

# What to do if photovoltaic panels are deformed



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### [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



### [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.

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

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



### **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



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



### **Statin side effects: Weigh the benefits and risks**

The body needs cholesterol. But having too much cholesterol in the blood raises the risk of heart attacks and strokes. Statins block an enzyme the liver needs to make cholesterol. This

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.



### **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

### **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



### [Do Solar Panels Need to be Cleaned: Reasons and Steps , EcoFlow US](#)

How often do solar panels need to be cleaned Do solar panels need to be cleaned periodically or regularly? If that question bothers you, it's recommended to check your region for an

### **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



### [What Is Solar Panel Degradation and How Does It Affect Output](#)

This guide explains solar panel degradation and how it reduces your system's energy output, typically about 0.5-1% per year, creating a long-term performance and cost risk; routine

### [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?



### **Solar Permitting Guidebook 4th Edition**

Solar technologies have changed, new laws have been passed and codes have been revised. This second edition of the Guidebook addresses those changes, improves upon the

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