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Admiral washer user manual

Get Stronger, Healthier, HappierRegisteru get our best tips, workouts, recipes, and more. Often full of jargon, acronyms, and instructions that require Ph.D to understand, the software's user manuals are sometimes written from the point of view of the developer instead of the user. As a result, the guide can make assumptions about the reader's skill level, which is often wrong. The first step in writing a good user manual is to get the actual writing process as far away from the engineers as possible. The software developer knows more than anyone else that makes the software work, but that does not mean the developer should write a guide. On the contrary, it's clearly worse. More important than a deep understanding of the internal work of the software is the understanding of who the end user is, what his or her educational level is, and how it is used by the end user. In most cases, end users don't need to know the finer points of programming and back-end work software - they just need to know how to use it to make their jobs easier. The user manual should be largely task-oriented, not highly descriptive. Since the manual is written to help users understand how to perform specific tasks, the writer must have an understanding of these tasks as well, and as a result going through every discrete step of each function is absolutely essential. It's not necessary for the writer to necessarily know how the program was created from a design or development point of view, but it's important to have strong working knowledge of all its functions. Take the time to write down each step,including clicks, drop-downs, and other actions, when you complete each task. While the developer should not be one to write a manual, he is still a valuable resource writer, and before writing begins, plan to kick off a meeting with the writer, developer and engineers, and potential end users to help inform the writer's work from the outset. Interviews with experts and engineers should be registered, the transcripts of which should be recorded for subsequent reference. The user manual should not be too difficult to text. Rather, add liberal use of graphics and screen clips. The description of the operation is much clearer with text-based instructions accompanied by a screenshot that clearly illustrates this direction. You can include both before and after views to show what the screen looks like before each action and what happens after the action is taken. A simple screen capture utility, like the Snipping Tool in Microsoft Windows, works well to capture these images. Be sure to number each picture and add a caption that will briefly describe it. Center it immediately under the paragraph, which will first introduce the concept in the picture. Clear transmission in the technical document requires standards throughout the instructions. Standards for presentation, language and nomenclature help to avoid confusion. Templates are available and can be a good starting point for unity, although they can certainly be customized to suit any situation. Using a one-inch margin with a single column is best suited to the need to add graphics; The two-column setting may seem too crowded and may make the layout of the images confusing. More than any other type of document, the software user manual is likely to undergo multiple iterations before it is completed, and it is likely to go through the review process with several stakeholders. Using the Change Tracking feature in Microsoft Word is an easy way to track comments and changes for each person. The creation of multiple versions after each review cycle, each with a different file name, will contribute to the process and ensure that all stakeholders are satisfied with the final result. If you can't come up with a smart way to keep them, manuals are a kind of problem to keep around. If you find yourself in need of one, however, central manuals can find and download them in free PDF format. You can search for almost any user manual online, but since many products come with ... Read on Let's face, most of us throw these things away when we're completely clueless about a particular product. With central manuals, there is no need to worry because their collection of manuals is extensive. You can search by type or brand and have virtually everything covered. There are manuals for cameras, video cameras, smartphones, mp3 players, tablets, book readers, smart watches, activity trackers and video game consoles. You can even find the user manual software. You can start by finding the manuals you need at the link below. Central Manuals - Find and Download for Free | The central manuals of the 1950s seem to be the time when the CIA put a huge amount of energy into the perfect science of torture. The CIA conducted covert experiments, at times with unsuspecting Americans, using LSD in search of the truth serum [source: The New York Times]. He used electric current to cause pain [source: Boston Globe]. The agency conducted experiments examining the effects of sensory deprivation [source: The Washington Post]. The CIA found that the best methods for gathering information from prisoners come not through physical pain or torture, but through psychological torture. While the brand of torture the CIA developed over a decade of trial and error may not cause physical pain, it can still do some real harm. A historian and expert on the subject of the CIA and torture, Alfred McCoy, writes: While seemingly less brutal, no-touch torture leaves deep psychological scars. Victims often need treatment to recover trauma much more crippling than physical pain [source: Boston Globe]. There really is a torture manual and the CIA literally wrote it. In 1963, the agency created the KUBARK Counterintelligence Interrogation Manual. It was, as Alfred McCoy put it, codifying everything the CIA had learned from its experiments throughout the 50s. Kubarkis (Vietnam War CIA codename [source: Washington Post]) manual-based methods of breaking prisoners in general psychology. Identifying the victim's feelings and then taking it away is part of the first step towards breaking her. An introverted or shy inmate may be kept naked and may have been sexually humiliated, for example. Clothes can also be taken simply to alienate the prisoner and make him less comfortable. The creation of an unknown sense of disorientation and isolation seems