Palma stanga iti dezvaluie viitorul, iar cea dreapta, trecutul: Iata interpretarea liniilor din palma!

Un articol de Maya

Este binecunoscut faptul ca palma stanga dezvaluie multe detalii importante despre abilitatile mostenite si ca, pornind de la traseul liniilor sale, putem ghici tot ce ne rezerva pe viitor destinul. Dar stiai ca palma dreapta indica si ea amanunte importante despre realizarile noastre anterioare? Poti citi, asadar, „mana pasiva” pentru a descoperi caracteristicile mostenite si potentialul tau interior, in timp ce „mana activa” iti indica amanunte cheie despre evolutia in timp a acestor CITESTE IN CONTINUARE

Sursa: secretele.com

Crezi ca Sti ce Vrei de la Viata? Fa acest Test si Vei Ramane Surprins de Rezultat

Un articol de Calin Petru Barbulescu

O intrebare am pentru tine – Tu te-ai ascultat vreodata in ceea ce priveste afirmatiile pe care le-ai facut despre viitorul la care aspiri? In discutiile pe care le-ai purtat cu prietenii sau cu apropiatii tai, esti siguri de ceea ce spui

ca iti doresti sa faci? In cazul in care nu esti asa sigur pe tine, te invit sa iti faci un test prin care iti vei descoperii cu adevarat ceea ce iti doresti de la viata.

Priveste imaginea de mai jos si alege-ti unul dintre peisajele care te incanta cel CITESTE IN CONTINUARE

Sursa: secretele.com

Cum sa actionezi atunci cand te ineci cu mancare si nu e nimeni in jur sa te ajute! Acesti pasi iti pot salva viata!

Un articol de Cristian Iacov

Exista o metoda prin care poti interveni prompt atunci cand cineva se sufoca si ramane fara aer. Este vorba de „manevra Heimlich”, o metoda de prim-ajutor utilizata pentru a preveni sufocarea unei persoane care se ineaca cu fragmente alimentare ce obstructioneaza laringele.
Aceasta manevra presupune compresia diafragmei prin smucirea cu putere a victimei.

Pentru a salva viata unei persoane in astfel de cazuri, trebuie sa intervii imediat. Pozitioneaza-te in spatele victimei si infasoara-ti bratele in jurul taliei acesteia, imediat sub coaste. Asaza una dintre palme in jurul taliei

victimei si CITESTE IN CONTINUARE

Sursa: secretele.com

---

40 Simple Tips For A Happy And Healthy Life

It’s all about career and success these days. No matter what we achieve, it’s never enough, we always strive for more. It’s all good as long as we don’t forget ourselves and our loved ones. Sadly, that’s rarely the case.

That’s why we wanted to share these life tips by Daily Health Gen with you. Hopefully, they will be a source of inspiration for some positive changes, even if the smallest ones. We all need a little push from time to time.

Leave a comment or vote for your favorite tips, we want to know what you think!

More info: Daily Health Gen (H/T: Bored Panda)

