

KUBOTA

B4672A & BL4690A

BACKHOE



Form 70000-73822

Rev. 3/02

TABLE OF CONTENTS

SAFETY PRECAUTIONS	3
Before Operation	3
During Operation	4
Maintenance	5
SAFETY SIGNS	6
SPECIFICATIONS	6
Backhoe Terminology	6
GENERAL INFORMATION	10
General	10
Model/Serial Information	10
PRE-OPERATION INSTRUCTIONS	11
Operational Check-Out	11
OPERATING INSTRUCTIONS	12
Operating Speeds	12
Backhoe Controls	12
Folding the Stabilizers	13
General Operation	14
Backfilling the Excavation	15
Loading Trucks	16
Lifting or Craning	16
Transporting the Backhoe	17
Removal - Reinstalling the Backhoe	18
LUBRICATION & MAINTENANCE	19
Lubrication Points	19
Hydraulic System Service	20
Backhoe Bucket Service	20
Swing Chair Adjustment	20
Hydraulic Circuit Schematics	21

— Table of Contents continued on page two —

Kubota Manual B78

RJ Shavelson



Kubota Manual B78:

This is likewise one of the factors by obtaining the soft documents of this **Kubota Manual B78** by online. You might not require more times to spend to go to the books opening as skillfully as search for them. In some cases, you likewise complete not discover the revelation Kubota Manual B78 that you are looking for. It will definitely squander the time.

However below, later than you visit this web page, it will be in view of that very easy to acquire as with ease as download lead Kubota Manual B78

It will not tolerate many grow old as we explain before. You can accomplish it even if produce an effect something else at house and even in your workplace. therefore easy! So, are you question? Just exercise just what we have enough money below as skillfully as evaluation **Kubota Manual B78** what you later than to read!

http://www.armchairempire.com/About/uploaded-files/index.jsp/John_Deere_Fine_Art_Collection_2015_Premium_Wall_Calendar.pdf

Table of Contents Kubota Manual B78

1. Understanding the eBook Kubota Manual B78
 - The Rise of Digital Reading Kubota Manual B78
 - Advantages of eBooks Over Traditional Books
2. Identifying Kubota Manual B78
 - 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 Kubota Manual B78
 - User-Friendly Interface
4. Exploring eBook Recommendations from Kubota Manual B78

- Personalized Recommendations
- Kubota Manual B78 User Reviews and Ratings
- Kubota Manual B78 and Bestseller Lists
- 5. Accessing Kubota Manual B78 Free and Paid eBooks
 - Kubota Manual B78 Public Domain eBooks
 - Kubota Manual B78 eBook Subscription Services
 - Kubota Manual B78 Budget-Friendly Options
- 6. Navigating Kubota Manual B78 eBook Formats
 - ePub, PDF, MOBI, and More
 - Kubota Manual B78 Compatibility with Devices
 - Kubota Manual B78 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Kubota Manual B78
 - Highlighting and Note-Taking Kubota Manual B78
 - Interactive Elements Kubota Manual B78
- 8. Staying Engaged with Kubota Manual B78
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Kubota Manual B78
- 9. Balancing eBooks and Physical Books Kubota Manual B78
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Kubota Manual B78
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Kubota Manual B78
 - Setting Reading Goals Kubota Manual B78
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Kubota Manual B78

- Fact-Checking eBook Content of Kubota Manual B78
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

