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

www.apple.com/macbookpro

Built-in iSight camera and iChat
Video chat with friends and family anywhere in the world.

Finder
Browse your files like you browse your music with Cover Flow.

Multi-Touch trackpad
Scroll through files, adjust images, and enlarge text using just your fingers.

Click anywhere
Scroll
Pinch and zoom
Rotate
Mac OS X Snow Leopard
www.apple.com/macosx

Time Machine
Automatically back up and restore your files.
Mac Help

Quick Look
Instantly preview your files.
Mac Help

Spotlight
Find anything on your Mac.
Mac Help

Safari
Experience the web with the fastest browser in the world.
Mac Help

iLife
www.apple.com/ilife

iPhoto
Organize and search your photos by faces, places, or events.
iPhoto Help

iMovie
Make a great-looking movie in minutes or edit your masterpiece.
iMovie Help

GarageBand
Learn to play. Start a jam session. Record and mix your own song.
GarageBand Help

iWeb
Create custom websites and publish them anywhere with a click.
iWeb Help
# Contents

## Chapter 1: Ready, Set Up, Go
- 9 What’s in the Box
- 9 Setting Up Your MacBook Pro
- 16 Putting Your MacBook Pro to Sleep or Shutting It Down

## Chapter 2: Life with Your MacBook Pro
- 20 Basic Features of Your MacBook Pro
- 22 Keyboard Features of Your MacBook Pro
- 24 Ports on Your MacBook Pro
- 26 Using the Multi-Touch Trackpad
- 30 Using the MacBook Pro Battery
- 31 Getting Answers

## Chapter 3: Boost Your MacBook Pro
- 37 Replacing the Hard Disk Drive
- 44 Installing Additional Memory

## Chapter 4: Problem, Meet Solution
- 51 Problems That Prevent You from Using Your MacBook Pro
- 56 Using Apple Hardware Test
57 Problems with Your Internet Connection
60 Problems with AirPort Extreme Wireless Communication
61 Keeping Your Software Up to Date
62 Reinstalling the Software That Came with Your MacBook Pro
64 Learning More, Service, and Support
66 Locating Your Product Serial Number

Chapter 5: Last, but Not Least
68 Important Safety Information
71 Important Handling Information
74 Understanding Ergonomics
76 Apple and the Environment
77 Regulatory Compliance Information

Looking for Something?
84 Index
Ready, Set Up, Go
Your MacBook Pro is designed so that you can set it up quickly and start using it right away. If you have never used a MacBook Pro or are new to Macintosh computers, read this chapter for help getting started.

**Important:** Read all the installation instructions (and the safety information starting on page 67) carefully before you first use your computer.

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 using Mac Help, see “Getting Answers” on page 31. Apple may release new versions and updates to its system software, so the images shown in this book may be slightly different from what you see onscreen.
What’s in the Box

60W MagSafe Power Adapter
AC power cord

Setting Up Your MacBook Pro

Your MacBook Pro is designed so that you can set it up quickly and start using it right away. The following pages take you through the setup process, including these tasks:

- Plugging in the 60W MagSafe Power Adapter
- Connecting cables and accessing a network
- Turning on your MacBook Pro and using the trackpad
- Configuring a user account and other settings using Setup Assistant
- Setting up the Mac OS X desktop and preferences
**Important:** Remove the protective film around the 60W MagSafe Power Adapter before setting up your MacBook Pro.

**Step 1:** **Plug in the 60W MagSafe Power Adapter to provide power to the MacBook Pro and charge the battery.**

Make sure the AC plug is fully inserted into the power adapter and the electrical prongs on your AC plug are in their completely extended position. 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.

To extend the reach of your power adapter, replace the AC plug with the AC power cord. First pull the AC plug up to remove it from the adapter, and then attach the included AC power cord to the adapter, making sure it's seated firmly.

When disconnecting the power adapter from an outlet or from the computer, pull the plug, not the cord.
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 charging. A green light indicates that the battery is fully charged. If you don’t see a light, make sure the connector is seated properly and the power adapter is plugged in.

**Step 2: Connect to a wireless or wired network.**

- To use a wireless network with the built-in AirPort Extreme technology, make sure the wireless base station is turned on and that you know the name of the network. After you turn on your MacBook Pro, Setup Assistant guides you through the connection process. For troubleshooting tips, see page 60.

- To use a wired connection, connect one end of an Ethernet cable to your MacBook Pro and the other end to a cable modem, DSL modem, or network.

![Gigabit Ethernet port (10/100/1000Base-T)](image_url)
**Step 3:** **Press the power ((Window icon) button briefly to turn on your MacBook Pro.**

You hear a tone when you turn on the computer.

It takes the computer 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 53.
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 using an Ethernet or wireless connection. See the next section, “Migrating Information to Your MacBook Pro,” for more information.

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.
Migrating Information to Your MacBook Pro
You can follow the prompts in Setup Assistant to migrate existing user accounts, files, applications, and other information from another Mac computer. You can do this with one of the following methods:

• Using a FireWire cable to connect the two computers together and transfer the information
• Using an Ethernet cable connected directly between both computers, or connecting both computers to the same network
• Wirelessly—directly between both computers, or with both computers on the same wireless network

Before performing migration, use Software Update on your other Mac. The other Mac should have one of these versions of Mac OS X software—either Mac OS X v10.4.11 or Mac OS X v10.5.6 (or later).

You can choose the items (user accounts, documents, movies, music, photos, and so on) that you want to migrate to your MacBook Pro.

*Important:* Don’t use the other Mac for anything else until the migration is complete.

If you don’t use Setup Assistant to transfer information when you first start up, you can do it later using Migration Assistant. If the connection is terminated during migration, you can resume the migration at a later time using Migration Assistant on your MacBook Pro and your other Mac. Go to the Applications folder, open Utilities, and double-click Migration Assistant.
Step 5: Customize the Mac OS X desktop and set preferences.
You can quickly customize the desktop using System Preferences. Choose Apple () > System Preferences from the menu bar or click the System Preferences icon in the Dock. System Preferences is 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.

**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:**

- Close the display.
- Choose Apple () > Sleep from the menu bar.
- Press the power () button and click Sleep in the dialog that appears.
- Choose Apple () > System Preferences, click Energy Saver, and set a sleep timer.

**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 you move your MacBook Pro. Moving your computer while the hard disk is spinning can damage it, causing loss of data or the inability to start up from the hard disk.
To wake your MacBook Pro:

- *If the display is closed*, simply open it to wake your MacBook Pro.
- *If the display is already open*, press the power (⌘) button or any key on the keyboard.