01. Tips For A Happy And Healthy Life



source

02. Tips For A Happy And Healthy Life



source

03. Tips For A Happy And Healthy Life



source

04. Tips For A Happy And Healthy Life



source

05. Tips For A Happy And Healthy Life



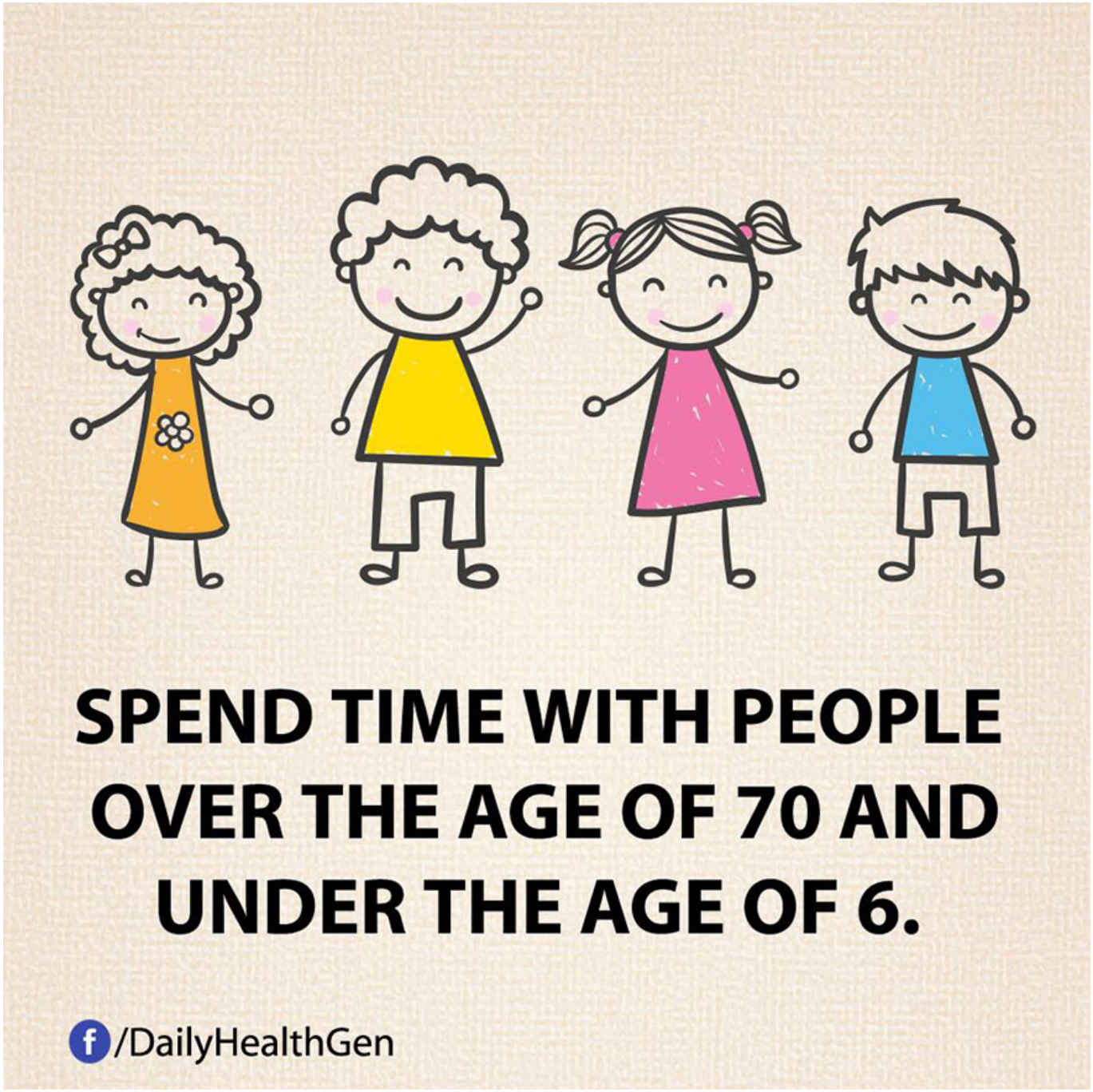
source

06. Tips For A Happy And Healthy Life



source

07. Tips For A Happy And Healthy Life



source

08. Tips For A Happy And Healthy Life



source

09. Tips For A Happy And Healthy Life



source

10. Tips For A Happy And Healthy Life



source

11. Tips For A Happy And Healthy Life



source

12. Tips For A Happy And Healthy Life



source

13. Tips For A Happy And Healthy Life



