

Occupational Therapy Goals

Client Information	
Name: Oliver Green	Age: 45
Diagnosis/Condition: Left-sided Stroke (CVA)	Date of Initial Evaluation: 04 / 27 / 2024
Referring Physician/Healthcare Provider: Dr. Angela Smith	

Initial Evaluation Findings
1. Physical/Motor Skills: Reduced fine motor control and strength in left hand; partial paralysis of left arm.
2. Cognitive/Perceptual Skills: Mild cognitive impairment, particularly in attention and memory.
3. Psychosocial/Emotional Skills: Signs of depression, reduced motivation.
4. Activities of Daily Living (ADLs): Needs assistance with dressing, grooming, and feeding.
5. Instrumental Activities of Daily Living (IADLs): Unable to cook, do laundry, or manage medications independently.

Occupational Therapy Long Term Goals For Schizophrenia

D Kirk



Occupational Therapy Long Term Goals For Schizophrenia:

This is likewise one of the factors by obtaining the soft documents of this **Occupational Therapy Long Term Goals For Schizophrenia** by online. You might not require more get older to spend to go to the books creation as with ease as search for them. In some cases, you likewise reach not discover the revelation Occupational Therapy Long Term Goals For Schizophrenia that you are looking for. It will unquestionably squander the time.

However below, when you visit this web page, it will be hence extremely simple to get as competently as download lead Occupational Therapy Long Term Goals For Schizophrenia

It will not consent many grow old as we notify before. You can complete it even if play a part something else at house and even in your workplace. thus easy! So, are you question? Just exercise just what we pay for below as well as review **Occupational Therapy Long Term Goals For Schizophrenia** what you with to read!

https://crm.avenza.com/public/virtual-library/index.jsp/Quickbooks_2015_Study_Guide.pdf

Table of Contents Occupational Therapy Long Term Goals For Schizophrenia

1. Understanding the eBook Occupational Therapy Long Term Goals For Schizophrenia
 - The Rise of Digital Reading Occupational Therapy Long Term Goals For Schizophrenia
 - Advantages of eBooks Over Traditional Books
2. Identifying Occupational Therapy Long Term Goals For Schizophrenia
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Occupational Therapy Long Term Goals For Schizophrenia
 - User-Friendly Interface
4. Exploring eBook Recommendations from Occupational Therapy Long Term Goals For Schizophrenia

- Personalized Recommendations
- Occupational Therapy Long Term Goals For Schizophrenia User Reviews and Ratings
- Occupational Therapy Long Term Goals For Schizophrenia and Bestseller Lists
- 5. Accessing Occupational Therapy Long Term Goals For Schizophrenia Free and Paid eBooks
 - Occupational Therapy Long Term Goals For Schizophrenia Public Domain eBooks
 - Occupational Therapy Long Term Goals For Schizophrenia eBook Subscription Services
 - Occupational Therapy Long Term Goals For Schizophrenia Budget-Friendly Options
- 6. Navigating Occupational Therapy Long Term Goals For Schizophrenia eBook Formats
 - ePub, PDF, MOBI, and More
 - Occupational Therapy Long Term Goals For Schizophrenia Compatibility with Devices
 - Occupational Therapy Long Term Goals For Schizophrenia Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Occupational Therapy Long Term Goals For Schizophrenia
 - Highlighting and Note-Taking Occupational Therapy Long Term Goals For Schizophrenia
 - Interactive Elements Occupational Therapy Long Term Goals For Schizophrenia
- 8. Staying Engaged with Occupational Therapy Long Term Goals For Schizophrenia
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Occupational Therapy Long Term Goals For Schizophrenia
- 9. Balancing eBooks and Physical Books Occupational Therapy Long Term Goals For Schizophrenia
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Occupational Therapy Long Term Goals For Schizophrenia
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Occupational Therapy Long Term Goals For Schizophrenia
 - Setting Reading Goals Occupational Therapy Long Term Goals For Schizophrenia
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Occupational Therapy Long Term Goals For Schizophrenia

- Fact-Checking eBook Content of Occupational Therapy Long Term Goals For Schizophrenia
- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