to be a feature that deliberately harms the detainee under the KUBARK Manual. Practices such as starving, keeping prisoners in small, windowless cells with immutable artificial light and forcing inmates to sit or stand in awkward positions (stress positions) for a long time have been decried or banned outright by the United States government. However, these methods are part of a regimen prescribed by Kubark. So, too, use hypnosis and drugs to extract information. Although it does not mention an electric shock directly, the handbook requires interrogators to be sure that a possible safe house used for torture has access to electricity. As one source told the Baltimore Sun, the CIA has acknowledged privately and informally in the past that it was referring to the application of electrocution interrogation of suspects [source: Baltimore Sun]. Physical pain, however, is considered ultimately harmful to the manual. It's a much worse experience, the guide concludes that the prisoner fears that pain may come than actually experience it. The old speaking time that anticipation is worse than experience also seems to be the basis for a shady field of torture. The newer book, which is largely a review of the KUBARK Handbook, makes the same ground - that psychological torture is a priority for physical abuse. The 1983 Handbook on the Use of Human Resources was first published as a result of the Honduras Investigation Report on Human Rights Violations. Read the CIA torture manual version 2.0 on the next page. Getty Images Baby got back! Sir Mix-A-Lot may have rapped those words more than 20 years ago, but our magic bums still do. In fact, from Iggy Azalea's curvy derriere to Sofia Vergara's ridiculously toned tush, the rear has replaced breasts like it's body part of a decade. But there is no reason to worry if you think yours is not up to par: Do yours concerns focus on health issues (sciatica, anyone?) or more cosmetic issues (hello, cellulite!), we have them covered. What it is is pain (often located in your lower back or hip) that moves along your sciatic nerve, which runs your lower back down through each leg. Most of the time, sciatica is caused by a herniated disc that bulges out and pushes the nerve. But sometimes it is caused by piriformis syndrome, which is when the bandlike piriformis muscle (it extends from your sacrum to the top of your thigh bone) squeezes the sciatic nerve. You are most likely to experience the first signs between the ages of 30 and 50. Years of sitting can increase the risk of sciatica, says Wellington Hsu, MD, professor of orthopedic surgery at Northwestern University Feinberg School of Medicine. There's also a genetic component. Sciatica can sometimes occur during pregnancy, when your expanding uterus can push against the nerve. What it feels like to be something boring in the pain of shooting or burning a knife-like pain in an electric shock. Rx Primary Care physician or orthopedic specialist should be able to diagnose sciatica through a physical exam. Usually the condition improves over-the-counter or prescription anti-inflammatories or muscle relaxer, stretching exercises or physiotherapy. Cortisone injection may act as short-term relief. If your pain persists for more than six weeks, you may need an MRI to determine the cause. Problem 2: Sacroiliac joint pain What it is pain around the sacroiliac joint, located in your lower back, where the spine and pelvic bone meet. Although it is common to have discomfort in the area during pregnancy and after pregnancy (as your pelvis expands to prepare for birth, ligament stretch and tug on the joint, causing pain), many women experience it because of muscle tension or weakness. Don't ignore the hurt: This can mean that the cartilage between the bones is wearing down, which can lead to arthritis. What's the feeling is the pain in the lower back and hip (often on one side), which gets worse by bending or activity; it tends to get harder after sitting down for a long time and feels better when you lie down. Rx It can be diagnosed by a primary care physician or orthopedic specialist for a physical exam and x-ray. Treatment is usually conservative: over-the-counter anti-inflammatory agents and, if necessary, cortisone injections right for joint pain relief. The best prevention is a strong core that helps take the pressure out of the joint by strengthening the surrounding muscles. Talk to your doctor about moves (such as planks and hip raises) to make yourself. What hole?! If you notice blood on your poop or toilet paper, or itching and swelling around your anus, you may have hemorrhoids. The most common risk factor, says Steven Naymagon, MD, a gastroenterologist at Mount Sinai Hospital: constipation. MD can tell if you have external hemorrhoids (under the skin around your anus) while exploring the area; Hemorrhoids inside the rectum can also be usually diagnosed by hand in the exam, but if there is bleeding, you may need a colonoscopy or a flexible sigmoidoscopy to rule out something scarier, such as colon cancer. Treatment is usually over-the-counter products of witch hazel or hydrocortisone to relieve swelling and/or itching, as well as soaking in a warm Sitz bath. Also key: Slowly up your fiber intake of 25-30 grams per day, and drink plenty of water. If it doesn't work, Dr. Naymagon adds, your doc can perform an office procedure known as a rubber band ligation, where he places a band around a hemorrhoid to cut it into circulation (band and ribs, fall off within a week). What it is is the injury to one of your hamstring muscles that run down the back of your thighs to your pelvis. While it may happen to anyone who is active, you're more susceptible as you get older because your muscles tighten as you age, says Jordan Metzl, MD, a sports medicine physician at the Hospital for Special Surgery in New York City. What feels like a sharp pain in the back of your butt or leg during the activity (when the actual strain occurs) as well as later, with swelling and bruising. Rx Your first step is RICE: rest, ice (use cold packs for 20 minutes at a time, several times a day), compression bandage around the thigh and height. If you are hobbling for more than a few days, contact your primary care doc or sports medicine specialist. You can have an X-ray or MRI to see if it's a complete tear or strain, and can get crutches or a prescription for physical therapy. Treatment.

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