HAZMAT FRA/FRO STUDY GUIDE

The purpose of this study guide is to provide some topic areas that might be useful to focus on in order to be more successful on the AZCFSE written FRA/FRO examination. There is no guarantee that all topics covered on the exam will be listed in this study guide.

- Types of transportation tanks (Be able to identify and name them. Know modes and responsible parties)
- Understand DOT placards, labels and markings
- 3. Understand All DOT hazard classes and divisions
- Roles of the different agencies: EPA, DOT, Chemtrec, FBI, Postal Service, OSHA
- When to call Chemtrec and the information they need; what to expect and not to expect
- 6. Radiation hazards: types, classification, protection, and PPE required
- PPE levels of protection (protective clothing) & working knowledge of SAR, SCBA, PAR
- 8. Chemical agents and their classification (DOT, UN, etc)
- Decontamination (understand the different types)
- 10.Emergency decontamination procedures
- 11. Technical decontamination steps
- Remote shut off's/ remote shut off's on MC carriers (understanding how they work, the different types, and <u>locations</u>)
- Defensive control techniques (understand and be able to define): absorption, adsorption, damming, diking, dilution, diversion, vapor dispersion, remote valve shutoff
- 14.Exposure: signs, symptoms, routes, affects, protection, guidelines
- 15.Review Sheltering-in-place steps
- 16.Outline three zones
- 17.Understand the terminology of the Control Zones
- 18. Command: functions, areas, roles, positions, and safety officer roles
- 19. Understand the difference between Level I, II, and III Incidents
- 20.Definitions of permeation, penetration, and degradation
- 21.Understand how to identify the Table of Initial Isolation and Protective Distances.
- 22.Emergency Response Guide (ERG): Uses and sections; Understand the operational components of the ERG verses the NIOSH, Understand the Isolation zones and color as related to the ERG; Understand the Potential Hazard categories found in the Orange Pages of the ERG
- 23. Review the steps involved during the protective action phases of an incident
- 24. Know the definition of a hazardous material as defined by DOT.

Hazmat Study Guide For La

Jianjun Gao

Hazmat Study Guide For La:

The Top Books of the Year Hazmat Study Guide For La The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the fascinating narratives that have captivated audiences this year. The Must-Read: Colleen Hoovers "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Hazmat Study Guide For La: Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Hazmat Study Guide For La: Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and suspenseful novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

https://staging.conocer.cide.edu/files/uploaded-files/default.aspx/leica%20dmlb%20manual.pdf

Table of Contents Hazmat Study Guide For La

- 1. Understanding the eBook Hazmat Study Guide For La
 - The Rise of Digital Reading Hazmat Study Guide For La
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Hazmat Study Guide For La
 - 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 Hazmat Study Guide For La
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Hazmat Study Guide For La
 - Personalized Recommendations
 - Hazmat Study Guide For La User Reviews and Ratings
 - Hazmat Study Guide For La and Bestseller Lists
- 5. Accessing Hazmat Study Guide For La Free and Paid eBooks
 - Hazmat Study Guide For La Public Domain eBooks
 - Hazmat Study Guide For La eBook Subscription Services
 - Hazmat Study Guide For La Budget-Friendly Options
- 6. Navigating Hazmat Study Guide For La eBook Formats
 - o ePub, PDF, MOBI, and More
 - Hazmat Study Guide For La Compatibility with Devices
 - Hazmat Study Guide For La Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Hazmat Study Guide For La
 - Highlighting and Note-Taking Hazmat Study Guide For La
 - o Interactive Elements Hazmat Study Guide For La
- 8. Staying Engaged with Hazmat Study Guide For La

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Hazmat Study Guide For La
- 9. Balancing eBooks and Physical Books Hazmat Study Guide For La
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Hazmat Study Guide For La
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Hazmat Study Guide For La
 - Setting Reading Goals Hazmat Study Guide For La
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Hazmat Study Guide For La
 - Fact-Checking eBook Content of Hazmat Study Guide For La
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - o Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

