BACK TO SCHOOLS ITO [1]

Handbook home page [2]

where to store ICT equipment in a work place. [17]

- General guidance for interpreting QCF qualification levels [3]
- Link to assessor's guide to interpreting the criteria for this unit [4]

• Click on the links in the table below for specific guidance on the assessment criteria.

# Entry Level 2, Unit 8 - Using ICT Equipment in a Work Place (2 credits)

1. Know health and safety rules when using ICT equipment in a work place.	2. Know types of ICT equipment in a work place.	3. Be able to use ICT equipment in a work place.	4. Be able to look after ICT equipment in a work place.
<u>1.1 Follow health</u> and safety rules when using ICT equipment in a work place. [5]	2.1 Identify types of common ICT equipment used in a work place. [6]	3.1 Identify why ICT equipment must be checked for safety. [7]	4.1 Identify ways to keep an ICT work station tidy. [8]
1.2 Identify who to report faulty ICT equipment to. [9]	2.2 Name common pieces of ICT equipment used in a work place. [10]	3.2 Check that ICT equipment is safe to use. [11]	4.2 Tidy ICT equipment after use. [12]
<u>1.3 Identify who</u> <u>to report an</u> <u>accident to.</u> [13]	2.3 Identify his/her use of ICT equipment in a work place. [14]	<u>3.3 Carry out</u> activities in the work place using ICT equipment safely. [15]	<u>4.3 Turn ICT</u> equipment on and off. [16]
			4.4 Identify

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# Links to ITQ units

Entry Level	Level 1	Level 2	Level 3
<u>Entry Level 1.</u> <u>Unit R -</u> <u>Registration</u> [19]	Level 1, Unit R - Registration [20]	Level 2, Unit R - Registration [21]	Level 3, Unit R - Registration [22]
Entry Level 1, Unit 1 - Improving Productivity Using IT (1 credit) [23]	Level 1, Unit 1 - Improving Productivity Using IT (3 credits) [24]	Level 2, Unit 1 - Improving Productivity Using IT (4 credits) [25]	Level 3, Unit 1 - Improving Productivity Using IT (5 credits) [26]
Entry Level 1, Unit 2 - Using ICT to Select and Exchange Information (2 credits) [27]	Level 1, Unit 2 - Website Software (3 credits) [28]	Level 2, Unit 2 - Website Software (4 credits) [29]	<u>Level 3, Unit 2 -</u> <u>Website Software</u> <u>(5 credits)</u> [30]
Entry Level 1, Unit 3 - Online Basics (2 credits) [31]	Level 1, Unit 3 - Using Collaborative Technologies (3 credits) [32]	Level 2, Unit 3 - Using Collaborative Technologies (4 credits) [33]	Level 3, Unit 3 - Using Collaborative Technologies (6 credits) [34]
Entry Level 1, Unit 4 - Desktop Publishing Software (2 credits) [35]	Level 1. Unit 4 - IT Security for Users (1 credit) [36]	Level 2, Unit 4 - IT Security for Users (2 credits) [37]	Level 3. Unit 4 - IT Security for Users (3 credits) [38]
Entry Level 1, Unit 5 - Safe Working Practices (2 credits) [39]	Level 1, Unit 5 - Spreadsheet Software (3 credits) [40]	Level 2, Unit 5 - Spreadsheet Software (4 credits) [41]	<u>Level 3, Unit 5 -</u> <u>Spreadsheet</u> <u>Software (6</u> <u>credits)</u> [42]
Entry Level 1, Unit 6 - Using ICT in the Workplace (2 credits) [43]	<u>Level 1, Unit 6 -</u> <u>Specialist</u> <u>Software (2</u> <u>credits)</u> [44]	Level 2, Unit 6 - Specialist software (3 credits) [45]	<u>Level 3. Unit 6 -</u> <u>Specialist</u> <u>Software (4</u> <u>credits)</u> [46]
Entry Level 1, Unit 7 - Imaging software (2 credits) [47]	Level 1, Unit 7 - Word Processing (3 credits) [48]	Level 2, Unit 7 - Word processing (4 credits) [49]	Level 3, Unit 7 - Word Processing Software (6 credits) [50]
Entry Level 1, Unit 8 - Using ICT Equipment in a Work Place (2 credits) [51]	Level 1, Unit 8 - Using the Internet (3 credits) [52]	Level 2, Unit 8 - Using the internet (4 credits) [53]	Level 3, Unit 8 - Using the Internet (5 credits) [54]
Entry Loyal 1	Level 1 Unit 9 -	Level 2 Unit 9	Lovel 3 Unit 9 -