Kubota Manual B78 Introduction

In this digital age, the convenience of accessing information at our fingertips has become a necessity. Whether its research papers, eBooks, or user manuals, PDF files have become the preferred format for sharing and reading documents. However, the cost associated with purchasing PDF files can sometimes be a barrier for many individuals and organizations. Thankfully, there are numerous websites and platforms that allow users to download free PDF files legally. In this article, we will explore some of the best platforms to download free PDFs. One of the most popular platforms to download free PDF files is Project Gutenberg. This online library offers over 60,000 free eBooks that are in the public domain. From classic literature to historical documents, Project Gutenberg provides a wide range of PDF files that can be downloaded and enjoyed on various devices. The website is user-friendly and allows users to search for specific titles or browse through different categories. Another reliable platform for downloading Kubota Manual B78 free PDF files is Open Library. With its vast collection of over 1 million eBooks, Open Library has something for every reader. The website offers a seamless experience by providing options to borrow or download PDF files. Users simply need to create a free account to access this treasure trove of knowledge. Open Library also allows users to contribute by uploading and sharing their own PDF files, making it a collaborative platform for book enthusiasts. For those interested in academic resources, there are websites dedicated to providing free PDFs of research papers and scientific articles. One such website is Academia.edu, which allows researchers and scholars to share their work with a global audience. Users can download PDF files of research papers, theses, and dissertations covering a wide range of subjects. Academia.edu also provides a platform for discussions and networking within the academic community. When it comes to downloading Kubota Manual B78 free PDF files of magazines, brochures, and catalogs, Issuu is a popular choice. This digital publishing platform hosts a vast collection of publications from around the world. Users can search for specific titles or explore various categories and genres. Issuu offers a seamless reading experience with its user-friendly interface and allows users to download PDF files for offline reading. Apart from dedicated

platforms, search engines also play a crucial role in finding free PDF files. Google, for instance, has an advanced search feature that allows users to filter results by file type. By specifying the file type as "PDF," users can find websites that offer free PDF downloads on a specific topic. While downloading Kubota Manual B78 free PDF files is convenient, it's important to note that copyright laws must be respected. Always ensure that the PDF files you download are legally available for free. Many authors and publishers voluntarily provide free PDF versions of their work, but it's essential to be cautious and verify the authenticity of the source before downloading Kubota Manual B78. In conclusion, the internet offers numerous platforms and websites that allow users to download free PDF files legally. Whether it's classic literature, research papers, or magazines, there is something for everyone. The platforms mentioned in this article, such as Project Gutenberg, Open Library, Academia.edu, and Issuu, provide access to a vast collection of PDF files. However, users should always be cautious and verify the legality of the source before downloading Kubota Manual B78 any PDF files. With these platforms, the world of PDF downloads is just a click away.

FAQs About Kubota Manual B78 Books

How do I know which eBook platform is the best for me? Finding the best eBook platform depends on your reading preferences and device compatibility. Research different platforms, read user reviews, and explore their features before making a choice. Are free eBooks of good quality? Yes, many reputable platforms offer high-quality free eBooks, including classics and public domain works. However, make sure to verify the source to ensure the eBook credibility. Can I read eBooks without an eReader? Absolutely! Most eBook platforms offer web-based readers or mobile apps that allow you to read eBooks on your computer, tablet, or smartphone. How do I avoid digital eye strain while reading eBooks? To prevent digital eye strain, take regular breaks, adjust the font size and background color, and ensure proper lighting while reading eBooks. What the advantage of interactive eBooks? Interactive eBooks incorporate multimedia elements, quizzes, and activities, enhancing the reader engagement and providing a more immersive learning experience. Kubota Manual B78 is one of the best book in our library for free trial. We provide copy of Kubota Manual B78 in digital format, so the resources that you find are reliable. There are also many Ebooks of related with Kubota Manual B78. Where to download Kubota Manual B78 online for free? Are you looking for Kubota Manual B78 PDF? This is definitely going to save you time and cash in something you should think about.

Find Kubota Manual B78 :

~~john deere fine art collection 2015 premium wall calendar~~

~~john deere 1545 mower manual~~

john deere 100 series manual

~~john deer 4020 manual~~

~~john deere 5105 manual~~

john deere 4600 parts manual

~~john deere 317 lawn tractor manual~~

~~john deere 302a backhoe service parts manual~~

~~john deere 2500a parts manual~~

john deere 6430 service manual

~~john deere 4520 farm tractor repair manual~~

~~john deere 3020 tractor operators manual sn 0 67999~~

~~john deere 468 baler manual~~

john deere 445 service manual

~~john deere 3650 service manual~~

Kubota Manual B78 :

blood pressure down the 10 step plan to lower your blood pressure - May 18 2023

web blood pressure down the 10 step plan to lower your blood pressure in 4 weeks without prescription drugs brill janet

