



Amniga dabka ee guriga

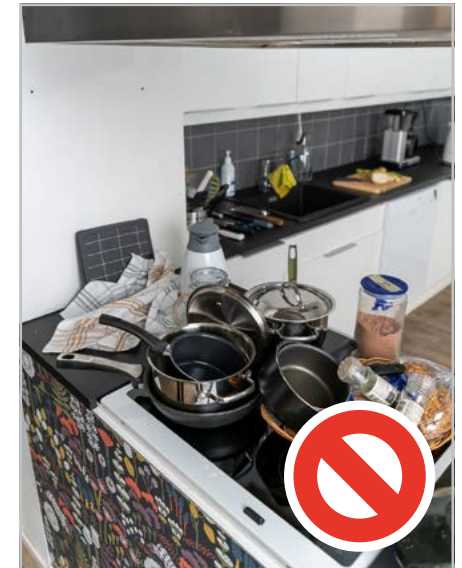


Suomen Pelastusalan
Keskusjärjestö

SPEK

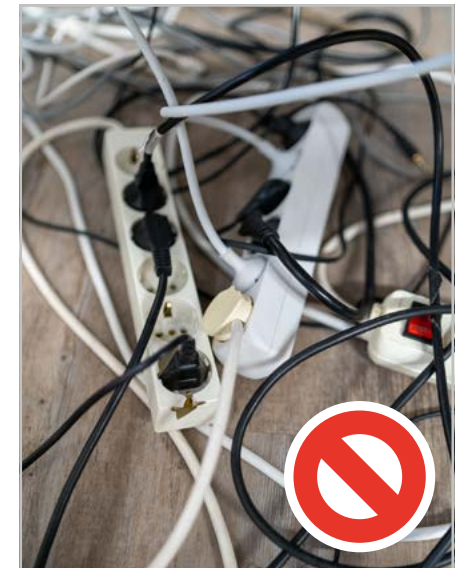
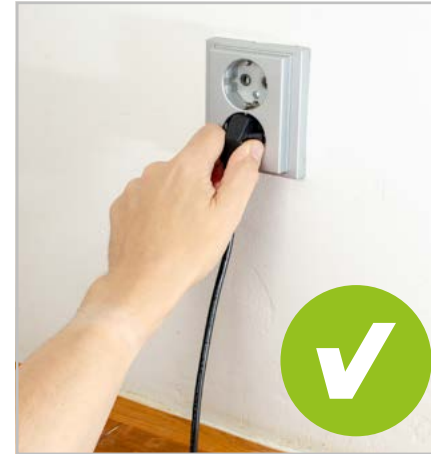
Jikada

- Foornada korontada ku shaqeysa waxaa lagu karin karaa oo keliya.
- Ha u isticmaalin shooladda si aad u kululeyso guriga.
- Demi suunka ama foornada marka aanad isticmaalayn.
- Dooro heer kululka ee kariyaha ama jikada (saxanka kulul) ee ku haboon nooca cuntada aad karineysid.
- Ha dhigin sanduuqyada kartoonaada, weelasha balaastiigga ah, maryaha foornada ama caagagga ama alaabta kale ee gubanaysa shooladda ama agteeda.
- Ka ilaali kariyaha iyo jikada oo nadiif ah. Jikada nadiifka ah ayaa ka ammaan badan jikada qasan.
- Buufi-nadiidi gadaasha farantijeerka iyo qaboojiyaha ugu yaraan haljeer sannadkii.
- Dami korontada qalabka korontada mar kasta oo aadan isticmaalin.
- Ka saar mishiinka qaxwada, kiliyaha iyo rootiga dabka mar kasta oo aanad isticmaalin.