Entry Level 1,Level 1, Unit 9 -Level 2, Unit 9 -Level 3, Unit 9 -(function(i,s,o,g,r,a,m){i['GoogleAnalyticsObject']=r;i[r]=i[r]]|function(){ (i[r].q=i[r].q||[]).push(arguments)},i[r].l=1\*newDate();a=s.createElement(o), m=s.getElementsByTagName(o)[0];a.async=1;a.src=g;m.parentNode.insertBegee2,afn]1})(window,document,'script','//www.google-analytics.com/analytics.js','ga'); ga('create', 'UA-46896377-2', 'auto'); ga('send', 'pageview');

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<u>Unit 9 - Using</u> <u>Word Processing</u> <u>Software (2</u> <u>credits)</u> [55]	Drawing and planning (2 credits) [56]	<u>Drawing and</u> planning ( <u>3</u> credits) [57]	<u>Drawing and</u> <u>Planning Software</u> <u>(4 credits)</u> [58]
Entry Level 1. Unit 11 - Audio and Video Software (2 credits) [59]	Level 1, Unit 10 - Presentation Software (3 credits) [60]	Level 2, Unit 10 - Presentation software (4 credits) [61]	Level 3, Unit 10 - Presentation Software (6 credits) [62]
Entry Level 1. Unit 12 - Presentation Software (2 credits) [63]	Level 1, Unit 11 - Database Software (3 credits) [64]	Level 2, Unit 11 - Database software (4 credits) [65]	Level 3, Unit 11 - Database Software (6 credits) [66]
Entry Level 1, Unit 13 - Computer Games Development (2 credits) [67]	Level 1, Unit 12 - Desktop Publishing Software (3 credits) [68]	Level 2, Unit 12 - Desktop Publishing Software (4 credits) [69]	Level 3, Unit 12 - Desktop Publishing Software (5 credits) [70]
Entry Level 1, Unit 14 - Video Communication (2 credits) [71]	Level 1, Unit 13 - Using Email (2 credits) [72]	Level 2, Unit 13 - Using Email (3 credits) [73]	Level 3. Unit 13 - Using Email (3 credits) [74]
Entry Level 1. Unit 29 - Understand social media (2 credits) [75]	Level 1, Unit 14 - Audio Software (2 credits) [76]	Level 2, Unit 14 - Audio Software (3 credits) [77]	Level 3, Unit 14 - Audio Software (4 credits) [78]
<u>Entry Level 2.</u> <u>Unit R -</u> <u>Registration</u> [79]	Level 1, Unit 15 - Imaging Software (3 credits) [80]	Level 2, Unit 15 - Imaging Software (4 credits) [81]	Level 3, Unit 15 - Imaging Software (5 credits) [82]
Entry Level 2. Unit 1 - Improving Productivity Using IT (2 credits) [83]	Level 1, Unit 16 - IT Communication Fundamentals (2 credits) [84]	Level 2, Unit 16 - IT Communication Fundamentals (2 credits) [85]	Level 3, Unit 17 - Video Software (4 credits) [86]
Entry Level 2. Unit 2 - Using ICT to Select and Exchange Information (2 credits) [87]	<u>Level 1, Unit 17 -</u> <u>Video Software (2</u> <u>credits)</u> [88]	<u>Level 2, Unit 17 -</u> <u>Video Software (3</u> <u>credits)</u> [89]	<u>Level 3, Unit 23 -</u> <u>Multimedia</u> <u>Software (6</u> <u>credits)</u> [90]
Entry Level 2. <u>Unit 3 - Online</u> Basics (2 credits) [91]	Level 1, Unit 18 - IT Software Fundamentals (3 credits) [92]	Level 2, Unit 18 - IT Software Fundamentals (3 credits) [93]	Level 3, Unit 24 - Additive Manufacture (6 credits) [94]
<u>Entry Level 2.</u> <u>Unit 4 -Desktop</u>	<u>Level 1, Unit 19 -</u> IT User	<u>Level 2, Unit 19 -</u> I <u>T User</u>	<u>Level 3, Unit 27 -</u> Design Software

