

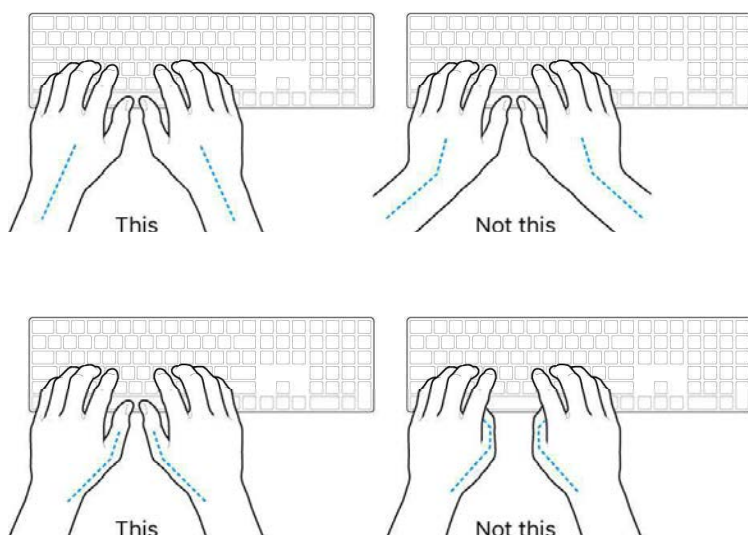
Cleaning your Mac Pro. When cleaning the outside of your Mac Pro and its components, first shut down your Mac Pro, then unplug all cords and cables. Then dampen a clean, soft, lint-free cloth to wipe the Mac Pro exterior. Avoid getting moisture in any openings. Don't spray liquid directly on the computer. Don't use alcohol, aerosol sprays, solvents, abrasives, or cleaners containing hydrogen peroxide that might damage the exterior finish.

WARNING: Don't use iKlear cleaning solution on your Mac Pro as it may damage the housing's finish.

Cleaning the Magic Keyboard with Touch ID and Numeric Keypad, Magic Mouse, or Magic Trackpad. Turn off the device, then unplug the cable (if necessary). To clean the outside of your mouse, keyboard, or trackpad, use a clean, soft, lint-free cloth that's been lightly moistened with water. Don't get moisture in any openings or use aerosol sprays, solvents, or abrasives.

Mac ergonomics

When you use the keyboard and mouse, 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.



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.

Mouse or optional trackpad. Position the mouse or trackpad 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.

Display. Arrange the display so that the top of the screen is slightly below eye level when you're sitting at the keyboard. The best distance from your eyes to the screen is up to you, although most people seem to prefer 18 to 28 inches (45 to 70 cm).

Position the display to minimize glare and reflections from overhead lights and windows. The stand lets you set the display at the best angle for viewing, helping to reduce or eliminate glare from lighting sources you can't move.

For more information about ergonomics, see the Apple Support article [Ergonomics](#).

Regulatory information

Regulatory information, certification, and compliance marks specific to Mac Pro are available on-device. Choose Apple menu  > About This Mac, then click Regulatory Certification.

FCC 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.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Changes or modifications to this product not authorized by Apple could void the electromagnetic compatibility (EMC) and wireless 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 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.

Exposure to radio frequency energy. The radiated output power of this device meets the limits of FCC/IC radio frequency exposure limits. This device should be operated with a minimum separation distance of 20 cm (8 inches) between the equipment and a person's body.

Responsible party (contact for FCC matters only):

Apple Inc.

One Apple Park Way, MS 911-AHW

Cupertino, CA 95014

USA

apple.com/contact

ISED Canada compliance statement

This device complies with ISED Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Operation in the band 5150–5250 MHz is only for indoor use to reduce the potential for harmful interference to co-channel mobile satellite systems.

Exposure to radio frequency energy. The radiated output power of this device meets the limits of FCC/ISED Canada radio frequency exposure limits. This device should be operated with a minimum separation distance of 20 cm (8 inches) between the equipment and a person's body.

Le présent appareil est conforme aux CNR d'ISDE Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

La bande 5150–5250 MHz est réservée uniquement pour une utilisation à l'intérieur afin de réduire les risques de brouillage préjudiciable aux systèmes de satellites mobiles utilisant les mêmes canaux.

L'exposition à l'énergie radiofréquence. La puissance de sortie rayonnée de cet appareil est conforme aux limites de la FCC/ISDE Canada limites d'exposition aux fréquences radio. Cet appareil doit être utilisé avec une distance minimale de séparation de 20 cm entre l'appareil et le corps d'une personne.

ENERGY STAR® compliance statement



As an ENERGY STAR partner, Apple has determined that standard configurations of this product meet the ENERGY STAR guidelines for energy efficiency. The ENERGY STAR program is a partnership with electronic equipment manufacturers to promote energy-efficient products. Reducing energy consumption of products saves money and helps conserve valuable resources.

Mac Pro is shipped with power management enabled with the computer set to sleep after 10 minutes of user inactivity. To wake your computer, click the mouse or trackpad button or press any key on the keyboard. To change this setting, open System Settings, then click Lock Screen.

Mac Pro meets the ENERGY STAR guidelines for energy efficiency. For more information about ENERGY STAR, go to [Energy Star](#).

Apple and the environment

At Apple, we recognize our responsibility to minimize the environmental impacts of our operations and products.

For information, go to Apple's [Environment](#) website.

Disposal and recycling information



The symbol above means that according to local laws and regulations your product and/or its battery shall be disposed of separately from household waste. When this product reaches its end of life, take it to a collection point designated by local authorities. The separate collection and recycling of your product and/or its battery at the time of disposal will help conserve natural resources and ensure that it is recycled in a manner that protects human health and the environment.

For information about Apple's recycling program, recycling collection points, restricted substances, and other environmental initiatives, visit apple.com/environment.

Información sobre eliminación de residuos y reciclaje

El símbolo de arriba indica que este producto y/o su batería no deben desecharse con los residuos domésticos. Cuando quieras desechar este producto y/o su batería, hazlo de conformidad con las leyes y directrices medioambientales locales. Para obtener más información sobre el programa de reciclaje de Apple, los puntos de recolección para reciclaje, las sustancias restringidas y otras iniciativas medioambientales, visita apple.com/mx/environment o apple.com/la/environment.

Brasil – Informações sobre descarte e reciclagem

O símbolo acima indica que este produto e/ou sua bateria não devem ser descartados no lixo doméstico. Quando decidir descartar este produto e/ou sua bateria, faça-o de acordo com as leis e diretrizes ambientais locais. Para informações sobre substâncias de uso restrito, o programa de reciclagem da Apple, pontos de coleta e telefone de informações, visite apple.com/br/environment.

Apple Recycling Program

For free recycling of your old device, a prepaid shipping label, and instructions, see [Apple Trade In website](#).

Note: The Apple Recycling program is not available in all countries and regions.

Turkey environmental information

Türkiye Cumhuriyeti: AEEE Yönetmeliğine Uygundur.

Software License Agreement

Use of Mac Pro constitutes acceptance of the Apple and third-party software license terms found at [Software License Agreements](#).

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Some apps are not available in all areas. App availability is subject to change.