Occupational Therapy Long Term Goals For Schizophrenia Introduction

In this digital age, the convenience of accessing information at our fingertips has become a necessity. Whether its research papers, eBooks, or user manuals, PDF files have become the preferred format for sharing and reading documents. However, the cost associated with purchasing PDF files can sometimes be a barrier for many individuals and organizations. Thankfully, there are numerous websites and platforms that allow users to download free PDF files legally. In this article, we will explore some of the best platforms to download free PDFs. One of the most popular platforms to download free PDF files is Project Gutenberg. This online library offers over 60,000 free eBooks that are in the public domain. From classic literature to historical documents, Project Gutenberg provides a wide range of PDF files that can be downloaded and enjoyed on various devices. The website is user-friendly and allows users to search for specific titles or browse through different categories. Another reliable platform for downloading Occupational Therapy Long Term Goals For Schizophrenia free PDF files is Open Library. With its vast collection of over 1 million eBooks, Open Library has something for every reader. The website offers a seamless experience by providing options to borrow or download PDF files. Users simply need to create a free account to access this treasure trove of knowledge. Open Library also allows users to contribute by uploading and sharing their own PDF files, making it a collaborative platform for book enthusiasts. For those interested in academic resources, there are websites dedicated to providing free PDFs of research papers and scientific articles. One such website is Academia.edu, which allows researchers and scholars to share their work with a global audience. Users can download PDF files of research papers, theses, and dissertations covering a wide range of subjects. Academia.edu also provides a platform for discussions and networking within the academic community. When it comes to downloading Occupational Therapy Long Term Goals For Schizophrenia free PDF files of magazines, brochures, and catalogs, Issuu is a popular choice. This digital publishing platform hosts a vast collection of publications from around the world. Users can search for specific titles or explore various categories and genres. Issuu offers a seamless reading experience with its user-friendly interface and allows users to

download PDF files for offline reading. Apart from dedicated platforms, search engines also play a crucial role in finding free PDF files. Google, for instance, has an advanced search feature that allows users to filter results by file type. By specifying the file type as "PDF," users can find websites that offer free PDF downloads on a specific topic. While downloading Occupational Therapy Long Term Goals For Schizophrenia free PDF files is convenient, it's important to note that copyright laws must be respected. Always ensure that the PDF files you download are legally available for free. Many authors and publishers voluntarily provide free PDF versions of their work, but it's essential to be cautious and verify the authenticity of the source before downloading Occupational Therapy Long Term Goals For Schizophrenia. In conclusion, the internet offers numerous platforms and websites that allow users to download free PDF files legally. Whether it's classic literature, research papers, or magazines, there is something for everyone. The platforms mentioned in this article, such as Project Gutenberg, Open Library, Academia.edu, and Issuu, provide access to a vast collection of PDF files. However, users should always be cautious and verify the legality of the source before downloading Occupational Therapy Long Term Goals For Schizophrenia any PDF files. With these platforms, the world of PDF downloads is just a click away.

FAQs About Occupational Therapy Long Term Goals For Schizophrenia Books

How do I know which eBook platform is the best for me? Finding the best eBook platform depends on your reading preferences and device compatibility. Research different platforms, read user reviews, and explore their features before making a choice. Are free eBooks of good quality? Yes, many reputable platforms offer high-quality free eBooks, including classics and public domain works. However, make sure to verify the source to ensure the eBook's credibility. Can I read eBooks without an eReader? Absolutely! Most eBook platforms offer web-based readers or mobile apps that allow you to read eBooks on your computer, tablet, or smartphone. How do I avoid digital eye strain while reading eBooks? To prevent digital eye strain, take regular breaks, adjust the font size and background color, and ensure proper lighting while reading eBooks. What's the advantage of interactive eBooks? Interactive eBooks incorporate multimedia elements, quizzes, and activities, enhancing the reader engagement and providing a more immersive learning experience. Occupational Therapy Long Term Goals For Schizophrenia is one of the best books in our library for free trial. We provide a copy of Occupational Therapy Long Term Goals For Schizophrenia in digital format, so the resources that you find are reliable. There are also many eBooks of related topics with Occupational Therapy Long Term Goals For Schizophrenia. Where to download Occupational Therapy Long Term Goals For Schizophrenia online for free? Are you looking for Occupational Therapy Long Term Goals For Schizophrenia PDF? This is definitely going to save you time and cash in something you should think about.