source

14. Tips For A Happy And Healthy Life



source

15. Tips For A Happy And Healthy Life



source

16. Tips For A Happy And Healthy Life



source

17. Tips For A Happy And Healthy Life



source

18. Tips For A Happy And Healthy Life



source

19. Tips For A Happy And Healthy Life



source

20. Tips For A Happy And Healthy Life



source

21. Tips For A Happy And Healthy Life



source

22. Tips For A Happy And Healthy Life



source

23. Tips For A Happy And Healthy Life



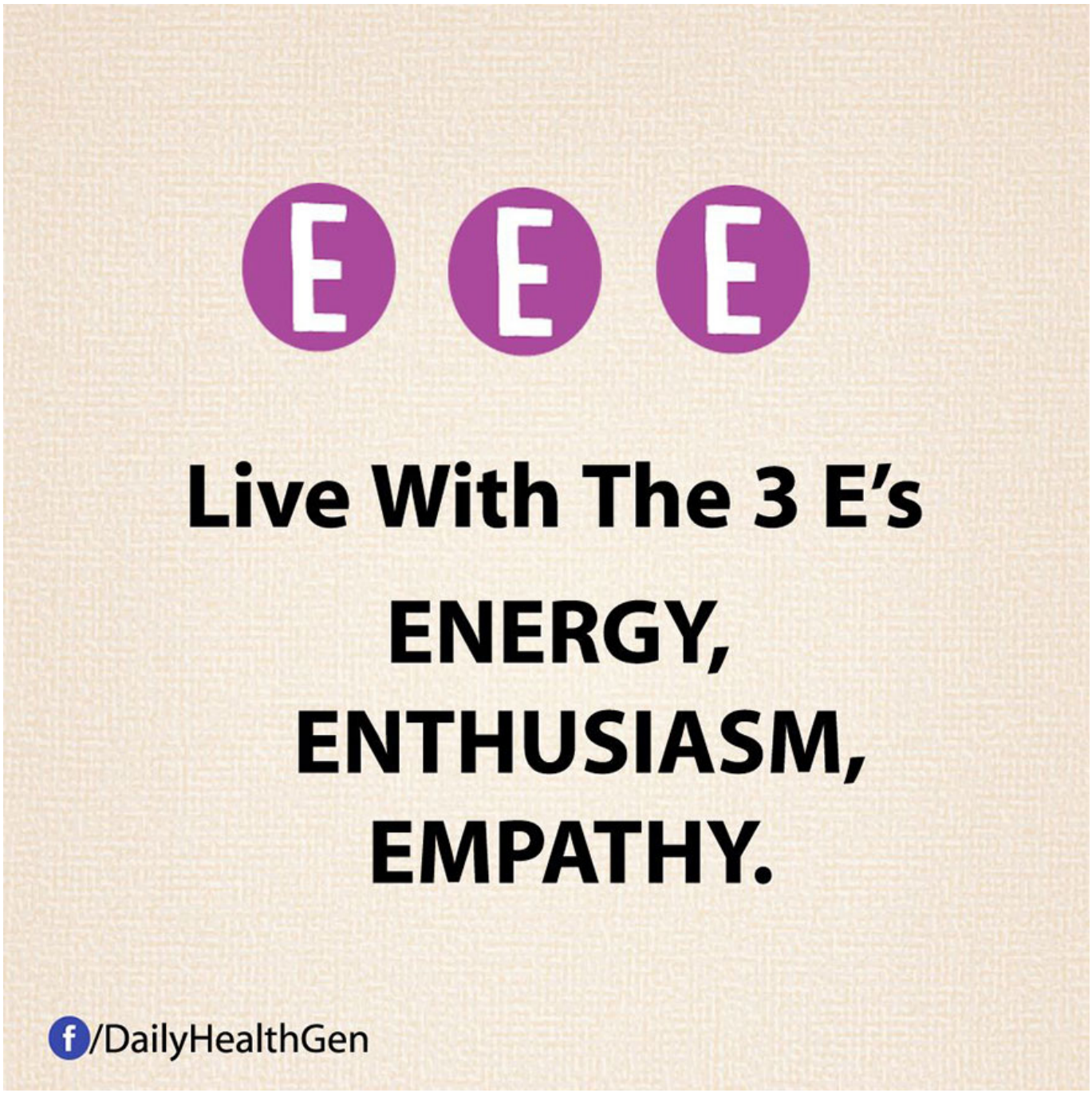
source

24. Tips For A Happy And Healthy Life



source

25. Tips For A Happy And Healthy Life



source