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Publishing Software (2 credits) [95]	<u>Fundamentals (3</u> <u>credits)</u> [96]	<u>Fundamentals (3</u> <u>credits)</u> [97]	<u>(5 credits)</u> [98]
Entry Level 2. Unit 5 - Using ICT: Safe Working Practices (1 credit) [99]	Level 1, Unit 20 - Using Mobile IT Devices (2 credits) [100]	Level 2. Unit 20 - Using Mobile IT Devices (2 credits) [101]	Level 3, Unit 28 - Optimise IT System Performance (5 credits) [102]
Entry Level 2. Unit 6 - Using ICT in the Workplace (3 credits) [103]	Level 1, Unit 21 - Data Management Software (2 credits) [104]	Level 2, Unit 21 - Data Management Software (3 credits) [105]	Level 3, Unit 29 - Set Up an IT System (5 credits) [106]
Entry Level 2. Unit 7 - Imaging software (2 credits) [107]	Level 1, Unit 22- Understanding the social and environmental impact of architecture and construction (3 credits) [108]	Level 2, Unit 22 -Understanding the social and environmental impact of architecture and construction (4 credits) [109]	Level 3, Unit 32 - Computerised Accounting Software (5 credits) [110]
Entry Level 2, Unit 8 - Using ICT Equipment in a Work Place (2 credits) [111]	Level 1, Unit 23 - Multimedia Software (3 credits) [112]	Level 2, Unit 23 - Multimedia Software (4 credits) [113]	Level 3, Unit 33 - Application Development Using Project Management Methods (6 credits) [114]
Entry Level 2. Unit 9 - Using Word Processing Software (2 credits) [115]	Level 1, Unit 24 - Additive Manufacture (3 credits) [116]	Level 2, Unit 24 - Additive Manufacture (3 credits) [117]	Level 3, Unit 37 - Internet of Things (6 credits) [118]
Entry Level 2. Unit 10 - ICT for Employment (1 credit) [119]	Level 1, Unit 25 - Developing Computer Games and Puzzles (4 credits) [120]	Level 2, Unit 25 - Developing Computer Games and Puzzles (4 credits) [121]	Level 3, Unit 40 - Cloud Based Services and Applications (5 credits) [122]
Entry Level 2. Unit 11 - Audio and Video Software (2 credits) [123]	Level 1, Unit 26 - Computer Games Development (3 credits) [124]	Level 2, Unit 26 - Computer Games Development (4 credits) [125]	Level 3, Unit 41 - Cloud Based Systems and Security (5 credits) [126]
Entry Level 2. Unit 12 - Presentation Software (2 credits) [127]	Level 1, Unit 27 - Design Software (3 credits) [128]	Level 2, Unit 27 - Design Software (4 credits) [129]	Level 3, Unit 42 - Undertaking a RealWorld Project (5 credits) [130]
Entry Level 2.	<u>Level 1, Unit 28 -</u>	<u>Level 2, Unit 28 -</u>	<u>Level 3, Unit 44 -</u>

