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Primo water dispenser user manual

To ensure our content is always up-to-date with current information, best practices, and professional advice, articles are routinely reviewed by industry experts with years of hands-on experience. Reviewed by on Feb 26, 2020 Plastic gloves Screwdriver Bucket Garden hose Dish Soap Sponge Plastic bottle sprayer Water White vinegar/all-purpose vinegar Bleach Plastic gloves Screwdriver Bucket Garden hose Dish Soap Sponge Plastic bottle sprayer Water White vinegar/all-purpose vinegar Bleach A water cooler dispenser is a handy device for ensuring a steady supply of drinking water, found at residential and commercial places. The dispenser needs little maintenance apart from a periodic cleaning. You can easily clean your water cooler dispenser by using the following information.Step 1 - Dismantle Water Cooler DispenserPrepare yourself by wearing plastic gloves. Get started by unplugging the cooler. If the cooler doesn't weigh too much and is secured above a movable trolley, take it outside the room. The water dispenser cooler has various parts secured with screws. For removing such parts, use a screwdriver. The rear part of the machine usually has a big, single-layered panel. Remove all panels and set aside their screws. Some parts of the dispenser can be easily slid out of their dedicated slots without using any tools. The drip tray is one such part. Ensure that you remove all traces of water that has collected within the dispenser (more common among older dispensers).For basic cleaning, use a light-pressured hose for wetting the dispenser. Ensure that you spray water on all sides. Use dish soap for soaping the surface of the dispenser. Alternatively, you can use lukewarm water. Repeatedly rinse the surface with water. Now, examine the body of the dispenser for hard stains that need a thorough cleaning.Step 3 - Do a Thorough Water Cooler Dispenser Cleaning with BleachPrepare a cleaning solution containing 1 gallon of water and 2 tablespoons of bleach. Pour the ingredients into a bucket and mix them thoroughly. Use a tumbler to pour this cleaning solution over stained or spotted dispenser surfaces. This solution is also useful for getting rid of the odor that develops in dispensers where internal water leakage and water stagnation is a problem. Do not rinse the bleached dispenser immediately. Allow it to work upon the stains/spots for a few minutes. Now, use a wet sponge for slightly scrubbing the bleached surfaces. Repeatedly rinse the dispenser with tap water. Examine the dispenser for hard stains like those formed by corrosion. If you find such spots, proceed with vinegar.Step 4 - Clean with VinegarFor vinegar-based cleaning, first dry the dispenser for at least 24 hours. Use all-purpose or white vinegar for this cleaning. Prepare a solution containing vinegar and water in equal parts. Spray this solution on the stains using a plastic bottle sprayer. If you are worried about infections within internal chambers of the water dispenser, fill the water tank of the dispenser with this solution. Now, open the spout of the water filter. This allows the vinegar solution to make contact and pass through every internal component. Since vinegar is a natural disinfectant, this ensures that all internal parts of the dispenser are disinfected. Wait for a few minutes before you rinse the vinegar-covered spots.Step 5 - Re-assemble Water Cooler DispenserPut back the panels and screws you had removed. Plug in the dispenser and reconnect its water supply. It is recommended that the cleaned water dispenser's water isn't immediately used for household consumption. Open the spout of the dispenser and allow the water to be drained away for about an hour. This ensures that any trace of soap or vinegar is washed-away. Skip to content From tech-related aches to finger and nail oh-no's, your complete wrist-to-fingertips help guide. Jonathan KnowlesWe trust our hands to do, well, everything. And the 27 small bones and 28 little muscles they each hold need our protection: "Women are diagnosed with conditions like tendinitis or carpal tunnel syndrome more often than men," possibly due to hormonal fluctuations, says Rachel S. Rohde, MD, an orthopedic surgeon at Beaumont Health System in Royal Oak, Michigan. Luckily, there's a lot you can do to keep your nails, fingers, and wrists healthy and happy, so turn the page for all the details. Problem No. 1: Tendinitis The lowdownTendinitis occurs when tendons, which attach muscle to bone, get inflamed or irritated. In the hand, it's especially common at the base of your thumb, a condition called DeQuervain's tendinitis, says Steven Beldner, MD, an assistant professor of orthopedic surgery at the Albert Einstein Medical School in New York City. "We often see this in pregnant or perimenopausal women," he says. "Synovium—the