

Computer Essentials

This quick reference is for understanding the main concepts of ICT and using the computer and managing files on Windows 7

Quick Reference



Keyboard Shortcuts & Commands

Purpose	Keyboard Shortcut	Purpose	Keyboard Shortcut
Open menu	ALT+LETTER	Undo	CTRL+Z
Help	F1	Up one screen	PAGE UP
Cut	CTRL+X	Down one screen	PAGE DOWN
Copy	CTRL+C	Beginning of a line	HOME
Paste	CTRL+V	End of line	END

This module sets out essential concepts and skills relating to the use of devices, file creation and management, networks and data security.

Successful candidates will be able to:

- Understand key concepts relating to ICT, computers, devices and software.
- Start up and shut down a computer.
- Work effectively on the computer desktop using icons, windows.
- Adjust the main operating system settings and use built-in help features.
- Create a simple document and print an output.
- Know about the main concepts of file management and be able to efficiently organise files and folders.
- Understand key storage concepts and use utility software to compress and extract large files.
- Understand network concepts and connection options and be able to connect to a network.
- Understand the importance of protecting data and devices from malware and of backing up data.
- Recognise considerations relating to green IT, accessibility and user health.

1 Computers and Devices

1.1 ICT

1.1.1 Define the term Information and Communication Technology (ICT).

ICT - Using digital technology to access, store and process information into an organized and understandable form

1.1.2 Identify different types of ICT services and uses like:

Internet services - Examples include online banking, online shopping, e-mail and data transfer

Mobile technology - Examples include using the internet on smartphones, laptops

Office productivity applications - Examples include word processing, spread sheets, presentation software

1.2 Hardware

1.2.1 Define the term hardware.

Hardware - Physical, tangible items that form part of a computer system

1.2.1 Identify the main types of computers like:

Types of Computer	
Desktop	A traditional stand-alone or networked computer
Laptop	A small, portable computer designed for mobile, flexible use
Tablet	A small, mobile, hand-held computer that combines computing and Internet access

1.2.1 Identify the main types of devices like:

Types of Devices	
Smart Phone	Used for phone calls, e-mail, Internet browsing, and working with mobile applications
Media Player	Used to download and play music and videos
Digital Camera	Used to take photographs in digital format

1.2.2 Define the terms processor, Random Access Memory (RAM), storage. Understand their impact on performance when using computers and devices.







Processor - An important component for processing information

RAM - Working temporary memory that loses its data when the computer is shut down

Storage - Internal or external devices that retain saved data.

The type and speed of the processor, the amount of RAM used, and the amount of available storage space, can have an impact on the computer's overall performance.

1.2.3 Identify the main types of integrated and external equipment like:

Printers	Devices that print information on paper or other materials	
Screens	Devices that display text and graphics	
Scanners	Devices that read images or text and convert the data into digital information	
Keyboards	Typing devices used to issue commands and enter characters	
Mouse/Trackpad	A pointing device used to select items and issue commands	
Web camera (webcam)	A video camera used to capture a digital video	
Speakers	Devices that produce sound waves audible to the human ear	
Microphone	A device used to digitally capture sound	
Docking Station	A device that connects a laptop computer to other devices	

1.2.4 Identify common input/output ports like:

Universal Serial Bus (USB) - Typically used to connect storage and other devices

High-Definition Multimedia Interface (HDMI) - Typically used to connect media devices

1.3 Software and Licensing

1.3.1 Define the term software and distinguish between the main types of software like: operating systems, applications. Know that software can be installed locally or available

online.

Software - Applications or programs that perform specific tasks, such as word processing or graphics editing

Operating system - Controls the computer, schedules tasks, manages storage, and handles communication with other devices.

Applications software - Designed for specific tasks such as presentations or spreadsheets. Software can be installed on a specific computer or device, on a network or accessed via the cloud.

