# How to Navigate the SHIPM Document

The SHIPM document is a PDF which requires the latest version of the Adobe reader. This link can be used to download the [free Adobe Reader](https://acrobat.adobe.com/us/en/products/pdf-reader.html).

To make navigation within SHIPM easier the Table of Contents contains links to each policy or section. *Click* on the item to go directly the policy from the Table of Contents.

To return to the Table of Contents, *Click* on the  + .

In addition, definitions associated with the SHIPM policies are linked to the SHIPM Definitions section at the back of the document. The first time the definition/term is used in a policy, words and phrases that have SHIPM definitions are hyperlinked to the corresponding definition. *Click* linked term to go directly the definition.

To return to the policy you had clicked from, *Click* on the  + .

To return to a previously clicked location, *Click* on the  + .