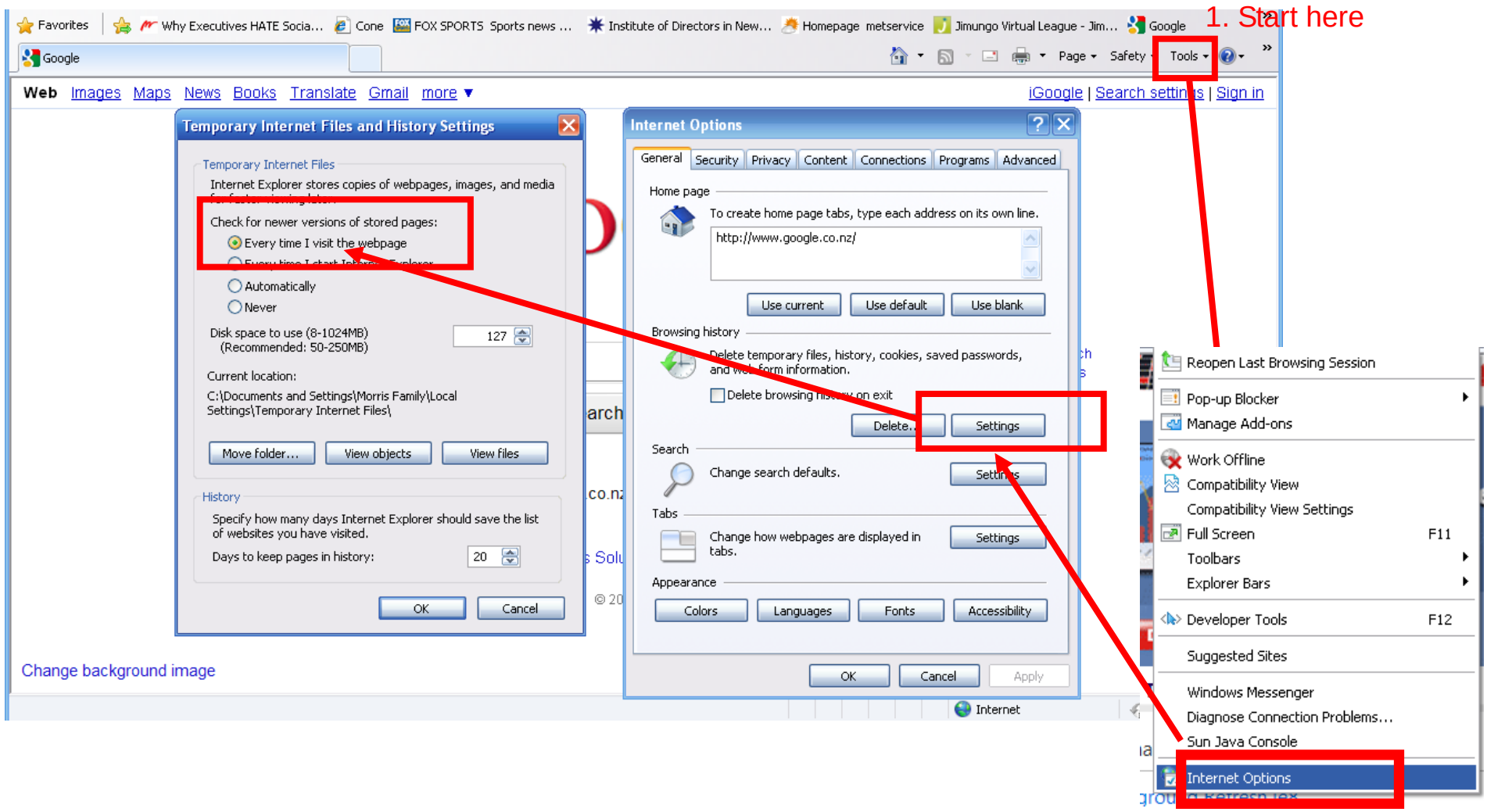
How to change your refresh options on IE8

Tools / Internet options / Settings / Change tick box to “Every time I visit the page”