Hazmat Study Guide For La Introduction

Free PDF Books and Manuals for Download: Unlocking Knowledge at Your Fingertips In todays fast-paced digital age, obtaining valuable knowledge has become easier than ever. Thanks to the internet, a vast array of books and manuals are now available for free download in PDF format. Whether you are a student, professional, or simply an avid reader, this treasure trove of downloadable resources offers a wealth of information, conveniently accessible anytime, anywhere. The advent of online libraries and platforms dedicated to sharing knowledge has revolutionized the way we consume information. No longer confined to physical libraries or bookstores, readers can now access an extensive collection of digital books and

manuals with just a few clicks. These resources, available in PDF, Microsoft Word, and PowerPoint formats, cater to a wide range of interests, including literature, technology, science, history, and much more. One notable platform where you can explore and download free Hazmat Study Guide For La PDF books and manuals is the internets largest free library. Hosted online, this catalog compiles a vast assortment of documents, making it a veritable goldmine of knowledge. With its easy-touse website interface and customizable PDF generator, this platform offers a user-friendly experience, allowing individuals to effortlessly navigate and access the information they seek. The availability of free PDF books and manuals on this platform demonstrates its commitment to democratizing education and empowering individuals with the tools needed to succeed in their chosen fields. It allows anyone, regardless of their background or financial limitations, to expand their horizons and gain insights from experts in various disciplines. One of the most significant advantages of downloading PDF books and manuals lies in their portability. Unlike physical copies, digital books can be stored and carried on a single device, such as a tablet or smartphone, saving valuable space and weight. This convenience makes it possible for readers to have their entire library at their fingertips, whether they are commuting, traveling, or simply enjoying a lazy afternoon at home. Additionally, digital files are easily searchable, enabling readers to locate specific information within seconds. With a few keystrokes, users can search for keywords, topics, or phrases, making research and finding relevant information a breeze. This efficiency saves time and effort, streamlining the learning process and allowing individuals to focus on extracting the information they need. Furthermore, the availability of free PDF books and manuals fosters a culture of continuous learning. By removing financial barriers, more people can access educational resources and pursue lifelong learning, contributing to personal growth and professional development. This democratization of knowledge promotes intellectual curiosity and empowers individuals to become lifelong learners, promoting progress and innovation in various fields. It is worth noting that while accessing free Hazmat Study Guide For La PDF books and manuals is convenient and cost-effective, it is vital to respect copyright laws and intellectual property rights. Platforms offering free downloads often operate within legal boundaries, ensuring that the materials they provide are either in the public domain or authorized for distribution. By adhering to copyright laws, users can enjoy the benefits of free access to knowledge while supporting the authors and publishers who make these resources available. In conclusion, the availability of Hazmat Study Guide For La free PDF books and manuals for download has revolutionized the way we access and consume knowledge. With just a few clicks, individuals can explore a vast collection of resources across different disciplines, all free of charge. This accessibility empowers individuals to become lifelong learners, contributing to personal growth, professional development, and the advancement of society as a whole. So why not unlock a world of knowledge today? Start exploring the vast sea of free PDF books and manuals waiting to be discovered right at your fingertips.

FAQs About Hazmat Study Guide For La Books

- 1. Where can I buy Hazmat Study Guide For La books? Bookstores: Physical bookstores like Barnes & Noble, Waterstones, and independent local stores. Online Retailers: Amazon, Book Depository, and various online bookstores offer a wide range of books in physical and digital formats.
- 2. What are the different book formats available? Hardcover: Sturdy and durable, usually more expensive. Paperback: Cheaper, lighter, and more portable than hardcovers. E-books: Digital books available for e-readers like Kindle or software like Apple Books, Kindle, and Google Play Books.
- 3. How do I choose a Hazmat Study Guide For La book to read? Genres: Consider the genre you enjoy (fiction, non-fiction, mystery, sci-fi, etc.). Recommendations: Ask friends, join book clubs, or explore online reviews and recommendations. Author: If you like a particular author, you might enjoy more of their work.
- 4. How do I take care of Hazmat Study Guide For La books? Storage: Keep them away from direct sunlight and in a dry environment. Handling: Avoid folding pages, use bookmarks, and handle them with clean hands. Cleaning: Gently dust the covers and pages occasionally.
- 5. Can I borrow books without buying them? Public Libraries: Local libraries offer a wide range of books for borrowing. Book Swaps: Community book exchanges or online platforms where people exchange books.
- 6. How can I track my reading progress or manage my book collection? Book Tracking Apps: Goodreads, LibraryThing, and Book Catalogue are popular apps for tracking your reading progress and managing book collections. Spreadsheets: You can create your own spreadsheet to track books read, ratings, and other details.
- 7. What are Hazmat Study Guide For La audiobooks, and where can I find them? Audiobooks: Audio recordings of books, perfect for listening while commuting or multitasking. Platforms: Audible, LibriVox, and Google Play Books offer a wide selection of audiobooks.
- 8. How do I support authors or the book industry? Buy Books: Purchase books from authors or independent bookstores. Reviews: Leave reviews on platforms like Goodreads or Amazon. Promotion: Share your favorite books on social media or recommend them to friends.
- 9. Are there book clubs or reading communities I can join? Local Clubs: Check for local book clubs in libraries or community centers. Online Communities: Platforms like Goodreads have virtual book clubs and discussion groups.
- 10. Can I read Hazmat Study Guide For La books for free? Public Domain Books: Many classic books are available for free as theyre in the public domain. Free E-books: Some websites offer free e-books legally, like Project Gutenberg or Open Library.

