After downloading Sophos for Windows 7, run the installer.

Click Install.

After the first part of the installer has finished installing, it should automatically start the installation process. If it does not, you can find the Setup.exe in `c:\escw_95_sa\` (default).

Click Next.
Accept the EULA, then click Next.

Choose the directory where you would like to install Sophos, then click Next.
NOTE: If you are not using the manual setup, you need to specify where Sophos receives its updates. Under the Address field, enter the server as shown on the Sophos download page. Do NOT enter anything in the User name/Password fields. Click Next.

If you would like to install the Sophos Client Firewall, check the box for "Install Sophos Client Firewall", then click Next.
Leave the box for "Remove third-party security software" checked, and click Next.

Click Next.

Sophos will now install - this process typically takes longer than 1-2 minutes depending on the speed of your computer.
If you forgot to specify the Sophos update servers during the install process or if you are having trouble getting Sophos to update, you can always change the update servers from the Sophos control panel after the installation has finished.

To do this, open the Sophos Endpoint Security and Control console from the right-click menu of the blue Sophos shield from the system tray (by the clock in the taskbar).

After you have opened Sophos, go to Configure > Updating, and put the Sophos update server information into the Address field. Do NOT enter anything in the User name or Password fields.

Congratulations! You should be all set!