1.3.2 Define the term operating system and identify some common operating systems for computers and devices.

Operating system - Software that schedules tasks, manages storage and handles communication with other devices

Examples include Windows, Linux, Mac OS X

1.3.3 Identify common examples of applications like:

Office productivity - Examples include word processing and spreadsheets

Communications - Examples include e-mail and instant messaging

Social networking - Examples include websites that allows users to connect and exchange status updates and comments

Media - Examples include news applications and social media applications

Design - Examples include photo-editing and desktop publishing

Mobile applications - Examples include online storage applications and e-mail applications

1.3.4 Define the term End-User License Agreement (EULA). Recognise that software must be licensed before use.

EULA - A legal agreement between the user of software and the software manufacturer. Users should ensure all software used is fully licensed before use.

1.3.5 Outline the types of software licenses:

Proprietary - Software that must be bought before use

Open source - Free software that makes its source code available

Trial version - Software that can be used for a restricted time only and users will have to purchase to use further

Shareware - Software that is distributed on a try-before-you-buy basis with limited functionality

Freeware - Free copyrighted software

1.4 Start Up, Shut Down

- 1.4.1 **Start a computer and log on securely using a user name and password.**
Make sure that both the computer and monitor are plugged into a power source.
Turn on the computer and the monitor.
Enter a user name and password when requested.
Press the [Return](#) key.

- 1.4.2 **Log off a computer using an appropriate routine.**
Close any open files and applications.
Click the [Start](#) button.
Select the [Shut Down](#) arrow.
Click [Log off](#).

- 1.4.2 **Shut down a computer using an appropriate routine.**
Close any open files and applications.
Click the [Start](#) button.
Click [Shut Down](#).

- 1.4.2 **Restart a computer using an appropriate routine.**
Close any open files and applications.
Click the [Start](#) button.
Select the [Shut Down](#) arrow.
Click [Restart](#).

2.1 Desktop and Icons

- 2.1.1 **Outline the purpose of the desktop and the**








2 Desktop, Icons, Settings

task bar.

[Desktop](#) - Displays icons for files, folders and applications

[Task bar](#) - Shows active applications, files and folders and other icons

- 2.1.2 **Identify common icons like those representing:**

FILES	
FOLDERS	
APPLICATIONS	
PRINTERS	
DRIVES	
SHORTCUTS/ALIASES	
RECYCLE BIN/WASTEBASKET/TRASH	

- 2.1.3 **Select and move icons.**
On the desktop, click on an icon and drag and drop to a new location.

- 2.1.4 **Create a shortcut/alias.**
Select location to move shortcut to.
Right-click and click [Create shortcut](#).

- 2.1.4 **Rename a shortcut/alias.**
Right-click on the shortcut icon.
Click [Rename](#).
Enter new name.

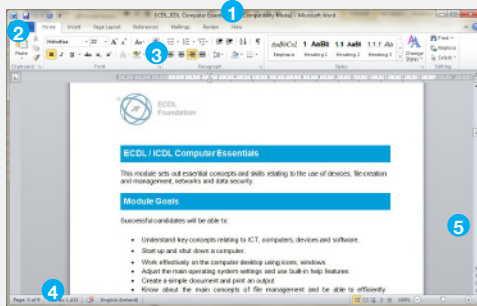
- 2.1.4 **Move a shortcut/alias.**
Right-click on the shortcut icon.
Click [Cut](#).
Select location to move shortcut to.
Right-click and select [Paste](#).

- 2.1.4 **Delete a shortcut/alias.**
Right-click on the shortcut icon.
Click [Delete](#).
Click [Yes](#) to confirm deletion.

2.2 Using Windows

- 2.2.1 **Identify the different parts of a window:**

1. Title bar
2. Menu
3. Toolbar/Ribbon
4. Status bar
5. Scroll bar.



- 2.2.2 **Open, collapse, expand, restore down, maximise, resize, move, close a window.**

- To open a window, select the file or folder, right-click and select [Open](#).
- To collapse a window, click the [Minimise](#) button in the upper right corner of the window.
- To expand a window, move the mouse to the edge of the [Title bar](#) and drag the window to increase the size.
- To restore down a window, click the [Restore Down](#) button in the upper right corner of the window.
- To maximise a window, click the [Maximise](#) button in the upper right corner of the window.
- To resize a window, move the mouse over the [Title bar](#) and drag the window to size preferred.
- To move a window, move the mouse over the [Title bar](#) and drag the window to a new location.
- To close a window, click the [Close](#) button in the upper right corner of the window.

