

AIWorkGuardTools

User Guide

Create Handoff TXT files and keep long AI conversations easier to continue in your desktop browser.

Two tools in one desktop extension: Handoff TXT for continuation and Long Chat Guard for large conversation management.

[Get AI WorkGuard from the Chrome Web Store](https://chromewebstore.google.com/detail/ai-workguard/fidpndokjjicmlopaemgkmjhbfdaeln)

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Status: Chrome / Chromium version available through the Chrome Web Store. Firefox / Mozilla version submitted through the Mozilla Add-ons process. Additional AI platform support, including Gemini, is being tested and will be documented when released.

What this guide covers

This guide explains how to install, open, and use AI WorkGuard in a supported desktop browser. It also explains Handoff TXT files, Long Chat Guard behavior, privacy notes, and practical troubleshooting.

- What AI WorkGuard does and when to use it.
- How to get AI WorkGuard from the Chrome Web Store.
- How to pin and open the extension.
- How to create a continuation / Handoff TXT file.
- How to use a Handoff TXT file in any supported AI conversation.
- How Long Chat Guard, visible turns, hidden turns, and conversation scan indicators work.
- How Messages to Show / visible content controls may work where available.
- Privacy, local processing, desktop cleanup, and troubleshooting notes.

Important scope note: AI WorkGuard is designed for desktop browser use. Mobile apps and mobile browsers may not support the same extension workflow.

1. What AI WorkGuard does

AI WorkGuard is a desktop browser extension for long AI conversations. It is designed around two practical tasks:

- **Handoff TXT:** create structured continuation files so work can continue in a new AI conversation without losing the important context.
- **Long Chat Guard:** help large conversations stay more manageable in the desktop browser by controlling older detected conversation turns in the active page view, where supported.

These functions work together. One helps you move work forward into a fresh conversation. The other helps the current long conversation remain easier to use while you are still working in it.

Handoff TXT in one sentence: A Handoff TXT file helps any supported AI conversation understand what matters, where the work stands, and what should happen next.

2. Current availability

Platform / browser	Status
Chrome / Chromium-based desktop browsers	Available through the Chrome Web Store. This includes Chrome and may include compatible Chromium-based desktop browsers such as Brave or Edge, depending on browser support and store installation flow.
Firefox / Mozilla	Submitted through the Mozilla Add-ons process. Public availability depends on Mozilla review, approval, signing, and publication.
Gemini and additional AI platforms	Additional support is being tested and planned carefully. Availability should not be treated as guaranteed until the feature is stable and publicly released.
Mobile apps and mobile browsers	Not the target workflow. Mobile apps and mobile browsers may not support the same extension behavior.

[Get AI WorkGuard from the Chrome Web Store](#)

3. Installation overview

For Chrome and Chromium-based desktop browsers, use the official Chrome Web Store listing when available for your browser. During private testing or development, a local package may be used only when it is provided directly by AIWorkGuardTools.

Step	Action	Result
1	Open the official AI WorkGuard Chrome Web Store listing.	You are using the public store listing instead of an unknown copy.
2	Add AI WorkGuard to the desktop browser.	The extension is installed in the browser.
3	Open the browser extensions area.	You can confirm that AI WorkGuard is installed and enabled.
4	Pin AI WorkGuard to the toolbar.	The icon remains visible next to the address bar.
5	Open a supported AI conversation page.	The extension can detect supported conversation content and provide its tools.

Use only trusted packages: Install AI WorkGuard only from official AIWorkGuardTools links, official browser store listings, or packages provided directly for testing. Do not install unknown modified copies.

4. Pin the extension to the toolbar

Pinning is recommended because it keeps AI WorkGuard visible and easy to open while you work in long conversations.

- Look near the browser address bar for the extensions icon, usually shown as a puzzle-piece icon or extension menu.
- Open the extensions menu.
- Find AI WorkGuard in the list.
- Click the pin icon or equivalent toolbar option.
- Confirm that the AI WorkGuard icon appears next to the address bar.

5. Open AI WorkGuard

- Open a supported AI conversation page in your desktop browser.
- Click the AI WorkGuard extension icon near the address bar.
- Use the panel or page controls provided by the extension.
- Confirm that the panel shows useful status information when a long conversation is available.

The exact labels and controls may change between versions. Use the controls shown in your installed version.

6. Create a Handoff TXT file

Use the handoff feature when a conversation has become long, heavy, difficult to review, or when you want to continue the work in a new conversation.

Step	Action	Result
1	Open the long AI conversation you want to continue.	The extension works with the current visible conversation context.
2	Start the Handoff TXT creation process.	AI WorkGuard prepares a structured continuation file.
3	Wait until the TXT file downloads.	Do not refresh or close the page during creation.
4	Save the TXT file in a location you can find again.	The file is ready for review and later use.
5	Review the TXT file.	You confirm that the important context is correct.
6	Open a new supported AI conversation.	You can continue work in a fresh chat.
7	Paste or upload the Handoff TXT, depending on the platform.	The new conversation receives the essential continuation context.

Review before use: Always review the downloaded TXT before using it in a new conversation. AI WorkGuard assists the handoff process, but the user remains responsible for checking the content.

