

# DIBADA GURIGA & GUDAHAGURIGA

## SHAQAALAHU WAXAY DALBANAYAAN ILAALINTA

# KA BADI *ka* KULLAYLKA

Gaadhida  
aagaga qabow  
ee hadhka leh  
nasashooyinka

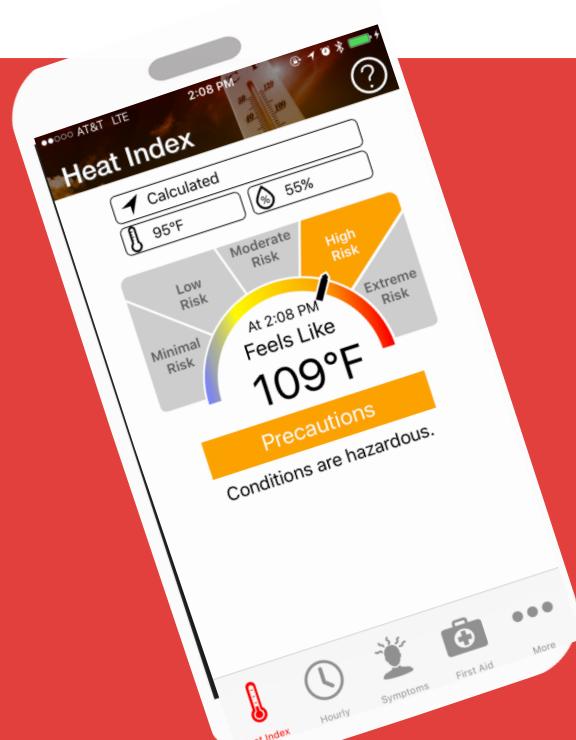
Nasashooyinka badan  
si loo qaboobow oo  
loo cabu biyo iyo/ama  
in la cuno.

Gaadhida aagaga  
qabow, oo ka fog ilaha  
oo lagu ilaaliyo in ka  
hoosaysa 82 °F

Xusuusinta in la  
xidho koofiyada  
hareero  
ballaadhan iyo  
dhar fudud.

Ku filan  
helida  
biyo la  
cabi karo

Hawa ku  
habboonaysiinta  
hawada qabow iyo/  
ama qulqulka hawada  
la kordhiyay



Raad raaca  
heerkulka iyo  
huurka (araga  
abka OSHA)

Tababarka ku saabsan  
khataraha iyo calaamadaha  
jirada kullaynka, ka hortagga,  
gargaarka degdega ah, iyo  
qorshaha jawaabta gurmadka.

Xoriyada lagu  
yareeyo jimicsiga  
jidhka marka loo  
baahdo



Beddel culayska  
shaqa/jadwalada  
si loo yareeyo  
gaadhida.

Sii gaashaan ama  
shay lagu xanibo dib u  
soo celiya ama nuuga  
kullaylka

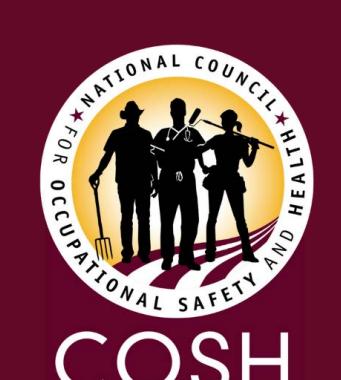
Muddada la qabsashad  
cimilda: dhowr maal mood  
si loola qabsado cimilada  
kulul

Hirgeli oo sii  
wad ka hortagga  
jirada kullaylka iyo  
qorshaha degdega  
ah.



Samee dilaacyada  
uumiga, sagxadaha  
qoyan, iyo  
qoraanka hawada.

Kulaylku waxyeelo ayuu u gaystaa oo waxa uu dilaa shaqaalaha! Iska ilaali astaamaha kulaylka walbahaarka shaqaalaha dhexdooda oo habbee si loo dalbado ilaalinta. Shaqaalaha si sharci ah waxay uga masuul yihiin inay bixiyaa goob shaqo oo badbaado ah hoosta Weedha Waajibka Guud ee OSHA.



WNYCOSH Khadka tooska ah ee Shaqaalaha waxaa la heli karaa 24-7 lambarka (716) 206-3550

