

THE HOME COMPUTER HEALTH CHECKLIST

Eight safe checks that can help you spot trouble before it becomes an expensive emergency.

Before you begin: Save your work. These checks are observational—do not delete files, install cleanup software, or change security settings unless you understand the consequences.

1	Restart and observe	Restart normally. Note unusually long startup times, repeated errors, loud fans, freezing, or unexpected pop-ups.
2	Check free storage	Look at available disk space. Less than roughly 15–20% free can contribute to slowdowns and failed updates.
3	Review system updates	Check whether Windows or macOS reports important pending updates. Record them; schedule installation after confirming you have a backup.
4	Confirm your backup	Know what is being backed up, where it goes, and when the last successful backup completed. A backup is useful only if it can be restored.
5	Check security status	Confirm the computer's built-in protection is active and there are no unresolved security warnings. Avoid unknown 'cleaner' or 'antivirus' pop-ups.
6	Review startup clutter	Notice programs that open automatically when you sign in. Do not disable unfamiliar items—make a list for later review.
7	Test internet quality	Run one speed test near your usual workspace. Record download, upload, and latency, plus any dead zones or frequent dropouts.
8	Watch for scam warning signs	Urgent payment demands, remote-access requests, gift cards, fake virus alerts, and callers claiming to be Microsoft or your bank are major warning signs.

STOP AND GET HELP if you see: ransomware, missing files, unknown remote-control software, repeated account-login alerts, financial fraud, or a suspected active compromise.

WANT A SECOND SET OF EYES?

Computer Assist offers a complimentary 20-minute Computer Health Check—remotely or in your home. Nothing is changed without your approval.

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