

Instructions for Firefox Users:

In order to undertake the Osmosis Training online sessions using a Firefox browser, you will need to download and install the IE Tab Add-on. Please find below instructions on how to download and install the add-on (**please note that this method will only work for Windows users**):

- Go to [IE Tab Addon](#)
- Click on the green button that says "Add to Firefox (Windows)"
- Click "Install Now" in the box that appears.
- Once the installation is complete, click on "Restart Firefox" at the top of the list.
- After Firefox has restarted, close the add-ons window and proceed to the Osmosis Training website at www.osmosistraining.co.uk.
- When you are on the Osmosis Training home page, right click and select the "View Page in IE Tab" option in the list.
(please note that if you do not see this option in the list, try right clicking on another area of the page)

Once you have completed the set of instructions listed above you will be able to undertake the Osmosis Training online sessions.

Using a computer within a network may prevent you from altering settings and downloading Flash.