When your MacBook Pro wakes from sleep, your applications, documents, and computer settings are exactly as you left them.

**Shutting Down Your MacBook Pro**

If you aren’t going to use your MacBook Pro for a couple of days or longer, 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:

- Choose Apple () > Shut Down from the menu bar.
- 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 page 73 for information about how to prevent the battery from draining completely.
Life with Your MacBook Pro
Basic Features of Your MacBook Pro

- iSight camera
- Camera indicator light
- Microphone
- Built-in stereo speakers
- Battery indicator lights (side)
- Trackpad
- Sleep indicator light
- Infrared (IR) receiver
- Security slot
- Slot-loading SuperDrive
- Power button
<table>
<thead>
<tr>
<th>Feature</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Built-in iSight camera and camera indicator light</strong></td>
<td>Videoconference with others using iChat, take pictures with Photo Booth, or capture video with iMovie. The indicator light glows when the iSight camera is operating.</td>
</tr>
<tr>
<td><strong>Built-in microphone</strong></td>
<td>Capture sounds with the microphone (located above the Esc key on your keyboard) or talk with friends live over broadband using the included iChat application.</td>
</tr>
<tr>
<td><strong>Built-in stereo speakers</strong></td>
<td>Listen to music, movies, games, and multimedia files.</td>
</tr>
<tr>
<td><strong>Built-in battery and battery indicator lights</strong></td>
<td>Use battery power when you’re away from a power outlet. Press the battery button to activate indicator lights that show the remaining battery charge.</td>
</tr>
<tr>
<td><strong>Trackpad</strong></td>
<td>Click or double-click anywhere on the trackpad. Touch the trackpad with one or more fingers to move the pointer and use Multi-Touch gestures (described on page 26).</td>
</tr>
<tr>
<td><strong>Sleep indicator light</strong></td>
<td>A white light pulses when the MacBook Pro is in sleep.</td>
</tr>
<tr>
<td><strong>Infrared (IR) receiver</strong></td>
<td>Use an Apple Remote (available separately) with the IR receiver to control Front Row and Keynote on your MacBook Pro from up to 30 feet (9.1 meters) away.</td>
</tr>
<tr>
<td><strong>Security slot</strong></td>
<td>Attach a lock and cable (available separately) to prevent theft.</td>
</tr>
<tr>
<td><strong>Slot-loading SuperDrive</strong></td>
<td>This optical drive reads and writes to standard-size CDs and DVDs.</td>
</tr>
<tr>
<td><strong>Power button</strong></td>
<td>Turn your MacBook Pro on or off, or put it to sleep.</td>
</tr>
</tbody>
</table>
Keyboard Features of Your MacBook Pro

- **Function (fn) key**
- **Exposé**
- **Dashboard**
- **Media keys**
- **Eject key**
- **Brightness keys**
- **Keyboard illumination keys**
- **Mute key**
- **Volume keys**
**Function (fn) key**
Hold down this key to activate customized actions assigned to the function keys (F1 to F12). To learn how to customize function keys, choose Help > Mac Help from the menu bar and search for “function keys.”

<table>
<thead>
<tr>
<th>Key</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brightness keys (F1, F2)</td>
<td>Increase (☼) or decrease (☼) the brightness of the screen.</td>
</tr>
<tr>
<td>Exposé key (F3)</td>
<td>Open Exposé for quick access to all your open windows.</td>
</tr>
<tr>
<td>Dashboard key (F4)</td>
<td>Open Dashboard to access your widgets.</td>
</tr>
<tr>
<td>Keyboard illumination keys (F5, F6)</td>
<td>Increase (☼☼) or decrease (☼☼) the brightness of the keyboard illumination.</td>
</tr>
<tr>
<td>Media keys (F7, F8, F9)</td>
<td>Rewind (⏪), play or pause (▶️️), or fast-forward (⏩) a song, movie, or slideshow.</td>
</tr>
<tr>
<td>Mute key (F10)</td>
<td>Mute the sound coming from the built-in speakers or audio out port.</td>
</tr>
<tr>
<td>Volume keys (F11, F12)</td>
<td>Increase (▶️️) or decrease (⏪) the volume of the sound coming from the built-in speakers or audio out port.</td>
</tr>
<tr>
<td>Media Eject key</td>
<td>Hold down this key to eject a disc that’s not in use. You can also eject a disc by dragging its desktop icon to the Trash.</td>
</tr>
</tbody>
</table>
Ports on Your MacBook Pro

- Gigabit Ethernet port
- Mini DisplayPort
- SD card slot
- MagSafe power port
- FireWire 800
- USB 2.0 ports
- Audio out port
<table>
<thead>
<tr>
<th>Port Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>MagSafe power port</td>
<td>Plug in the included 60W MagSafe Power Adapter to recharge the MacBook Pro battery.</td>
</tr>
<tr>
<td>Gigabit Ethernet port</td>
<td>Connect to a high-speed Ethernet network, a DSL or cable modem, or another computer. The Ethernet port automatically detects Ethernet devices and doesn’t require an Ethernet crossover cable.</td>
</tr>
<tr>
<td>One FireWire 800 port</td>
<td>Connect high-speed external devices, such as digital video cameras and storage devices.</td>
</tr>
<tr>
<td>Mini DisplayPort (video out)</td>
<td>Connect to an external display or projection system that uses a DVI, Dual-Link DVI, or VGA connector. You can purchase adapters for supported video formats.</td>
</tr>
<tr>
<td>Two USB (Universal Serial Bus) 2.0 ports</td>
<td>Connect an iPod, iPhone, mouse, keyboard, printer, digital camera, disk drive, joystick, modem, and more to your MacBook Pro.</td>
</tr>
<tr>
<td>SD card slot</td>
<td>Easily transfer photos, videos, and data to and from your MacBook Pro with an SD card.</td>
</tr>
<tr>
<td>Audio out port</td>
<td>Connect external speakers, headphones (including iPhone), or digital audio equipment. You can specify audio analog line in functionality, to support line-level microphones and audio equipment, by selecting Audio In in the Sound pane of System Preferences.</td>
</tr>
</tbody>
</table>

**Note:** Adapters and other accessories are sold separately at www.apple.com/store or your local Apple Retail Store.
Using the Multi-Touch Trackpad

Use the trackpad to move the pointer and to perform a variety of Multi-Touch gestures. Unlike typical trackpads, the entire MacBook Pro trackpad is a button, and you can click anywhere on the trackpad. To enable Multi-Touch gestures, view instructional videos of the gestures, and set other trackpad options, choose Apple () > System Preferences, and then click Trackpad.