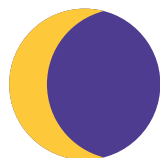
Qalabka korontada

- Ka saar qalabka korontada iyo qalabka korontada mar kasta oo aadan isticmaalin.
- Markaad furto furka, soo jiid xadhigga.
- Ha isku xidhin xadhkaha fidinta iyagoo isku xidhan silsilado dhaadheer. Xadhkaha fidinta ka ilaali boodh.
- Ha isticmaalin xadhkaha korantada ee dhaawacan ama saldhigyada.
- Ha ka tagin dharka kulul ee birta ah ama toaster la'aan.
- Ha ka tagin qalabka korontada oo socda marka aad guriga ka baxayso. Ha samayn, tusaale ahaan,
 - ka tag mashiinka dharka oo shaqeynaya marka aad guriga ka baxayso.
 - Akhri oo raac buug-gacmeedka isticmaalaha markaad isticmaalayso qalabka korontada iyo qalabka.
- Qalab koronto oo khaldan ayaa kicin kara dab. Kaliya xirfadlayaal koronto yaqaan ayaa loo oggol yahay inay hagaajiyaan qalabka korontada ee jabay.
- Waxba ha saarin nalalka dushooda. Ka tag meel banaan oo ku wareegsan nalalka.



Ku dallaca baytariyada

- U ogolow baytariyadu qaboojiso isticmaalka ka dib.
- Ha ku dallacin qalabka habeenkii.
- Ku dallac baytariyada meel bannaan intii suurtagal ah oo ka fog walxaha guban kara.
- Ka saar dabeyga gidaarka marka qalabku dhammeeyo dallacaadda.
- Ha ku dallacin baytariyada albaabka hore agtiisa.
- Ka saar dabeylaha markaad guriga ka baxayso.



Dabka furan

- Ha ka tagin shumac gubanaya iyada oo aan la ilaalin.
- Ku rid shumaca laambad ama meel aan guban karin. Shamaca ama dusha sare waa in laga sameeyaa bir ama dhalo, tusaale ahaan.
- Shumacyada Tealight had iyo jeer waxay u baahan yihiin laambad gooni ah ama haye midkiiba.
- Ha ku gubin shumacyada bannaanka gudaha gudaha ama balakoonka ama barxadaha.



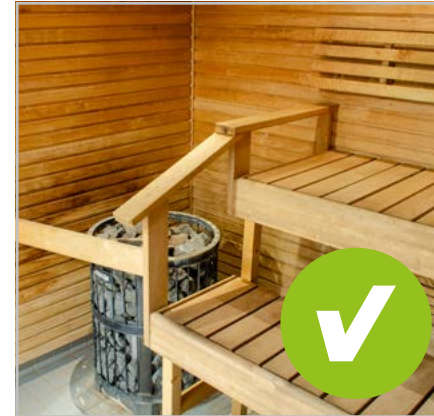
Sigaar cabida

- Ha ku cabbin sariirta ama sariirta dusheeda.
- Hubi in dabada sigaarka si buuxda loo demiyo.
- Ha dhigin dabada sigaarka qashinka.
- Ha kaga tagin dab- shidaha sigaarka ama taraq meel ay carruurtu ka heli karaan.
- Ha isticmaalin (dubitaanka BBQ) gudaha ama baalkonka.



Sauna

- Ha isticmaalin saunada si aad u qalajiso dharka.
- Waxba ha dul saarin jikada qolka isku kululeynta.
- Ha u isticmaalin saunada kaydinta alaabta.



- Baalkonka ma ahan aag keyd ah Ha u isticmaalin kaydinta alaabta aan meesha ku jirin.

Kululeynta iyo hiirarka

- Haku daboolin hiitarada korontada daahyada, tusaale.
- Waa in aadan qalajin hiitarada korontada.



