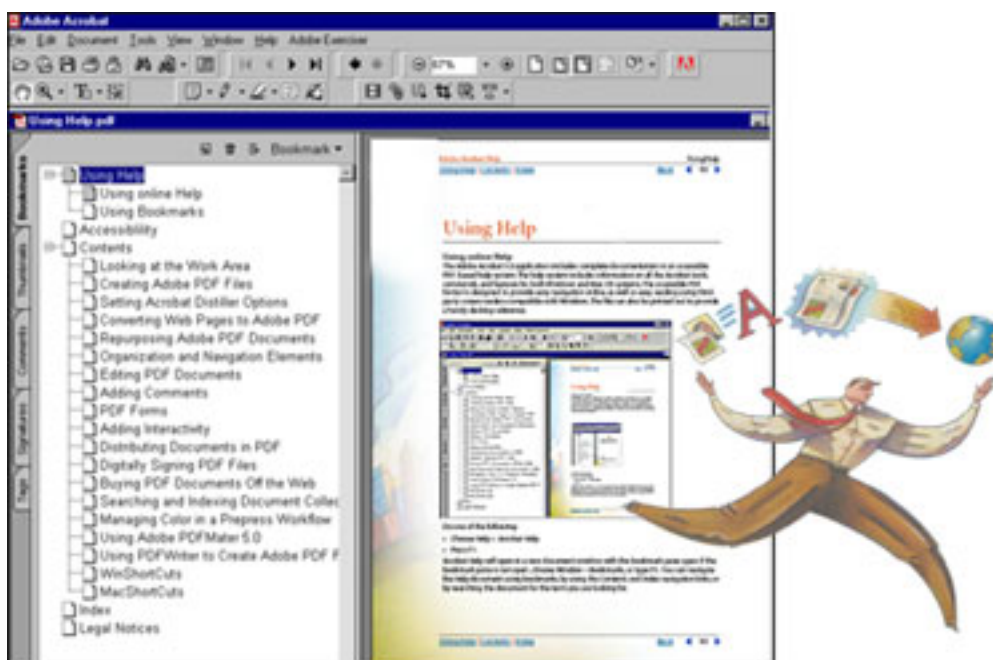


# Using Help

## Using online Help

The Adobe Acrobat 5.0 application includes complete documentation in an accessible PDF-based help system. The help system includes information on all the Acrobat tools, commands, and features for both Windows and Mac OS systems. The accessible PDF format is designed to provide easy navigation online, as well as easy reading using third-party screen readers compatible with Windows. The file can also be printed out to provide a handy desktop reference.



The online Help file displayed in Acrobat 5.0

### To start online Help:

Do one of the following:

- Choose Help > Acrobat Help.
- Press F1.

Acrobat Help will open in a new document window with the bookmark pane open. If the bookmark pane is not open, choose Window > Bookmarks, or type F5. You can navigate the Help document using bookmarks, by using the Contents and Index navigation links, or by searching the document for the term you are looking for.