

JAWBONE®

Quick Start Guide

1 Power Up

- **PLUG IN JAWBONE FOR 50 MINUTES (YES, THERE'S AN AC ADAPTER IN THE BOX)**

2 Pair

- **PHONE BLUETOOTH® SETTING: ON**
- **JAWBONE AUTOMATICALLY GOES INTO PAIRING MODE FIRST TIME ON**
- **ALL OTHER TIMES: HOLD JAWBONE TALK AND NOISEASSASSIN™ BUTTONS: 2 SECONDS**



- **INDICATOR LIGHT FLASHES RED + WHITE**
- **PHONE: 'SEARCH FOR NEW DEVICES'**
- **SELECT JAWBONE, ENTER PASSCODE '0000'**

3 Share

- **MAKE THAT CALL (GO CHANGE THE WORLD, WE KNOW YOU CAN)**

Jawbone Overview



- A NoiseAssassin Button
- B Talk Button

NOTE: Both Talk Button and NoiseAssassin Button are hidden beneath the external face of the headset. To activate either button, simply press on the areas indicated above.



- C Voice Activity Sensor
- D Earbud
- E Earloop

The medium sized earloop and earbud are already fitted to your Jawbone at the factory.

1 Charging



- You can charge your Jawbone headset via the wall charger, or via USB on your computer.
- Place the Jawbone headset in the socket with the jawbone logo facing upward.



- Charge the battery fully on first use.
- Charge time 50 minutes.
- 80% charge after 35 minutes.
- Indicator light is RED while headset is charging / WHITE when headset is fully charged.
- Indicator light flashes RED when battery is low.

(continue to page 2)

Manual For Jawbone 2

United States. War Department



Manual For Jawbone 2:

U.S. Army First Aid Manual U.S. Department of the Army, 2009-11-01 U S Army First Aid Manual offers skills and knowledge necessary for many life threatening situations with an emphasis on treating oneself and aiding others of use to soldiers in the field to outdoorsmen or to anyone who may find themselves in a dangerous situation without a medical professional on hand This is the official manual for treating every type of injury and affliction in the field Covering a broad range of topics in precise easy to understand language it emphasizes prompt and effective action in sustaining life and preventing or minimizing further suffering and damage U S Army First Aid Manual is fascinating reading for anyone with an interest in military practice and an essential handbook for anyone who is regularly away from immediate medical care

The Hayashi Reiki Manual Frank Arjava Petter, Tadao Yamaguchi, Chujiro Hayashi, 2004 The Hayashi Reiki Manual Traditional Japanese Healing Techniques from the Founder of the Western Reiki System The manual consists of the story of Dr Hayashi newly researched and sensationally illustrated with previously unpublished archive photos main exercises of the Hayashi Reiki system which also includes techniques never taught in the West before specific documents such as the original certificates of Dr Hayashi the main technique of circulation and a colorful sequence of photos **Manual of Instructions**

for Using the Gottschalk-Gleser Content Analysis Scales Gottschalk A. Louis, Carolyn N. Winget, Goldine C.

Gleser, 2023-11-15 This title is part of UC Press's Voices Revived program which commemorates University of California Press's mission to seek out and cultivate the brightest minds and give them voice reach and impact Drawing on a backlist dating to 1893 Voices Revived makes high quality peer reviewed scholarship accessible once again using print on demand technology This title was originally published in 1969 *The Teachers' Manual and Pupils' Text-book on Anatomy, Physiology and Hygiene* J. K. Rassweiler, Henry H. Rassweiler, 1890

Technical Manual United States. War Department, 1942 **Manuals Combined: U.S. Navy SEABEE COMBAT HANDBOOK Volumes 1 & 2, SEABEE**

OPERATIONS IN THE MAGTF And Seabee Quarry Blasting Operations and Safety Manual, PREFACE By enrolling in this self study course you have demonstrated a desire to improve yourself and the Navy Remember however this self study course is only one part of the total Navy training program Practical experience schools selected reading and your desire to succeed are also necessary to successfully round out a fully meaningful training program **COURSE OVERVIEW** In completing this nonresident training course you will demonstrate a knowledge of the subject matter by correctly answering questions on the following History and Organization of the Seabees and Laws of War Special Clothing and Equipment Service Rifle and Pistol Marksmanship Combat Maneuvers Formations Patrols and Ambushes Land Navigation Evasion Survival and Escape Individual Protective Measures Entanglements Chemical Biological and Radiological CBR Defense First Aid and Field Sanitation Grenades Land Mines and Booby Traps Organic Support Weapons M203 and Machine Guns and Organic Support Weapons 60 mm Mortar and AT4 **THE COURSE** This self study course is organized into subject matter areas each containing

learning objectives to help you determine what you should learn along with text and illustrations to help you understand the information The subject matter reflects day to day requirements and experiences of personnel in the rating or skill area It also reflects guidance provided by Enlisted Community Managers ECMs and other senior personnel technical references instructions etc and either the occupational or naval standards which are listed in the Manual of Navy Enlisted Manpower Personnel Classifications and Occupational Standards NAVPERS 18068 THE QUESTIONS The questions that appear in this course are designed to help you understand the material in the text VALUE In completing this course you will improve your military and professional knowledge Importantly it can also help you study for the Navy wide advancement in rate examination If you are studying and discover a reference in the text to another publication for further information look it up CONTENTS Volume 1 CHAPTER PAGE 1 History and Organization of the Seabees and Laws of War 1 1 2 Special Clothing and Equipment 2 1 3 Service Rifle and Pistol and Marksmanship 3 1 4 Combat Maneuvers Formations Patrols and Ambushes 4 1 5 Land Navigation 5 1 6 Evasion Survival Escape 6 1 7 Individual Protective Measures 7 1 8 Entanglements 8 1 9 Chemical Biological and Radiological CBR Defense 9 1 10 First Aid and Field Sanitation 10 1 11 Organic Communications Equipment 11 1 12 Hand Grenades Land Mines and Booby Traps 12 1 13 Organic Support Weapons M203 and Machine Guns 13 1 14 Organic Support Weapons 60 mm Mortar and AT4 14 1 APPENDIX I Glossary of Common Military Terms AI 1 II References used to develop the TRAMAN AII I INDEX INDEX I CONTENTS Volume 2 CHAPTER PAGE 1 Organization and Operation of the Combat Operations Center 1 1 2 Organization and Operation of the Company Command Post 2 1 3 Setup and Control of Medical Evacuation MEDEVAC 3 1 4 Planning and Development of Defense Tactics 4 1 5 Counter Ambush Techniques 5 1 6 CBR Decontamination 6 1 APPENDIX I Glossary of Common Military Terms AI 1 II Overlay Techniques AII 1 III Characteristics of TOA Weapons for an NMCB AIII 1 IV Decontaminants AIV 1 V Decontamination of Specific Items AV 1 VI Work Rest Table AVI 1 VII Acronyms AVII 1 VIII References Used to Develop This TRAMAN AVIII 1 INDEX INDEX 1

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