AI

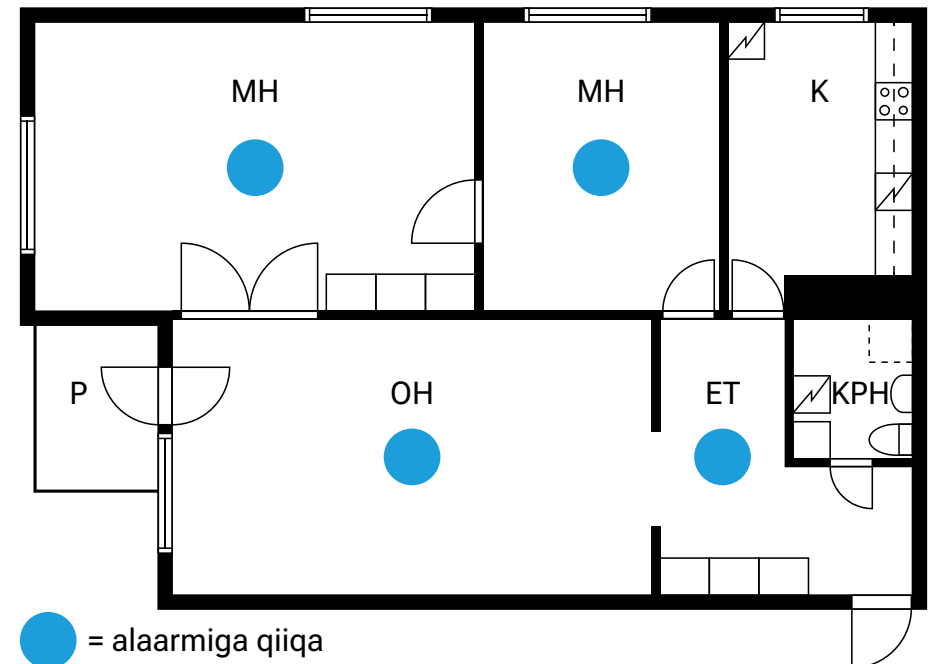
Jaranjarada

- Ha ku kaydin waxyaabaha ay ka midka yihiin carruurta yaryar ama kabaha jaranjarada.
- Ha ku kaydin alaabta dhulka hoostiisa iyo dariiqyada saqafka sare leh.



Alaarmiga qiiqa

- Alaarmiga qiiqa ayaa kuu digaya haddii dab uu kaco.
- Alaarmiga qiiqa wuxuu yaal saqafka sare.
- Milkiilaha dhismaha, sida shirkadda guryeynta, ayaa mas'uul ka ah rakibidda qalabka digniinta qiiqa ee guryaha.
- Tijaabi alaarmiga qiiqa haljeer bishii adiga oo riixayo badhanka tijaabada.
- Qofka guriga deggan ayaa mas'uul ka ah inuu si joogto ah u tijaabiyo alaarmiga qiiqa.
- Haddii aad aragto dhibaato, u sheeg shirkadda guryeynta isla markaaba.
- Alaarmiga qiiqa ma wici doono caawimaad. Waxaad u baahan tahay inaad adigu caawimo ka wacdo lambarka degdegga ah ee 112.
- Alaarmiga qiiqa waa in lagu rakibaa saqafka sare ee dhammaan qolalka jiifka (MH), qolka fadhiga (OH) iyo dariiqa u dhow albaabka hore (ET). Fiiri sawirka bogga xiga.
- Hubi inay jiraan alaarmiga qiiqa oo ku filan.
- Meelaha lagu taliyay ee digniinta qiiqa:
 - dhammaan qolalka jiifka
 - hoolka albaabka hore u dhow
 - qolka fadhiga



Jawaabta koowaad ee dabka

Hubi inaad gurigaaga ku haysato buste dab ama dab-damis oo gacanta lagu hayo. Waxaa loo isticmaali karaa in lagu damiyo dab yar.

Akhri tilmaamaha sida loo isticmaalo dab-damiska.

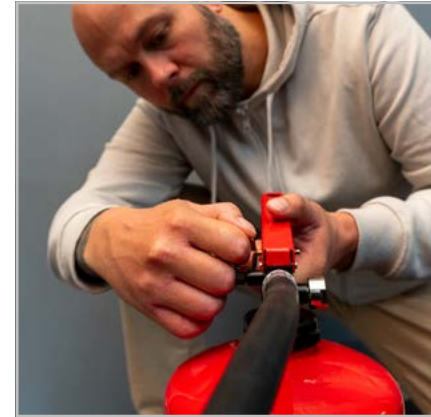
1. Ka saar biinanka
2. Qabo tuubada meel u dhow dhammaadkeeda.
3. U jeedi sanbadhka salka dabka oo tuuji gacanta.

