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What is corrosion and how can it be prevented

Jupiterimages/Photos.com/Getty Images Battery terminal corrosion is one of the leading causes of premature battery failure. Seeping battery acid will build up a white, yellowish or green (or a mixture of all three colors) corrosive powder on the battery terminals that is highly caustic. In addition, it will hinder the electrical connection needed for the starter, and the battery will not discharge on demand. Put on a pair of safety goggles and a set of durable latex gloves, and open the hood. Loosen the positive battery terminal clamp. Use a wrench to loosen the nut, until the terminal clamp can be wiggle back and forth. The positive battery terminal usually has a red battery wire, but there will also be a POS, or a plus sign, stamped on the battery casing, near the terminal clamp. Remove the clamp. Perform Step 2 on the negative battery terminal clamp. Removing the clamps in this fashion (positive first, negative last) will help prevent sparks from occurring. Batteries can emit slight-to-moderate amounts of highly flammable gases that can ignite and cause a serious- to-fatal explosion. Isolate both the terminal clamps, so they do not accidentally come into contact with the battery posts during the procedure. Mix a half cup of baking soda with a cup and a half of warm water, and stir the solution to dilute the baking soda. Clean the corrosion off the battery terminal clamps, thoroughly, with the wire brush and the baking soda/water solution, and clean the battery posts in the same fashion. Apply a moderate level coating of petroleum jelly to the cleaned battery terminal clamps, after they have thoroughly dried. Apply another coat of the jelly to the battery posts. Battery corrosion inhibitor spray is also acceptable. If using the spray, apply an even coat to the clamps and posts, and allow the spray to dry. Reconnect the positive terminal clamp first (the procedure to prevent sparks is opposite of the removal procedure). Tighten the clamp with the wrench. Reconnect the negative terminal clamp last, and tighten. Web page that provides general overview on Bacterial Vaginosis (BV). Includes facts, statistics, and what can be done to help prevent BV among women. Informational sheet with links to STD prevention materials and resources. The National STD Curriculum is a free educational Web site from the University of Washington STD Prevention Training Center and the University of Washington. This project is funded by a grant from the Centers for Disease Control and Prevention (CDC). The National STD Curriculum addresses the epidemiology, pathogenesis, clinical manifestations, diagnosis, management, and prevention of STDs. Free CME credit and free CNE credit are offered throughout the site. This report highlights opportunities for health department infectious disease programs to address a range of drug user health issues, identifies potential collaborators and provides recommendations for health department programs to consider to best meet the comprehensive health needs of people who inject drugs. This pamphlet provides information for pregnant women in the form of responses to 10 questions about HIV. It discusses whether a pregnant woman needs to be tested for HIV and why, how the disease is transmitted from mother to baby, what can be done for a pregnant woman with HIV infection and for the baby, when should a pregnant woman begin prenatal care and the benefits of prenatal care, whether the pregnant woman should be tested for other STDs, how to prevent HIV, and what else a woman can do to stay healthy. The pamphlet also gives contact information for public health agencies. This toolkit is designed to provide practical information and tools to assist HIV Planning Groups and Health Departments in implementing the Community Engagement process described in CDC's 2012 HIV Planning Guidance. This plan is meant as a guide for assist HIV planning groups (HPGs) and health departments CDC grantees as they create the Jurisdictional Plan that describes their collaboration. This guide is to train AIDS service providers, case managers, and peer educators on evidence-based information about Pre-Exposure Prophylaxis (PrEP) as part of comprehensive HIV prevention in order to support their efforts to educate young men that have sex with men (MSM), in particular, young Black and Latino MSM on the new prevention strategy. This issue brief synthesizes existing research findings on housing status, incarceration and HIV health; examines the available evidence from housing-based HIV interventions; and offers evidence-based recommendations for action to increase