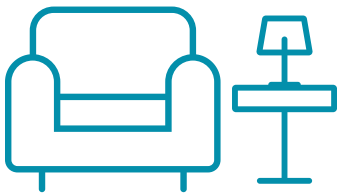


Qofka inuu asagu iska cabbiro caddiska dhiigga, oo ay weheliso caawimaad caafimaad waxay kor u qaadaaayay tayada daryeelka, waxayna hormarisaa daawooyinka. Waxay kaloo yaraysaa dhibaatooyinka ku dhaca wadnaha iyo khataraha caafimaadka. Haddii aad qabto dhiig-kar, yeelo caado ah inaad cabbirto cadaadiska dhiiggaaga markaad joogto guriga iyo meelaha kale ee aad u badantahay.

Maareynta cadaadiska dhiigga ayaa la ogaaday inay yareeyso khataraha caafimaad oo ay ku jiraan yaraynta khataraha xasuu-guurka. Si kale haddii loo dhigo, waxa u wanaagsan wadnaha, ayaa sidoo kale u fiican maskaxda. Cadaadiska dhiigga oo sidoo kale loo yaqaan dhiig-karka, ayaa kugu ridaya khatar caafimaad oo halis ah sida wadne qabad, istaroorog iyo cudurada kelyaha.



## Si joogta ah u tag meel degan oo gurigaaga si aad isaga cabbirto cadaadiska dhiiggaaga.

- ✓ Yaree carqaladaha.
- ✓ Madhi kaad-haysta, haddii loo baahdo.
- ✓ Iska ilaali kafeyn sida shaaxa iyo qaxwaha oo jimicso ka hor intaadan cabbirin cadaadiska dhiiggaaga.



## Baro sida saxda ah ee la isaga qaado cadaadiska dhiigga si aad u hesho cabbir sax ah.

- ✓ Lugahaaga fidi oo dhulka dhig, hana isku laabin. Si aad u fidsi cududdaada, ku fariiso kursi nafis leh oo aad gadaal u fidsan karto iskuna kala bixin karto.
- ✓ Ku xir mashiinka meesha ka sarreysa xusulka, jidhkaagana si toos ah ha u taabto.
- ✓ Nasi jidhkaaga iyo cududdaada.



## Akhri cadaadiska dhiigga 5 daqiiqo kadib markaad xasilloontahay.

- ✓ Lama oggola wax carqalad ah, wada sheekaysi ama isticmaalka qalabka elektarooniga ah.
- ✓ U dhaxaysii 2 akhrin oo kasta, 1 daqiiqo.
- ✓ Qor akhrintaada.
- ✓ La wadaag akhrinta cadaadiska dhiiggaaga dhaqtarkaaga.

## Maxaan u baahanahay si aan u baaro heerka cadaadiska dhiiggayga?

- Cabbirka saxda ah ee gacantaada ee la ansaxiyay.
- Meel xasiloon oo aad ku fadhiisan karto ugu yaraan 10 daqiiqo maalintii carqaladeeduna yartahay.
- Kursi nafis leh oo gadaal u fidsan iskuna kala bixin karto si uu cududdaada ugu caawiyo cabbirka.

## Maxaan ku sameeyaa akhrinta cadaadiska dhiiggayga?

- Yeelo qorshe aad kula socoto cadaadiska dhiiggaaga oo la shaqee dhaqtarkaaga.
- U fiirso qaababka cabbirka si aad si fiican ugu fahanto lambaradaada.
- La wadaag akhrinta cadaadiska dhiiggaaga iyo fikradahaaga kooxda daryeelkaaga.
- Deji yoolka xakamaynta cadaadiska dhiigga.

Waxaa jira khaladaad badan oo caadi ah oo keeni kara cabbikar cadaadiska dhiigga oo aan sax ahayn. Tusaale ahaan, akhrin aan sax ahayn ayaa dhici karta haddii aad hadlayso inta lagu jiro akhrinta, adoo isticmaalaya mashiin aan gacantaada la ekeyn, inaad mashinka ku xirto dharka korkiisa, cabbiraada marka gacantaada aan la taageerin ama cududdaada aysan fidsanayn, ama wax cabbirida kaadiheysta oo buuxda, lugaha oo isdhaafsan, ama dhabarka oo aan si fiican u fidsanayn.

La shaqee dhaqtarkaaga, farmashiyaha, ama cid kasta oo ka shaqaysa daryeelka caafimaadka si aad u barato habka saxda ah ee cabbirka.

## KHAYRAADKA

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