il ne doit pas produire de brouillage et (2) l'utilisateur du dispositif doit être prêt à accepter tout brouillage radioélectrique reçu, même si ce brouillage est susceptible de compromettre le fonctionnement du dispositif.

Radio and Television Interference This computer equipment generates, uses, and can radiate radio-frequency energy. If it is not installed and used properly--that is, in strict accordance with Apple's instructions--it may cause interference with radio and television reception. This equipment has been tested and found to comply with the limits for a Class B digital device in accordance with the specifications in Part 15 of FCC rules. These specifications are designed to provide reasonable protection against such interference in a residential installation. However, there is no guarantee that interference will not occur in a particular installation.

You can determine whether your computer system is causing interference by turning it off. If the interference stops, it was probably caused by the computer or one of the peripheral devices. If your computer system does cause interference to radio or television reception, try to correct the interference by using one or more of the following measures: • Turn the television or radio antenna until the interference stops. • Move the computer to one side or the other of the television or radio. • Move the computer farther away from the television or radio. • Plug the computer into an outlet that is on a different circuit from the television or radio. (That is, make certain the computer and the television or radio are on circuits controlled by different circuit breakers or fuses.) If necessary, consult an Apple-authorized service provider or Apple. See the service and support information that came with your Apple product. Or, consult an experienced radio/television technician for additional suggestions.

Important: Changes or modifications to this product not authorized by Apple Computer, Inc., could void the EMC compliance and negate your authority to operate the product. This product has demonstrated EMC compliance under conditions that included the use of compliant peripheral devices and shielded cables (including Ethernet network cables) between system components. It is important that you use compliant peripheral devices and shielded cables between system components to reduce the possibility of causing interference to radios, television sets, and other electronic devices. 70 Responsible party (contact for FCC matters only): Apple Computer, Inc. Product Compliance, 1 Infinite Loop, M/S 26-A, Cupertino, CA 95014-2084, 408-974-2000. Industry Canada Statement Wireless Radio Use Complies with the Canadian ICES-003 Class B specifications. Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada. This device complies with RSS 210 of Industry Canada. This device is restricted to indoor use due to its operation in the 5.

15 to 5.25 GHz frequency range to reduce the potential for harmful interference to cochannel Mobile Satellite systems. Cet appareil doit être utilisé à l'intérieur. Bluetooth Europe--EU Declaration of Conformity This wireless device complies with the specifications EN 300 328, EN 301-489, and EN 60950 following the provisions of the R&TTE Directive. Exposure to Radio Frequency Energy Europe--EU Declaration of Conformity The radiated output power of the AirPort Extreme technology is below the FCC radio frequency exposure limits.

Nevertheless, it is advised to use the wireless equipment in such a manner that the potential for human contact during normal operation is minimized. FCC Bluetooth Wireless Compliance The equipment complies with the RF Exposure Requirement 1999/519/EC, Council Recommendation of 12 July 1999 on the limitation of exposure of the general public to electromagnetic fields (0 Hz to 300 GHz). This equipment meets the following conformance standards: EN300 328, EN301 893, EN301 489-17, EN60950 Hereby, Apple Computer, Inc., declares that this 802.11a/b/g Mini-PCIe card is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.

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