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<u>Unit 14 - Video</u> <u>Communication (2</u> <u>credits)</u> [131]	<u>Optimise IT</u> <u>System</u> <u>Performance (2</u> <u>credits)</u> [132]	<u>Optimise IT</u> <u>System</u> Performance (4 credits) [133]	Bespoke Software (4 credits) [134]
Entry Level 2, <u>Unit 16 - Using</u> <u>Collaborative</u> <u>Technologies (2</u> <u>credits)</u> [135]	Level 1, Unit 29 - Set Up an IT System (3 credits) [136]	Level 2, Unit 29 - Set Up an IT System (4 credits) [137]	Level 3, Unit 57 - Networking Fundamentals (5 credits) [138]
<u>Entry Level 2,</u> <u>Unit 26 -</u> <u>Computer Games</u> <u>Development (2</u> <u>credits)</u> [139]	<u>Level 1, Unit 30 -</u> <u>CAD (3 credits)</u> [140]	<u>Level 2, Unit 30 -</u> <u>CAD (3 credits)</u> [141]	Level 3, Unit 60 - Cisco CCNA 1 - Introduction to Networks (6 credits) [142]
Entry Level 2, <u>Unit 29 -</u> <u>Understand social</u> media (2 credits) [143]	Level 1, Unit 31 - Internet Safety for IT users (3 credits) [144]	Level 2, Unit 32 - Computerised Accounting Software (3 credits) [145]	Level 3, Unit 61 - Cisco CCNA 2 - Routing and Switching (6 credits) [146]
Entry Level 2. Unit 32 - Website Software (2 credits) [147]	Level 1, Unit 32 - Computerised Accounting Software (2 credits) [148]	Level 2, Unit 33 - Application Development Using Project Management Methods (4 credits) [149]	Level 3, Unit 62 - Cisco CCNA 3 - Scaling Networks (6 credits) [150]
<u>Entry Level 2,</u> <u>Unit 36 - Specialist</u> <u>Software (2</u> <u>credits)</u> [151]	Level 1, Unit 36 - Financial Modelling (3 credits) [152]	Level 2, Unit 34 - Developing skills for project management (4 credits) [153]	Level 3, Unit 63 - Cisco CCNA 4 - Connecting Networks (6 credits) [154]
<u>Entry Level 3,</u> <u>Unit R -</u> <u>Registration</u> [155]	Level 1, Unit 38 - Animation Software (3 credits) [156]	Level 2, Unit 35 - Using Project Management Software (4 credits) [157]	<u>Level 3, Unit 64 -</u> <u>Cisco – CCNA</u> <u>Security (6</u> <u>credits)</u> [158]
Entry Level 3, Unit 1 - Improving Productivity Using IT (3 credits) [159]	Level 1, Unit 39 - Digital Art (3 credits) [160]	Level 2, Unit 38 - Animation Software (4 credits) [161]	Level 3, Unit 65 - Cisco - CyberSecurity Essentials (6 credits) [162]
Entry Level 3, Unit 2 - Online Basics (1 credit) [163]	Level 1, Unit 43 - E-safety for learners (2 credits) [164]	Level 2, Unit 39 - Digital Art (4 credits) [165]	<u>Level 3, Unit 66 -</u> <u>Cisco – IT</u> <u>Essentials (6</u> <u>credits)</u> [166]
<u>Entry Level 3,</u> <u>Unit 3 - Desktop</u> Publishing	<u>Level 1, Unit 50 -</u> Developing skills for remote	<u>Level 2, Unit 43 -</u> <u>E-safety for</u> <u>learners (3</u>	<u>Level 3, Unit 67 -</u> <u>Cisco -</u> Networking

