The "Help toolbar" shows up when you open the DynRisk-Help file. This file contains lots of information about how to use DynRisk. The information is organized as a set of topics. Each topic contains one or more pages of help text with corresponding illustrations.

Most of the buttons in the "Help toolbar" are used to navigate through the DynRisk-Help file. In particular you use the "Left-arrow" and "Right-arrow" buttons to move around in the current topic, and the "Up-arrow" and "Down-arrow" buttons to move from topic to topic.