thin soft-tissue layer that covers and lubricates your tendons—has estrogen receptors in it, so when your hormones fluctuate, it can swell." Repetitive stress injuries from excessive texting can also cause DeQuervain's, informally known as BlackBerry thumb. "Your thumb is the most dexterous part of your hand, so it's more prone to strain," explains Stuart Elkowitz, MD, an orthopedic hand surgeon in Mount Kisco, New York. What it feels likeBurning pain on the thumb side of your wrist that can travel up your forearm and worsens when grasping objects or twisting your wrist. You may also notice swelling and numbness. The RxAbout 90 percent of the time, the problem goes away after a few days of avoiding pain-causing activities, using an over-the-counter splint to stabilize your wrist and tendons, and taking an OTC anti-inflammatory such as Advil. (If you really can't stop texting, limit yourself to yes/no answers!) If you don't get better in a week, your doctor may refer you to a physical therapist or to an orthopedic specialist, who can administer cortisone shots to reduce pain and swelling. Problem No. 2: Carpal tunnel syndrome The lowdownThe carpal tunnel is formed by the bones of your wrist and the transverse carpal ligament. This tunnel protects the median nerve—which supplies feeling and movement to parts of the hand—as well as the flexor tendons, which bend your fingers and thumb. Carpal tunnel syndrome itself occurs when the synovium surrounding the flexor tendons swells, putting pressure on your median nerve. Women are approximately three times more likely than men to develop the condition, Dr. Rohde says, which can frequently occur during pregnancy, perimenopause, and even while using birth control pills. You're also at greater risk if you suffer from a thyroid disorder or diabetes—both conditions that make tendons more susceptible to inflammation. What it feels likeTingling and numbness in your whole hand. "You may notice that you have trouble buttoning your shirt or putting in earrings," Dr. Rohde says. Since many people sleep with their wrists curled, which puts strain on the carpal tunnel, symptoms may worsen at night and even wake you up. The RxCarpal tunnel can usually be detected by a simple physical exam, but your doctor may also want to test your median nerve function (it's done with little needles) to see how much it's being compressed. About 75 percent of cases can be reversed after six weeks of wrist splints and cortisone shots, research shows; otherwise, you may need surgery. It's done on an outpatient basis under local anesthesia and consists of cutting the carpal ligament to enlarge the carpal tunnel. You may have pain and swelling for two weeks, but then the problem should be gone.Next Page: Osteoarthritis [pagebreak] Problem No. 3: Osteoarthritis The lowdownMore than a quarter of women will develop osteoarthritis—a condition in which the cartilage that covers the bone surfaces at your joints begins to erode—in their hands. "We see it at the base of the thumb and the fingertips as early as your 40s," says Michelle Carlson, MD, an orthopedic surgeon at The Hospital for Special Surgery in New York City. Women are more susceptible to this type of arthritis than men because they have looser joints and ligaments, which allows thumbs to move more and cartilage to wear out faster. Jonathan KnowlesWhat it feels likeAching or pain that worsens after gripping or grasping; also stiffness in the morning or during rainy weather. The RxSee your doctor, who may suggest splints, cortisone shots, anti-inflammatories, and exercises. You'll also have to modify your habits. "Holding free weights at the gym can be irritating, for instance," Dr. Carlson says. "So can activities such as weeding." If none of this helps, talk to your doc about surgery to fuse or remove the painful joint. Problem No. 4: Ganglion cysts The lowdownGanglion cysts are fluid-filled sacs that grow out of a joint—like a balloon on a stalk—either on the top or the underside of your wrist. They represent anywhere from 50 to 70 percent of soft-tissue lumps on the hands and wrist and are three times more common in women than men. It's not really known what causes them, although some may be related to trauma, such as falling on an outstretched hand. What it feels likeUsually they're painless, but occasionally they can put pressure on the nerves that pass through the joint, causing a burning pain. The RxThis harmless cyst may eventually disappear on its own. But if it's painful or the appearance bothers you, then your doctor can remove it through surgery under local anesthesia. "That's the best way to get rid of it, with the lowest chance of recurrence," Dr. Rohde says. © Copyright. All rights reserved. Printed from this link is to an external site that may or may not meet accessibility guidelines.

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