Find Occupational Therapy Long Term Goals For Schizophrenia :

[quickbooks 2015 study guide](#)

quiz wizard answers for february 23 2015

[quick start guide epiccare inpatient](#)

[question paper biology may june 6](#)

question paper june 2grade 9

[question papers and memos n5](#)

[question paper of n2 electrical trade theory 25 march 2014](#)

[question paper grade1economics paper 2 final exams 2014](#)

[quiet nights mangrove stories](#)

[quiz 1 acct 511 liberty](#)

[quiz 6 1b ap statistics name](#)

questions of the old testament in paper zimsec

question paper of tourism 2014 of grade 10

quimica general y aplicada a la industria tomo i

[question papers for n1 fitting](#)

Occupational Therapy Long Term Goals For Schizophrenia :

[toyota vitz service repair manual toyota vitz pdf downloads](#) - Jun 28 2022

web toyota owner s manuals and warranty information are the keys to quality maintenance for your vehicle no need to hunt down a separate toyota repair or service manual from

toyota vitz yaris xp90 2005 2011 free pdf factory - Jul 10 2023

web this is complete workshop manual for your toyota to help you service and repair your vehicle satisfaction guaranteed 100 downlaod service repair manual now

toyota vitz workshop repair manual download - Feb 05 2023

web vitz 2005 01 2010 12 scp90 parts list catalogue manual view webpages download pdf url toyota vitz 2005 01 2010 12 ncp9 parts list catalogue

[toyota vitz service repair manual toyota vitz pdf online](#) - Jul 30 2022

web on our site you can view or download owners manuals repair and service manuals for all generations of toyota yaris

looking for an inexpensive while the outgoing vitz

toyota yaris vitz workshop manual free pdf - Sep 12 2023

web description 2010 toyota vitz 3rd gen service and repair manual table of contents accessories equipment body frame brakes driveline axles electrical engine

toyota vitz platz workshop repair manuals pdf free download - Dec 03 2022

web toyota vitz manuals manuals and user guides for toyota vitz we have 1 toyota vitz manual available for free pdf download manual toyota vitz manual 405 pages

toyota manuals and warranties toyota owners - Mar 26 2022

web sep 20 2021 toyota vitz owner s manual from 2010 to 2014 include english september 20 2021 team alpha squad official 2010 toyota vitz owner s manual

toyota vitz platz workshop repair manuals dewaasia vip - May 08 2023

web official toyota vitz workshop manual is the complete service repair information system containing comprehensive illustrations and wiring diagrams with all manufacturer

2010 toyota vitz 3rd gen service and repair manual - Jun 09 2023

web free pdf free pdf s problems catalytic converter toyota engine won t start camry life hacks secret chips toyota rav4 high fuel consumption toyota automatic

toyota vitz platz workshop repair manuals pdf free download - Oct 01 2022

web online auto repair offers service repair manuals for your toyota vitz download your manual now toyota vitz service repair manuals complete list of toyota vitz auto

toyota yaris workshop repair manuals free pdf free pdf s - Mar 06 2023

web toyota vitz 2005 2012 xp90 fuse diagrams pdf 1 3mb drive toyota vitz 2016 owner s manual pdf 10 7mb download toyota vitz 2017 owner s manual pdf

toyota vitz 2010 service and repair manual pdf pdf - Feb 22 2022

web toyota vitz 2000 service and repair manual this is complete manual with over 2000 pages fixing problems in your vehicle is a do it approach with the

toyota vitz manual pdf download manualslib - Oct 13 2023

web view and download toyota vitz manual online vitz automobile pdf manual download

toyota vitz 2000 service and repair manual issuu - Nov 21 2021

toyota vitz owners user manual in english 2010 2020 petrol - Jan 24 2022

toyota vitz owner s manual from 2010 into 2014 in english - Dec 23 2021

2010 toyota vitz service and repair manual repairmanualnow - Jan 04 2023

web toyota vitz 2016 owner s manual pdf 10 7mb download toyota vitz 2017 owner s manual pdf 10 8mb download toyota vitz 2019 owner s manual pdf 10 7mb