bond ph d degoma emil m m d woelf virginia amazon sg books

blood pressure down the 10 step plan to lower your blood pressure - Oct 23 2023

web details sold by amazon sg add to cart s 28 16 s 9 97 delivery sold by amazon us roll over image to zoom in blood

pressure down the 10 step plan to lower your blood pressure in 4 weeks without prescription drugs paperback illustrated 7

may 2013 by janet bond brill phd rd author 4 3 836 ratings see all formats and editions

blood pressure down the 10 step plan to lower your blood pressure - Jul 20 2023

web blood pressure down the 10 step plan to lower your blood pressure in 4 weeks without prescription drugs brill j 2013

three rivers press 1745 broadway new york ny 10019 softcover book 352 pp 15 isbn 978 0 307 98635 1

how to lower my blood pressure immediately medicinenet - Jun 07 2022

web dec 19 2022 skinless chicken or turkey eggs 8 stay away from saturated and trans fats avoid foods that are loaded with saturated and trans fats like fast food fried food and instant and frozen foods 9 reduce your sodium intake keep an eye on how much salt you eat since salt can increase blood pressure

lower your blood pressure with this simple trick nuffield health - Sep 10 2022

web jan 30 2017 the next day and starting with your right hand squeeze the device as far as it will go once fully contracted hold the squeeze for a full 2 minutes after the 2 minutes is up slowly release the pressure and rest for 1 minute repeat but this time use your left hand maintaining the same squeeze for 2 minutes and then a slow release

blood pressure down the 10 step plan to lower your blood pressure - Jul 08 2022

web while the author offers a 10 step process i will not follow all of the author s step to lower my blood pressure but will focus on incorporating steps 3 potassium 4 magnesium and 5 calcium some of 6 soy 7 dark chocolate into my life

8 exercises to help lower blood pressure cleveland clinic - Apr 05 2022

web jan 31 2022 brisk walking you ll have to walk faster than you normally walk to elevate your heart and breathing rate cycling riding your bike does count if it s done for at least 10 minutes and you

10 ways to lower blood pressure quick and long term - Jun 19 2023

web dec 15 2022 unfortunately there is no quick way to lower blood pressure without medical intervention the best way to lower blood pressure is with long term behavioral changes like reducing stress getting better sleep exercising and eating a low sodium diet but this takes time certain medications can also help

blood pressure down the 10 step plan to lower your blood pressure - Mar 04 2022

web pathology diseases cardiovascular blood pressure down the 10 step plan to lower your blood pressure in 4 weeks without prescription drugs audible audiobook unabridged janet bond brill phd rd ldn author 3 more 4 3 1 174 ratings see all formats and editions kindle 13 99 audiobook 0 00 free with your audible trial

blood pressure down the 10 step plan to lower your blood pressure - Sep 22 2023

web may 7 2013 in blood pressure down janet bond brill distills what she s learned over decades of helping her patients lower their blood pressure into a ten step lifestyle plan that s manageable for anyone you ll harness the power of blood pressure power foods like bananas spinach and yogurt

high blood pressure and older adults national institute on aging - May 06 2022

web oct 1 2022 high blood pressure is defined as systolic pressure of 130 or higher or a diastolic pressure of 80 or higher for older adults often the first number systolic is 130 or higher but the second number diastolic is less than 80 this problem is called isolated systolic hypertension and is due to age related stiffening of the major arteries

10 ways to control high blood pressure without medication - Aug 21 2023

web jul 12 2022 by making these 10 lifestyle changes you can lower your blood pressure and reduce your risk of heart disease by mayo clinic staff if you have high blood pressure you may wonder if medication is necessary to bring the numbers down but lifestyle plays a vital role in treating high blood pressure

[blood pressure down dr janet](#) - Aug 09 2022

web in 10 simple and delicious steps janet s unique plan harnesses the power of the lifestyle changes including elements of the dash diet proven to be the most effective medicine for hypertension blood pressure power foods like bananas yogurt soy and dark chocolate as well as exercise and stress reduction

10 ways to control high blood pressure without medication - Dec 13 2022

web mar 2 2021 by making these 10 lifestyle changes you can lower your blood pressure and reduce your risk of heart disease this article is written by mayo clinic staff if you ve been diagnosed with high blood pressure you might be worried about taking medication to bring your numbers down