Here are ways to use your MacBook Pro trackpad:

• *Two-finger scrolling* lets you drag to scroll quickly up, down, or sideways in the active window. This option is on by default.
• *Secondary clicking* or “*right-clicking*” lets you access shortcut menu commands.

• To set up two-finger secondary-clicking anywhere on the trackpad, select Secondary Click under the Two Fingers option in Trackpad preferences.

[Diagram of secondary clicking with two fingers]

• To set up a one-finger secondary-click zone in the bottom left or right corner of the trackpad, select Secondary Click under the One Finger option in Trackpad preferences.

[Diagram showing secondary click zone in the bottom corners of the trackpad]

*Note:* You can also secondary click by holding down the Control key while you click.
The following trackpad gestures work in certain applications. When you perform these gestures, slide your fingers lightly on the surface of the trackpad. For more information, see Trackpad preferences or choose Help > Mac Help and search for “trackpad.”

- *Two-finger pinching* lets you zoom in or out on PDFs, images, photos, and more.

- *Two-finger rotating* lets you rotate photos, pages, and more.
• *Three-finger swiping* lets you rapidly page through documents, move to the previous or next photo, and more.

  ![Three-finger swiping](image1)

• *Four-finger swiping* works in the Finder and all applications. Swiping four fingers to the left or right activates Application Switcher so you can cycle through open applications. Swiping four fingers up or down causes Exposé to show the desktop or display all open windows.

  ![Four-finger swiping](image2)

To enable or disable any of the gestures, choose Apple () > System Preferences, and then click Trackpad. Click the checkboxes to turn the gestures on or off.
Using the MacBook Pro Battery
When the MagSafe power adapter isn’t connected, your MacBook Pro draws power from its built-in battery. The length of time that you can run your MacBook Pro varies, depending on the applications you use and the external devices connected to your MacBook Pro.

Turning off features such as AirPort Extreme or Bluetooth® wireless technology and reducing screen brightness can help conserve battery charge—for example, when you’re traveling by air. Many of your system preferences are automatically set to optimize battery life.

You can determine the charge remaining in the battery by looking at the eight battery level indicator lights on the left side of your MacBook Pro. Press the button next to the lights, and the lights glow briefly to show how much charge remains in the battery.

**Important:** If only one indicator light is on, very little charge is left. If no lights illuminate, 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. For more information about battery indicator lights, see page 55.

You can also check the amount of battery charge remaining 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.
**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.

The battery in your MacBook Pro can be replaced only by an Apple Authorized Service Provider or an Apple Retail Store.

**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/macbookpro](http://www.apple.com/support/macbookpro).

**To get Mac Help:**
1. Click the Finder icon in the Dock (the bar of icons along the edge of the screen).

2. Click the Help menu in the menu bar and do one of the following:
   - Type a question or term in the Search field, and select a topic from the list of results or select Show All Results to see all topics.
   - Choose Mac Help to open the Mac Help window, where you can click links or type a search question.
## More Information

For more information about using your MacBook Pro, see the following:

<table>
<thead>
<tr>
<th>To learn about</th>
<th>See</th>
</tr>
</thead>
<tbody>
<tr>
<td>Installing memory</td>
<td>Chapter 3, “Boost Your MacBook Pro” on page 35.</td>
</tr>
<tr>
<td>Troubleshooting your MacBook Pro if you have a problem</td>
<td>Chapter 4, “Problem, Meet Solution” on page 49.</td>
</tr>
<tr>
<td>Finding service and support for your MacBook Pro</td>
<td>Chapter 4, “Learning More, Service, and Support” on page 64.</td>
</tr>
<tr>
<td></td>
<td>Or go to the Apple Support site at <a href="http://www.apple.com/support/macbookpro">www.apple.com/support/macbookpro</a>.</td>
</tr>
<tr>
<td>Moving from a PC to a Mac</td>
<td>“Why you’ll love a Mac” at <a href="http://www.apple.com/getamac/whymac">www.apple.com/getamac/whymac</a>.</td>
</tr>
<tr>
<td>Using iLife applications</td>
<td>The iLife website at <a href="http://www.apple.com/ilife">www.apple.com/ilife</a>. Or open an iLife application, open Help for the application, and then type a question in the search field.</td>
</tr>
<tr>
<td>Changing system preferences</td>
<td>System Preferences by choosing Apple () &gt; System Preferences. Or search for “system preferences” in Mac Help.</td>
</tr>
<tr>
<td>Using the trackpad</td>
<td>Open System Preferences and click Trackpad.</td>
</tr>
<tr>
<td>Using the keyboard</td>
<td>Mac Help and search for “keyboard.”</td>
</tr>
<tr>
<td>Using the iSight camera</td>
<td>Mac Help and search for “iSight.”</td>
</tr>
<tr>
<td>To learn about</td>
<td>See</td>
</tr>
<tr>
<td>---------------------------------------------------</td>
<td>---------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Caring for the battery</td>
<td>Mac Help and search for “battery.”</td>
</tr>
<tr>
<td>Connecting a printer</td>
<td>Mac Help and search for “printing.”</td>
</tr>
<tr>
<td>FireWire and USB connections</td>
<td>Mac Help and search for “FireWire” or “USB.”</td>
</tr>
<tr>
<td>Connecting to the Internet</td>
<td>Mac Help and search for “Internet.”</td>
</tr>
<tr>
<td>Connecting an external display</td>
<td>Mac Help and search for “display port.”</td>
</tr>
<tr>
<td>Apple Remote</td>
<td>Mac Help and search for “remote.”</td>
</tr>
<tr>
<td>Front Row</td>
<td>Mac Help and search for “Front Row.”</td>
</tr>
<tr>
<td>Burning a CD or DVD</td>
<td>Mac Help and search for “burn disc.”</td>
</tr>
<tr>
<td>Specifications</td>
<td>The Specifications page at <a href="http://www.apple.com/support/specs">www.apple.com/support/specs</a>. Or open System Profiler by choosing Apple () &gt; About This Mac from the menu bar, and then click More Info.</td>
</tr>
</tbody>
</table>
Boost Your MacBook Pro
This chapter provides information and instructions for upgrading the hard disk drive and installing additional memory in your MacBook Pro.

**WARNING:** Apple recommends that you have an Apple-certified technician install replacement drives and memory. Consult the service and support information that came with your computer for information about how to contact Apple for service. If you attempt to install a replacement drive or memory and damage your equipment, such damage is not covered by the limited warranty on your computer.