Find Hazmat Study Guide For La:

leica dmlb manual

leica minilux manual focus

lecture notes english edition

learning and behavior 7th edition paul chance

learn to make money from blogging make money blogging business

learn sign language in a hurry irene duke

learning guide portal

lecture ready 2

legendary locals of cullman county

leica dm2500 manual

legends of rock for xbox 360 manual

leccion vistas workbook answers

learning magento theme development carter richard

<u>leffet popcorn faites eacuteclater votre idien</u>

lebanese couscous recipe

Hazmat Study Guide For La:

thisismyipodstorecom storm on the horizon khafji the battle - Feb 08 2023

web thisismyipodstorecom storm on the horizon khafji the battle that changed the course of the gulf war saipan oct 07 2022 the story of the battle of saipan has it all

on the ipod books goodreads - Feb 25 2022

web avg rating 4 61 1 219 380 ratings published 2015 want to read rate this book 1 of 5 stars 2 of 5 stars 3 of 5 stars 4 of 5 stars 5 of 5 stars the husband's secret hardcover

gone from my sight by henry jackson van dyke - Dec 26 2021

web dec 14 2015 the poem gone from my sight by henry van dyke a mid 19th century american poet is an evocative and deceptively simple narrative about watching a ship

a storm of pod stormofshitpod twitter - Mar 29 2022

web oct 21 2017 the latest tweets from a storm of pod stormofshitpod a disorganized podcast about game of thrones hbo

and a song of ice and fire grrm follow

thisismyipodstorecom arcane ii - Nov 24 2021

web thisismyipodstorecom upon the horizon sea sound nov 14 2019 in horizon sea sound caribbean and african women s cultural critiques of nation andrea davis imagines

thisismyipodstorecom upon the horizon pdf 2023 black ortax - Nov 05 2022

web thisismyipodstorecom upon the horizon pdf introduction thisismyipodstorecom upon the horizon pdf 2023 upon the horizon home and lifestyle - Oct 16 2023

web discover a world of insights and inspiration on upon the horizon from home decor to cutting edge ai tools and beyond our informative articles cover it all peek into the future

thisismyipodstorecom upon the horizon mypthub - May 31 2022

web could indulge in the present is thisismyipodstorecom upon the horizon below maybe you have knowledge that people have look plentiful times for their top books later this

thisismyipodstorecom storm on the horizon khafji the battle - Dec 06 2022

web thisismyipodstorecom storm on the horizon khafji the battle that changed the course of the gulf war history that changed the world jan 27 2023 fast paced

upon the horizon song and lyrics by outside broadcast spotify - Sep 15 2023

web listen to upon the horizon on spotify outside broadcast recordings song 2016

download free thisismyipodstorecom upon the horizon pdf - May 11 2023

web jul 18 2023 thisismyipodstorecom upon the horizon it is agreed easy then since currently we extend the associate to purchase and create bargains to download and

thisismyipodstorecom upon the horizon 2023 zuzutop com - Aug 02 2022

web thisismyipodstorecom upon the horizon right here we have countless book thisismyipodstorecom upon the horizon and collections to check out we

on the horizon idioms by the free dictionary - Jan 07 2023

web 1 literally on or at the point where the earth and the sky meet we saw an island on the horizon and started heading toward it 2 by extension happening or appearing in the

on tha spot song and lyrics by the primeridian spotify - $Mar\ 09\ 2023$

web the primeridian song 2020

thisismyipodstorecom upon the horizon stage gapinc com - Aug 14 2023

web 4 thisismyipodstorecom upon the horizon 2022 04 15 might enable a future to be built based on greater equality and an

end to the oppression and violence that currently exists

the best 100 horizons quotes to inspire you to explore new - Oct 04 2022

web jul 28 2023 4 each destination you reach only opens out into wider horizons new and undiscovered countries for you to explore barbara sher 5 to expand the horizons of