26. Tips For A Happy And Healthy Life



source

27. Tips For A Happy And Healthy Life



source

28. Tips For A Happy And Healthy Life



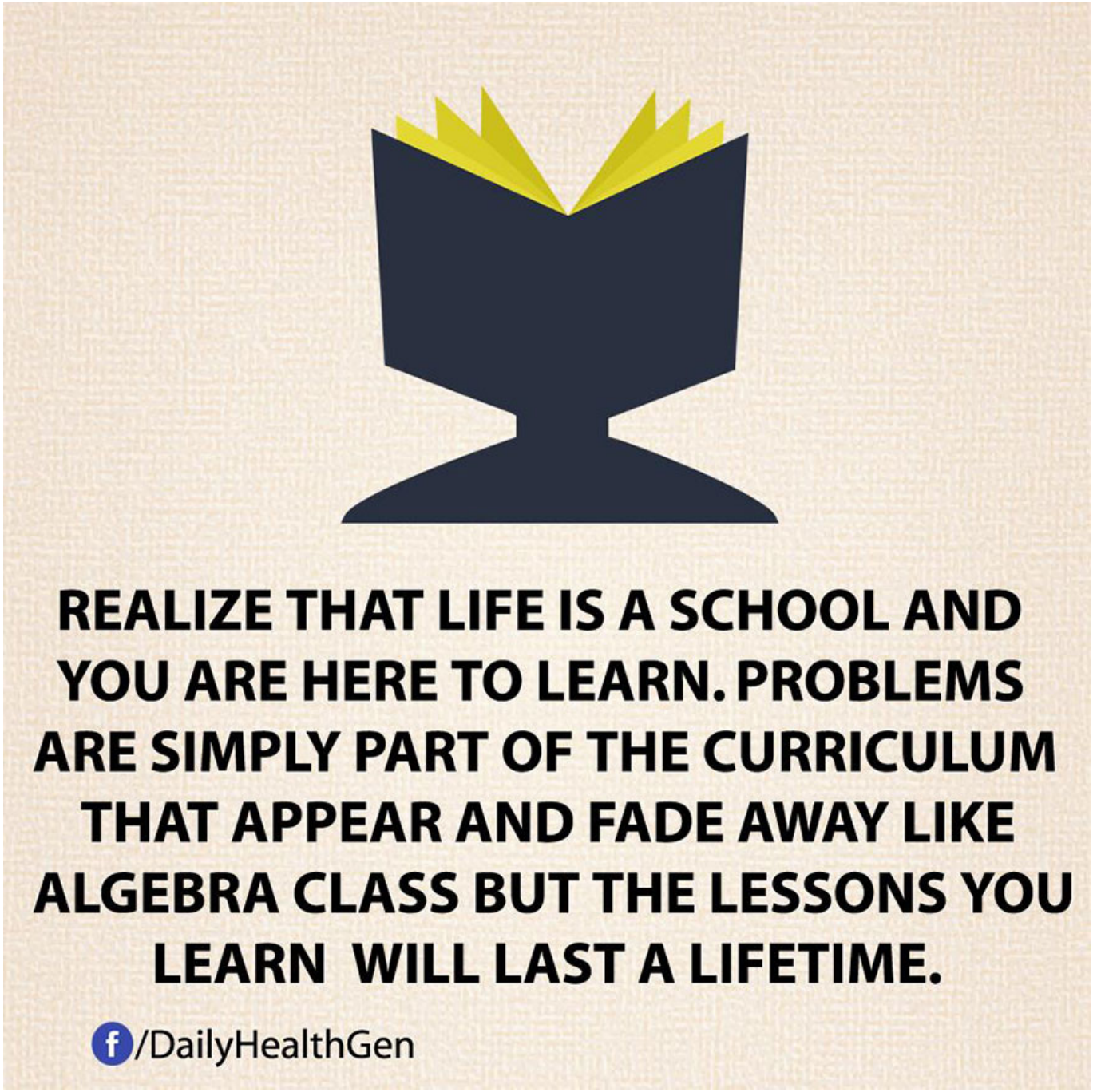
source

29. Tips For A Happy And Healthy Life



source

30. Tips For A Happy And Healthy Life



source

31. Tips For A Happy And Healthy Life



source

32. Tips For A Happy And Healthy Life



source

33. Tips For A Happy And Healthy Life



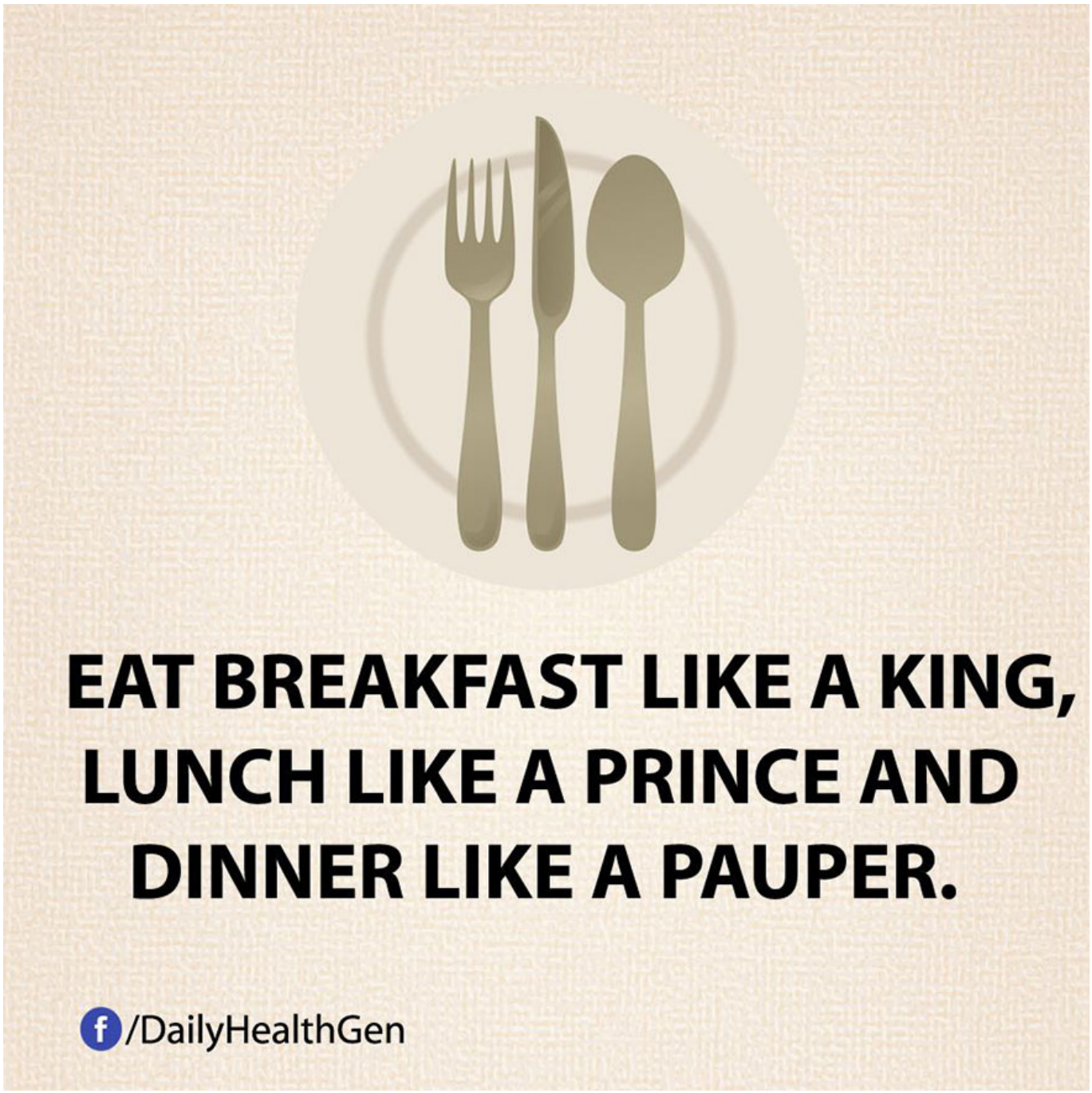
source

34. Tips For A Happy And Healthy Life



source

35. Tips For A Happy And Healthy Life



source

36. Tips For A Happy And Healthy Life



source

37. Tips For A Happy And Healthy Life



