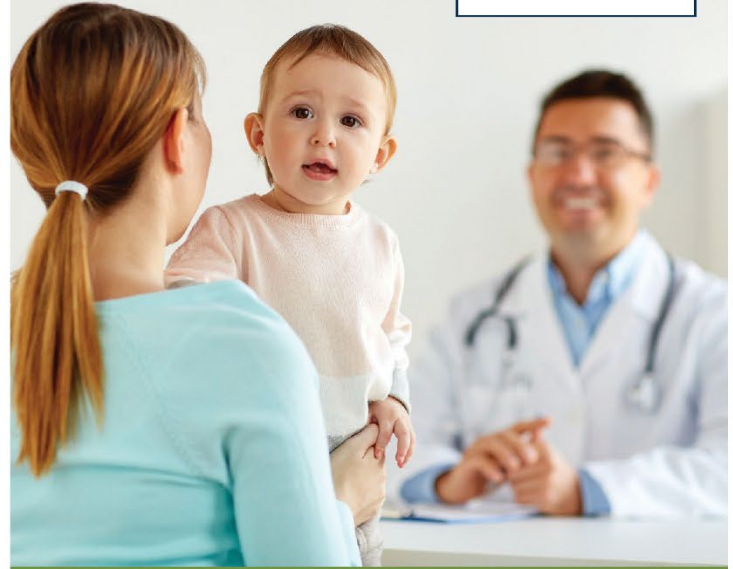


Kala hadal daryeel
caafimaad bixiyahaaga
qaabkaad ilmahaaga ugu
sameyn laheyd baarista
dhiigga ee sunta
dalawandiga.

Marka loo eego natiijooyinka baarista dhiigga,
daryeel caafimaad bixiyayaasha waxey kugula
talinayaan tallaabooyin dabagal iyo daryeel.

MA OGTAHAY?

- Carruunta inta badan qaada sunta dalawandiga
MALAHA CALAAMADO.
- Carruunta ka yar 6 sannadood ayaa gaar
ahaan **UDABACSAN** waxyeelada qaadista
sunta dalawandiga.
- Sunta dalawandiga waxey carruurta u sababi kartaa
BARASHO iyo **DHIBAATOYIN DHAQAN.**
- BAARISTA DHIIG EE SUNTA DALAWANDIGA**
ayaa ah wadada ugu wanaagsan ee lagu
ogaado haddii ilmahaagu qaaday sunta
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8 sida looga ilaaliyo carruurta qaadista sunta dalawandiga



HEL BAARIS DHIIG.

Waalidiintu waxey kala hadli karaa bixiyaha daryeelka caafimaadka carruurtooda sidii ay u heli lahaayeen baaritaanka sunta dalawandiga ee dhiigga. Baaris dhiig ayaa ah qaabka ugu fiican ee loo ogaan karo haddii ilmo qaaday sunta dalawandiga. Marka loo eego natiijooyinka baarista, bixiyeyaasha daryeelka caafimaad ayaa kugula talinaya ficillada daba-galka iyo daryeel.



HEL BAARIS GURI.

Ha baaro guryaha ama dhismayaasha ladhisa kahor 1978 kormeere leysin u heysta sunta dalawandiga. Kireystayaasha waa iney weydiistaan milkiilaha guryohooda in guriga la baaro. Booqo bogga EPA (iskaan garee furaha QR ee hoose) si aad uhesho kormeere shahaado heysta ama qiimeeye khatar.



SHAQAALEYSII QANDARAASLAYAAL TABABARAN.

Shaqaalaysii qandaraaslayaal loo tababaray dhaqamada badbaadsan ee sunta dalawandiga. Booqo bogga EPA (iskaan garee furaha QR ee hoose) si aad uhesho kormeere shahaado heysta.



ISKA FOGEE BOOMBALEYAASHA CARRUUTA QAARKOOD.

Boombaleyaasha qaar, gaar ahaan kuwa lasoo dhoofiyo, kuwa la uruuriyo, iyo kuwa dahabka ka sameysan ayaa ka koobnaan kara sunta dalawandiga. Booqo bogga Guddiga Badbaadada Alaabada Macaamiisha (CPSC) (iskaan garee furaha QR ee hoose) alaabta carruurto ku ciyaarto ee hadda dib loo soo celiyay.



JOOGTO U TIRTIR DHULKA IYO SAKXADA DARIISHADA.

Boorka gurigu wuxuu noqon karaa isha ugu weyn ee sunta dalawandiiga guryaha iyo dhismayaasha la dhisay 1978 ka hor.



ILAALI CIIDDA.

Cows ku dabool ciidda, xafash, ama jaabojaabo alwaax ah kana ilaali carruurta iney ku ciyaaraan ciidda qaawan ee laga yaabo iney ku wasakhaysen tahay sunta dalawandiga.



KABAHA UGA TAG ALBAABKA AMA BANNAANKA.

Tani waxey si gaar ah muhiim u tahay marka qof ku shaqeeya sunta dalawandiga ama leh hiwaayad ku lug leh rinjiga, sida dhismaha ama rasaas ridida.



QUBEYSO AMA DHARKA ISKA BADAL KADIB MARKAAD KU SHAQEYSID AGAGAARKA ALAABTA LEH SUNTA DALAWANDIGA.

Tani waxey kaa ilaalin kartaa busta sunta dalawandiga in lagala socdo guriga waxeyna ka ilaalin kartaa qoysaska iney qaadaan.

8 sida looga ilaaliyo carruurta qaadista sunta dalawandiga



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