toyota vitz manuals manualslib - Aug 31 2022

web here s a non exhaustive list of what s covered toyota vitz service manual for roadside repairs toyota vitz owners manual covering weekly checks toyota vitz workshop

toyota yaris owners manuals user guides repair service manuals - Apr 26 2022

web toyota vitz owners user auto manual in english 2010 2020 petrol and hybrid models owners handbook for the japanese domestic model vitz ksp130 nsp130 nsp135

toyota vitz repair service manuals - May 28 2022

web introduction toyota vitz 2010 service and repair manual pdf pdf ethics for the information age michael jay quinn 2006 widely praised for its balanced treatment of

2010 toyota vitz 2nd gen service and repair manual - Apr 07 2023

web 29 99 2010 toyota vitz service and repair manual fixing problems in your vehicle is a do it approach with the auto repair manuals as they contain comprehensive

toyota vitz service repair manual toyota vitz pdf - Aug 11 2023

web the workshop repair the owner s manuals are intended for house of toyota vitz and toyota platz service station personnel and repair shops toyota vitz background

toyota vitz service repair manuals download bitmanuals - Nov 02 2022

web you fix cars has auto service repair manuals for your toyota vitz download your manual now toyota vitz service repair manuals

swimming science bulletin fairview high school - Jan 16 2023

web followed when building the content of sets and the practice the steps outlined below are appropriate for the sets and how those sets fit into the total time frame of a training session will be suggested four usrpt sets for four sessions and two sets per session for the remainder if the swimmers are judged to be adapting well increase

usrpt training theory i coachsci sdsu edu - Feb 17 2023

web examples of usrpt training segments are repetitions to failure of 50 m of freestyle swimming at 200 m race pace with 20 in usrpt sets before extreme neural fatigue begins to crossover into the next fatigue stage the criteria to terminate

participation in the set would have been reached therefore the criteria for failure are usrpt s

what is usrpt myswimpro - Jul 10 2022

web oct 23 2017 usrpt stands for ultra short race pace training this essentially means that in training you only swim at your goal race pace or faster this means no partial swimming no drills kicking or any of that technique focused work if you don t do in a race you don t do it in training you re only allowed to swim at race pace

usrpt workout 3 sets broken im virtual swim coach - Jan 04 2022

web usrpt workout 3 sets broken im dryland 1x 1 x 1 stretching 10min warm up 1x 1 x 200 freestyle 2 00 rest after set 1x 15 x 50 im 25 back 25 breast race 200 pace target time 1 4 of your fastest 200 im pace 2 00 0 30 25 back 25 breast race 200 pace target time 1 4 of your fastest 200 im pace

usrpt a mini guide - Aug 23 2023

web feb 7 2014 example of a usrpt set one example of a usrpt set is 50 x 25s with a target time of 12 5 on a 30 second interval this set is not designed for the swimmer to complete all 50 repetitions after the body adjusts to the set about 5 repetitions if the swimmer swims 13 0 seconds on a repetition it is considered a failure

uk set to receive asteroid sample as part of seven year nasa - Apr 07 2022

web 3 hours ago uk scientists will receive a sample from asteroid bennu on sunday which is set to unveil secrets of our solar system the sample which was collected as part of nasa s osiris rex mission is

swimming science bulletin san diego state university - May 20 2023

web usrpt set per session 9 years four sessions per week emphasizing fun and technique two usrpt sets for two sessions and one for each of the other two sessions 10 years five sessions per week emphasizing skills technique and fun two usrpt sets for two sessions and one for each of the other three sessions

swimming science bulletin san diego state university - Aug 11 2022

web two example sets are 112 x 25 fs at 200 pace on 30 seconds and within the usrpt set failed and recovery repetitions do not contribute to the total yardage at race pace but successful repetitions after a failed and recovery repetition do silverman 1996 summarized very useful guidelines for developing skilled behaviors within