[18 ways to lower your blood pressure healthline](#) - Apr 17 2023

web oct 17 2023 1 get enough exercise research suggests that both aerobic and resistance exercise can help delay or manage blood pressure and that after exercising blood pressure may be lower for up to 24

blood pressure down the 10 step plan to lower your blood pressure - Nov 12 2022

web may 7 2013 you ll harness the power of blood pressure power foods like bananas spinach and yogurt start a simple regimen of exercise and stress reduction stay on track with checklists meal

[how to lower blood pressure fast medical news today](#) - Feb 15 2023

web apr 21 2021 therapy deep breathing avoiding stressful situations where possible putting strategies such as better time management in place to limit known stressors mindfulness meditation yoga a 2018

[blood pressure down the 10 step plan to lower your blood pressure](#) - Oct 11 2022

web may 7 2013 blood pressure down the 10 step plan to lower your blood pressure in 4 weeks without prescription drugs by janet bond brill phd rd 5 0 write a review paperback 16 99 18 99 save 11 paperback 16 99 ebook 13 99 view all available formats editions ship this item qualifies for free shipping

blood pressure down the 10 step plan to lower your blo - Mar 16 2023

web jan 1 2013 a really good 10 step plan book with tips and hints to help you lower your blood pressure most of these steps involve changing your diet to do away with items that are harmful to you and your blood pressure replacing them with items that are better for lowering your blood pressure

[exercise a drug free approach to lowering high blood pressure](#) - Jan 14 2023

web nov 10 2022 how exercise lowers blood pressure regular exercise makes the heart stronger a stronger heart can pump

more blood with less effort as a result the force on the arteries decreases this lowers blood pressure blood pressure is measured in millimeters of mercury mm hg there are two numbers in a blood pressure reading

tous ensemble 2 ausgabe ab 2004 produktdetails ernst klett - Sep 04 2022

web tous ensemble 2 ausgabe ab 2004 cahier d activités mit lösungen band 2

tous ensemble 2 cahier d activités band 2 tous ensemble - Oct 05 2022

web tous ensemble 2 cahier d activites band 2 tous en pdf introduction tous ensemble 2 cahier d activites band 2 tous en pdf 2023 title tous ensemble 2

tous ensemble 2 cahier d activites band 2 tous en pdf - Feb 09 2023

web tous ensemble 2 cahier d activites band 2 tous en français ce2 cycle 2 pépites jan 22 2022 des activités de lecture et d écriture pour renforcer les compétences acquises

tous ensemble 2 cahier d activites band 2 tous en copy - Feb 26 2022

web tous ensemble 2 kitabı en iyi fiyatla burada tıkla tous ensemble 2 eserini hızlı ve kolay bir şekilde satın al

tous ensemble 2 cahier d activites band 2 tous en book - Dec 07 2022

web tous ensemble 2 cahier d activités band 2 tous ensemble ausgabe ab 2004 by anne crismat bernd grunwald mir bitte sagen ich bin in der 9 klasse und wir benutzen das

tous ensemble ausgabe ab 2013 ernst klett verlag - Aug 15 2023

web tous ensemble 2 ausgabe ab 2022 cahier d activités mit mediensammlung und lösungen

tous ensemble 2 cahier d activites band 2 tous en copy - Jun 01 2022

web mar 18 2023 tous ensemble 2 cahier d activites band 2 tous en 2 5 downloaded from uniport edu ng on march 18 2023 by guest formation et enseignement à distance jean

tous ensemble 2 cahier d activites band 2 tous en daniel - Nov 06 2022

web das cahier d activités zu tous ensemble werden ihre schülerinnen und schüler gerne zur hand nehmen es ist durchgängig vierfarbig gestaltet und enthält viele authentische

tous ensemble 2 cahier d activites band 2 tous en pdf 2023 - Aug 03 2022

web jun 23 2023 tous ensemble 2 cahier d activites band 2 tous en inspire 1 cahier d activités hachette fle mar 13 2023 web mar 27 2020 claire marchandeau inspire place l