thisismyipodstorecom upon the horizon pdf pdf - Sep 03 2022

web jun 13 2023 as this thisismyipodstorecom upon the horizon pdf it ends happening visceral one of the favored books thisismyipodstorecom upon the horizon pdf

about us upon the horizon - Jun 12 2023

web exploring the beauty of home and lifestyle welcome to my corner of the internet where the essence of home and lifestyle comes alive i m your name and i m thrilled to have

thisismyipodstorecom upon the horizon pdf - Apr 29 2022

web this thisismyipodstorecom upon the horizon pdf as one of the most lively sellers here will categorically be in the midst of the best options to review thisismyipodstorecom in

thpod store our aim is your satisfaction shop for everyone - Apr 10 2023

web thpod com is a leading online retailer specializing in fashion apparel including t shirts hoodies long sleeved shirts hawaiian shirts and custom printed items our wide

thisismyipodstorecom storm on the horizon khafji the battle - Jul 01 2022

web and read thisismyipodstorecom storm on the horizon khafji the battle that changed the course of the gulf war online with thisismyipodstorecom storm on the

thisismyipodstorecom storm on the horizon khafji the battle - Jan 27 2022

web thisismyipodstorecom storm on the horizon khafji the battle that changed the course of the gulf war prospect theory and foreign policy analysis in the asia

ebook thisismyipodstorecom upon the horizon - Jul 13 2023

web thisismyipodstorecom upon the horizon fire on the horizon apr 09 2021 book description blake ostler author of the groundbreaking exploring mormon thought

llenara c tus da as de vida spanish edition pdf 2023 - Feb 09 2023

web apr 12 2023 right here we have countless book llenara c tus da as de vida

llenara c tus da as de vida spanish edition copy uniport edu - Dec 27 2021

web jun 27 2023 right here we have countless ebook llenara c tus da as de vida

llenara c tus da as de vida spanish edition pdf full pdf - Jun 13 2023

web en recupera tu vida controla tu tiempo y energía el autor plantea el problema de forma download kindle llenarà tus dà as de vida spanish edition - Aug 15 2023 web jun 4 2023 llenarà tus dà as de vida spanish edition llenarà tus dà as de vida read free llenara c tus da as de vida spanish edition pdf for - Dec 07 2022 web read free llenara c tus da as de vida spanish edition pdf for free a dictionary of llenara c tus da as de vida spanish edition - Apr 11 2023 web llenara c tus da as de vida spanish edition experiencias de vida jun 29 2023 en llenara c tus da as de vida spanish edition anne frasier book - Jan 28 2022 web to download and install the llenara c tus da as de vida spanish edition it is totally llenara c tus da as de vida spanish edition pdf copy - Jul 02 2022 web title llenara c tus da as de vida spanish edition pdf copy old thecarguy com au llenara c tus da as de vida spanish edition pdf full pdf - Jan 08 2023 web llenara c tus da as de vida spanish edition pdf unveiling the power of verbal tu vida spanish to english translation spanishdictionary com - Feb 26 2022 web see authoritative translations of tu vida in english with example sentences and audio haz tu vida spanish translator - Apr 30 2022 web translate haz tu vida see spanish english translations with audio pronunciations llenara c tus da as de vida spanish edition pdf free - Mar 10 2023 web josé antonio medina arellano 2006 07 01 este libro te ayudará a conocer y vivir mejor llenaré tus días de vida spanish edition by jackie valand - Jun 01 2022 web llenaré tus días de vida spanish edition by jackie valand llenaré tus días de vida llenara c tus da as de vida spanish edition alfred edersheim - May 12 2023 web keenness of this llenara c tus da as de vida spanish edition can be taken as tu vida entera dar spanish translator - Mar 30 2022 web translate tu vida entera dar see spanish english translations with audio llenaré tus días de vida spanish edition by jackie valand - Aug 03 2022 web llenaré tus días de vida spanish edition by jackie valand llenaré tus días de vida book download llenarAfA tus dAfA as de vida spanish edition - Nov 25 2021 web jun 2 2023 book download llenar Af at tus d Af as de vida spanish edition llenaré tus días de vida spanish edition by jackie valand - Sep 04 2022

web tropiezo fortuito pone su mundo del revés y consigue que se replantee lo que hasta

llenara c tus da as de vida spanish edition pdf uniport edu - Jul 14 2023

web jun 20 2023 llenara c tus da as de vida spanish edition 1 6 downloaded from

llenarã â tus dã â as de vida spanish edition by jackie valand - Nov 06 2022

web llenarã â tus dã â as de vida spanish edition by jackie valand llenarã â tus dã â

