

# Ka gaashaamo in uu gurigu kaa gubto

## Yarey khatarta gubashada

Haddii uu gurigu billaabo in uu gubto waxay taasi badanaa ka dhalataa waxyaabo caadi ah oo aan guriga ku isticmaalno. Sidan ayaad ku yareyn kartaa khatarta gubashada.



Wax ay dhici karto in ay billaabaan in ay gubtaan ha ag dhigin ama ha dul saarin shooladda. Taxaddir lahaw marka aad saliid wax ku dubaysid. Shooladda ha ka tegin marka ay wax saaranyihiin.



Waa mamnuuc in barandada wax lagu dubo - xitaa haddii aad hal mar wax ku dubaneysid. Qalab dhuxul wax lagula dubto maaha sidoo kale in guryaha gudohooda lagu isticmaalo.



Abidkaa ha ka tegin shumac shidan. Demi shumacyada shidan inta aadan qolka ka bixin. Shumacyo shidan ha ag dhigin waxyaabo billaabi kara in ay gubtaan, sida tusaale ahaan daahmanka.



Ha isticmaalin qalab elekteroonig ah ama taleefoon cabbeeye xariggiisu jeexanyahay ama meel jaban oo cabbeeyaha la geliyo.



Dhar ha kor saarin tusaale ahaan laliyayaasha intarneetka ama taleefanno gacan oo cabbeysmaya. Sidoo kale hiitarka guriga ha u dhaweynin waxyaabaha gubashada billaabi kara, tusaale ahaan dhar.



Jaranjarada ma dhigi kartid waxyaabo billaabi kara in ay gubtaan, tusaale ahaan qashin, wargeysyo, khaanado ama gaariga carruurta lagu riixo. Hubi in albaabada maqaasiinka hoose ama saqafku ay xiranyihiin.

# Ka gaashaamo debka

## Deb demiyuhu nolosha ayuu babdaadiyaa

Deb ka diguhu si degdeg ah ayuu digniin u bixiyaa haddii ay meeli gubaneyso. Markaas waad ka gaareysaa in aad debka demisid ama aad meesha isaga baxdid haddii taa loo baahanyahay.



Deb ka digaha waxaa lagu dhejinayaa saaqfka sare dhankiisa hoos u jeeda.

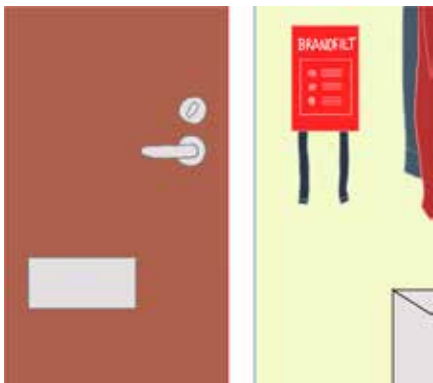


Bil kasta tijaabi deb ka digaha adigoo riixaya badhanka tijaabada.



Bateriyada waa lagu dhex sameeyay deb ka digaha, waxayna ku filanyihiin toban sano. La xiriir waardiyaha xaafaddiinna haddii marka aad tijaabisid uusan deb ka diguhu shaqeyneyn.

## Sidan ayaad u adeegsanaysaa bustada deb demiska



Busto deb demiye waxaa loo isticmaali karaa in lagu demiyo debabka yar-yar. Guryaha abaartamiintooyinka ah waxay badanaa suranyihiin hoolka la maro.



La soo bax bustada deb demiska adigoo soo jiidaya labada xarig.



Bustada debka dul saar, hubi in ay dhan walba si fiican uga daboosho, si taxaddir lehna gacmaha ugu riix.

# Badbaadi – Dig – Qeylo dhaami – Demi

## Si sax ah wax u samey marka ay meeli gubineyso, nololna badbaadi

**1. Badbaadi. 2. Dig. 3. Qeylo dhaami. 4. Demi.** Sidaas isugu xi-xiji haddii aad ogaatid in ay meeli gubaneyso. Mararka qaarkood waxaa fiicnaan karta in waxa loo baahanyahay leesugu xi-xijyo si kale. Haddii aad u badantihiin waad is kaashan kartaan.



Badbaadi, una dig dadka kale ee khatarta ku jiri kara.



Wac 112, qaylo dhaanna u dir deb demiska. U sheeg waxa dhacay, haddii ay cidi dhaawacantay, meesha caawimaadda looga baahanyahay iyo qofka aad adigu tihid.



Demi debka haddii aad u maleyneysid in aad demi kartid.

## Sidan debka u demi



Marka uu digsi gubanayo: Daboolka saar ama bustada deb demiska si aad debka u cabburisid. Biyo abidkaa ha isticmaalin marka ay shoolladdu gubaneyso. Biyuhu waxay keenayaan in uu debku fido.



Marka uu qof dharka deb ka qabsado: Isku day in aad qofka dhulka dhigtid. Debka ku cabburi bustada deb demiska ama wax la mid ah. Deminta ka billaw madaxa ee hoos ugu daadeg.



Marka qalab koronto uu gubanayo: Marka hore korontada ka bixi. Bustada debka ama biyo ku cabburi debka. Haddii aad heli kartid deb demiyaha budada ah si toos ah ayaad u demin kartaa adigoo korontada ka bixin.

### MASKAXDA KU HAY IN

- Aadan sigaar ku cabin sariirta ama meesha aad ku hurdi kartid.
- Aad haashteriga biyo ku shubtid inta aadan waxa ka shabin.
- Aad hubisid in aysan carruurta gacanteeda gelin tarraq iyo waxyaabo deb lagu daaro.
- Aadan feerada dharka ka tegin iyadoo korontada ku jirta.

# Albaabka xir – Qaacu dadka wuu dilaa

## Debka xir

Marka hore hubi in dhammaan meesha laga baxo. Xir albaabka qolka ama abaartamiintada gubaneysa. Waxay taasi joojineysaa in debka iyo qaacu ay faafaan.



Haddii aadan debka demin karin waa in aad meesha ka baxdid.



Debka albaabka u xir.



Wac 112, qaylo dhaanna u dir deb demiska.

## Abidkaa ha marin jaranjaro qaac ka buuxyo

Albaabka abaartamiintadu wuxuu wax celin karyaa ku dhawaad 30 daqiiqo inta uusan billaabin in uu gubto haddii dibaddu ay gubaneyso. Abidkaa ha ka marin jaranjarada haddii uu qaac ka buuxo. Wiishka ha isticmaalin haddii ay meeli gubaneyso.



Haddii uu cid kale gurigeedu gubanayo oo qaac ku jiryo jaranjarada waa in aad dhex joogtaa abaartamiintadaada.



Albaabku ha xirnaado. Wac 112, qaylo dhaanna u dir deb demiska.



Adeegyada gurmada ayaa ku caawinaya haddii aad u baahantahid in aad meesha ka soo baxdid.