- 2.2.3 **Switch between open windows.**



- Move the mouse over the application icons on the [Task Bar](#) so any open windows are displayed.
- Click the required window icons found on the [Task Bar](#).

2.3 Tools and Settings

- 2.3.1 **Use available help functions.**

- Click the [Start](#) button.
- Click [Help and Support](#).
- Enter the query into the [Search Help](#) search box.
- Press the [Return](#) key.

- 2.3.2 **View the computer's basic system information: operating system name and version number, installed RAM.**

- Click the [Start](#) button.
- Click [Control Panel](#).
- Click [System](#).

- 2.3.3 **Change desktop configuration settings: date and time.**

- Click the time shown on the right side of the [Task Bar](#).
- Click [Change Date and time settings](#).
- Click [Change Date and time](#).
- Enter a date and time.
- Click [Apply](#).

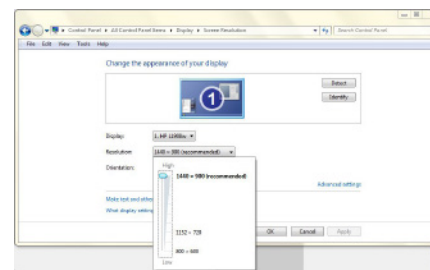
- 2.3.3 **Change desktop configuration settings: volume settings.**

- Double-click the speaker button on the right side of the [Task Bar](#).
- Adjust the volume as required.

- 2.3.3 **Change desktop configuration settings: background.**

- Right-click on the desktop and click [Personalize](#).
- Click a theme to change the desktop background.
- Click [Apply](#).

- 2.3.3 **Change desktop configuration settings: resolution.**



- Right-click on the desktop and click [Screen resolution](#).
- Click the [Resolution](#) box.
- Click on the [Resolution](#) field arrow and drag the slider to specify a screen resolution.
- Click [Apply](#).

- 2.3.4 **Change keyboard language.**

- Click the [Start](#) button.
- Click [Control Panel](#).
- Click [Region and Language](#).
- Click on the [Keyboards and Languages](#) tab.
- Click [Change Keyboards](#).
- Click on the preferred keyboard language.
- Click [OK](#).

- 2.3.4 **Add keyboard language.**

- Click the [Start](#) button.
- Click [Control Panel](#).
- Click [Region and Language](#).
- Click on the [Keyboards and Languages](#) tab.
- Click [Change Keyboards](#).
- Click [Add](#).
- Click on the expandable button next to the language required.
- Click on the expandable button next to the keyboard.
- Check the language checkbox option preferred.
- Click [OK](#).

- 2.3.4 **Remove keyboard language.**

- Click the [Start](#) button.
- Click [Control Panel](#).
- Click [Region and Language](#).
- Click on the [Keyboards and Languages](#) tab.
- Click [Change Keyboards](#).
- Select the keyboard language to remove.
- Click [Remove](#).
- Click [OK](#).

- 2.3.4 **Change default language.**

- Click the [Start](#) button.
- Click [Control Panel](#).
- Click [Region and Language](#).
- Click on the [Keyboards and Languages](#) tab.
- Click [Change Keyboards](#).
- Select the language button in [Default language input](#) field.
- Select from the list of installed default languages.
- Click [OK](#).

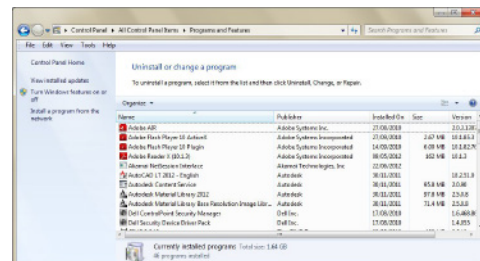
- 2.3.5 **Shut down a non-responding application.**

- Press the [Ctrl+Alt+Delete](#) keys.
- Click the [Start Task Manager](#) button.
- In the [Applications](#) tab select the application.
- Click [End Task](#).

