

**Do you unpack the solar panels**



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### Triglycerides: Why do they matter?

Why do high triglycerides matter? High triglycerides may contribute to hardening of the arteries or thickening of the artery walls, called arteriosclerosis. This condition increases the risk of

### Hand-washing: Do's and don'ts

Hand-washing: Do's and don'ts Hand-washing is an easy way to prevent infection. Know when and how to wash your hands, and how to get children into the hand-washing habit.



### Exercise: How much do I need every day?

You can do strength training by using weight machines or weights, your own body weight, heavy bags or resistance bands. You also can use resistance paddles in the water or do activities

### Unloading Handling & Storage Manual

This manual provides comprehensive guidelines for the safe and efficient Unloading and storage of solar photovoltaic (PV) modules manufactured and supplied by JAKSON Engineers Limited.



### [Osteopathic medicine: What kind of doctor is a D.O.?](#)

You know what M.D. means, but what does D.O. mean? What's different and what's alike between

these two kinds of health care providers?

### Unpacking & Repacking of Solar Modules

It is crucial to follow the outlined measures and guidelines for the safe unloading and unpacking of your solar modules. Improper handling can lead to injury or damage.



### [Weight training: Do's and don'ts of proper technique](#)

You might learn weight training techniques by watching friends or others in the gym, but sometimes what you see isn't safe. Weight training technique that isn't proper can lead to muscle

### Arthritis pain: Do's and don'ts

Arthritis is a leading cause of pain and limited mobility worldwide. There's plenty of advice on managing arthritis and similar conditions with exercise, medicines and stress management. But



### [Automated external defibrillators: Do you need an AED?](#)

An automated external defibrillator (AED) is a portable device that can be used to treat a person whose heart has suddenly stopped working. This condition is called sudden cardiac arrest.

### UNLOAD/TRANSPORTATION/STORAGE OF SOLAR PANELS

(4)Unpacking must be carried out by two or more

persons at the same time. (5) Handling the modules requires two or more people with nonslip gloves and both hands. (6) Do not lift modules



### **How well do face masks protect against COVID-19?**

Face masks can help slow the spread of coronavirus disease 2019 (COVID-19). Learn about mask types, which masks to use and how to use them.

### **Cardiopulmonary resuscitation (CPR): First aid**

Cardiopulmonary resuscitation (CPR) is an emergency treatment that's done when someone's breathing or heartbeat has stopped. For example, when someone has sudden cardiac



### [Acute sinusitis: Do over-the-counter treatments help?](#)

Medicine you can get without a prescription may give some relief from acute sinusitis symptoms.

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