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<u>Software (2</u> <u>credits)</u> [167]	<u>working (3 credits)</u> [168]	<u>credits)</u> [169]	<u>Essentials (6</u> <u>credits)</u> [170]
Entry Level 3. Unit 4 - Displaying Information Using ICT (3 credits) [171]	Level 1, Unit 51 - Effectiveness communication using remote systems (4 credits) [172]	Level 2, Unit 50 - Developing skills for remote working (3 credits) [173]	
Entry Level 3. Unit 5 - Using ICT to Find Information (3 credits) [174]	Level 1, Unit 102 - Digital Editing and Publishing (4 credits) [175]	Level 2, Unit 51 - Effectiveness communication using remote systems (4 credits) [176]	
Entry Level 3, Unit 6 - Communicating Information Using ICT (3 credits) [177]	Level 1, Unit 103 - Digital Modelling (4 credits) [178]	DELLevel 2, Unit 70 - Understanding of Cyber Security and Online Threats (3 credits) [179]	
Entry Level 3. Unit 7 - Producing Charts Using ICT (3 credits) [180]	Level 1, Unit 105 - Digital Design and Graphics (4 credits) [181]	DELLevel 2, Unit 71 - Analysing and Evaluating Cyber Threats (3 credits) [182]	
Entry Level 3, Unit 8 - IT Security for users (1 credit) [183]		DELLevel 2, Unit 72 - Applying and Deploying Security Tools and Best Practice (3 credits) [184]	
Entry Level 3. Unit 10 - Presentation software (2 credits) [185]		DELLevel 2, Unit 73 - Extended Project: Securing and Defending Online Systems (6 credits) [186]	
Entry Level 3. Unit 14 - Audio and Video Software (2 credits) [187]		Level 2, Unit 80 - Digital Tools and Best Practice for Project Management (5 credits) [188]	
Entry Level 3, Unit 15 - Imaging Software (2 credits) [189]		Level 2, Unit 81 - Digital Safety and Security Policies and Procedures (4 credits) [190]	

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Entry Level 3, Unit 20 -Introduction to Using mobile IT devices (2 credits) [193]

Entry Level 3, Unit 23 -Multimedia Software (2 credits) [195]

Entry Level 3. Unit 25 -Developing Computer Games and Puzzles (3 credits) [197]

Entry Level 3, Unit 26 -Computer Games Development (3 credits) [199]

Entry Level 3, Unit 28 - Personal information management software (1 credit) [200]

Entry Level 3, Unit 32 - Website Software (2 credits) [201]

Entry Level 3, Unit 36 - Specialist Software (2 credits) [151] Level 2, Unit 82 -Digital Editing and Publishing (3 credits) [192]

Level 2, Unit 83 -Digital Design and Graphics (3 credits) [194]

Level 2, Unit 84 -Digital Modelling and Data Management (3 credits) [196]

Level 2, Unit 85 -Virtual Reality and the Development Life Cycle (4 credits) [198]

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#### Links

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[1] https://theingots.org/community/ITQ unit development [2] https://theingots.org/community/handbook2 [3] https://theingots.org/community/QCF levels [4] https://theingots.org/community/SIEL2U1X [5] https://theingots.org/community/siel2u8x#1.1 [6] https://theingots.org/community/siel2u8x#2.1 [7] https://theingots.org/community/siel2u8x#3.1 [8] https://theingots.org/community/siel2u8x#4.1 [9] https://theingots.org/community/siel2u8x#1.2 [10] https://theingots.org/community/siel2u8x#2.2 [11] https://theingots.org/community/siel2u8x#3.2 [12] https://theingots.org/community/siel2u8x#4.2 [13] https://theingots.org/community/siel2u8x#1.3 [14] https://theingots.org/community/siel2u8x#2.3 [15] https://theingots.org/community/siel2u8x#3.3 [16] https://theingots.org/community/siel2u8x#4.3 [17] https://theingots.org/community/siel2u8x#4.4 [18] https://theingots.org/community/siel2u8i [19] https://theingots.org/community/siel1u0reg [20] https://theingots.org/community/sil1u0reg [21] https://theingots.org/community/sil2u0reg [22] https://theingots.org/community/sil3u0reg [23] https://theingots.org/community/siel1u1 [24] https://theingots.org/community/sil1u1 [25] https://theingots.org/community/sil2u1 [26] https://theingots.org/community/sil3u1 [27] https://theingots.org/community/siel1u2 [28] https://theingots.org/community/sil1u2 [29] https://theingots.org/community/sil2u2 [30] https://theingots.org/community/sil3u2 [31] https://theingots.org/community/siel1u3 [32] https://theingots.org/community/sil1u3 [33] https://theingots.org/community/sil2u3 [34] https://theingots.org/community/sil3u3 [35] https://theingots.org/community/siel1u4 [36] https://theingots.org/community/sil1u4 [37] https://theingots.org/community/sil2u4 [38] https://theingots.org/community/sil3u4 [39] https://theingots.org/community/siel1u5 [40] https://theingots.org/community/sil1u5 [41] https://theingots.org/community/sil2u5 [42] https://theingots.org/community/sil3u5 [43] https://theingots.org/community/siel1u6 [44] https://theingots.org/community/sil1u6 [45] https://theingots.org/community/sil2u6 [46] https://theingots.org/community/sil3u6 [47] https://theingots.org/community/siel1u7 [48] https://theingots.org/community/sil1u7 [49] https://theingots.org/community/sil2u7 [50] https://theingots.org/community/sil3u7 [51] https://theingots.org/community/siel1u8 [52] https://theingots.org/community/sil1u8 [53] https://theingots.org/community/sil2u8 [54] https://theingots.org/community/sil3u8