- 2.3.6 **Install an application.**

- Click the [Start](#) button.
- Click [Control Panel](#).
- Double-click [Add or Remove Programs](#).
- Click [Add New Programs](#).
- Click [Install a program from the network](#).
- Select program to install to begin the wizard.
- Follow the wizard instructions.

- 2.3.6 **Uninstall an application.**



- Click the [Start](#) button.
- Click [Control Panel](#).
- Click [Programs and Features](#).

- Select the application to uninstall.
 - Click **Uninstall/Change**.
 - Click **Yes**.
- 2.3.7 **Connect a device (USB flash drive, digital camera, media player) to a computer.**
- Insert the flash drive (or cable for other device) into the USB port on the computer.
 - The computer will signal that a new device has been detected.
 - Save or view files and folders as needed.
- 2.3.7 **Disconnect a device using an appropriate routine.**
- Click on the USB device icon on the **Task Bar**.
 - Select **Eject USB Disk** and remove the USB flash drive.
- 2.3.8 **Capture a full screen.**
- Press the **Print Screen** key.
- 2.3.8 **Capture an active window.**
- Open a window on the desktop.
 - Press the **Alt key + Print Screen** key.

3 Outputs

3.1 Working with Text

- 3.1.1 **Open a word processing application.**
- Click the **Start** button.
 - Select **All Programs**.
 - Click **Microsoft Word 2010**.
- 3.1.1 **Close a word processing application.**
- Click the **File** button.
 - Click **Exit**.
- 3.1.1 **Open files.**
- Click the **File** button.
 - Click **Open**.
 - Select the document to open and click **Open**.
- 3.1.1 **Close files.**
- Click the **File** button.
 - Click **Close**.
- 3.1.2 **Enter text into a document.**
- Click into the open word processing document.
 - Enter the text.
- 3.1.3 **Copy text within a document, between open documents.**
- Select the text to copy.
 - On the **Home** tab, in the **Clipboard** group, click the **Copy** button.
 - Click in a new location within the document or within another open document.
 - On the **Home** tab in the **Clipboard** group, click the **Paste** button.
- 3.1.3 **Move text within a document, between open documents.**
- Select the text to move.
 - On the **Home** tab, in the **Clipboard** group, click the **Cut** button.
 - Click in a new location within the document or within another open document.
- On the **Home** tab in the **Clipboard** group, click the **Paste** button.
- 3.1.3 **Paste a screen capture into a document.**
- After taking the screen capture, click in a new location within the document.
 - On the **Home** tab in the **Clipboard** group, click the **Paste** button.

3.1.4 Save and name a document.

- Click the **File** button.
- Click **Save**.
- Create a file name and select the location.
- Click **Save**.

3.2 Printing

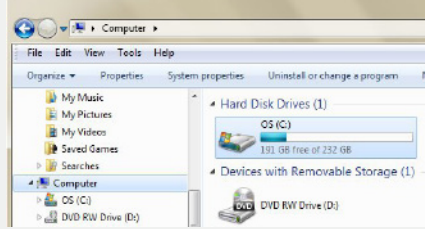
- 3.2.1 **Install a printer.**
- Click the **Start** button.
 - Click **Devices and Printers**.
 - Click **Add a printer**.
 - Follow the wizard instructions.
- 3.2.1 **Uninstall a printer.**
- Click the **Start** button.
 - Click **Devices and Printers**.
 - Select the printer.
 - Right-click and select **Remove device**.
 - Click **Yes** to confirm removal.
- 3.2.1 **Print a test page.**
- Right-click a printer.
 - Click **Printer** properties.
 - On the **General** tab, click **Print Test Page**.
 - Click **OK**.
- 3.2.2 **Set the default printer from an installed printer list.**
- Click the **Start** button.
 - Click **Devices and Printers**.

- Select a printer to set as default printer.
 - Right-click and click **Set as Default Printer**.
- 3.2.3 **Print a document from a word processing application.**
- In an open document, click the **File** button.
 - Select **Print**.
 - Click **Print**.
- 3.2.4 **View, pause, restart, cancel a print job.**
- To view a print job, double-click on the **Printer** icon on the **Task Bar**.
 - To pause a print job, right-click the print job and select **Pause**.
 - To restart a print job, right-click the print job and select **Restart**.
 - To delete a print job, right-click the print job and select **Cancel**.

