

Haddii ay gubasho bilaabanto ...

BADBAADI



Marka ugu horraysa waxad ka badbaadinaysaa naftaada iyo ta qoyskaa-gaba dabka. Haddii qolka qiiq isku xidho, hoos u gurguuro. Badiyaaba dhulka hoose waxa ka jira hawo fican. Albaabka u xidh meesha gubanaysa. Weligaa ha raacin wiishka haddii aad ku qabsanaato in aad debedda u baxdo markay ay gubanayso. Haddii jaranjarada qiiq buuxiyo, gubasho ka jirta stoodhka ama qolka qashinka darteed, waa in aad guriga ku jirto ilaa gurmada degdegga ahi ka deminayo ama amar kale ku siinayo.

U DIG



U dig dadka kale ee kuu dhow, si ay isu badbaadiyaan. Isku day in aad is dejiso. Maskaxda ku hay in carruurta ku dhuuman karto sariirta hoosteeda ama kabadhka.

QAYLO DHAAN



Marka adiga iyo qoyskaagu aad is badbaadisaan, waa in aad qaylo-dhaamiso adiga adiga oo dab ka digaha ka dhawaajinaya (waa haddii aad haysato eh) ama wac lambarka gurmada degdegga ah ee 112. Uga sheeg warbixin dhakhso ah waxa dhacay, xaggad ka soo hadlayso iyo qofka aad tahay.

DEMI



Marka aad tallaabooyinka hore samayso ayaad isku deyi kartaa in aad dabka demiso, laakiin halis aan loo baahnayn ha isku biimayn! Ku afuuf dhinaca dhamacda oo iska daa ololka. "Ha ku buufin weligaa dusha ama hareeraha xadhkaha korontada" Haddii ay gubanayso digsi, waa in aad daboolka ku xidho, weligaa biyo ha ku shubin! Haddii Tiifii-gu gubto, ka siib korontada markaasna biyo ku shub.

Qoraalkan waxa loo diyaariyey si kor loogu qaado aqoonta ku saabsan ka hortagga dabka, loona kordhiyo nabadgelyada guriga ee dadka nagaga jira guryaha. Waxa ka wada shaqeeyey:

080911

FÖRVALTNINGS AB FRAMTIDEN



RÄDDNINGSTJÄNSTEN
STORGÖTEBORG

Ka hortagga Dabka – guriga



Xooji ammaankaaga iyo ka deriskaaga

Sanad kasta waxa ka dhaca aagga gurmada degdegga ahi gaari karo ee Göteborg-weyn ilaa 400 oo gubashooyin guri ah. Haddaba liistada soo socota raac si aad u hubiso difaaca dabka ee gurigaaga. Haddii aad qabto su'aalo ku saabsan ka hortagga dabka, fadlan kala soo xidhiidh gurmada degdegga ah telefoonka: 031-335 26 00.

Ka hortag gubasho

- ❑ Taraqa iyo leetarka ku xafid meel aanay carruurto gaadhi karin.
- ❑ Weligaa marka aad guriga ka tegayso ama aad seexanayso yaanay daarnaan Qasaaladda, dhar-qallajisada, weel-dhaqdada iwm.
- ❑ Subagga iyo saliiddu way ololi karaan marka kulaylku ku bato. Haddaba marka aad wax dubayso ama shiilayso, waa in uu dabool kuu diyaarsanaado, si aad ololka ugu demin karto.
- ❑ Cunto ku dhegta dheriga ama biyaha oo karintaanka ku gudhaa, waxa ay ka mid yihiin sababaha caadiga ah ee gubashada. Nadiifi shabaqa hawo-qaadaha madbaha jikada si uu bilaa dufan u ahaado.
- ❑ Weligaa ha ka tegin shamac shidan adiga oo aan isha ku hayn, hana illoobin in aad demiso shamacyada aad daartay. Ha ku qurxin shamac-hayaha walxo guban kara, tusaale ahaan xadhiga shamaca oo dun ah, xayaabada cawska noqota iyo wixii la mid ah.
- ❑ Alaabooyinka gubank Ha dhigin berendahaaga ama debeddaba maxaa yeelay waxa khatar ah dab lagugu soo tuuro ama rash soo qaldama.
- ❑ Ha isticmaalin qalabka korontada ee uu dhaawacan yahay xadhkohoodu ama meesha ay dabka kaqaataan.