housing stability and improve post-release outcomes for persons living with HIV/AIDS in the U.S. and for their communities. Prevention With early detection and awareness, you can take steps to prevent or delay the onset of type 2 diabetes. If you've been diagnosed with prediabetes, know that small changes to your lifestyle will lower your risk. Your doctor will help you create a plan and set goals that work for you. They may also refer you to a Centers for Disease Control and Prevention (CDC) recognized, evidence-based lifestyle change program. Don't hesitate to ask for help along your journey. Learn about lifestyle change programs Overweight? Know the impact. If you're overweight, it impacts more than your risk of developing type 2 diabetes. It leads to unhealthy cholesterol, high blood pressure, heart disease, high blood sugar and even stroke. The good news? Losing just 10-15 pounds can make a big difference. Get started Smoking reduces the amount of oxygen that reaches your organs and can cause high blood pressure, unhealthy cholesterol, heart attacks and strokes. If you have high blood pressure, you're not alone; it affects nearly one in three American adults. You may need medication to get it under control. High blood sugar can have serious long-term complications, such as heart disease, nerve damage, kidney damage, and more. Researchers are exploring the link between type 2 diabetes and certain cancers. The two share some risk factors, such as age, gender and ethnicity, and lifestyle factors. When the temperature drops, it's natural to pile on layers of bulky clothing. After all, giant parkas and chunky knits are great for beating the chill—but they also have a tendency to be not-so-flattering. "This time of year, we focus so much on warmth that we forget to take into account silhouette," says Natalie Tincher, New York-based wardrobe stylist. "Bulky clothing, while warm, typically has no shape, or it features styling details and trim in unflattering places." The result? You get lost in your wintry duds and look bigger than you actually are. (Boost your energy and slim down in just 8 weeks with the 20-minute workouts in Prevention's Toning Transformation!) Of course, no one's suggesting that you freeze in skimpy fabrics just to look slimmer and more fashionable... and you don't have to! You just need to know how to choose and style your outfits so that you stay toasty and look great at the same time. Since figuring out that magic recipe can be a challenge, we took it to the experts. Here are their top (and bottom) tips to keep warm and stylish all winter long: Mistake #1: Wearing form-fitting tops made of bulky fabricsSilhouettes that hug your body and are made of heavier fabrics are a one-two punch that can visually magnify your frame, especially if you prefer tops in light colors. "The best way to avoid this to scale the fabric to your particular frame," says Dina Scherer, a New York-based wardrobe stylist and personal shopper. If you're slim and petite and going for a fitted look, choose lighter-weight knits and fabric blends. If you have a larger frame, you can opt for some of the thicker fabrics; just make sure they don't gather in areas you want to camouflage and look for drapes that creates a flattering silhouette. This Everlane Cashmere Crew Neck (\$100, everlane.com) is a perfect example of a medium-weight fabric with a bit more drape than cling, suggests Scherer, while this J.Crew Cocoon Coat (\$350, jcrew.com) is the definition of warm but not bulky. MORE: 12 Stupid Fashion "Rules" For Women Over 40 That You Should Gleeefully Break Mistake #2: Wearing long, droopy cardigansSure, they're super-cozy and warm, but long cardigans also give off a shapeless vibe that can make you look bigger, says Boston-based personal stylist Ginger Burr. (The worst offenders: long cardigans with dropped shoulders, wide or extra-long sleeves, patch pockets, or exaggerated shawl collars.) This doesn't mean you have to banish long cardigans from your wardrobe (phew!), so long as you keep a few strategies in mind. "Look for sweaters that have a seam at the edge of the shoulder and a sleeve length that ends somewhere around where your thumb joins your wrist," says Burr, like this Shimmer Cable-Knit Cardigan by Westport (\$44, dressbarn.com). If a cardigan has patch pockets, make sure they're small or don't open them—otherwise, they'll sag and look droopy. Also, consider ditching the shawl collar for a sleek no-collar look, such as this Open-Front Extra-Long Sweater from Old Navy (\$22 and up, oldnavy.com). Mistake #3: Wearing shapeless down coats"Most puffy down coats hang on you like a sleeping bag and do nothing to flatter your shape," says