4 File Management

4.1 Introducing Files and Folders

- 4.1.1 **Understand how an operating system organises drives, folders, files in a hierarchical structure.**
- Windows Explorer displays the hierarchical structure of files, folders, and drives on your computer.
- 4.1.1 **Navigate between drives, folders, sub-folders, files.**



- Click the **Start** button.
 - Click **Computer**.
 - Double-click on the drive where the folder or file is located.
 - Locate the folder and file name on the drive.
- 4.1.2 **Display file, folder properties like: name, size, location.**
- Right-click on the file or folder.
 - Select **Properties**.
 - Click **OK**.
- 4.1.3 **Change view to display files and folders like: tiles, icons, list, details.**
- In an open window, click on the **Change your view** button.
 - Click on a preferred option to view files or folders.
- 4.1.4 **Identify common file types like:**

Common File Type	File Extension	File Icon
Word Processing	.docx	
Spreadsheet	.xlsx	
Presentation	.pptx	
Portable Document Format	.pdf	
Image	.gif, .jpg, .bmp	
Audio	.mp3	
Video	.avi	
Compressed	.zip	
Executable	.exe	

- 4.1.5 **Open a file, folder, drive.**
- Select the file, folder or drive to open.
 - Right-click and click **Open**.
- 4.1.6 **Recognise good practice in folder, file naming:**
- Use meaningful names for folders and files to help with searching and organisation.
- 4.1.7 **Create a folder.**
- Navigate to where the folder will be created.
 - Right-click and click **New**.
 - Click **Folder**.
 - Enter a folder name and press the **Return** key.
- 4.1.8 **Rename a file, folder.**
- Right-click on the file or folder to re-name.
 - Click **Rename**.
 - Enter a new name.
 - Press the **Return** key.
- 4.1.9 **Search for files by properties: all or part of file name.**
- Double-click the **Windows Explorer** icon on the **Task Bar**.
- In the search field enter a full file name or part of a file name.
- Click **Search**.
- 4.1.9 **Search for files by properties: using wildcards if necessary**
- Double-click the **Windows Explorer** icon on the **Task Bar**.
- In the search field use wildcards in the criteria boxes to perform search.
- Enter *.txt to find all files with the extension .txt.
- Enter b.* to find all files that begin with the letter b.
- Click **Search**.
- 4.1.9 **Search for files by properties: by content.**
- Click the **Start** button.
- Click **Search**.
- Enter text.
- 4.1.9 **Search for files by properties: by date modified.**
- Double-click the **Windows Explorer** icon on the **Task Bar**.
- Click in the **Search Libraries** field.
- Click **Date modified**.
- Select date required from displayed calendar.
- 4.1.10 **View list of recently used files.**
- Click the **Start** button.
- Select **Recent Items**.
- If the **Recent Items** button is not already installed, right-click the **Task Bar** and click **Properties**.
- In the **Start Menu** tab, click **Customize**.
- In the dialog displayed, check the **Recent Items** checkbox.
- Click **OK**.
- 4.2 **Organising Files and Folders**
- 4.2.1 **Select individual files, folders.**
- Click on a file or folder.
- 4.2.1 **Select adjacent files, folders.**
- Click the first file or folder, hold down the **Shift** key, and then click the last file or folder.
- Release the **Shift** key.
- 4.2.1 **Select non-adjacent files, folders.**
- Hold down the **Ctrl** key, and then click each file or folder to select.
- 4.2.2 **Sort files in ascending, descending order by name.**
- Click the **View** menu.
- Select **Sort by**.
- Click **Name** to sort files by name in ascending order.
- Click the **View** menu.
- Select **Sort by**.
- Click **Descending** to sort in descending order.
- 4.2.2 **Sort files in ascending, descending order by size.**
- Click the **View** menu.
- Select **Sort by**.
- Click **Size** to sort files by size in ascending order.
- Click the **View** menu.
- Select **Sort by**.
- Click **Descending** to sort in descending order.
- 4.2.2 **Sort files in ascending, descending order by type.**
- Click the **View** menu.
- Select **Sort by**.
- Click **Type** to sort files by name in ascending order.
- Click the **View** menu.
- Select **Sort by**.
- Click **Descending** to sort in descending order.
- 4.2.2 **Sort files in ascending, descending order by date modified.**
- Double-click on the folder containing the files to

