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Get up and go - a guide to staying steady | The Chartered

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Plain Language About Shiftwork About this booklet.... This document gives basic facts about shiftwork and talks about ways to make shiftwork life easier.

PLAIN LANGUAGE ABOUT SHIFTWORK

Black Mountain Products Resistance Band Set with Door Anchor, Ankle Strap, Exercise Chart, and Carrying Case

Black Mountain Products Resistance Band Set with Door

Page 2 This manual is intended to serve as a quick trainer and reference for amateurs deployed in the field for emergency services work, primarily through the ARRL Amateur Radio Emergency Service (ARES).

A Quick Trainer and Field Resource Guide for the Emergency

Resistance Loop Bands - Set of 5 Fitness Exercise Bands for Fitness Workouts - Stretching and Physical Therapy

Resistance Loop Bands - Set of 5 Fitness Exercise Bands

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Preface. The National Farm Animal Care Council (NFACC) Code development process was followed in the development of this Code of Practice. This Code of Practice for the Care and Handling of Equines replaces its predecessor developed in 1998 and published by the Canadian Agri-Food Research Council.. The NFACC Code development process aims to:

Code of Practice for the Care and Handling of Equines

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