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## Amana double door fridge manual

Forget that fancy automatic door -- you want to install a manual garage door. While you might be the only person on your block to have a manual door, there are a few reasons why having one isn't so bad and why this less-convenient option has refused to die out. The main reason for their popularity is that they are often more secure. In addition, they are much easier to install -- and to fix, as there aren't too many parts involved -- than automatic garage doors.If you have a basic, un-insulated steel garage door, then you are a perfect candidate for a manual garage door. To install, all you need to do is secure the door with a torsion spring system. This kind of installation generally requires only a drill, its bits, a hex wrench and an open-end wrench.Your installation instructions will probably vary, but the basics generally go something like this:Attach the flag bracket and horizontal angle, and connect them to the jamb.Connect the torsion tubs and the springs, and place them in each bracket.After measuring the length of release of the spring, tighten the screws to the torsion tube.Secure the left side drum, and then the right side drum.Attach the tube retainer and wind the spring [source: Clopaydoor].These are the most basic instructions, but they give you an idea of the steps required to install a manual garage door. If you're looking for the convenience of a motor, read on to find out how to install an automatic garage door.Old-Fashioned SecurityThere are many reasons why manual garage doors are more secure. Radio-operated motors, like those on automatic garage doors, can be hijacked. You can buy a device that "sniffs" out the frequency that a radio-operated garage door motor uses for less than \$50 [source: Doors 4 Garages]! Automatic doors have a great safety feature in that if something blocks the path of a closing door, the door will stop closing and go back to opening. This feature is great if your kid is somehow playing with your garage door opener while you're backing your car out of the garage, but if someone with malicious intent puts something in the garage door's path as it closes, the door will automatically open, leaving it ripe for intrusion. Though this is more difficult to pull off without someone noticing, it's still possible. Lastly, manual garage doors generally require a key for entry, something that would be difficult for an unsavory character to obtain. Getty Images Yeah, those vintage refrigerators may look all cute and retro, but it turns out they had a deadly feature: latches that only opened from the outside. So imagine if you're a small child looking for a place to hide. Are you starting to see the horrifying problem? According to Buzzfeed, back in the day so many children were climbing into refrigerators, getting stuck inside, and suffocating to death that the government passed the Refrigerator Safety Act in 1956. Until then, refrigerators could only be opened from an outside latch and were lined with an airtight rubber seal, making it harder for parents to hear their children calling for help. Talk about scary. The new act required manufacturers to make fridge doors openable "easily from the inside." So most companies switched to a magnetic mechanism that allowed doors to stay closed when you wanted them to, but open from the inside with a little push. Interesting side note: To help develop door standards, scientists from the American Academy of Pediatrics even studied the effects of being trapped inside a fridge-like atmosphere on kids. Thankfully, refrigerator-related deaths have greatly decreased since then, however, old refrigerators can still be found in some homes, or abandoned in garages and backyards. As recently as 2013, three South African children were suffocated after being trapped in an abandoned refrigerator near their home, according to The Huffington Post. Moral of the story: Thank goodness for technological advances. This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io The first step to changing your diet is rearranging your refrigerator. How you position your groceries may shape the way you eat. And for even more ways to revolutionize your diet and get lean for good, check out The Lean Belly Prescription by Dr. Travis Stork. It's filled with simple strategies that will help you lose weight the same way you gained it: By making easy lifestyle choices that will transform your life—for the better. Shelve StrategicallyFill your eye-level shelf (or top shelf) with fruits, vegetables, and other nutritious snacks. You're 2.7 times more likely to eat healthy food if it's in your line of sight, a Cornell University study says. "That's also why manufacturers pay a premium to have their products at eye level in stores," says Kit Yarrow, Ph.D., a professor of psychology and marketing at Golden Gate University. Pack SmartA variety of small leftover containers tempt you to eat more than you planned, says Brian Wansink, Ph.D., author ofMindless Eating: Why We Eat More Than We Think. Instead, combine leftover entrees and sides so that each container has one meal's worth. Shop More, Buy LessInstead of laying in supplies for the week, hit the supermarket more often and buy only for the next few meals. An overload of choices at home may deplete your willpower, a 2008 Journal of Consumer Psychology study found. "And people tend to reduce consumption when resources are scarce," Yarrow says. Hide the JunkAll stocked up on snacks? Now make sure you eat the good ones. In a 2009 Danish study, one in four participants who chose a healthy snack over an unhealthy one later reached for the junk anyway. So place the healthy stuff front and center, and stash small guilty pleasures out of sight. This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io

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