source

38. Tips For A Happy And Healthy Life



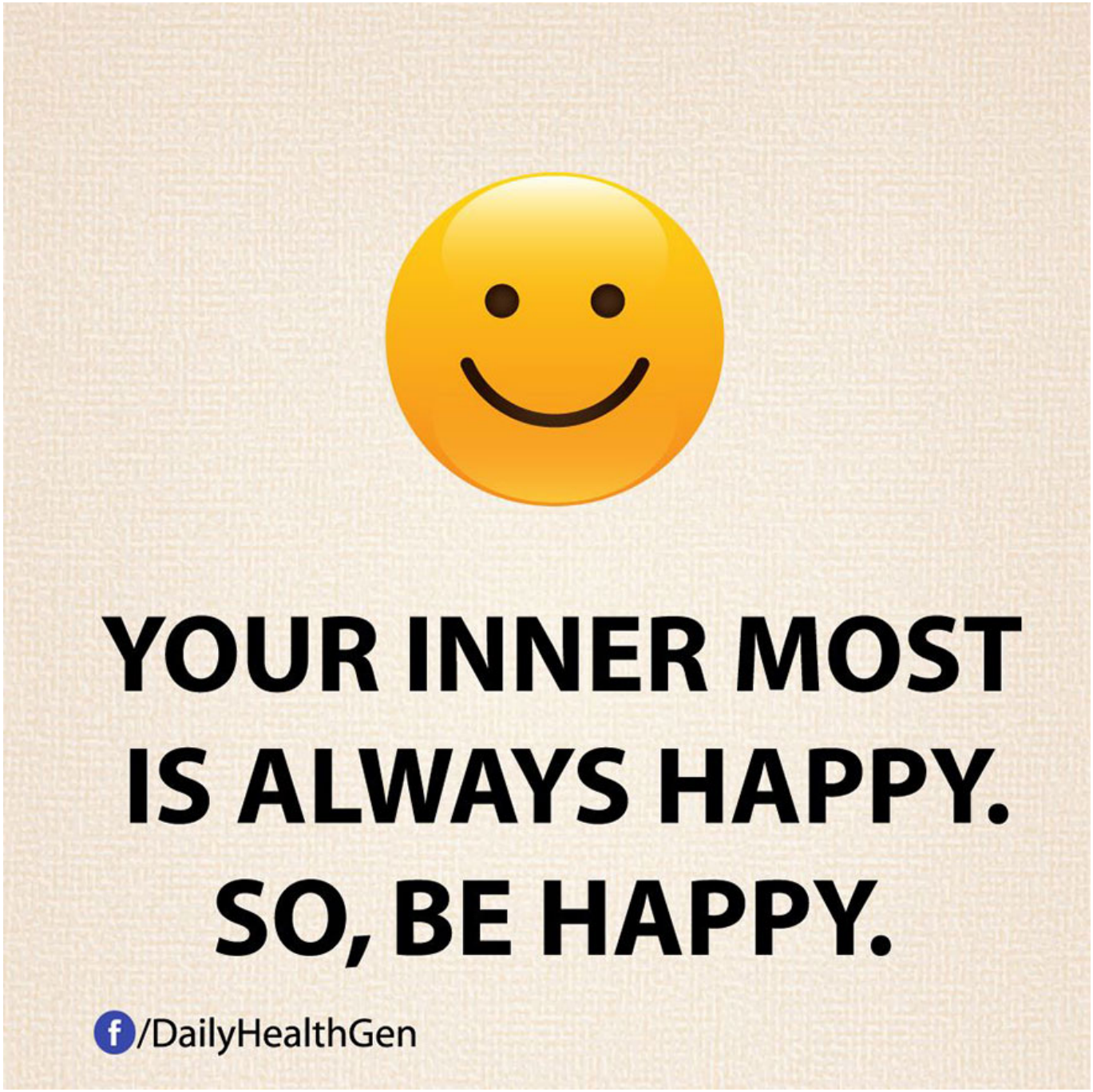
source

39. Tips For A Happy And Healthy Life



source

40. Tips For A Happy And Healthy Life



source

Sursa: architecturendesign.net

---

20 Perfect Tiny Tattoos That Everyone Will Love Vol. 2



Tiny tattoos are an unending source of ink enjoyment. There’s so much variety and so much creativity involved that inspiration for them really can be unending (as we saw in tiny tattoos Vol. 1).So, to show you just what I mean, I’m back with Vol. 2 to keep this originality flowing. Let’s see all the additional places and things you can have tattooed on a tiny scale.

