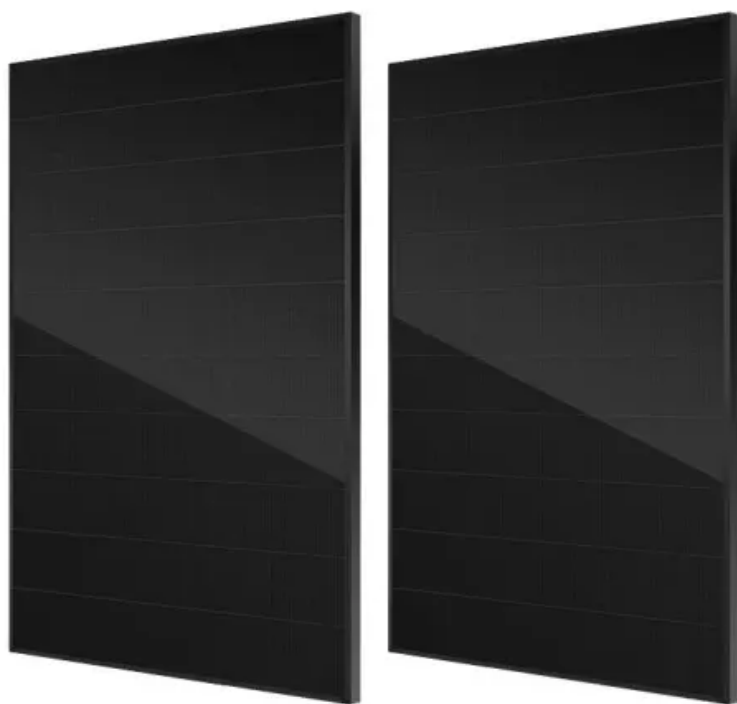


What to do if the roof collapses due to photovoltaic panels



What to do if the roof collapses due to photovoltaic panels



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.

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



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?

Ileostomy

Can I swim? How do I shower? Do I need to buy different clothes? How will it affect my intimate life? Once you adjust, you'll likely find that it's possible to do many of the same activities you



Acute sinusitis: Do over-the-counter treatments help?

Medicine you can get without a prescription may



Roof Repair With Solar Panels: How to Restore Roofing Under

Repairing a roof with solar panels involves navigating mounting hardware, electrical components, and warranty questions while ensuring watertight results and system safety. This guide

give some relief from acute sinusitis symptoms.



Photovoltaics and Firefighters' Operations: Best Practices in

The presence of a PV system near a fire may produce hazards such as heightened potential for falls, electrical shock, and collapse of roof structures. Due to these perceived hazards, there have been

Photovoltaic Safety for First Responders

Contact building officials to see where PV systems are installed. Request to be notified when new PV is installed.



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

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



Dangers of Solar Panels on Roof: Fire, Structural Risks, and Safety

If the roof structure was not designed to support the extra load, accelerated wear, sagging, or even collapse could occur over time. Proper structural assessment is essential,

[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.



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

[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.

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