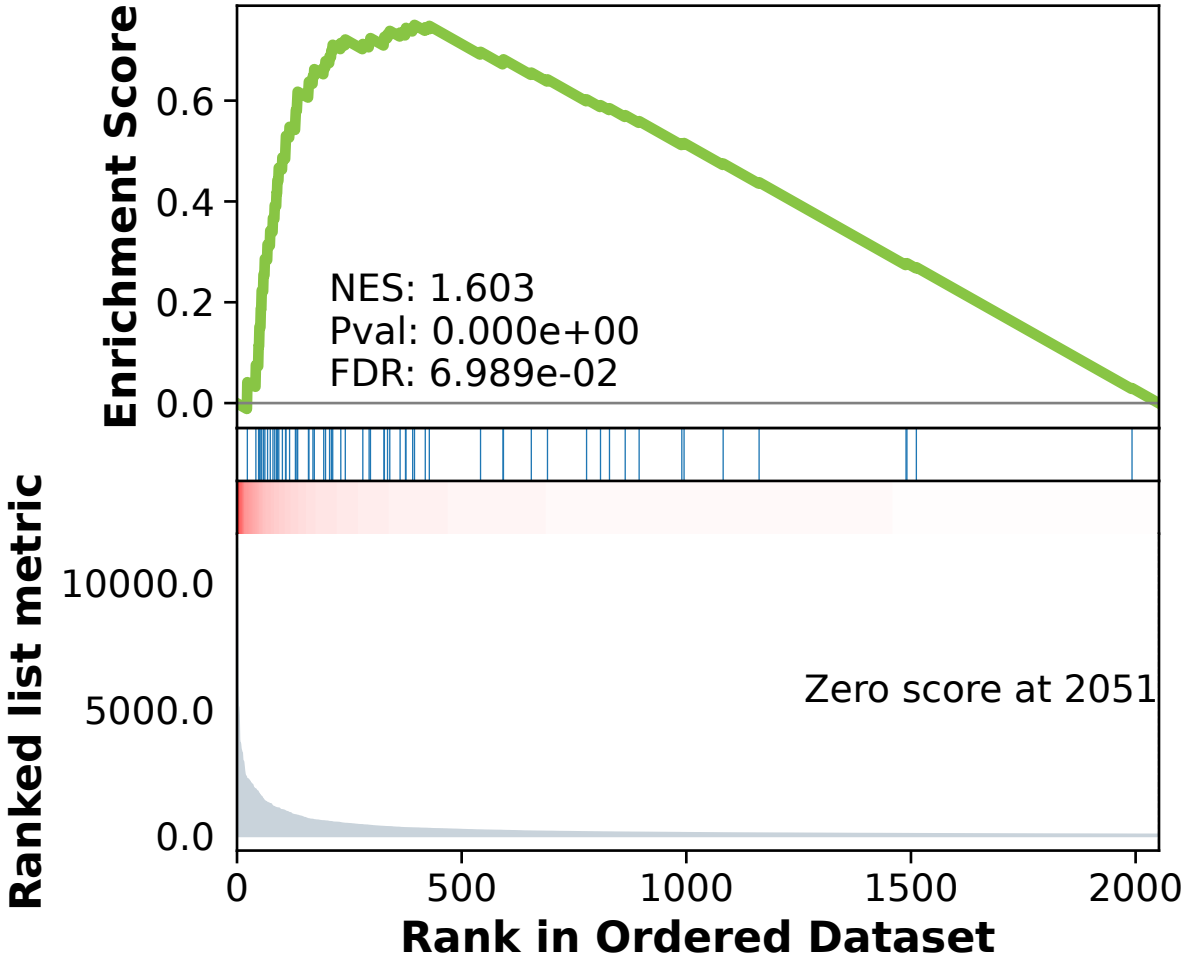SRP-dependent cotranslational protein targeting to membrane (GO:0006614)