Claude
Computer Use

Set up your AI assistant in 5 minutes.
No terminal. No code.

The barrier just dropped. From 'buy a Mac Mini and learn the terminal' to 'download an app and flip a toggle.'

Claude can now control your Mac - click buttons, scroll pages, type text, open apps, and navigate browsers. All from a single chat window.

This guide walks you through setup (it takes about 5 minutes) and gives you five things to try the moment it's running.

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What Is Claude Computer Use?

Claude can now see your screen and control your Mac. It moves the mouse, clicks buttons, types text, opens apps, and navigates browsers - all from a chat window. You describe what you want done, and it does it.

Quick facts:

* Research preview - available for Pro and Max subscribers

* macOS only right now (Windows coming soon)

* Works inside Cowork mode and Claude Code

* Requires the Claude desktop app (not the web version)

The 3-Tier Hierarchy

Claude picks the best tool for the job, in this order:

Tier	Method	How It Works	Speed
1	Connectors	Direct API - Gmail, Slack, Calendar, Notion	Fastest
2	Browser	Claude in Chrome extension - clicks around the web	Medium
3	Screen Control	Mouse + keyboard takeover of your entire Mac	Slowest

Connectors are instant. Screen control is the fallback - slower but it can do anything.

Think of it like this: Connectors are a phone call. Browser is walking into the shop. Screen control is driving to the shop, parking, and walking in. All get the job done - but the first one's obviously faster.

Getting Started: 4 Steps

The whole setup takes about 5 minutes. Here's what to do.

1. Download Claude Desktop

Head to claude.com/download and grab the Mac app.
Install it like any other app. Open it and sign in.

2. Turn on Computer Use

Open Settings (gear icon) > General.
Find the 'Computer use' toggle and flip it ON.
This only works in the desktop app - NOT the web version.

3. Open Cowork Mode

Click the Cowork icon in the left sidebar.
This is where Claude gets access to your screen.
Regular chat mode doesn't have computer use.

4. Give Claude a Task

Type what you want done in plain English.
Claude will ask permission before accessing each app.
You approve once per app, per session.

Your first prompt:

```
Open my calendar and email, then create a
briefing document of what I have on today.
```

That's it. No terminal commands. No config files. Just a toggle and a prompt.

Safety & Permissions

Claude doesn't just take over your computer. It asks first. Every time it needs access to a new app, you get a permission prompt. You're always in control.

Built-in Safeguards

* Permission prompts before accessing each app

* Investment and crypto transactions are blocked entirely

* Prompt injection scanning runs on every page it reads

* Memory system automatically excludes passwords and secrets

* You can revoke access to any app at any time

* Screenshots are filtered to only show approved apps

What to Avoid (For Now)

Category	Why
Financial accounts	Banking, trading - Claude blocks these anyway
Legal documents	Contracts, agreements - needs human judgement
Medical info	Too sensitive for a research preview
Other people's data	Privacy - only use it on your own stuff

This is a research preview - not a finished product. Start with low-stakes tasks and work your way up as you build trust with how it behaves.

5 Things to Try First

Copy-paste these straight into Cowork. They all work out of the box.

1. Organise your desktop

```
Clean up my desktop - create folders by file type and organise everything.
```

Great first test. Low risk, satisfying result.

2. Morning briefing

```
Open my calendar and email, create a briefing of what I have today.
```

This is the one that sells people on computer use.

3. Rename screenshots

```
Find all screenshots on my desktop, rename them with descriptive names.
```

Uses screen reading to understand what each screenshot shows.

4. Fill in a web form

```
Open Chrome, go to [website], and fill in this form with [details].
```

Replace the brackets with your actual site and info.

5. GitHub check-in

```
Check my GitHub notifications and summarise any PRs that need my attention.
```

Works with any web-based tool - Notion, Linear, Jira, whatever.

The Killer Combo: Dispatch + Computer Use

Dispatch lets you message Claude from your phone. Computer Use lets Claude control your Mac. Combine them and you can tell your Mac what to do from anywhere. Sitting on the train? Text Claude to organise your files, prep your calendar, or pull together research - and it's done by the time you sit down.

The barrier just dropped.

Computer use was the missing piece. Before this, you needed a Mac Mini running 24/7, terminal commands, and a bunch of configuration. Now you download an app, flip a toggle, and talk to it.

This isn't about replacing you. It's about giving you an assistant that can actually do things on your computer - not just talk about doing them.

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The people who start using these tools now are going to be so far ahead in 12 months it won't even be close.

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