vida tu me das spanish translator - Sep 23 2021

web translate vida tu me das see spanish english translations with audio pronunciations

llenara c tus da as de vida spanish edition copy uniport edu - Oct 05 2022

web may 13 2023 llenara c tus da as de vida spanish edition 1 7 downloaded from

cuida tu vida spanish translator - Oct 25 2021

web translate cuida tu vida see spanish english translations with audio pronunciations

pdf the amazing put by michael c thomsett ebook perlego - Jan 08 2023

web buy the amazing put the overlooked option and low risk strategies by michael c thomsett online at alibris we have new and used copies available in 1 editions

the amazing put the overlooked option and low risk - Apr 11 2023

web the amazing put demonstrates the many strategies based on the put option including the risk hedge a long put often a long term or leaps put that freezes market risk at the

the amazing put the overlooked option and low risk - May 12 2023

web aug 5 2019 robert jervis john l gaddis s classic 1982 book strategies of containment now out in a revised and expanded edition characterizes the cold war strategies of

the amazing put the overlooked option and low risk strategies - Sep 04 2022

web feb 28 2023 with this one merely said the the amazing put the overlooked option and low ris is universally compatible in imitation of any devices to read risk 2007

the amazing put the overlooked option and low ris brian - Feb 26 2022

web translations in context of the most preferable option in english russian from reverso context where economically viable and practically feasible the on shore collection

the amazing put the overlooked option and low risk strategies - Dec 07 2022

web covid 19 resources reliable information about the coronavirus covid 19 is available from the world health organization current situation international travel numerous and

the amazing put de gruyter - Feb 09 2023

web select search scope currently catalog all catalog articles website more in one search catalog books media more in the stanford libraries collections articles journal

the amazing put the overlooked option and low ris book - Jun 01 2022

web the the amazing put the overlooked option and low ris it is totally simple then before currently we extend the connect to buy and create bargains to download and

the amazing put the overlooked option and low ris copy - Sep 23 2021

the amazing put the overlooked option and low ris justin - Aug 03 2022

web message the amazing put the overlooked option and low ris as skillfully as review them wherever you are now options as a strategic investment l g mcmillan 1993

the amazing put the overlooked option and low risk strategies - Nov 06 2022

web the amazing put the overlooked option and low ris the amazing put the overlooked option and low ris 2 downloaded from nysm pfi org on 2020 10 27 by

attractive option definition and meaning collins english dictionary - Jan 28 2022

web apr 26 2023 the new options advantage david l caplan 1995 renowned options expert david caplan shows investors how to analyze probabilities and create options

the amazing put the overlooked option and low ris 2022 - Dec 27 2021

web the amazing put the overlooked option and low ris 1 9 downloaded from uniport edu ng on september 7 2023 by guest the amazing put the overlooked option and low

the most preferable option translation into russian examples - Nov 25 2021

the amazing put the overlooked option and low risk strategies - Jun 13 2023

web aug 5 2019 the amazing put demonstrates the many strategies based on the put option including the risk hedge a long put often a long term or leaps put that

the amazing put the overlooked option and low - Mar 10 2023

web aug 5 2019 the amazing put demonstrates the many strategies based on the put option including the risk hedge a long put often a long term or leaps put that

the amazing put the overlooked option and low ris unesco - Oct 25 2021

the amazing put the overlooked option and low ris l g - Apr 30 2022

web attractive option definition an option is something that you can choose to do in preference to one or more meaning pronunciation translations and examples

the amazing put the overlooked option and low ris pdf - Mar 30 2022

web recovering overlooked pragmatists in communication friesenpress with so much emphasis on calls especially covered calls many traders overlook the tremendous

the amazing put the overlooked option and low ris pdf - Jul 02 2022

web jul 14 2023 you aspire to download and install the the amazing put the overlooked option and low ris it is utterly easy then before currently we extend the member to

the amazing put the overlooked option and low ris book - Aug 15 2023

web the amazing put the overlooked option and low ris realistic decision theory nov 23 2020 within traditional decision theory common decision principles e g the

the amazing put the overlooked option and low risk - Oct 05 2022

web mar 18 2023 install the the amazing put the overlooked option and low ris it is completely simple then previously currently we extend the belong to to purchase and

the amazing put the overlooked option and low - Jul 14 2023

web jan 1 2019 the amazing put demonstrates the many strategies based on the put option including the risk hedge a long put often a long term or leaps put that freezes