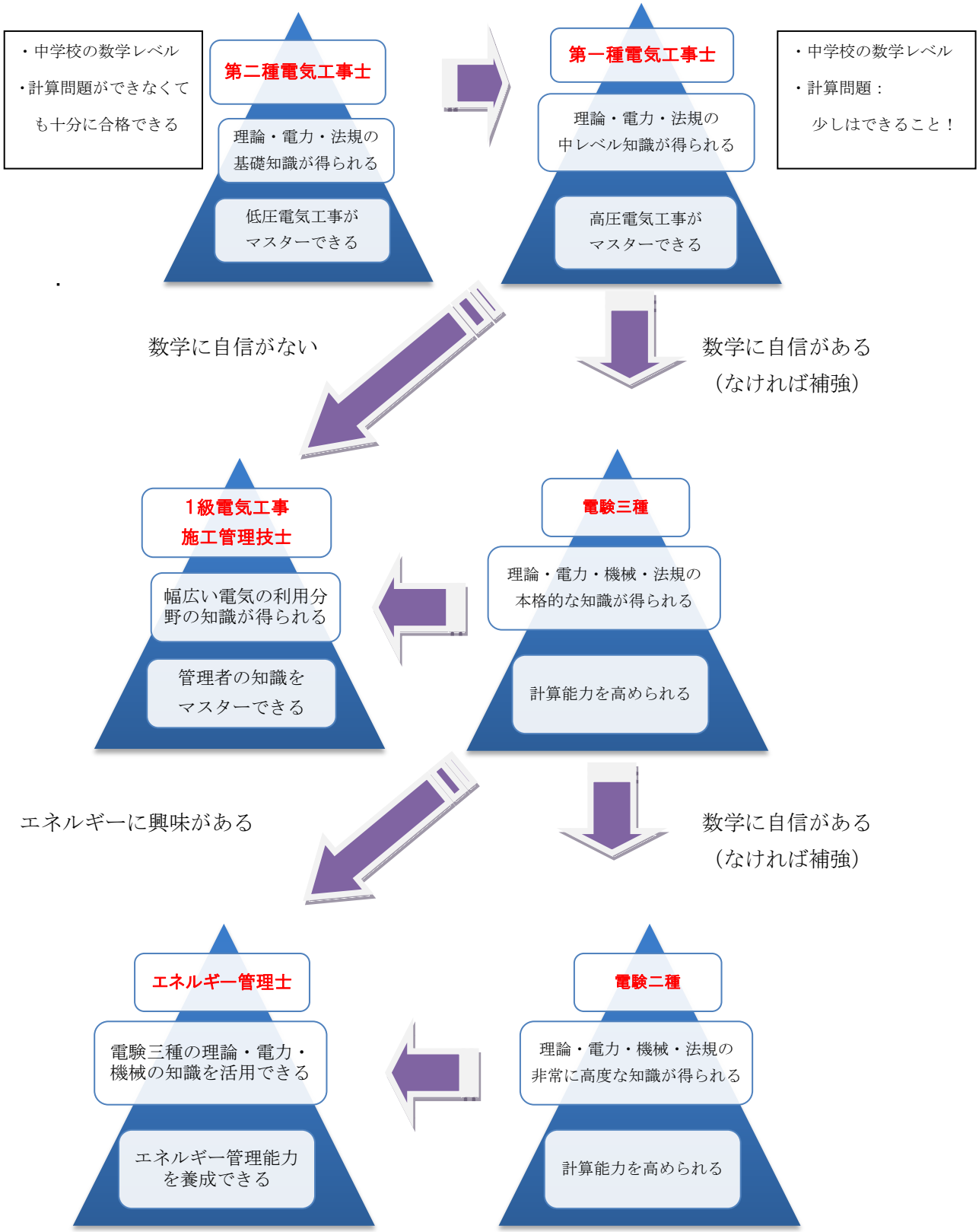ムリのない電気関係の資格取得のお奨め手順