tous ensemble 2 cahier d activités band 2 tous ensemble - Mar 10 2023

web sep 9 2021 tous ensemble 2 cahier d activites 2005 taschenbuch ebay cahier d activités band 2 das cahier d activités zu tous ensemble nimmt jeder gerne in die

tous deux ensemble traduction anglaise linguae - Sep 23 2021

tous ensemble 2 cahier d activites band 2 tous en uniport edu - Mar 30 2022

web jun 19 2023 tous ensemble 2 cahier d activites band 2 tous en 2 5 downloaded from uniport edu ng on june 19 2023 by guest prise en charge des patients et comme

tous ensemble 2 cahier d activites poche collectif fnac - Apr 11 2023

web ce cahier d exercices comporte 80 pages d activités complémentaires au livre de l élève de déclic 2 ce cahier regroupe des exercices écrits et d écoute

synonyme tous ensemble dictionnaire synonymes français - Nov 25 2021

web il y va de la crédibilité de la réforme que tous ensemble nous menons depuis plus de deux ans avec tant de détermination unesdoc unesco org unesdoc unesco org at

tous ensemble 2 cahier d activites band 2 tous en copy - Jan 28 2022

web adj mpl 1 complets entiers intégraux 2 indéfini l ensemble des la totalité des entièrement totalement tutti quanti accueillir à sa table tous ceux qui se présentent v

tous ensemble 2 ausgabe ab 2013 produktetails - Jun 13 2023

web tous ensemble 2 cahier d activites collectif klett libri des milliers de livres avec la livraison chez vous en 1 jour ou en magasin avec 5 de réduction

tous ensemble 2 kitabı ve fiyatı hepsiburada - Dec 27 2021

web pron indéf mpl 2 reprend un nom ou un pronom ou employé seul signifie toute chose ses amis étaient venus et tous l encourageaient tous azimuts adv dans toutes les

herunterladen tous ensemble 2 cahier d activités band 2 - Jan 08 2023

web tous ensemble 2 cahier d activites band 2 tous en is available in our book collection an online access to it is set as public so you can download it instantly our digital library

tous ensemble 2 ausgabe ab 2004 produktetails ernst klett - Jul 02 2022

web tous ensemble 2 cahier d activites band 2 tous en 2 5 downloaded from uniport edu ng on may 2 2023 by guest naturelles visuo gestuelles pratiques au sein des communautés

tous ensemble ausgabe ab 2022 ernst klett verlag - Jul 14 2023

web tous ensemble 2 cahier d activités mit audios und vokabeltrainer aktive seite kindergarten deutsch

tous ensemble 2 cahier d activites band 2 tous en pdf - Apr 30 2022

web may 26 2023 tous ensemble 2 cahier d activites band 2 tous en 1 6 downloaded from uniport edu ng on may 26 2023 by guest tous ensemble 2 cahier d activites band 2

tous ensemble 2 cahier d activités mit audios und vokabeltrainer - May 12 2023

web tous ensemble 2 cahier d activités band 2 tous ensemble ausgabe ab 2004 by anne crismat bernd grunwald de öbv
weitere informationen zu diesem produkt finden sie

définition tous les deux ensemble dictionnaire français reverso - Oct 25 2021

pcn c4 tofd pdf nondestructive testing test - May 11 2023

web pcn level2 tofd question paper 1 10 downloaded from uniport edu ng on august 26 2023 by guest pcn level2 tofd
question paper this is likewise one of the factors by

pcn level2 tofd question paper pdf old slydogskis - Aug 22 2021

pcn level2 tofd question paper thebookee net - Mar 09 2023

web sep 8 2023 access free pcn level2 tofd question paper pdf free copy cambridge english prepare level 2 student s book
kaplan sat subject test mathematics level 2

pcn level2 tofd question paper pdf marketspot uccs - Dec 06 2022

web 4 pcn level2 tofd question paper 2020 03 04 inspection the handbook of mechanical in service inspection puts a good
deal of emphasis on the compliance aspects and the

pcn level2 tofd question paper pdf uniport edu - Apr 10 2023

web pcn level2 tofd question paper list of ebooks and manuels about pcn level2 tofd question paper

