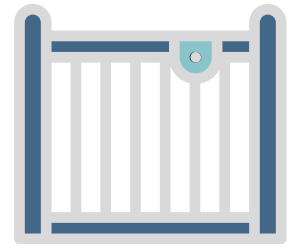


# Waxa la sameeyo iyo waxa aan la samayn ee Albaabka Ilmaha



Ka dhicidda jaranjarooyinka ayaa ah sababta ugu weyn ee dhaawaca cusbitaalka la dhigo carruurta ka yar 5 sano ee Kanada. \* Isticmaal albaabka ilmaha xagga sare iyo hoose ee jaranjarooyinka si loo yareeyo khatartan:

## ✓ SAMEE:

**Xagga Sare ee jaranjarada:** Isticmaal albaab qalab ku rakiban. Ku rakib si aad u furi karto dhanka dabaqa kore, ma aha tillaabooyinka.



**Rakibaadda Sugan:** Albaabka ku dheji birta derbiga ah ama alwaax adag adigoo isticmaalaya boolal dhaadheer oo soo mara qalabka albaabka iyo gidaarka qallalan ee soo gala usha.

**Jaranjarada Hoose:** Isticmaal albaab cadaadis ku rakiban ama qalab ku rakiban si aad uga ilaaliso in ilmahaagu fuulo oo soo dhaco.

**Albaabada La Sharciyeeyay:** Dooro albaabbada carruurta loo sharciyeeyay, ee ha dooran albaabbada xayawaanka.



**Albaabku ha xidhnaado:** Had iyo jeer xidh oo qataar albaabbada si aad uga hortagto kufidda iyo dhicitaannada.

## ✗ HA SAMEYN

**Ma jiro Albaab cadaadis-saaran xagga sare:** Kuwan si fudud ayaa loo furi karaa, taasoo keenaysa khatar dhicitaan.

**Ka fogow meelaha Wareega ama aan sinnayn:** Ku rakibida qalabka albaabka kuwan waxay adkeyn kartaa in si ammaan ah loo xiro.



**Ha ku rakibin meel sare:** Raac tilmaamaha si aad uga fogaato daldaloolo uu ilmuhu ku xannibmi

**Ha fuulin:** Waa khatar, waxaana laga yaabaa in ilmahaagu kugu dayado.

**Yuusan noqon albaabadii hore:** iska ilaali albaabada la sameeyay 1990 ka hor, kuwaas oo noqon Karin.



**Kormeer:** Ha isku hallaynina oo keliya irdaha-mar walba ka ilaali ilmahaaga jaranjarooyinka.

Macluumaad dheeraad ah oo ka hortagga dhicitaanka ilmaha, booqo:

<https://childsafetylink.ca/fall-toolkit>



Si aad u hubiso in albaabkaagu badbaado yahay, la xidhiidh soo saaraha ama booqo [Health Canada's consumer product safety website](https://www.healthcanada.ca/consumer-product-safety)