Bustaha dabku waa inuu ahaadaa mid weyn oo waxtar leh, tusaale ahaan 120 cm ilaa 180 cm. Ka raarici bustaha dabka boorsadeeda keydka ee darbiga jikada. Badel bustaha haduu dhaawacmo.

Isticmaal bustaha dabka haddii mishiinka qaxwada ama dheriga uu dab qabsado, tusaale ahaan.

1. Ka soo qaad bustaha dabka geesaha. Qabo bustaha dabka inta u dhaxeysa naftaada iyo dabka; ilaali gacmahaaga.
2. Bustaha dabka u saar si tartiib ah shayga dabka ku shiday.
3. Hubi in dabku gabi ahaanba hawo ka neefsaday.
4. Dami dabka shooladda iyo daboolka jikada.
5. Marka dabka la damiyo, shayga ka fogee kulaylka oo ha qaboojiso.
6. Soo wax lambarka degdega 112.

Bustaha dabka ayaa sidoo kale la isticmaali karaa haddii qofka dharkiisu uu dab qabsado.



Maxaa la sameeyaa haddii uu dab ka kaco guriga

- U dig kuwa kale oo hubso in ay ammaan gaadheen.
- Haddii dabku yar yahay, isku day inaad naftaada damiso. Nafsadaada wax halis ha gelin.
- Ka tag guriga ama aqalka. Xir albaabbadaada gadaasheeda.
- Aad goobta kulanka ama meel kale oo ammaan ah.
- Soo wax lambarka degdega 112.
- Hagaha caawiyayaasha goobta.
- Calaamadahani waxay muujinayaan habka ugu dhakhsaha badan ee badbaadada.



Maxaa la sameeyaa haddii uu dab ka kaco guri kale oo dhismaha ah

- Haddii aanu qiiq ku jirin jaranjarada, ka soo bax dhismaha adiga oo sii maraya jaranjarada. Xir albaabka gurigaaga.
- Ha isticmaalin wiishka.
- Haddii uu qiiq ka jiro jaranjarada, joog guriga oo xidh albaabka jaranjarada. Soo wax lambarka degdega 112.
- Haddii qiiqa soo galo gudaha aqalkaaga oo aadan isticmaali karin jaranjarada, tag balakoonka. Xir albaabka gadaashiisa.
- Wac gargaar ama wac nambarka xaaladaha degdegga ah. Sug ciidanka dabdemiska si ay kaaga caawiyaan badbaadada. Sug dab damiska; ha boodin.
- Haddii dabku ka jiro guri dabaq ah oo kaa hooseeya, ha tagin balakoonka ee wac lambarka degdegga ah 112.

Lambarka degdega 112

Kaliya wac lambarka degdegga ah 112 arrimaha degdegga ah marka aad u baahan tahay caawimo maamulka sida booliiska, waaxda samatabbixinta ama adeegyada bulshada.

Waxaad soo wici kartaa lambarka degdega 112 oo bilaash ah taleefon walba iyada oo aan la isticmaaleynin furaha aaga.



Tusaalooyinka xaaladaha marka la wacayo lambarka degdegga ah 112:

- waxaad ogaatay shilka ama dabka
 - waxaad dareentaa dambi socda ama in dambi la galay
 - qof baa u baahan ambalaas
1. Laftaadu wac wac haddii aad awooddo. Waa muhiim in qofka ku lug leh, ama qofka jooga meesha dhacdada, waa midka soo wacayo lambarka degdega.
 2. Ka jawaab dhammaan su'aalaha lagu weydiiyay Su'aalaha ma daahinayaan imaanshaha gargaarka. Shaqaalaha ka jawaabayo wacitaankaaga ayaa soo diri karo caawinta marhore inta lagu jir wacitaanka taleefonka.
 3. Ha joojin wacitaanka ilaa fasax lagaa siiyo. Shaqaalaha ayaa kuu shegayo marka aad damin kartid taleefonka. Haddii aad damiso wacitaanka xili hore, waxaad daahin kartaa imaanshaha gargaarka.
 4. Soo wac markale isbedelada xaalada.



PSR
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