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Sacs user manual pdf

Often filled with terminology, acronyms and instructions that require a PhD to understand, software usage manuals are sometimes written from a developer's point of view rather than a user's point of view. As a result, the driver can make assumptions about the reader's skill level that are often incorrect. The first step in writing a good user manual is to get the actual writing process as far away from engineers as possible. The software developer knows more than anyone what the software project does, but that doesn't mean the developer should write the guide. On the contrary, it is clearly a disadvantage. More important than a deep understanding of the internal operation of the software is an understanding of who will be the end user, what its educational level is, and how the end user will use the software. In most cases, end users don't need to know the finer points of programming and the back-end tasks of the software – they just need to know how to use it to make their tasks easier. The user manual should be largely work-oriented, rather than largely descriptive. Because the manual is written to help users understand how to perform specific tasks, the author must have an understanding of these tasks, and therefore go through every discrete step of each feature is absolutely necessary. It is not necessary for the author to necessarily know how the program was created in terms of design or development, but it is important to have a strong working knowledge of all its characteristics. When performing each task, take the time to write each step, including clicks, drop-down menus, and other actions. Although the developer should not be the one to write the manual, it will still be a valuable resource for the author, and before the drafting begins, plan an inaugural meeting between the author, programmer and engineers, and potential end users to help inform the author's work from the beginning. Interviews with experts and engineers should be recorded, with copies made for subsequent reference. A user manual must not be too heavy with text. Instead, they incorporate liberal use of graphics and screen clips.

Description of an action is much clearer with text-based directions accompanied by a screen clip that clearly shows this direction. Include both the views before and after to display the display before taking each action and what after the action. A simple screen capture utility, such as the Snipping tool included with Microsoft Windows, works well for downloading these images. Make sure you number each picture and include a caption that briefly describes it. Center just below the paragraph that first introduces the meaning depicted in the image. Clearly communicating in a technical document requires planning and careful adherence to standards throughout the driver. Templates in both language, and nomenclature help avoid confusion. Templates are available and can be a good starting point for uniformity, although these can definitely be customized to suit any situation. Using a one-inch margin with one column best suits the need to add graphics. A two-column setting can appear too full and can confuse the placement of images. More than any other type of document, a software usage guide is likely to go through multiple iterations before it is completed, and is likely to go through a review process by many stakeholders. Using Track Changes in Microsoft Word is an easy way to keep track of each person's comments and changes. Creating multiple versions after each revision cycle, each with a different file name, also helps the process and ensures that all stakeholders are satisfied with the end result. The 1950s seem to have been a time when the CIA put a huge amount of energy into perfecting the science of torture. The CIA conducted secret experiments, at times on unsusquaded Americans, using LSD in search of a truth serum [source: The New York Times]. He used electrical currents to cause pain [source: The Boston Globe]. The agency conducted tests investigating the effects of sensory deprivation [source: The Washington Post]. The CIA found that the best methods for extracting information from detainees come not through causing physical pain or torture, but through psychological torture. Although the CIA's brand of torture devised through more than a decade of trial and error can't cause physical pain, it can still do some real damage. Historian and expert on the subject of CIA and torture, Alfred McCoy, writes, Although seemingly less brutal, contactless torture leaves deep psychological scars. Victims often need treatment to recover from trauma far more amputation than physical pain [source: The Boston Globe]. There is indeed a torture manual and the CIA literally wrote it. In 1963, the Agency created the KUBARK counterintelligence interrogation manual. It was, as Alfred McCoy puts it, the coding of everything the CIA had learned from its experiments during the 1950s. In the kubark (the code name for the CIA in the Vietnam War [source: The Washington Post]) manual, methods for breaking prisoners are generally based on psychology. Determining a victim's sense of self and then stripping off is part of the first step towards breaking him/her An introverted or shy prisoner can be kept naked and perhaps sexually humiliated, for example. Clothes can also be taken simply to alienate the prisoner and make him less comfortable. Creating