The battery in your MacBook Pro is not user-replaceable. If you think your battery needs to be replaced, contact an Apple Retail Store or an Apple Authorized Service Provider.
Replacing the Hard Disk Drive

You can upgrade the hard disk drive in your MacBook Pro. The hard disk drive is located next to the built-in battery when you open the back of your MacBook Pro. The replacement drive must be a 2.5-inch drive with a Serial ATA (SATA) connector.

*Important:* Apple recommends that you back up the data on your hard disk drive before removing and replacing it. Apple is not responsible for any lost data.

**To replace the hard disk drive in your MacBook Pro:**

1. Shut down your MacBook Pro. Disconnect the power adapter, Ethernet cable, USB cables, security lock, and any other cables connected to the MacBook Pro to prevent damaging the computer.

   **WARNING:** The internal components of your MacBook Pro can be warm. If you have been using your MacBook Pro, wait 10 minutes after shutting down to let the internal components cool before continuing.

2. Turn over your MacBook Pro and remove the ten (10) screws that secure the bottom case. Remove the shorter screws at the angles shown in the illustration. Lift off the case and place it to the side.
**Important:** Because the screws are different lengths, note the screw lengths and locations so you can replace the screws correctly. Put them aside in a safe place.

**Important:** When you remove the bottom case, you expose sensitive internal components. Avoid touching anything other than the hard drive assembly when you remove or add a hard disk drive.
3 Touch a metal surface inside the computer to discharge any static electricity from your body.
4 Locate the bracket at the top of the drive. Use a Phillips screwdriver to loosen the two captive screws that hold the bracket in place. Put the bracket aside in a safe place.

5 Using the pull tab, gently lift the drive out of the bay.
6 Hold the drive by its sides and gently pull the connector on the left side of the drive to disconnect it. Don’t press the drive between your fingers, and avoid touching the circuitry on the underside of the drive.

The connector is attached to a cable and remains in the hard disk drive bay.

*Important:* There are four (4) mounting screws on the sides of your hard disk drive. If your replacement drive doesn’t include mounting screws, remove the ones from your old drive and mount them on the replacement drive before you install it.

7 Attach the connector to the left side of the replacement drive.
8 Insert the replacement drive at an angle, making sure the mounting screws are seated properly.

9 Replace the bracket and tighten the screws.
10 Replace the bottom case. Replace and tighten the ten screws you removed in step 2 in their proper locations, making sure to insert the shorter screws at the angles shown in the illustration.

For information about installing Mac OS X and bundled applications, see “Reinstalling the Software That Came with Your MacBook Pro” on page 62.
Installing Additional Memory

Your computer has two memory slots that you access by removing the bottom case. Your MacBook Pro comes with a minimum of 4 gigabytes (GB) of 1066 MHz Double Data Rate (DDR3) Synchronous Dynamic Random-Access Memory (SDRAM) installed. Each memory slot can accept an SDRAM module that meets the following specifications:

• Double Data Rate Small Outline Dual Inline Memory Module (DDR3) format
• 30 mm (1.18 inches)
• 204-pin
• 1 GB, 2 GB, or 4 GB
• PC3-8500 DDR3 SO-DIMM 1066 MHz Type RAM

You can add two 4 GB memory modules for a maximum of 8 GB of memory. For best performance, fill both memory slots and install an identical memory module in each slot.

To install memory in your MacBook Pro:

1. Follow steps 1 through 3 beginning on page 37.

   **Important:** When you remove the bottom case, you expose sensitive internal components. Avoid touching anything other than the memory assembly when you remove or add memory.
2 Push the levers on the sides of the memory module in an outward direction to release the module from the memory card slot.

The memory pops up at an angle. Before removing it, make sure you see the half-circle notches. If you don’t, try pushing the levers outward again.
3 Hold the memory module by its notches and remove it from the slot.

4 Remove the other memory module.

   *Important:* Hold the memory modules by their edges, and do not touch the gold connectors.

5 Insert the new memory module in the slot:

   a Align the notch on the gold edge of the module with the notch in the lower memory slot.

   b Tilt the card and push the memory into the slot.

   c Use two fingers with firm, even pressure to push down on the memory module. You should hear a click when the memory is inserted correctly.

   d Repeat to install an additional memory module in the top slot. Press down on the module to make sure it is level.
Follow the instructions for replacing the bottom case in step 10 on page 43.
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 () > About This Mac.
   For a detailed breakdown of the memory installed in your computer, open System Profiler by clicking More Info, and then click 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's installed correctly.
Problem, Meet Solution
Occasionally you may have problems while working with your MacBook Pro. Read on for troubleshooting tips to try when you have a problem. You can also find more troubleshooting information in Mac Help and on the MacBook Pro Support website at www.apple.com/support/macbookpro.

If you experience a problem 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 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.

To force an application to quit:

1. Press Command (⌘)-Option-Esc or choose Apple () > Force Quit from the menu bar. The Force Quit Applications dialog appears with the application selected.
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 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 times 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.

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 62.
If your MacBook Pro freezes during startup, or you see a flashing question mark, or the screen 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 start up, shut it down by holding down 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 DVD into your computer.
  - Restart your computer and hold down the C key as it starts up.
  - When prompted, choose your preferred language.
  - When the next screen appears, choose Disk Utility from the Utilities menu in the menu bar. 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 62.
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 60W 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 power adapter turn on when you plug in the power cord, try unplugging and replugging the power cord to reseat it.

• Check whether the battery needs to be recharged. Press the small button on the left side of your computer. You should see one to eight lights indicating the battery’s level of charge. If a single indicator light is on, connect your power adapter to recharge. For more information about battery indicator lights, see page 55.

• If the problem persists, reset the MacBook Pro power manager (while still preserving your files) by pressing the left Shift key, left Option (alt) key, left Control key, and the power (⌘) button simultaneously for five seconds until the computer restarts.

• If you recently installed additional memory, make sure that it is correctly installed and is compatible with your computer. See whether removing it and reinstalling the old memory allows the computer to start up (see page 44).

• Press the power (⌘) button and immediately hold down the Command (⌘), Option, P, and R keys simultaneously until you hear the startup sound a second time. This resets the parameter RAM (PRAM).

• If you still can’t start up your MacBook Pro, see “Learning More, Service, and Support” on page 64 for information about contacting Apple for service.
If the screen suddenly goes black or your MacBook Pro freezes
Try restarting your MacBook Pro.

1 Unplug any devices that are connected to your MacBook Pro, except the power adapter.

2 Press the power () button to restart the system.

3 Let the battery charge to at least 10 percent before plugging in any external devices and resuming your work.

To see how much the battery has charged, look at the Battery () status icon in the menu bar or check the battery indicator lights on the left side of your MacBook Pro. The screen might also darken if you have energy saver features set for the battery.