- sort.
Click the [View](#) menu.
Select [Sort by](#).
Click [Date Modified](#) to sort files by date modified in ascending order.
Click the [View](#) menu.
Select [Sort by](#).
Click [Descending](#) to sort in descending order.
- 4.2.3 **Copy files, folders between folders, drives.**
Right-click on the file or folder to copy.
Click [Copy](#).
Click on the new location.
Right-click and click [Paste](#).
- 4.2.3 **Move files, folders between folders, drives.**
Right-click on the file or folder to move.
Click [Cut](#).
Click on the new location.
Right-click and click [Paste](#).
- 4.2.4 **Delete files, folders to the recycle bin/wastebasket/trash.**
Right-click on the file or folder to delete.
Click [Delete](#).
Click [Yes](#) to confirm deletion.
- 4.2.4 **Restore files, folders to original location.**
Double-click the [Recycle Bin](#) icon.
Select the items to restore.
On the [Recycle Bin Tasks](#) pane, click [Restore the selected items](#).
- 4.2.5 **Empty the recycle bin/wastebasket/trash.**
Open the [Recycle Bin](#).
On the [Recycle Bin Tasks](#) pane, click [Empty Recycle Bin](#).

4.3 Storage and Compression

- 4.3.1 Identify the main types of storage media like:

Storage Media	Description
Internal hard disk	A non-volatile, random access storage device for digital data
External hard disk	A hard disk located outside the computer
Network drive	A drive shared by multiple users or devices
CD	An optical disc used to store music
DVD	An optical disc used to store video
Blu-ray Disc	A high definition optical disc used to store media with up to five times greater storage than DVDs
USB flash drive	A portable digital storage device
Memory card	A digital storage device used in cameras and other devices
Online file storage	A file storage service available over the Internet

- 4.3.2 Identify file size, folder size, storage capacity measurements like:

Unit Bit	Size	Comparable To
Kilobyte (KB)	1,024 Bytes	½ page of plain text
Megabyte (MB)	1,024 KB	700 pages of plain text or one picture/graphic
Gigabyte (GB)	1, 024 MB	A set of encyclopaedias
Terabyte (TB)	1,024 GB	A bookstore full of books

- 4.3.3 **View available space on a storage device.**
Select the drive or device.
Right-click and select [Properties](#).
Click [OK](#).
- 4.3.4 **Understand the purpose of file, folder compression.**
Compressing files decreases a file's size and reduces the amount of space used for storage.
- 4.3.5 **Compress files, folders.**
Select files.

- Right-click on files.
Select [Send To](#).
Select [Compressed \(zipped\) Folder](#).
- 4.3.6 **Extract compressed files, folders to a location on a drive.**
Right-click on the compressed file icon.
Select [Extract All](#).
- 5.1 **Network Concepts**
- 5.1.1 **Define the term network.**
[Network](#)- More than one computer or device con-