pcn level2 tofd question paper instruction armour watson - Aug 02 2022

web 4 pcn level2 tofd question paper 2021 04 03 works 2e provides one of the most up to date and accurate overviews of
wireless principles technology and application it is ideal

general requirements for qualification - Jun 12 2023

web the pcn scheme is an international programme for the certification of conformance of non destructive testing 438300 or
e mail questions to pcn bindt org pcn gen page 3

tofd pdf pdf nondestructive testing ultrasound scribd - Apr 29 2022

web pcn level2 tofd question paper downloaded from staging nobaproject com by guest justice ponce industrial network
security amer society for nondestructive presents

pcn level2 tofd question paper thor byteorbit com - Jul 01 2022

web pcn level2 tofd question paper its contents of the package names of things and what they do setup and operation before
using this unit we are encourages you to read this

ultrasonic tofd level 2 lavender international - Jul 13 2023

web examinations work experience when where what to bring recommended reading list what is ultrasonic tofd time of flight diffraction is an ultrasonic technique developed

pcn level2 tofd question paper pdf uniport edu - Oct 04 2022

web pcn level2 tofd question paper 1 pcn level2 tofd question paper time of flight diffraction tofd pcn level2 tofd question paper persepolis wisc edu ndt

access free pcn level2 tofd question paper pdf free copy - Feb 08 2023

web mar 26 2023 pcn level2 tofd question paper 1 10 downloaded from uniport edu ng on march 26 2023 by guest pcn level2 tofd question paper this is likewise one of the

pcn level2 tofd question paper pdf blog fonedog - May 31 2022

web abstract time of flight diffraction technique tofd is considered as one of the fastest methods of non destructive testing ndt since a weld can be characterized to a certain

pcn level2 tofd question paper tunxis community college - Jan 27 2022

web download ebook pcn level2 tofd question paper 4ad pcn level2 tofd question paper 1 download ebook pcn level2 tofd question paper this is likewise one of the factors by

pcnlevel2tofdquestionpaper pdf academy robotistan - Dec 26 2021

web oct 10 2020 tnp cb ae previous papers those who have applied for this tnp cb recruitment 2020 they all needed to use this tamil nadu pollution control board

pcn level2 tofd question paper pdf 2 brb org - Nov 05 2022

web jul 1 2023 pcn level2 tofd question paper 1 8 downloaded from uniport edu ng on july 1 2023 by guest pcn level2 tofd question paper when people should go to the

pcn level2 tofd question paper staging nobaproject com - Mar 29 2022

web pcn level2 tofd question paper 1 pcn level2 tofd question paper right here we have countless books pcn level2 tofd question paper and collections to check out we

tnpcb ae previous papers get tnp cb question papers - Nov 24 2021

web tofd question paper but stop going on in harmful downloads pcn level2 tofd question paper reacthealthy com to be eligible for the pcn level 2 examination an eye test

pcn level2 tofd question paper pdf monograf - Sep 22 2021

web favourite page 2 3 read pdf pcn level2 tofd question paper activity it will be one of assistance of your life bearing in mind pcn level2 tofd question paper

pcn level2 tofd question paper 2022 bk swordsswords - Sep 03 2022

web nov 21 2020 pcn level2 tofd question paper pcn level2 tofd question paper test1 ru to be eligible for the pcn level 2 examination an eye test must be passed

pcn level2 tofd question paper pdf uniport edu - Jan 07 2023

web pcn level2 tofd question paper 1 pcn level2 tofd question paper as recognized adventure as with ease as experience practically lesson amusement as capably as

pcn tofd rules and questions pdf nondestructive testing - Aug 14 2023

web level 2 syllabus 3 general theory note candidates for this exam will already hold ut welds level 2 and its syllabus is contained in pcn gen appendix c1 2 4 sector

pcn level2 tofd question paper 2022 warehouse aquavape co - Oct 24 2021

web if you wish to download and install the pcn level2 tofd question paper it is definitely easy then back currently we extend the associate to purchase and create bargains to

pcn level2 tofd question paper giga - Feb 25 2022

web pcn level2 tofd question paper forms radionuclides organochlorine pesticides and polycyclic aromatic hydrocarbons in bottom sediments as well as total metal