If an audio device plugged into the audio port isn’t working
Unplug the audio device. Choose Apple () > System Preferences, and open Sound preferences. In the Input pane, specify whether you want the port to be used for Sound Input or Sound Output. Plug the audio device back in.

Note: If you’re running Windows on your MacBook, the port supports only audio output.
If you press the battery button, and all battery indicator lights flash five times quickly
Your battery needs to be replaced. Contact an Apple Retail Store or an Apple Authorized Service Provider.

If you press the battery button, and the battery indicator lights flash from left to right and then from right to left, five times in a row
Your battery is not recognized. Contact an Apple Retail Store or an Apple Authorized Service Provider.

If you forget your password
You can reset your administrator password and passwords for all other accounts.

1 Insert the *Mac OS X Install DVD*. Then restart your computer and hold down the C key as it starts up.

2 When prompted, choose your preferred language.

3 When the next screen appears, choose Reset Password from the Utilities menu in the menu bar. Follow the onscreen instructions.

If you have trouble ejecting a disc
• Quit any applications that might be using the disc and try again.
• If this doesn’t work, restart the computer while holding down the trackpad.
Using Apple Hardware Test

If you suspect a problem with the MacBook Pro hardware, you can use the Apple Hardware Test application to help determine if there is a problem with one of the computer’s components, such as the memory or processor.

**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. Restart your MacBook Pro while holding down the D key.
3. When the Apple Hardware Test chooser screen appears, select the language you want to use.
4. Press the Return key or click the right arrow button.
5. When the Apple Hardware Test main screen appears (after about 45 seconds), follow the onscreen instructions.
6. If Apple Hardware Test detects a problem, it displays an error code. Make a note of the error code before pursuing support options. If Apple Hardware Test doesn’t detect a hardware failure, the problem may be software related.

If this procedure doesn’t work, you can use Apple Hardware Test from the *Applications Install DVD* that came with your computer. For more information, see the Apple Hardware Test Read Me file on the *Applications Install DVD*. 
Problems with Your Internet Connection
Your MacBook Pro has the Network Setup Assistant application to help walk you through setting up an Internet connection. Open System Preferences and click Network.

Click the “Assist me” button to open Network Setup Assistant.

If you have trouble with your Internet connection, you can try the steps in this section starting with Network Diagnostics.

To use Network Diagnostics:
1. Choose Apple () > System Preferences.
2. Click Network and then click “Assist me.”
3. Click Diagnostics to open Network Diagnostics.
4. Follow the onscreen instructions.

If Network Diagnostics can’t resolve the problem, there may be a problem with the Internet service provider (ISP) you are trying to connect to, with an external device you are using to connect to your ISP, or with the server you are trying to access. You can try the following steps.
**Cable Modem, DSL, and LAN Internet Connections**

Make sure all modem cables are fully plugged in. Check the modem power cord, the cable from the modem to the computer, and the cable from the modem to the wall jack. Also check the cables and power supplies for Ethernet hubs and routers.

**Turn the modem off and on to reset the modem hardware**

Turn off your DSL or cable modem for a few minutes, and then turn it back on. Some ISPs recommend that you unplug the modem’s power cord. If your modem has a reset button, you can press it either before or after you turn the power off and on.

**Important:** Instructions that refer to modems do not apply to LAN users. LAN users might have hubs, switches, routers, or connection pods that DSL and cable modem users do not have. LAN users should contact their network administrator rather than an ISP.

**PPPoE Connections**

If you are unable to connect to your Internet service provider using PPPoE (Point to Point Protocol over Ethernet), make sure you have entered the correct information in Network preferences.

**To check PPPoE settings:**

1. Choose Apple () > System Preferences.
2. Click Network.
3. Click Add (+) at the bottom of the network connection services list, and choose PPPoE from the Interface pop-up menu.
4 Choose an interface for the PPPoE service from the Ethernet pop-up menu. Choose Ethernet if you are connecting to a wired network, or AirPort if you are connecting to a wireless network.

5 Enter the information you received from your service provider, such as the account name, password, and PPPoE service name (if your service provider requires it).

6 Click Apply to make the settings active.

**Network Connections**

Make sure the Ethernet cable is connected to your MacBook Pro and to the network. Check the cables and power supplies to your Ethernet hubs and routers.

If you have two or more computers sharing an Internet connection, be sure that your network is set up properly. You need to know if your ISP provides only one IP address or if it provides multiple IP addresses, one for each computer.

If only one IP address is provided, then you must have a router capable of sharing the connection, also known as network address translation (NAT) or “IP masquerading.”

For setup information, check the documentation provided with your router or ask the person who set up your network. You can use an AirPort base station to share one IP address among multiple computers. For information about using an AirPort base station, check Mac Help or go to the Apple AirPort website at www.apple.com/support/airport.

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:

- Make sure the computer or network you are trying to connect to is running and has a wireless access point.
- Make sure you have properly configured the software according to the instructions that came with your base station or access point.
- 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.
- Check the AirPort (WiFi) status icon in the menu bar. Up to four bars appear, indicating signal strength. If the signal strength is weak, try changing your location.
- 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 versions, drivers, and other enhancements from Apple.

When you’re connected to the Internet, Software Update checks to see if any updates are available for your computer. You can set your MacBook Pro to check for updates periodically, and then you can download and install updated software.

To check for updated software:

1. Choose Apple () > System Preferences.

2. Click the Software Update icon and follow the onscreen instructions.
   - For more information, search for “Software Update” in Mac Help.
   - For the latest information about Mac OS X, go to www.apple.com/macosx.
Reinstalling the Software That Came with Your MacBook Pro

You can use the software installation discs that came with your computer to reinstall Mac OS X and any applications that came with your computer. Don’t attempt to install an earlier version of Mac OS X on your MacBook Pro.

**Important:** Apple recommends that you back up the data on your hard disk before restoring software.

**Installing Mac OS X**

You can reinstall Mac OS X and applications, such as Address Book, iChat, iCal, Mail, or Safari.