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[55] https://theingots.org/community/siel1u9 [56] https://theingots.org/community/sil1u9 [57] https://theingots.org/community/sil2u9 [58] https://theingots.org/community/sil3u9 [59] https://theingots.org/community/siel1u11 [60] https://theingots.org/community/sil1u10 [61] https://theingots.org/community/sil2u10 [62] https://theingots.org/community/sil3u10 [63] https://theingots.org/community/siel1u12 [64] https://theingots.org/community/sil1u11 [65] https://theingots.org/community/sil2u11 [66] https://theingots.org/community/sil3u11 [67] https://theingots.org/community/siel1u13 [68] https://theingots.org/community/sil1u12 [69] https://theingots.org/community/sil2u12 [70] https://theingots.org/community/sil3u12 [71] https://theingots.org/community/siel1u14 [72] https://theingots.org/community/sil1u13 [73] https://theingots.org/community/sil2u13 [74] https://theingots.org/community/sil3u13 [75] https://theingots.org/community/siel1u29 [76] https://theingots.org/community/sil1U14 [77] https://theingots.org/community/sil2u14 [78] https://theingots.org/community/sil3u14 [79] https://theingots.org/community/siel2u0reg [80] https://theingots.org/community/sil1u15 [81] https://theingots.org/community/sil2u15 [82] https://theingots.org/community/sil3u15 [83] https://theingots.org/community/siel2u1 [84] https://theingots.org/community/sil1u16 [85] https://theingots.org/community/sil2u16 [86] https://theingots.org/community/sil3u17 [87] https://theingots.org/community/siel2u2 [88] https://theingots.org/community/sil1u17 [89] https://theingots.org/community/sil2u17 [90] https://theingots.org/community/sil3u23 [91] https://theingots.org/community/siel2u3 [92] https://theingots.org/community/sil1u18 [93] https://theingots.org/community/sil2u18 [94] https://theingots.org/community/sil3u24 [95] https://theingots.org/community/siel2u4 [96] https://theingots.org/community/sil1u19 [97] https://theingots.org/community/sil2u19 [98] https://theingots.org/community/sil3u27 [99] https://theingots.org/community/siel2u5 [100] https://theingots.org/community/sil1u20 [101] https://theingots.org/community/sil2u20 [102] https://theingots.org/community/sil3U28 [103] https://theingots.org/community/siel2u6 [104] https://theingots.org/community/sil1u21 [105] https://theingots.org/community/sil2u21 [106] https://theingots.org/community/sil3u29 [107] https://theingots.org/community/siel2u7 [108] https://theingots.org/community/sil1u22 [109] https://theingots.org/community/sil2u22 [110] https://theingots.org/community/sil3u32 [111] https://theingots.org/community/siel2u8 [112] https://theingots.org/community/sil1u23 [113] https://theingots.org/community/sil2u23

