

What to do after solar panels are installed



What to do after solar panels are installed



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

[Acute sinusitis: Do over-the-counter treatments help?](#)

Medicine you can get without a prescription may give some relief from acute sinusitis symptoms.



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

[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



[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.

[Solar Panel Post-Installation: What's Next?](#)

What happens after you install your solar panels? We walk through the essential solar panel post-installation steps to keep your system running for



[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.

[Solar 101: After Installing a Solar System: Things to](#)

Just installed solar? Here's a quick guide on what to do next to keep your system running smooth and saving!



[Weight training: Do's and don'ts of proper technique](#)

You might learn weight training techniques by watching friends or others in the gym, but sometimes what you see isn't safe. Weight training technique that isn't proper can lead to muscle

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



[What To Do After Installation of Solar Panels?](#)

Learning what to do after the installation of solar panels is important as it is the period where all advantages begin. Regularly check, monitor, and

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



[12 Items to Verify After Solar Install: Homeowner Day-One](#)

Immediately verify these 12 critical items after installation! Secure your system's performance, prevent issues, and ensure lasting energy

[After Installation: Solar Service Warranty Guide](#)

In this guide, we cover what happens after the install, what should be included in your service plan, and how to make the most of your





[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?

Contact Us

For off-grid system quotes, technical support, or partnerships, please visit:
<https://www.kephamatraining.co.za>