**To install Mac OS X:**

1. Back up your essential files.
2. Make sure your power adapter is connected and plugged in.
3. Insert the *Mac OS X Install DVD* that came with your computer.
4. Double-click Install Mac OS X.
5. Follow the onscreen instructions. In the pane where you’re prompted to select a disk, select your current Mac OS X hard disk (in most cases, it will be the only one available).
6. To control which parts of Mac OS X are installed, click Customize, and then select the parts you want to install. Click the disclosure triangle next to Applications to select the checkboxes for any applications you want to install.
7. Click Install to start the installation.
8. When the installation is complete, click Restart to restart your computer.
9. Follow the prompts in Setup Assistant to set up your user account.
If you want to erase and install, make sure you back up your user data before you start. Use Disk Utility on your *Mac OS X Install DVD* to erase your hard drive. For information about Disk Utility and its options, see Mac Help, or open Disk Utility (Applications > Utilities > Disk Utility) and choose Help > Disk Utility Help. You can also review detailed instructions in the following Kbase article: http://support.apple.com/kb/HT3910

**Installing Applications**

You can reinstall the iLife applications that came with your computer if you accidentally delete them, or after you perform an erase and install.

To install the applications that came with your computer:

1. Make sure your power adapter is connected and plugged in.
2. Insert the *Applications Install DVD* that came with your computer.
3. Follow the onscreen instructions. In the Installation Type pane, click Customize.
4. Click the disclosure triangle next to Bundled Applications, select the checkboxes next to the applications you want to install, and then click Install.
5. When the installation is complete, click Close.
Learning More, Service, and Support

Your MacBook Pro does not have any user-serviceable parts, except the hard drive and the memory. If you need service, contact Apple or take your MacBook Pro to an Apple Authorized Service Provider. You can find more information about the MacBook Pro through online resources, onscreen help, System Profiler, or Apple Hardware Test.

Online Resources
For online service and support information, go to www.apple.com/support. Choose your country from the pop-up menu. You can search the AppleCare Knowledge Base, check for software updates, or get help from Apple’s discussion forums.

Onscreen Help
You can look for answers to your questions, as well as instructions and troubleshooting information, in Mac Help. Choose Help > Mac Help.

System Profiler
To get information about your MacBook Pro, use System Profiler. It shows you what hardware and software is installed, the serial number and operating system version, how much memory is installed, and more. To open System Profiler, choose Apple () > About This Mac from the menu bar and then click More Info.

AppleCare Service and Support
Your MacBook Pro comes with 90 days of technical support and one year of hardware repair warranty coverage at an Apple Retail Store or an Apple-authorized repair center, such as an Apple Authorized Service Provider. You can extend your coverage by purchasing the AppleCare Protection Plan. For information, go to www.apple.com/support/products or the website 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. Telephone fees may apply.

<table>
<thead>
<tr>
<th>Country</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>United States</td>
<td>1-800-275-2273</td>
<td><a href="http://www.apple.com/support">www.apple.com/support</a></td>
</tr>
<tr>
<td>Australia</td>
<td>(61) 1-300-321-456</td>
<td><a href="http://www.apple.com/au/support">www.apple.com/au/support</a></td>
</tr>
<tr>
<td>Canada (English)</td>
<td>1-800-263-3394</td>
<td><a href="http://www.apple.com/ca/support">www.apple.com/ca/support</a></td>
</tr>
<tr>
<td>Canada (French)</td>
<td></td>
<td><a href="http://www.apple.com/ca/fr/support">www.apple.com/ca/fr/support</a></td>
</tr>
<tr>
<td>Ireland</td>
<td>(353) 1850 946 191</td>
<td><a href="http://www.apple.com/ie/support">www.apple.com/ie/support</a></td>
</tr>
<tr>
<td>New Zealand</td>
<td>00800-7666-7666</td>
<td><a href="http://www.apple.com/nz/support">www.apple.com/nz/support</a></td>
</tr>
<tr>
<td>United Kingdom</td>
<td>(44) 0844 209 0611</td>
<td><a href="http://www.apple.com/uk/support">www.apple.com/uk/support</a></td>
</tr>
</tbody>
</table>

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/support/contact/phone_contacts.html
Locating Your Product Serial Number

Use one of these methods to find your computer’s serial number:

- Turn over your MacBook Pro. The serial number is etched into the case near the hinge.

- Choose Apple () > About This Mac. Click the version number beneath the words “Mac OS X” to cycle through the Mac OS X version number, the build version, and the serial number.

- Click the Finder icon and open /Applications/Utilities/System Profiler. Click Hardware in the Contents pane.
Last, but Not Least
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.

**WARNING:** Incorrect storage or use of your computer may void the manufacturer’s warranty.

---

**Important Safety Information**

**WARNING:** Failure to follow these safety instructions could result in fire, electric shock, or other injury or damage.

**Built-in battery** Do not remove the battery from your MacBook Pro. The battery should be replaced only by an Apple Authorized Service Provider. Discontinue use of your MacBook Pro if it is dropped or appears crushed, bent, deformed, or damaged. Do not expose the computer to temperatures above 212° F or 100° C.

**Proper handling** 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, because the material can block the airflow vents. Never place anything over the keyboard when operating your MacBook Pro. 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.
**Water and wet locations** Keep your MacBook Pro away from sources of liquid, such as drinks, washbasins, bathtubs, shower stalls, and so on. Protect your MacBook Pro from dampness or wet weather, such as rain, snow, and fog.

**60W 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. 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 put the power adapter directly into a power outlet, or place it on the floor in a well-ventilated location.

Disconnect the power adapter and disconnect any other cables if any of the following conditions exists:

- You want to add memory or upgrade the hard disk drive.
- You want to clean the case (use only the recommended procedure described on page 73).
- 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 or 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.
MagSafe power specifications:
- **Frequency**: 50 to 60 Hz, single phase
- **Line Voltage**: 100 to 240 V
- **Output Voltage**: 16.5 V DC, 3.65 A

**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 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 could lead to death, personal injury, or severe environmental damage.
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.

**Operating environment** Operating your MacBook Pro outside these ranges may affect performance:

- *Operating temperature:* 50° to 95° F (10° to 35° C)
- *Storage temperature:* -4° to 113° F (-20° to 45° C)
- *Relative humidity:* 5% to 90% (noncondensing)
- *Operating altitude:* 0 to 10,000 feet (0 to 3048 meters)
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.

Using the optical drive  The SuperDrive in your MacBook Pro supports standard 12 cm
(4.7 inch) discs. Irregularly shaped discs or discs smaller than 12 cm (4.7 inches) are not
supported and can become lodged in the drive.
Handling glass parts Your MacBook Pro contains glass components, including the display and trackpad. If they are damaged, don’t use your MacBook Pro until it has been repaired by an Apple Authorized Service Provider.