usrpt beginner swim workout 30 minutes myswimpro - Jun 09 2022

web jan 23 2020 type in the sets and intervals and then log it for free warm up 1 x 200 freestyle 8 x 25 kick optional try to keep your full body underwater as you kick breathing every few seconds main set 3x times 4 x 25 freestyle 1 x 50 freestyle cool down 6 x 25 freestyle related 4 week usrpt training plan

usrpt iii swim training plan myswimpro - Mar 18 2023

web dec 11 2019 usrpt iii swim training plan 9 comments 3 mins read improve your race pace performance in a 50 or 100 of

any stroke the usrpt iii training plan in the myswimpro app is designed to simulate racing and prepare your body to swim at top speed

pdf ultra short race pace training usrpt in swimming - Oct 13 2022

web oct 7 2019 in the sport of swimming ultra short race pace training usrpt was recently proposed the aim of this article was to provide current perspectives on usrpt in competitive swimming

try this fast one hour usrpt workout of the week - Feb 05 2022

web jun 25 2014 by ronald hehn 25 june 2014 07 54am phoenix arizona june 25 we re back with another workout of the week from concordia college head coach ronald hehn this week hehn comes to us with a

workout of the week usrpt sizzle myswimpro - Mar 06 2022

web oct 23 2017 warm up pre set usrpt is about doing the absolute minimum possible that will take away from performing on the main set a shorter warmup and relatively light pre set allows for this golf is the method of counting the number of strokes you take in a length plus the time

50 ultra short race pace training proswimworkouts - May 08 2022

web apr 27 2017 it begins with a warm up and includes preparation to race prior to the main usrpt set the session focuses on the 50 frontcrawl event it begins with a warm up and includes preparation to race prior to the main usrpt set example 50m fc race time 28 5 seconds 15m pace time 28 5 10 2 85 per 5m 15m pace time 2 85 x 3 8 55

a usrpt set in 5 easy steps youtube - Jul 22 2023

web a usrpt set in 5 easy steps 21 813 views oct 3 2015 275 dislike share save sir swimming in research 1 41k subscribers
usrpt articles coachsci sdsu edu swim usrpt t

swimming science bulletin san diego state university - Jun 21 2023

web this short commentary covers an example of a usrpt item that was used by one of the original usrpt programmers in a highly successful swimming environment one set used in training was 20 x 50 m on 50 seconds holding race pace 200 m crawl stroke

largest asteroid sample ever collected is coming down to earth phys org - Dec 15 2022

web 1 day ago the spacecraft left bennu with the sample in 2021 and has been en route to earth ever since on sunday morning osiris rex will come within 63 000 miles of earth which is when the last leg of

will bennu hit earth nasa projection size what to know usa - Nov 14 2022

web 12 hours ago bennu categorized as a near earth object neo could pass through a gravitational keyhole in the year 2182 causing it to collide with earth said nasa however there is a 1 in 2 700 or 0

how to create usrpt swim workouts with vsc - Sep 12 2022

web upgrade your account to create a workout use these in the base field to set your intervals for usrpt sets 25s 45 to 50 50s 5 to 15 100s 5 to 0 the inclusion of usrpt swim sets in the average swimmer s training program has become increasingly popular since dr rushall s extensive papers on the topi

full article ultra short race pace training usrpt in - Apr 19 2023

web dec 21 2022 citation 46 this is similar to ar within a usrpt set for example a set is terminated when an individual cannot sustain the prescribed swimming interval velocity on 2 3 occasions see figure 1 rushall citation 44 suggests that day to day life stressors influence a swimmer s ability during training thus the inclusion of ar within

kleenex hair and body wash msc industrial direct - May 31 2022

web oct 15 2020 safety data sheet kleenex hair and body wash version 1 3 revision date 02 03 2020 sds number 100000003170 date of last issue 12 19 2018

keen wax furniture polish msds bespoke cityam - Oct 24 2021

web apr 30 2023 keen wax furniture polish msds keen wax furniture polish msds favor high shine lemon furniture polish selden research limited

keen wax furniture polish msds bk swordsswords - Sep 03 2022

web 4 keen wax furniture polish msds 2021 06 11 hundreds of schematic drawings tables boxes key points algorithms and photographs for quick and easy access to information