Tincher. Fortunately, there are plenty of stylish puffers that not only have structure and shape, but also provide all the warmth you need to get through the winter. (Show off your figure with this 10-minute, total-body HIIT workout.) Instead of donning a waist-length jacket, which can look boxy and add inches to your look, opt for a longer puffy coat that has a belted or cinched waist, such as the Wintress Belted Puffer Coat from J.Crew (\$300, jcrew.com), says Annette Harris, a Washington-based image consultant and personal stylist. The Rachael Maxi Puffer Coat by Marc New York (\$270, bloomingdales.com) also provides shape and style thanks to the strategic use of chevron quilting, says Tincher. Mistake #4: Wearing an oversized top with wide leg pantsHead-to-toe volume drowns your figure in fabric and makes you look larger overall. "You always want to balance width with slimmness," says Burr. If you're wearing an oversized top, pair it with skinny pants or leggings for contrast. If you're wearing wide leg pants or a pleated skirt, make sure your top is fitted and isn't too long (or tuck it in). Also, be sure to wear your wide leg pants very long—no more than 3/4" off the floor in the back. "The shorter they are, the wider you'll appear no matter what top you're wearing," says Burr, who notes that a lot of retailers show models wearing wide leg pants that are much too short. Unless you're tall and super-thin, it's best to choose flat-front wide leg pants, she adds, since pants with pleats will make you appear fuller at the waist and hip. Try the 7th Avenue Pant (\$60, nyandcompany.com) from New York and Company and pair it with a (tucked in) Glitter-Finish Bow Blouse (\$50, nyandcompany.com). MORE: Everyone Is Completely Obsessed With These \$20 Leggings Mistake #5: Wearing a boxy jacket over something sleevelessWhen you're cold and all you can think about is reviving your body temp, this fashion faux pas is a tempting one to make. But two things happen when you give in: "You lose the beauty of the top or dress because you've added a heavy sweater over it while also adding volume to the outfit and your body," says Burr. A better bet is to add sleeves underneath using Sleeve Wonders (\$40 and up, amazon.com). Or trap some warmth by adding a fitted, slim camisole underneath, such as this Micromodal Camisole by Jockey (\$20, jcpenny.com). (Or do both!) Check out the best gear for cold weather walking: Mistake #6: Wearing too many bulky layersYes, it is possible to layer to stay warm without adding extra bulk to your frame. The trick is to choose pieces that complement each other and tell a story, says Scherer. She recommends graduating the fabric weight as you layer: Start with thinner pieces on the bottom, leave your heaviest fabrics for outerwear, and keep the proportions uneven for more visual interest. "The closer the layer is to your body, the more fitted it should be so you can easily add more layers," says Harris, who suggests starting with items like this Long Layering Tank from Eddie Bauer (\$25, eddiebauer.com), Agda Crewneck Long-Sleeve Tee from BCBG (\$68, bcbg.com), or Long-Sleeved Body Suit from H&M; (\$35, hm.com). Top the look off with this Classic Ponte-Knit Blazer from Old Navy (\$40, oldnavy.com), which is fitted and has a smoothing effect, and you should have all the winter warmth you want sans bulk. As for your bottom half, try insulating with tights or these High-High Boots from H&M; (\$60, hm.com). You can also skip the layering and stay warm with a pair of slim-fit corduroy pants instead. MORE: These \$34 Tights Will Flatten Your Belly And Don't Snag Or Run Mistake #7: Wearing clunky boots"Boots are a winter necessity, but if the shaft height doesn't hit at a flattering spot, they can visually shorten and widen your leg line," says Tincher. A general rule: Knee-high boots should hit above the widest part of your calf and ankle boots should hit at or just below the narrowest part of your ankle. "Be careful of bunching at the ankles or boots that fold over, as this extra material will also visually widen your legs," she adds. (Here are the 9 best winter boots that will help you get through anything this season.) The Petty Chelsea Boot by Sam Edelman (\$100, nordstrom.com) hits below the narrowest part of the ankle, thus accentuating and flattering the thinnest part of your leg. If knee-high is more your thing, the Katrina Riding Boot by Cole Haan (\$220, nordstrom.com) has enough structure to prevent it from bunching at the ankles and a shaft high enough to (generally) hit above the widest part of one's calf. This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io

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