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 or less. When storing your MacBook Pro for longer than five months, discharge the battery to approximately 50 percent. 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 MacBook Pro and its components, first shut down your MacBook Pro and unplug the power adapter. 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 the MacBook Pro screen To clean the MacBook Pro screen, first shut down your MacBook Pro and unplug the power adapter. Then dampen the included cleaning cloth with just water and wipe the screen. Do not spray liquid directly on the screen.
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.

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 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.

**Built-in Display**

Adjust the angle of the display to optimize viewing in your environment. Do not force the display if you meet resistance. The display is not meant to open past 130 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 Inc. recognizes its responsibility to minimize the environmental impacts of its operations and products.

More information is available on the web:

Regulatory Compliance Information

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. 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 in to 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 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.
Responsible party (contact for FCC matters only):
Apple Inc. Corporate Compliance
1 Infinite Loop, MS 26-A
Cupertino, CA 95014

Wireless Radio Use
This device is restricted to indoor use when operating in the 5.15 to 5.25 GHz frequency band.

Exposure to Radio Frequency Energy
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 antenna used with this transmitter must not be colocated or operated in conjunction with any other antenna or transmitter subject to the conditions of the FCC Grant.

Bluetooth Industry Canada Statement
This Class B device meets all requirements of the Canadian interference-causing equipment regulations.

Industry Canada Statement
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.

Bluetooth Europe—EU Declaration of Conformity
This wireless device complies with the R&TTE Directive.

Europe—EU Declaration of Conformity
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).

Hereby, Apple Inc. declares that this 802.11a/b/g/n Mini-PCIe card is in compliance with the R&TTE Directive.

Complies with European Low Voltage and EMC Directives. See: www.apple.com/euro/compliance

Korea Warning Statements
“당해 무선설비는 운용 중 전파혼신 가능성이 있음”
“이 기기는 안전해고 설비에 관한 서비스에 사용할 수 없습니다”

B급 기기(가정용 방송통신기기)
이 기기는 가정용(B급)으로 전자파적합등록을 한 기기로서 주로 가정에서 사용하는 것을 목적으로 하며, 모든 지역에서 사용할 수 있습니다.

Singapore Wireless Certification
Complies with IDA Standards DB00063
Taiwan Wireless Statements

無線設備的警告聲明
經型式認證合格之低功率射頻電機，非經許可，公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能。低功率射頻電機之使用不得影響飛航安全及干擾合法通信：經發現有干擾現象時，應立即停用，並改善至無干擾時方可繼續使用。前項合法通信指依電信法規定作業之無線電通信。低功率廣域低頻電機須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。

如有這頻率:

於 5.25GHz 至 5.35GHz 區域內操作之無線設備的警告聲明
工作頻率 5.250 ～ 5.350GHz 該頻段限於室內使用。

警 告

本電池如果更換不正確會有爆炸的危險

請依製造商說明書處理用過之電池

Taiwan Class B Statement

Class B 設備的警告聲明
NIL

VCCI Class B Statement

情報處理装置等電波障害自主規制について

この装置は、情報処理装置等電波障害自主規制協議会 (VCCI) の基準に基づくクラス B 情報技術装置です。この装置は家庭環境で使用されることを目的としていますが、この装置がラジオやテレビジョン受信機に近接して使用されると、受信障害を引き起こすことがあります。

取扱説明書に従って正しい取扱をしてください。

Russia

External USB Modem Information

When connecting your MacBook Pro to the phone line using an external USB modem, refer to the telecommunications agency information in the documentation that came with your modem.

ENERGY STAR® Compliance

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.

This computer 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.

For more information about ENERGY STAR®, visit: www.energystar.gov
Turkey

EEE yönetmeliğine (Elektrikli ve Elektronik Eşyalarında Bazı Zararlı Maddelerin Kullanımının Sınırlandırılmasına Dair Yönetmeliğ) uygundur.

Disposal and Recycling Information

This symbol indicates that your product must be disposed of properly according to local laws and regulations. When your product reaches its end of life, contact Apple or your local authorities to learn about recycling options.

For information about Apple’s recycling program, go to www.apple.com/environment/recycling.

Brasil: Informações sobre descarte e reciclagem.

O símbolo indica que este produto e/ou sua bateria não devem ser descartadas 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 o programa de reciclagem da Apple, pontos de coleta e telefone de informações, visite www.apple.com/br/environment.

<table>
<thead>
<tr>
<th>有毒或有害物质</th>
<th>零部件</th>
<th>电路板</th>
<th>显示屏</th>
<th>电池组</th>
<th>附件</th>
<th>电源适配器</th>
</tr>
</thead>
<tbody>
<tr>
<td>铅 (Pb)</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>汞 (Hg)</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>镉 (Cd)</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>六价铬 (Cr, VI)</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>多溴联苯 (PBB)</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>多溴二苯醚 (PBDE)</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
</tbody>
</table>

O: 表示该有毒有害物质在该部件所有均质材料中的含量均在 SJ/T 11363-2006 规定的限量要求以下。
X: 表示该有毒有害物质至少在该部件的某一均质材料中的含量超过 SJ/T 11363-2006 规定的限量要求。
European Union—Disposal Information:

The symbol above means that according to local laws and regulations your product should 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. Some collection points accept products for free. The separate collection and recycling of your product 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.

Battery Disposal Information
Dispose of batteries according to your local environmental laws and guidelines.

California: The coin cell battery in the optional Apple Remote contains perchlorates. Special handling and disposal may apply. Refer to: www.dtsc.ca.gov/hazardouswaste/perchlorate


Nederlands: Gebruikte batterijen kunnen worden ingeleverd bij de chemokar of in een speciale batterijcontainer voor klein chemisch afval (kca) worden gedeponeerd.

Taiwan:
Looking for Something?
Index

A
AC plug 10
AC power adapter. See power adapter
AC power cord 10
adapter, power. See power adapter
AirPort Extreme
  connecting wirelessly 11
troubleshooting 60
  using 32
AppleCare 64
Apple Hardware Test 56
Apple Remote 21, 33
application freeze 51
applications
  Front Row 21, 33
  iChat 21
  iLife 32
  Keynote 21
  Photo Booth 21
audio out port 25