5 Networks

- nected together to share data, applications or peripherals
- 5.1.1 **Outline the purpose of a network:**
Share, access data and devices securely
- 5.1.2 **Define the term Internet. Identify some of its main uses like: World Wide Web (WWW), VoIP, e-mail, IM.**
[Internet](#) - A global network connecting millions of computers worldwide
[Main uses](#) - To provide access to information via the World Wide Web, to allow conversations over the internet (VoIP), to allow digital message exchange via email and to allow real-time text messaging via instant messaging
- 5.1.3 **Define the terms intranet, virtual private network (VPN) and identify their main uses.**
[Intranet](#) - A private Internet used internally within an organisation to store internal documents, training material or business specific applications
[VPN](#) - A network used to connect remote users securely to a business network to share data and communicate.
- 5.1.4 **Understand what transfer rate means. Understand how it is measured: bits per second (bps), kilobits per second (kbps), megabits per second (mbps), gigabits per second (gbps).**
[Transfer rate](#) - The rate at which information is transferred to or from a disk drive
Measured in bits per second (bps), kilobits per second (kbps), megabits per second (mbps), gigabits per second (gbps).
- 5.1.5 **Understand the concepts of downloading from, uploading to a network.**
[Downloading](#) - To copy a file or image from a web page
[Uploading](#) - To copy a file or image from a computer to a web page
- 5.2 **Network Access**
- 5.2.1 **Identify the different options for connecting to the Internet like:**
[Phone line](#)
[Mobile technology](#)
[Cable](#)
[Wi-fi](#)
[Wi-max](#)
[Satellite](#)
- 5.2.2 **Define the term Internet Service Provider (ISP).**
[Internet Service Provider \(ISP\)](#) - An organisation that provides access to the Internet
- 5.2.2 **Identify important considerations when selecting an Internet subscription option like:**
[Upload speed](#)
[Download speed](#)
[Download quota](#)
[Cost](#)
- 5.2.3 **Recognise the status of a wireless network:**
[Protected/secure](#) - The network is protected to prevent unauthorised access.
[Open](#) - The network is accessible to all
- 5.2.4 **Connect to a wireless network.**
Double-click on the wireless connection icon on the [Task Bar](#).
Select desired network and connect, using a password if required.

6 Security and Well-Being

- 6.1 **Protecting Data on Computers and Devices**
- 6.1.1 **Recognise good password policies like:**
[Create with adequate length](#)
[Create with adequate character mix](#)
[Do not share](#)
[Change regularly](#)
- 6.1.2 **Define the term firewall and outline its purpose.**
[Firewall](#) - A security system designed to protect a

- network against external threats
- 6.1.3 **Understand the purpose of regularly backing up data to a remote location.**
Important to have an off-site backup copy of files in case of unforeseen network, hardware or software problems, so that a copy of the data is available if the original data were to become unusable
- 6.1.4 **Recognise the importance of regularly updating software like: anti-virus, application, operating system software.**
Update anti-virus regularly to detect new viruses
Update application and operating system software regularly to fix known problems and security risks
- 6.2 **Malware**
- 6.2.1 **Define the term malware. Identify different types of malware like: virus, worm, Trojan, spyware.**
[Malware](#) - Malicious software designed to install itself on a computer without the owner's consent
[Virus](#) - Intrusive programs that infect computer files and may cause damage
[Worm](#) - Self-replicating malware that uses a computer network to send copies of itself to other computers
[Trojan](#) - Destructive program that masquerades as an application.
[Spyware](#) - Malware that collects information on user browser habits without their consent
- 6.2.2 **Be aware how malware can infect a computer or device.**
Viruses can be transmitted via the installation of a program from an insecure source on the Internet, a CD- ROM, an online bulletin board, or e-mail attachments.
- 6.2.3 **Use anti-virus software to scan a computer.**
Open the virus scanning application.
Enter the specific drive(s), folder(s) and name of file to scan.
Perform the scan.
- 6.3 **Health and Green IT**
- 6.3.1 **Recognise ways to help ensure a user's well-being while using a computer or device like:**
[Take regular breaks](#)
[Ensure appropriate lighting and posture](#)
Lighting should be bright enough and correctly positioned.
Correct positioning of the computer, desk and seat will minimise bad posture.
- 6.3.2 **Recognise computer and device energy saving practices:**
[Turning off](#) - When not in use
[Adjusting automatic shut down](#) - After a specified number of minutes not used
[Adjusting backlight](#) - This can be decreased
[Adjusting sleep mode settings](#) - This can be activated after pre-set timings
- 6.3.3 **Recognise that computers, devices, batteries, printer cartridges and paper should be recycled.**
- 6.3.4 **Identify some options available for enhancing accessibility like:**

Type	Description
Voice recognition software	Translates voice commands and is used in place of a mouse and keyboard
Screen reader	Reads aloud information from a computer display, for users with impaired vision
Screen magnifier	Displays enlarged screen content
On-screen keyboard	Provides an alternative to a physical keyboard or inputting data
High contrast	Makes the screen easier to view for users