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Subject: Re: Building a comp

Posted by [z310](#) on Mon, 18 Feb 2008 08:19:02 GMT

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<http://www.wikihow.com/Ground-Yourself--to-Avoid-Destroying-a-Computer-With-Electrostatic-Discharge> If you don't have a wristband, you are not necessarily out of luck. Assuming that your PC is grounded, you can ground yourself by just keeping one hand in contact with the bare metal frame (not a painted or coated surface) of the computer case. Keep the PC power cord plugged in to a (3-prong) grounded outlet and turn off the rocker switch on the back of the power supply. If the power supply does not have a switch on the back, this won't work, however. Never work on a PC with the power on. In that case, you should buy an anti-static band or try another method of grounding.

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