a sense of ignorance, disorientation and isolation seems to be the hallmarks of psychological undermining of a prisoner in the jurisdiction of the KUBARK manual. Practices such as hunger, conservation in small, windowless cells with rearranged artificial light and forcing inmates to sit or stand in uncomfortable positions (stress positions) for long periods of time have been categorically denounced or banned by the United States government. However, these techniques are part of the regimen prescribed by KUBARK. So they also use hypnosis and medications to extract information. Although it does not immediately report electric shock, the manual calls on investigators to be sure that a possible safe house to be used for torture has access to electricity. As a source told The Baltimore Sun newspaper, The CIA has acknowledged privately and informally in the past that this was referring to the application of electric shocks to interrogation suspects [source: The Baltimore Sun]. Physical pain, however, is ultimately considered counterproductive by the manual. It's a much worse experience, the guide concludes, for an inmate to fear that the pain may be coming from actually experience it. The old adage that prediction is worse than experience also seems to have a basis in the dark field of torture. A newer book, largely a revision of the KUBARK manual, draws the same fundamental conclusion - that psychological suffering is paramount to physical abuse. The Human Resources Exploitation Manual -- first published in 1983 as a result of a research report on human rights violations in Honduras. Read about the CIA torture manual version 2.0 on the next page. Getty Images Inhale. Exhale. You take 15 to 20 breaths per minute-over 20,000 breaths a day. With each, oxygen travels through your blood, feeding your body's cells. The problem is, we bombard our lungs with pollutants and irritants such as second-hand smoke and fumes from household cleaning supplies. Still, the lungs are resilient, says Ravi Kalhan, MD, director of the Asthma/COPD program at Northwestern University's Feinberg School of Medicine. Keep them healthy and they will protect you in old age. Read more than read and start breathing easily. GET FIT While exercise doesn't increase lung capacity on its own, it strengthens heart muscles so your heart is better able to pump oxygenated blood through your body, says Doreen Addrizzo-Harris, MD, associate professor of pulmonology at NYU Medical Center. Then your lungs don't have to work that hard. I exercise more effectively and feel less winded. RELATED: How to Make an Exercise Addict Exercise Can Also Cut Belly Fat, Which Is Linked To Higher Risk We believe that excess fat associated with obesity increases inflammation in the body, which affects the lungs, says Neil Schachter, MD, a pulmonologist at the Icahn School of Medicine at Mount Sinai in New York City. To see the results, you need consistent exercise, increasing your heart rate for 20 to 30 minutes most days of the week, says Jason Turowski, MD, pulmonologist in Cleveland if you have asthma, it can be difficult to maintain an intense workout, but lower-key activities can help reduce airway inflammation. In one study, asthmatic adults who walked for 20 to 30 minutes three times a week at a moderate rate reported an improvement in their symptoms. Swimming is another option, especially during the icy winter months. The warm, moist air in an indoor pool is asthma-friendly. (But don't swim in a pool that is strongly chlorinated; irritation from fumes can neutralize the benefits.) Next page: Eat Smart [pagebreak]EAT SMART An anti-inflammatory diet helps reduce inflammation of the airways, which has been linked to respiratory diseases such as COPD and asthma, notes Melissa Young, MD, an integrated medicine specialist at the Cleveland Clinic. Fill with these foods: Fruits and vegetables: They are packed with antioxidants, which can help repair damage from air pollution. It doesn't matter what kind, as long as you eat a lot of them. RELATED: 13 Vegetables You Just Think You Don't Like Flaxseeds: They contain high levels of omega-3 fatty acids, which are thought to be associated with a lower risk of asthma. White wine: Vino drinkers-especially those who sip white-have healthier lungs. (Researchers theorize that it is due to the high antioxidant capacity of wine.) Olive oil: It has monounsaturated fatty acids, which can help reduce inflammation, and alpha-tocopherol, a form of vitamin E associated with better lung function. A coffee: Caffeine has a similar effect to the drug terosphylline, which opens the airways, says Dr Turowski. Tomato sauce: Research shows that the lycopen-the antioxidant famously found in tomatoes-can protect you from exercise caused by asthma. Next page: Clean the air [pagebreak]CLEAR Air pollution claims more than 3.2 million lives worldwide each year, according to the 2013 Global Burden of Disease Study. Why? The tiny particles penetrate the lungs, causing cancer and other respiratory diseases. We don't expect you to leave L.A. for Idaho, but there are precautions everyone has to take. Check the forecast: You can find the Air Quality Index (AQI) airtown.gov. On days when AQI in your area is high (over 150 if you don't have lung problems, over 100 if you have a respiratory problem), consider taking your workout indoors. If exercising outdoors, avoid routes close to traffic. RELATED: Burn Calories This Summer Don't Idle Your Car: as much pollution as a moving vehicle, and you're in the middle of fog. Turn off the ignition if you wait more than 10 seconds and heat your engine while driving. (Your car and its engine heat up faster when you drive.) Make a P.M. pit stop: As you fill your tank, gas emissions evaporate and form ozone, a component of the cloud. Hit the pump after dark to keep the sun from turning these gases into pollutants. Next page: Rehab your home []REHAB YOUR HOUSE Air pollution in your home can be worse than being festering outdoors. Here's how to clean the air, stat. Go electric: Your home heating and AC system should ideally work on electricity, not oil, as the latter releases more molecules. Most homes built after 2000 do, but if you live in an older home that uses oil, consider a home air-filtration system for a few thousand dollars. RELATED: 9 Ways to Detox Your Home To Be Tested: Every two years, your home will be tested for radon-an odorless natural gas that is found in one in every 15 homes in the U.S. and is the second leading cause of lung cancer. You can hire a certified company to do it, or buy a test kit for \$15 to \$25 at a hardware store or through sosradon.org/test-kits. If radon concentrations exceed 4 picocuries per litre of air (pCi/L), you should install a radon reduction system (up to \$1,500). Keep humidity low: A very moist environment is a fertile ground for mold, a common allergen. The EPA recommends keeping humidity below 60% in summer and between 25 and 40% in winter. You can measure humidity with a hygrometer (\$20 to \$40 in a hardware store). If the air is too dry, use a humidifier. It's too wet, try a dehumidifier. RELATED: Your 12 worst allergy mistakes Traded in your fireplace: Particles in wood smoke can damage your heart and lungs. Switch to a cleaner gas combustion or wood stove certified by the EPA, or put on an electronic fireplace or gas insert (about \$1,000 to \$3,000) for less emissions. To learn more, go epa.gov/burnwise. Next page: Stay safe from third-hand smoke [pagebreak] STAY SAFE FROM THE BEST TOBACCO You know not to smoke and keep away from secondhand smoke. But there is something called smoke from third-hand-residual smoke fumes that cling to walls and furniture and then off-gas slowly into the interior environment. These things aren't just smelly: It reacts with internal pollutants, such as ozone and nitrite, creating compounds that lock your cells' DNA and cause potentially carcinogenic damage, according to research presented at the American Chemical Society meeting in 2014. While the risk is higher for babies and toddlers (as they crawl around the house, they can stir up and inhale these smelly), pretty much everyone is sensitive. RELATED: 30-day countdown stop smoking When you travel, insist on smoke-free hotel rooms, and avoid the homes of friends who smoke (even if you're not lighting up in front of you, their furniture can stink). If you inherit a smoker's home, remove affected items such as sofas and carpets, repaint and bring in a professional to thoroughly clean the air-ventilation system. DID YOUR DUVET GIVE YOU ASTHMA? You've never had asthma before, but lately you've been missing your breath all the time. What's he giving? It's not uncommon for a 40-something woman to suddenly complain symptoms, says Dr Addrizzo-Harris. A typical boost: being exposed to an allergen you haven't encountered in years, such as wing bedding or mold. I can't tell you how often I've seen a patient reporting symptoms that start just moving into a new home, says Dr Turowski. Usually a moldy basement is the culprit. Next page: A woman's problem? [selidic] WOMAN'S PROBLEM? How the three P's of female nature can spoil your breathing. You are ready to take your period: Up to 40% of women with asthma report that their symptoms worsen immediately before their period. During this period, estrogen levels drop, and we believe these fluctuations somehow trigger an inflammatory reaction in a woman's airways. Dr. Kalhan says. As a result, you are more likely to cough, feel shortness of breath and wheeze. Talk to your doctor about increasing asthma meds these days; research also shows that taking contraceptive pills (to ward off hormone increases and dips) can help. You are pregnant: In the first few weeks of pregnancy, increasing the hormone progesterone causes you to breathe more often, which you feel like you are short of breath when you really are not. (The hormone expands the capacity of your lungs, allowing your blood to carry large amounts of oxygen to your baby.) This sensation disappears, then reappears around your third trimester when your uterus begins to press your diaphragm, making it harder for your lungs to fully expand. But there's relief soon: During the last month of pregnancy, your baby will fall into your pelvis, taking pressure off your lungs. RELATED: 10 Tips to Get Pregnant You pass perimenopause: As you approach menopause, estrogen levels ride a real roller coaster, and these dramatic peaks and drops can cause inflammation that triggers an asthma attack. Research has shown that menopausal women are twice as prone to severe asthma as similarly aged men. If you notice your wheezing getting worse, talk to your gyno about going to the pill or using hormone therapy to help ease you through the transition. The good news is that once your ovaries close up in the store, your asthma needs to improve. Improve.

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