



# Khataraha Beenta ah ee Dugsiyada Utah:

## Tilmaamaha Macallimiinta Dugsiga

Khataraha beenta ah waxay noqon karaan qaar walaac iyo arbush ku keena dugsiyada. Khataraha miinada ee beenta, khataraha toogashada, iyo khataraha kale ee madhan ee rabshadaha dugsiga ee mustaqbalka waa kuwo aan waxyeello lahayn. Marka lagu daro waqtiga waxbarashada ee lumay, waxay u horseedi karaan dhaawac shucuureed dhammaan xubnaha bulshada dugsiga. Waxaa jira noocyo kala duwan oo falcelin ah oo qofku la kulmi karo inta lagu jiro iyo ka dib khatarta beenta ah.

### Falcelinta Garasheed

|                            |                 |          |
|----------------------------|-----------------|----------|
| Jahawareer                 | Wareer          | Warwar   |
| Fikrado/Sawirro Khayaal ah | Naftaa-Canaanad | Iimaanka |

Falcelinta bulshada waxaa ka mid noqon kara waxyaabo ay ka mid yihiin **ka dheeraansho xad-dhaaf ah ee dadka** iyo **khilaafka dadka dhexdooda ah**.



### Falcelinada Shucuureed

- ▶ Gasariir
- ▶ Murugo
- ▶ Tiiraanyo
- ▶ Ka xumaansho
- ▶ Cabsi
- ▶ Caro
- ▶ Bilaa dareen
- ▶ Kicin
- ▶ Dambiile
- ▶ Xishood
- ▶ Loollan

### Falcelinta fiisiyolojiyeed waxaa ka mid noqon kara:

- Daal
- Madax xanuun
- Murqaha oo kacsanaada
- Calool xanuun
- Garaaca wadnaha oo kordha
- Jawaabta saska oo kororta
- Hurdada oo adkaata
- Tamarta kororta

Qaar badan oo ka mid ah fikradahaas, dareenada, iyo dabeecadahaas ayaa dhici kara marka lagu xasuusiyo wixii dhacay.

Xusuusinta waxaa ka mid noqon kara meelaha, dadka, aragtida, dhawaaqyada, urta, iyo dareenada la xiriira.

**Waa caadi, inaad caadi noqon waydo.**

## Waxyaabaha Caawin Kartaa

- Talo raadinaya
- Qaadanaya fasax
- Ilaaliya jadwalka caadiga ah
- Jadwalka iyo ka qaybqaadashada waxqabadyada wanaagsan (tusaale ahaan, isboortiga, hiwaayadaha, akhriska)
- Farsamooyinka nasashada (tusaale ahaan, jimicsiga neefsashada, dhulka, khilaawada)
- La hadal oo waqti la wadaag qoyskaaga iyo asxaabtaada
- Cunista si fiican, helitaanka hurdo ku filan, iyo jimicsi
- Isku darka khibradda iyo helitaanka macnaha

## Marka loo Raadinayo Taageero Dheeraad ah

**Xasuusaha hore oo si joogto ah dhacaya**

**Luminta xiisaha waxqabadyada**

**Dareemidda "kacsanaan" ama "ka feejigan" khatarta, adigoo si fudud u sasaya ama u boodaya**

**Ay kugu adag tahay hurdada, dhibaatooyinka diirad saarista ama fiiro siinta**

**Ka gu'idda dadka kale, ka fogaanshaha bulshada**

## Khayraadka

- SafeUT
- 9-8-8
- Barnaamijka Gargaarka Shaqaalaha
- Hoggaamiyeyaasha Diinta ama shakhsiyaadka kale ee gaarka ah ee lagu kalsoon yahay
- Helitaanka taageerada caafimaadka maskaxda bulshada