1. Ooo matching tiny tatties.

via tumblr / rbrtsn

2. Not totally tiny, but totally cute.

via Iconosquare / @samanthamancino

3. Tucked away.

via Iconosquare / @ueti__2

4. I love this.

via Ofrick

5.

via Instagram / @beautyartsbrudis

6. So personalized.

via flickr / ny_press

7. Omg this totally adorable.

via Iconosquare / @supraleaf

8. I’m not entirely sure what about this makes me like this so much, but I really, really do!

via Iconosquare / @_jamespsullivan

9. These are both fantastic.

via Iconosquare / @ninaaaslie

10.

via Iconosquare / @missrene2u

11. Clever.

Iconosquare / @senjutikundu

12. Super cute.

via Iconosquare / @pixiestick86

13. Perfect.

via Boa Informacao

14. The perfect accessory.

via Iconosquare / @petuskaaa

15. Make a wish…

via Iconosquare / @chaos.cactis

16. Darling.

via tumblr / weissesrauschen

17. OMG this is real!!

via Iconosquare / @kolormebadd

18. The tattoo makes the picture, really. Let’s be honest.

via Iconosquare / @mischlynn

19. BFF tiny tatts.

via Iconosquare / @mucchis

20. Oldie but a goodie.

via Iconosquare / @ianthestrikingviking

Main image source: tumblr / rbrtsn
Collage image source: 1. Iconosquare / @katrincroth 2. tumblr / weissesrauschen 3. Iconosquare / @missrene2u

Sursa: diply.com

---

20 Perfect Tiny Tattoos That Everyone Will Love Vol. 1

Do you have one of those friends who seem to have a new tattoo every time you see them? It’s so common now, especially with ones that are inked for aesthetics; just tiny little decorative guys in cute places that act as accessories. I love

it.And just to show how this phenomena is taking over, I've put together a list of 20 tiny tattoos for your viewing pleasure. Warning: this will make you want one…bad!

1. I LOVE finger tattoos. Especially this one.

via Iconosquare / @ladyclare88

2. For all you cyclists out there…

via Iconosquare / @inspirationbike

3. This is the most perfect spot for a tiny tatt.

via Iconosquare / @von182t

4. This is adorable.

via Iconosquare / @weazrock

5. Not too sure what this means, but I super dig it.

via Iconosquare / @jocelynmcg

6. Perfection.

(Note: This is a temporary tattoo, but, I mean, that placement. That. Placement.)

via Cloum Cloum

7. This would be such a cute friendship tattoo. It's also lovely like this!

via tumblr / neude

8. Tiny tatts are all about minimalism.

via Iconosquare / @villajules

9. So delicate.

via Iconosquare / @inkandwheels

10. This is what I mean by accessories. So pretty.

via Iconosquare / @princeznamisicka

11. This one’s for the cat lovers…

via Mariposa Love

12. Want.

via Iconosquare / @boitattoa

13. No matter how common these become, heart tatts on the finger will always look good.

via Instagram / @pam_carrasco

14. Classy stuff.

via Iconosquare / @u42o

15. I don’t know why, I love line tattoos. They’re so simple and I just love them. Damn you, Lana Del Rey.

via Iconosquare / @daf647

16. This is the cutest tiny tatt I’ve ever seen.

via tumblr / discopen

17. So cute! Love you, mama.

via Iconosquare / @naaadia

18. Yes, more lines! Love!

|via Iconosquare / @lacolecionadora

19. Guys get tiny tatts too!

via Iconosquare / @daf647

20. And you can never go wrong with a triangle either.

via Iconosquare / @itsdjsami

Main image source: Iconosquare / @inspirationbike
Collage image source: 1.tumblr / neude 2.Iconosquare / @lacolecionadora 3.Iconosquare / @daf647

Sursa: diply.com

---

10 Tools Every Kid Should Learn to Use

Start ‘em young. If you want to raise a self-reliant kid, get these tools into their hands.



Start ‘em young. If you want to raise a self-reliant kid, get these tools into their hands.

1 Hammer



Age 7

Any rambunctious kid should be comfortable swinging a hammer. Just be sure it’s something light enough to handle correctly but sufficiently heavy to be effective. „No matter what the tool is, it has to fit,” Dahl says. „And that goes for anyone, whether male or female, young or old.” A claw hammer is - essential for pulling the inevitable bent nails—and if your kid still struggles, predrill a few holes so he or she can figure out the correct technique.

—

2 Needle-Nose Pliers



Age 8

As soon as children master scissors, they’re ready for pliers, which have similar mechanics but are far more versatile. They’ll be happier using smaller, 6-inch models with comfy rubberized handles. Set them loose on a spool of 12-gauge insulated copper wire, and once they get the hang of using the tool with one hand, they’ll be bending, cutting, crimping, tightening, stripping, and twisting that wire into a variety of shapes while their classmates are still perfecting basic scrapbook skills.

3 Pocketknife



Age 9

A sharp knife and a fallen branch are all your kid needs to begin a lifetime of shaping wood. For now, stress the importance of cutting away from

the body while keeping the other hand safely behind the blade. With more experience, your child can experiment with pare (pull) cuts. Either way, he or she should be able to hold both the knife and the workpiece securely. A utility knife with a retractable blade has a large handle for a tight grip; it’ll also give a universal lesson in changing blades when the tool becomes dull.