keen wax furniture polish msds pdf pdf support ortax - Jul 13 2023

web keen wax furniture polish msds pdf pdf support ortax org created date 9 3 2023 5 50 57 am

keen wax furniture polish msds pdf pdf status restek ww - Jun 12 2023

web keen wax furniture polish msds pdf pdf status restek ww edu created date 9 8 2023 7 47 58 pm

safety data sheet wax furniture polish berties direct - Nov 05 2022

web safety data sheet wax furniture polish page 1 forms products technical enduser fp2 1 identification of the substance

keen wax furniture polish msds secure4 khronos - Apr 29 2022

web may 17 2023 keen wax furniture polish msds is taken from the product label and or the material safety data sheet m sds prepared by the manufacturer material safety data

keen wax furniture polish msds assets docseducation - Mar 29 2022

web keen wax furniture polish msds material safety data sheet lemon fresh furniture polish stp 18484 bpr136a19 2 7 august 29 2012 section 4 first aid

keen wax furniture polish msds assets docseducation - Apr 10 2023

web may 22 2023 keen wax furniture polish msds material safety data sheet according to ansi z400 1 2004 and 29 cfr 1910

1200 product information trade name sc

keen wax furniture polish msds network eve gd - Nov 24 2021

web msds car polish msds suppliers and msds beeswax toxicity water scribd safety data sheet beeswax freemansupply com
furniture polish with lemon oil aerosol parish

keen wax furniture polish msds api publico pinheiro ma gov - Dec 06 2022

web keen wax furniture polish msds 1 keen wax furniture polish msds eventually you will completely discover a further
experience and execution by spending more cash yet

keen wax furniture polish msds sql1 viewber co uk - Feb 08 2023

web 4 keen wax furniture polish msds 2019 09 20 garden succeed and make your mycological landscapes the envy of the
neighborhood characterization of municipal

kleenex hair and body wash fastenal - Sep 22 2021

web dec 19 2018 safety data sheet kleenex hair and body wash version 1 3 revision date 02 03 2020 sds number
100000003170 date of last issue 12 19 2018

keen wax furniture polish msds housing gov - Jan 27 2022

web keen wax furniture polish msds material safety data sheet according to ansi z400 1 2004 and 29 cfr 1910 1200 favor
high shine lemon furniture polish

keen wax furniture polish msds customizer monos - Mar 09 2023

web keen wax furniture polish msds 3 3 the words of heinrich mann the best of germany refusing to remain citizens in this
new state that legalized terror and brutality exiled

furniture cleaning care instructions kellex - Jul 01 2022

web furniture polish is also acceptable wood furniture for general purposes tabletops should be cleaned with only a lightly
dampened cloth using warm water dampened

wash n wax revised sds krown - Aug 02 2022

web wash n wax safety data sheet according to the hazardous products regulation february 11 2015 date of issue 09 13 2018
revision date 09 13 2018 version 1 0 09 13 2018

health safety data sheet supplies - Aug 14 2023

web health safety data sheet product identification commercial name keen wax furniture polish product type aerosol polish
with beeswax for

keen wax furniture polish msds share docseducation - Feb 25 2022

web may 15 2023 keen wax furniture polish msds material safety data sheet lemon fresh furniture polish stp 18484

bpr136a19 2 7 august 29 2012 section 4

download file keen wax furniture polish msds pdf file free - Oct 04 2022

web jul 6 2023 marine metal and shoe polish specification for wax furniture polish solvent type the complete technology book on wax and polishes reprint

keen wax furniture polish msds assets docseducation - Dec 26 2021

web may 18 2023 furniture polish lemon use to clean and polish furniture pack size 400g the assigned value for this product is twa 1200 mg cubic meter 171ppm as per

keen wax furniture polish msds bk swordsswords com - Jan 07 2023

web 4 keen wax furniture polish msds 2023 08 04 and his un colleagues throughout multiple efforts to provide much needed relief for besieged isolated and desperate communities

keen wax furniture polish msds lia erc gov - May 11 2023

web keen wax furniture polish msds the following information health effects handling disposal and ingredients is taken from the product label and or the material safety data