7. Use a Handoff TXT in any supported AI conversation

A Handoff TXT file is portable working context. It can help any supported AI conversation understand what matters, where the work stands, and what should happen next.

This does not mean every AI platform is automatically supported in every workflow. It means that when a supported platform allows the TXT to be pasted, uploaded, or otherwise used as context, the important work can move forward without manually reconstructing the entire old conversation.

A good Handoff TXT file usually includes:

- **Project:** the name or purpose of the work.
- **Current status:** what has already been done and what is currently true.
- **Important decisions:** choices that should not be reopened without reason.
- **Files, paths, or URLs:** relevant references needed to continue.
- **Next action:** the exact next step.
- **Do not repeat:** known mistakes, failed attempts, or wrong assumptions.

Practical rule: The handoff should continue the work, not the confusion. It should carry forward useful context and leave unnecessary weight behind.

8. Empty chat warning and stale TXT protection

AI WorkGuard is designed to avoid creating misleading files from empty or unsuitable conversations.

- If the current page does not contain enough conversation content, AI WorkGuard may show an empty or new chat warning instead of creating a TXT file.
- If the extension detects a risk of reusing stale or previous output, it should avoid silently creating the wrong TXT.
- If a warning appears, read it and check that you are on the correct conversation before trying again.

9. Long Chat Guard and conversation scan status

Long AI conversations may become heavy because the browser page can contain many conversation turns. AI WorkGuard Long Chat Guard helps keep the desktop browser view more manageable where supported.

Term	Meaning
Detected turns	Conversation turns or message blocks AI WorkGuard can detect in the current page.
Visible turns	Turns currently kept visible in the active page view.
Hidden turns	Older detected turns hidden from the active visible page view.
Conversation scan / hidden percentage	An estimate based on detected and visible conversation turns. It is not measured RAM.
Messages to Show / visible content setting	Where available, a user setting that controls how much of the conversation remains visible in the page.

Not measured RAM: Conversation scan and hidden-turns percentages are not measured RAM values and are not server-side metrics. They are browser-page estimates based on detected conversation content.

10. Large conversation rescue and stop controls

Some versions or testing builds may include rescue or stop controls for very large conversations. These controls are intended for cases where the page is heavy or difficult to handle.

- Use rescue controls only when a conversation is large or difficult to process normally.
- Use stop controls if the page is loading too much content or the browser becomes difficult to use.
- After rescue or stop actions, review the generated TXT carefully before relying on it.

Exact labels may differ by version. Use the help text and controls shown in your installed extension.

11. Desktop cleanup behavior

After a Handoff TXT is created, AI WorkGuard may hide generated handoff text or related visible residue from the current desktop browser view to keep the workspace cleaner.

Local desktop cleanup only: Desktop cleanup is local to the browser where AI WorkGuard is running. It does not delete messages from the AI service and may not affect what appears on mobile devices or other browsers.

12. Privacy and local processing

AI WorkGuard is designed as a local browser tool. The extension does not operate an external server for processing conversation content.

- No external conversation upload by the extension for the user-requested handoff function.
- No analytics or behavioral tracking by the extension.
- No sale or sharing of conversation content.
- Website links open only when selected by the user.
- Generated TXT files are downloaded locally by the browser for the user own workflow.

A downloaded Handoff TXT file may contain sensitive project context if the original conversation contained it. Store and share the file carefully.

13. Troubleshooting

Issue	What to check
The extension does not appear	Check that it is installed, enabled, and pinned to the toolbar.
The TXT does not download	Check browser download permissions, download folder, and whether a warning popup appeared.
The chat is reported as empty	Make sure you are in a conversation with enough visible content to create a meaningful handoff.
Handoff text appears on mobile	Desktop cleanup is local and does not delete server-side conversation messages.
Print preview is incomplete	Browser print preview is not a reliable measure of a long dynamic AI conversation.
The hidden-turns number seems high	This can be normal in very large conversations. It is based on detected and visible turns, not RAM.
A feature label differs from this guide	The extension may evolve. Follow the controls and help text shown in your installed version.

14. Support

For support, installation questions, bug reports, or privacy questions, contact:

support@aiworkguardtools.com

When reporting a problem, include browser name/version, operating system, AI WorkGuard version, whether the conversation is small or long, and a short description of what happened.

- Browser name and version, for example Chrome, Brave, Edge, or Firefox.
- Operating system, for example Windows 10 or Windows 11.
- AI WorkGuard extension version.
- Whether the issue affects Handoff TXT creation, Long Chat Guard, or both.
- A short description of what you expected to happen.
- A short description of what actually happened.

15. Version notes for this guide

This v0.2 guide updates the earlier draft guide with current Chrome Web Store availability, Firefox / Mozilla submission status, clearer Handoff TXT language, additional supported-platform wording, Long Chat Guard clarifications, and notes for evolving features such as visible content controls and large-conversation handling.

Independent product disclaimer: AI WorkGuard is an independent, unofficial browser extension. It is not affiliated with, endorsed by, sponsored by, or officially connected to OpenAI, ChatGPT, Google, Chrome, Mozilla, Firefox, Gemini, or any AI platform.

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