4 Handsaw



Age 10

Avoiding workshop meltdowns means teaching children proper techniques

early on. The handsaw, for example, can discourage any budding woodworker if taught incorrectly. „The key is always minimizing frustration," says Paul Steiner, who teaches construction at Woodbridge Senior High School in Virginia. „Set them up so they're comfortable getting their body over the board." Build a sawhorse that fits them—perhaps only 12 to 16 inches tall—and give them a razor-sharp 15-inch crosscut saw.

5 Ladder



Age 11

Climbing trees is for kids; tweens get there faster with a ladder. As with all tools, correct setup is critical for safe use. Have them place the ladder on a firm, level surface away from doors and windows. Ensure it extends at least 3 feet past the supporting branch and that it’s leaning at the correct angle. They can check this by standing at the base of the ladder and putting their arms straight out in front; their palms should touch the rung that’s at shoulder height.

6 Soldering Iron



Age 12

When you were 12, you built an AM radio inside a Tic Tac box. Your kid, however, lives in a world of Arduino-type microcontrollers that can operate robots. Don’t be intimidated, though. The essentials of electronics and the tools used to work with them haven’t changed much. So grab your trusty old pencil-tipped iron and a spool of rosin-core solder, go over a few basic skills—tinning stranded wire is a good start—and beam as your kid’s chess-playing robot dominates the next science fair.

7 Jigsaw



Age 14

No cutting tool is more versatile than a jigsaw. It produces curvy shapes in wood, plastics, and thin metals, making it ideal for kid-friendly projects such as, well, jigsaw puzzles. It also provides a valuable lesson in recognizing a power tool’s limits. As your child turns the jigsaw into a curve, he or she will feel the tension in the blade as it binds against the material. Too much and the blade will break.

8 Cordless Drill



Age 13

Your child’s first power tool is one of the safest and most versatile. „Kids need it no matter what they’re building, whether a birdhouse or a Pinewood Derby car,” Steiner says. To start, skip the drill bits—they’ll just get broken. Instead, clip the head off a finish nail and chuck it up; it takes more abuse, and it’s easier to replace. „A four-penny nail works as a 1/16-inch bit,” Steiner says. „You can work all the way up to a 16-penny nail, which is about a 1/8-inch.”

9 Circular Saw



Age 15

Are your children ready for a grown-up tool? That’s for you to decide. „Some kids are more comfortable with tools at age 7 than others are at 15,” Dahl says. „Be honest about their skill level; don’t force a tool on them that they’re not ready for.” Be honest about your own skill level too—and don’t let your ego stop you from asking an experienced friend or family member for a quick class.

10 Chain Saw



Age 16

Young woodcutters need at least a year’s apprenticeship to learn the safe handling of a chain saw. „It’s not where the saw starts that counts; it’s where it finishes the cut,” PM senior home editor Roy Berendsohn says. Even if you’re an experienced woodsman, consider taking a refresher class with an arborist so you don’t pass on bad habits to your kids. These often include skimping on safety gear such as chaps, boots, gloves, safety glasses, and hearing protection.

Sursa: popularmechanics.com

LEGO BLOCKS WILL HELP YOUR CHILD UNDERSTAND MATH EASILY! TRY THIS!

Every child just love to play with Lego. This toy helps in building their imagination, creativity, and logical thinking. It’s fun not only for children, rather adults enjoy too playing Lego among with their kids. Exploring the best use of this toy, school teacher Alycia Zimmerman has come up with the great idea to teach children the basic math skills with Lego. Not only will it be fun for them in classroom or at home, rather it will be a source of logical learning too. Here are few seriously effective examples that teacher Alycia uses to teach her pupils.

1. Part vs. Total

via scholastic

2. Concept building of Fractions!

via scholastic

via scholastic

3. Learning square numbers!

via scholastic

4. Differentiation between mean, median, mode, and range.

via scholastic

Sursa: peacefulcentury.net

Adeverinta de vechime in munca, singurul act cu care poti dovedi cat ai lucrat. Cum il obtii?

De patru ani, de cand nu se mai emit carnete de munca, salariatii au la indemana un singur document care sa ateste cat au lucrat: adeverinta de vechime in munca. Actul poate fi solicitat angajatorilor sau, daca acestia nu pot ori nu vor sa il elibereze, direct inspectoratelor teritoriale de munca.

Cartile de munca nu se mai intocmesc si completeaza incepand din 1 ianuarie 2011, data de la care evidenta muncii se realizeaza doar electronic, prin intermediul registrului general de evidenta a salariatilor (ReviSal), reglementat prin Hotararea de Guvern nr. 500/2011. Conform acestui act normativ, fiecare angajator are obligatia de a infiinta si transmite la inspectoratul teritorial de munca un registru general de evidenta a salariatilor si de a-l prezenta

inspectorilor de munca, la solicitarea acestora.

Disparitia carnetelor de munca a facut ca dovada vechimii in munca sa se poata face numai cu ajutorul unor adeverinte care sa precizeze perioadele lucrate de salariatii angajati cu contract de munca.