B
battery
  disposal 81
general information 30
indicator lights 21, 30, 55
location 21
performance 30
storing 73
blinking question mark 52
brightness keys 23
built-in battery 30
built-in speakers 21
button, power 12, 21
shutting down 17
specifications 33
turning on 12
won’t turn on 53
connecting to a network 11
conserving battery power 30
Control-click 27
controls. See keys
cord, AC power 10

cable modem 11
camera 21
camera indicator light 21
carrying your computer 72
changing
desktop 15
password 55
System Preferences 15
checking memory 48
cleaning
display
  external 25
  See also screen
disposing of your computer 80
Dock 31
downloading software 61
drive, optical 21
DSL modem 11
dock 31
downloading software 61
drive, optical 21
DSL modem 11
downloading software 61
Dock 31
discs
  ejecting 55
  supported types 72
display
  external 25
  See also screen
disposing of your computer 80
Dock 31
downloading software 61
drive, optical 21
DSL modem 11
discs
  ejecting 55
  supported types 72
display
  external 25
  See also screen
disposing of your computer 80
Dock 31
downloading software 61
drive, optical 21
DSL modem 11
discs
  ejecting 55
  supported types 72
display
  external 25
  See also screen
disposing of your computer 80
Dock 31
downloading software 61
drive, optical 21
DSL modem 11

discs
  ejecting 55
  supported types 72
display
  external 25
  See also screen
disposing of your computer 80
Dock 31
downloading software 61
drive, optical 21
DSL modem 11
discs
  ejecting 55
  supported types 72
display
  external 25
  See also screen
disposing of your computer 80
Dock 31
downloading software 61
drive, optical 21
DSL modem 11
discs
  ejecting 55
  supported types 72
display
  external 25
  See also screen
disposing of your computer 80
Dock 31
downloading software 61
drive, optical 21
DSL modem 11

discs
  ejecting 55
  supported types 72
display
  external 25
  See also screen
disposing of your computer 80
Dock 31
downloading software 61
drive, optical 21
DSL modem 11

discs
  ejecting 55
  supported types 72
display
  external 25
  See also screen
disposing of your computer 80
Dock 31
downloading software 61
drive, optical 21
DSL modem 11

discs
  ejecting 55
  supported types 72
display
  external 25
  See also screen
disposing of your computer 80
Dock 31
downloading software 61
drive, optical 21
DSL modem 11

discs
  ejecting 55
  supported types 72
display
  external 25
  See also screen
disposing of your computer 80
Dock 31
downloading software 61
drive, optical 21
DSL modem 11

E
ejecting a disc 55
Energy Saver preferences 30
environmental impact 76
ergonomics 74
Ethernet
  connecting to 11
  port 25
Exposé key 23
external display port 25

F
F1 to F12 function keys 23
Fast-forward key 23
FireWire
  connections 33
  port 25
flashing question mark 52
Force Quit 51
four-finger swiping 29
Front Row application 21, 33

G
gestures, trackpad 26

H
hand positions 74
hard disk drive
  installing 37
headphone port 25
Help, finding answers 31, 64
high-speed USB 25

I
iChat application 21
iLife applications 32
infrared receiver (IR) 21
installation instructions
  hard disk drive 37
  memory 44
  overview 8
Internet
  connecting to 11
  connection problems 57
inventory of items 9
IP address, sharing 59
IP masquerading 59
iSight video camera 21

K
keyboard
  ergonomics 74
  features 22
  illumination keys 23
  See also keys
Keynote application 21
keys
  brightness 23
  Dashboard 23
  Exposé 23
  function (fn) 23
media keys 23
media
  checking 48
  installing 44
  specifications 44
mouse
  connect to USB port 25
  ergonomics 75
  See also trackpad
Multi-Touch gestures 26
mute key 23

volume 23

L
lights
  battery 21, 30, 55
  sleep indicator 21

M
Mac Help 31
Mac OS X
  reinstalling 62, 63
  website 32
MagSafe power adapter.
  See power adapter
MagSafe power port 10, 25
Media Eject key 23
memory
  checking 48
  installing 44
  specifications 44
microphone 21
migrating information 14
Migration Assistant 14
Mini DisplayPort 25
modem 11
mouse
  connect to USB port 25
  ergonomics 75
  See also trackpad
Multi-Touch gestures 26
mute key 23

Looking for Something?
Looking for Something?

N
network address translation (NAT) 59
network connections 59
Network Diagnostics 57
Network Setup Assistant 57
number, serial 66

O
online resources 64
optical drive
   about 21
   supported disc size 72

P
paging through documents
   using trackpad 29
password, resetting 55
Photo Booth application 21
pinching to zoom 28
Play/pause key 23
plug, AC 10
ports on MacBook Pro 25
power adapter
   port 25
   safety tips 69
   using 10
power button 12, 21
power cord 10
PPPoE connections 58
preferences. See System Preferences
problems
   application freezes 51
   computer freezes 52
   computer won't turn on 53
   pointer won't move 51
   PPPoE connections 58
   screen goes black 54
   trouble ejecting a disc 55
   trouble using AirPort 60
   See also troubleshooting
   putting your computer to sleep 16
Q
question mark, flashing 52

R
RAM. See memory
reinstalling software 62
resetting your password 55
Rewind key 23
right-clicking 27
rotating objects using
   trackpad 28
safety
   general instructions 68
   handling information 71
   memory 44
SSD drive. See hard disk drive

S
screen
   cleaning 73
   goes black 54
   setting brightness 23
   scrolling with two fingers 26
   SD card slot 25
   SDRAM specifications 44
   secondary clicking 27
   security slot 21
   Serial ATA (SATA) hard drive 37
   serial number, locating 66
   service and support 64
   Setup Assistant 13
   shutting down 17
   sleep mode
      indicator light 21
      putting computer to sleep 16
   slot-loading optical drive 21
   software
      reinstalling 62
      updating 61
   Software Update
      preferences 61
   speakers 21
specifications
   computer 33
   hard disk drive 37
   memory 44
   SSD drive. See hard disk drive
   Startup Disk preferences 52
   stopping
      an application 51
      the computer 17
looking for something?

Storing the computer 73
SuperDrive
  about 21
supported disc sizes 72
Support, technical 64
Swiping to move quickly
  through documents 29
System Preferences
  customizing the desktop 15
Energy Saver 16, 30
Software Update 61
Startup Disk 52
System Profiler 64

T
three-finger swiping 29
Trackpad
  about 21
  gestures 26
Troubleshooting
AirPort 60
AppleCare 64
application freezes 51
battery indicator lights 55
computer freezes 51
computer won't turn on 53
display goes black 54
ejecting a disc 55
Hardware problems 56
Internet connection 57
pointer won't move 51
PPPoE connections 58
Service and support 64
Using Mac Help 31
See also problems
turning on your computer 12
two-finger pinching 28
two-finger rotating 28
two-finger scrolling 26
typing position 74

U
updating software 61
USB
  connections 33
  ports 25

V
video camera indicator
  light 21
video, Mini DisplayPort 25
volume keys 23

W
waking your computer 17

Z
zooming using the
  trackpad 28