

Keep You Mac Healthy

in 12 simple steps

Presented by



for



Technology Evening

Links Mentioned

- All links mentioned tonight can be viewed at

<http://www.nicholaspyers.com/presentations/>

I . Backup

- Regularly - At least once a month
 - .Mac Backup
 - Dantz Retrospect (included with Norton's SystemWorks)
 - Deja Vu (included with Toast 6)
 - Manually

2. Run System File Checks

- Reboot your Mac
- Hold down **Command-S** while booting until “text appears” to start in Single User Mode
- At command prompt type, **/sbin/fsck -yf** and press **Return**. Repeat fsck command until no errors occur
- Type **reboot** and press **Return** to restart Mac normally

3. Repair Permissions

- Run Disk Utility (Located in Applications/Utilities)
- Select your System drive
- Click **Repair Disk Permissions**

4. Clear Caches

- Trash everything in **./Library/Caches**
- Trash everything in **./Users/USER/Library/Caches**
- Reboot
- Empty Trash

Hint: Use Cocktail

- Cocktail - A General Purpose Utility for Mac OS X 10.2 or later
- Repairs Permissions; Clears Caches; Clears Logs; Schedule Maintenance and more...
- Costs US\$12 from Diacom
 - <http://www.macosxcocktail.com>

5. Zap PRAM

- Reboot your Mac
- Hold down **Command-Option-P-R** until Mac reboots again
- May need to reset some settings.

6. Check for Viruses

- While it is true there are no Mac OS X native viruses - **we can still be infected** particularly by Microsoft Word and Excel viruses
- Virex included with .Mac
- Norton Anti-Virus - part of SystemWorks

Update your Definitions regularly!!!

7. Keep Up To Date

- Run Software Update Regularly
- Read VersionTracker Regularly
 - <http://www.versiontracker.com/>

8. Stay Informed

- Read Macintouch & MacFixIt daily
 - <http://www.macintouch.com>
 - <http://www.macfixit.com>
- Don't forget AUSOM FirstClass

9. Have a Second User

- System Preferences > Accounts
- Use 2nd User account to check if problems are user specific or system wide.

10. Optimize your Hard Drives

- Manual Optimization is Optional these days
 - Only worth doing if working with lots of extremely large files
- Mac OS X 10.3 automatically optimizes files smaller than 20mb

11. Clean Install the Mac OS

- Once a Year
 - When Apple release a new major version is a good time eg 10.2 to 10.3
 - Backup ALL data
 - Format hard drive
 - Clean install the OS

12. Backup!

Did we mention to

BACKUP

Regularly

Useful Utilities to Have

- Virex
- Norton SystemWorks
- Disk Warrior
- Techtool Pro
- Cocktail

Questions?

and don't forget;

<http://www.nicholaspyers.com/presentations/>