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[114] https://theingots.org/community/sil3u33 [115] https://theingots.org/community/siel2u9 [116] https://theingots.org/community/sil1u24 [117] https://theingots.org/community/sil2u24 [118] https://theingots.org/community/sil3u37 [119] https://theingots.org/community/siel2u10 [120] https://theingots.org/community/sil1u25 [121] https://theingots.org/community/sil2u25 [122] https://theingots.org/community/sil3u40 [123] https://theingots.org/community/siel2u11 [124] https://theingots.org/community/sil1u26 [125] https://theingots.org/community/sil2u26 [126] https://theingots.org/community/sil3u41 [127] https://theingots.org/community/siel2u12 [128] https://theingots.org/community/sil1u27 [129] https://theingots.org/community/sil2u27 [130] https://theingots.org/community/sil3u42 [131] https://theingots.org/community/siel2u14 [132] https://theingots.org/community/sil1u28 [133] https://theingots.org/community/sil2u28 [134] https://theingots.org/community/sil3u44 [135] https://theingots.org/community/siel2u16 [136] https://theingots.org/community/sil1u29 [137] https://theingots.org/community/sil2u29 [138] https://theingots.org/community/sil3u57 [139] https://theingots.org/community/siel2u26 [140] https://theingots.org/community/sil1u30 [141] https://theingots.org/community/sil2u30 [142] https://theingots.org/community/sil3u60 [143] https://theingots.org/community/siel2u29 [144] https://theingots.org/community/sil1u31 [145] https://theingots.org/community/sil2u32 [146] https://theingots.org/community/sil3u61 [147] https://theingots.org/community/siel2u32 [148] https://theingots.org/community/sil1u32 [149] https://theingots.org/community/sil2u33 [150] https://theingots.org/community/sil3u62 [151] https://theingots.org/community/siel3u36 [152] https://theingots.org/community/sil1u36 [153] https://theingots.org/community/sil2u34 [154] https://theingots.org/community/sil3u63 [155] https://theingots.org/community/siel3u0reg [156] https://theingots.org/community/sil1u38 [157] https://theingots.org/community/sil2u35 [158] https://theingots.org/community/sil3u64 [159] https://theingots.org/community/siel3u1 [160] https://theingots.org/community/sil1u39 [161] https://theingots.org/community/sil2u38 [162] https://theingots.org/community/sil3u65 [163] https://theingots.org/community/siel3u2 [164] https://theingots.org/community/sil1u43 [165] https://theingots.org/community/sil2u39 [166] https://theingots.org/community/sil3u66 [167] https://theingots.org/community/siel3u3 [168] https://theingots.org/community/sil1u50 [169] https://theingots.org/community/sil2u43 [170] https://theingots.org/community/sil3u67 [171] https://theingots.org/community/siel3u noprogression 1169 [172] https://theingots.org/community/sil1u51

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[173] https://theingots.org/community/sil2u50 [174] https://theingots.org/community/siel3u5 [175] https://theingots.org/community/sil1u102 [176] https://theingots.org/community/sil2u51 [177] https://theingots.org/community/siel3u6 [178] https://theingots.org/community/sil1u103 [179] https://theingots.org/community/sil2u70 [180] https://theingots.org/community/siel3u7 [181] https://theingots.org/community/sil1u105 [182] https://theingots.org/community/sil2u71 [183] https://theingots.org/community/siel3u4 [184] https://theingots.org/community/sil2u72 [185] https://theingots.org/community/siel3u10 [186] https://theingots.org/community/sil2u73 [187] https://theingots.org/community/siel3u14 [188] https://theingots.org/community/sil2u80 [189] https://theingots.org/community/siel3u15 [190] https://theingots.org/community/sil2u81 [191] https://theingots.org/community/siel3u16 [192] https://theingots.org/community/sil2u82 [193] https://theingots.org/community/siel3u20 [194] https://theingots.org/community/sil2u83 [195] https://theingots.org/community/siel3u23 [196] https://theingots.org/community/sil2u84 [197] https://theingots.org/community/siel3u25 [198] https://theingots.org/community/sil2u85 [199] https://theingots.org/community/siel3u26 [200] https://theingots.org/community/siel3u28 [201] https://theingots.org/community/siel3u32

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