Sii qorshee badbaadintaada

- ❑ Waa shardi dawladdu kaa rabto in gurigaaga uu ku xidhnaado ugu yaraan hal dab ka-dige. Ka beddel bayteriga inta aanu wakhtigeeda dhaafin!
- ❑ Waxa kale oo lagugula talinayaa in aad haysato qalab dab demis oo ah budada wax demisa ee 6 kg.
- ❑ Ka wada hadla sidii aad guriga uga bixi lahaydeen haddiiba dab qasado.
- ❑ Alaabo ha dhigin jaranjarrooyinka iyo daaradda. Maskaxda ku hay in meeshaasi tahay jidkii aad ku baxsan lahayd haddii wax dhacaan.

Ka hortagga dabka



Dab ka dige

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Qalabka dab ka diguhu wuxu kordhinayaa fursaddahaaga aad kaga bixi karto haddii aqalku gubto. Dab ka diguhu waa in uu ku rakibnaado xagga sare oo ka baxsan qolka jiiifka. Xil ayaa kaa saaran in dab ka digahaaga uu ku jiro baytari shaqaynaya. Gurigaagu ma laha miyaa dab ka dige? Markaa la xidhiidh u adeegaha macaamiisa/shirkadda guryaha leh/qofka guriga leh/masuulka guryaha xaafadda, si aad u hesho dab ka dige.

Sidan u tijaabi dab ka digaha

Tijaabi adiga oo riixaya badhanka ku yaal dab ka digayaasha oo dhan. Dhowr sikin hay. Haddii uu qaylin waayo, ku tijaabi beytari cusub. Dab ka digaha u tijaabi si soo noqnoqota tusaale ahaan marka aad safar ka soo noqoto iyo ciidda masiixiga ka hor oo kale. Ha illoobin in aad huufariso mar marka qaarkood.



Dab demiyaha gacanta

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Wakaaladda gurmada degdega ahi waxa ay ku talinaysaa in guriga lagu haysto ugu yaraan hal budada wax demisa ee 6kg ah. Dhismayaasha lagu xagaa baxo waxa qudhoo loo aqoonsanyahay guri. Gaadhiga, gaadhiga deden, guriga gaadhiga lagu jiiido, doonyaha iwm waxa lagu talinayaa in ay haystaan budada wax lagu demiyoo oo 2kg ah. Dab demiyaha gacanta waxa laga iibsaa karaa santarrada waaweyn ama dukaa-mada waaweyn.



Bustaha dab deminta

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Buste dab demis in aad haysataa way fiicantahay. Waxa aad u isticmaali kartaa in aad ku demiso dabka qabsada dharka ama dababka kale ee kooban adiga oo ku daboolaya.



Wakhtiyeeeye

Way fududahay in aad illoowdo deminta shooladda, halkaas ayaanay ka karaan gubashooyin badani. Alaabo ha dul dhigin Shooladda, waxaanad caadaysataa hubsashada deminteeda. Weliba waxa fiican in aad ku rakibto korontada, wakhtiyeeeye, markaa dabku isaga ayaa is deminaya wakhti kooban ka bacdi, haddiiba aad illoowdo in aad demiso. Haddii aad su'aalo labto fadlan la soo xidhiidh wakaaladda gurmada degdegga ah.

Sidan ayaad u isticmaalaysaa dab demiyaha:



1. Ka fuji amma-anka



2. Ku jeedi xagga dabka



3. Hoos u riix gacan-gacan-qabsiga

Heer hoose oo xagga dabka ah