Cum obtii o adeverinta de vechime?

Potrivit HG. 500/2011, pentru a intra in posesia adeverintei de vechime, salariatii sau fostii salariati trebuie sa il solicite in scris de la angajator. Acesta este obligat sa elibereze documentul, dupa cum prevede art. 5 din actul normative mentionat anterior:

> *“La solicitarea salariatului sau a unui fost salariat, angajatorul este obligat sa elibereze un document care sa ateste activitatea desfasurata de acesta, durata activitatii, salariul, vechimea in munca, in meserie si in specialitate.”*
>
> ***– art. 5, HG nr. 500/2011***

Aceasta obligatie a angajatorului este prevazuta si de Codul muncii, la art. 34: „La solicitarea salariatului sau a unui fost salariat, angajatorul este obligat sa elibereze un document care sa ateste activitatea desfasurata de acesta, durata activitatii, salariul, vechimea in munca, in meserie si in specialitate”.

Adeverinta se elibereaza in original sau in copie certificata, in **maxim 15 zile de cand a fost solicitata**.

Cum trebuie sa arate adeverinta de vechime?

Adeverinta de vechime in munca nu are un format standardizat, impus de legislatie, astfel ca fiecare angajator poate alege forma in care se prezinta documentul. Totusi, pentru a fi completa si pentru a oferi toate informatiile importanta,

adeverinta ar trebui sa contina cel putin precizari referitoare la:

- Datele de identificare ale salariatului,
- Datele de identificare ale contractului individual de munca pe baza caruia se atesta vechimea (numarul si anul in care a fost incheiat),
- Durata activitatii salariatului,
- Functiile ocupate de salariat in perioada in care a fost angajat,
- Schimbarile suferite de contractul individual de munca, in cazul in care a fost vorba de incheierea, modificarea, suspendarea sau incetarea CIM,
- Valoarea salariului de baza, inclusiv sporuri care intra in calculul punctajului mediu anual;
- Vechimea in munca, in meserie si in specialitate,
- Perioadele de concediu fara plata
- Absentele nemotivate de la serviciu.

Un model al adeverintei de vechime in munca este disponibil in fisierul atasat acestui articol (documentul este prelucrat de pe site-ul ANOFM Dolj).

Ce se intampla daca angajatorul nu vrea sau nu poate sa-ti elibereze adeverinta?

In situatia in care angajatorul nu vrea sau nu poate elibera adeverinta de vechime din motive obiective (pierderea arhivei, incetarea activitatii etc) salariatii au posibilitatea sa solicite documentul direct la Inspectoratul Teritoril de Munca din raza caruia angajatorul isi desfasoara activitatea.

Potrivit HG nr. 500/2011, institutia este obligata sa elibereze o adeverinta din care sa rezulte elementele continute in registru, astfel cum a fost intocmit si transmis de catre angajator, in **maxim 15 zile de cand angajatul a facut solicitarea.**

„Inspectoratul teritorial de munca in cauza elibereaza

documentul, in baza registrului electronic transmis de angajator, in termen de cel mult 15 zile de la data solicitarii”, se precizeaza in HG nr. 500/2011.

Serviciul nu este, insa, gratuit, eliberarea adeverintei fiind taxata cu **20 de lei/document**, potrivit Ordinul Ministerului Muncii nr. 826/2014, actul normativ care reglementeaza tarifele si taxele percepute de ITM.

Trebuie sa stiti ca, in cazul in care angajatorul refuza, neavand motive obiective, sa elibereze adeverintele de vechime si orice alte documente calitatea de salariat a solicitantului, el poate fi amendat cu o minim 300 de lei, amenda care poate ajunge si la 1.000 de lei.

Tot ce trebuie sa faceti este sa sesizati ITM, singura institutie abilitata sa constate aceasta contraventie si sa aplice amenzile corespunzatoare.

La stat, adeverintele de vechime au format standard

Si functionarii publici isi dovedesc vechimea in munca si in specialitate tot cu ajutorul unei adeverinte , actul fiind deosebit de important in activitatea lor, in conditiile in care el este solicitat la orice concurs de ocupare a unor functii publice..

Spre deosebire de mediul privat, unde formatul documentului este lasat la latitudinea angajatorului, la functionarii publici adeverinta este standardizata, modelul ei fiind reglementat prin Ordinul Agentiei Nationale a Functionarilor Publici nr. 192/2013, in vigoare din 22 ianuarie 2013.

Documentul atesta vechimea in munca si in specialitatea studiilor dobandite dupa data de 1 ianuarie 2011, dovada vechimii dobandite pana la 31 decembrie 2010 facandu-se, la fel ca in cazul angajatilor din sectorul privat, tot cu carnetul de munca.

Fişiere ataşate:
Adeverinta de vechime – functionari publici **(0,11 MB)**
Adeverinta de vechime – mediul privat **(0,21 MB)**
Sursa: avocatnet.ro

How to calm a crying baby everytime

Sursa foto: parenting.com

Sursa: youtube.com