



Ti lei Humhimnak



Ti pawngah um cu Australia ram ah nifatin in tuahmi a si. Rili kam, tivate, tiva hor asilole zapi hmanmi le inn hnu lei ah a ummi tilionak, hmun lum tak i ciahnak (spa), tiva hlei cung le lo hna ahhin um tawn a si.

Australia ram ah ti in paam a tamtuk caah himnak caah i ralring a herhmi cu:



- Hngakchia umkalnak ngiat/umpi



- Ti pawngkam ah zu din hrial



- Ti umtuning hngalthiam



- Nun khamhnak angki hruk



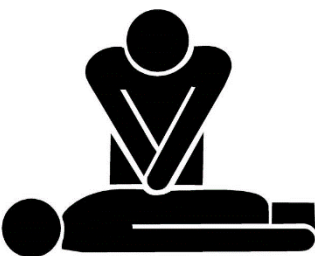
- Tilio cawn



- Thantar (aalon) karlak ah ti i lio
 - Rilikam aalan a sen le a engmi karlak ah ti i lio
 - Rilikam i mizohkhenhtu/khamhtu hmuh khawhnak deuh ah ti i lio/lente i celh
 - Zohkhenhnak tangah ti i lio zungzal
 - Ralrinnak ca tar kha rel law tuah hna
 - Ti cung thil sining na fian lo ahcun, mi congту kha hal hna.



Cinken awk: Na thiamnak le naa zumhnak ze i a si hmanh ah, nangmah lawngin um kal kha hrial. Nangmah lawng na kal ahcun, kilvenmi rili kam siloah tidil ah nun khamhtu hna pawngah ti i lio.



- Thawpek cawng (nunnak khamh)
 - Mi vialte nih, a si khawh chungin, thawchuahnak kong (CPR) kha tuah le cawn awk a si, zeicahtiah mah nih ti chung pil i thihnak a kham khawh.

Him tein ti lio khawhnak ding caah tuah dingmi phun 5:



- Nangmah le na chungkhar caah aa tlakmi thilthuam -nikhua lum le kih zongah hruk khawhmi thil thuam hruk
- Sia a remmi kedan i danh
- Pumpak thianhhlilmhnak: shampoo, sapiat siloah zaktang thuh i ken
- Australia na phak hnu ah na herhmi sii-aai pawl i ken.



Royal Life Saving website tam deuh in rel khawh a si.

- www.royallifesaving.com.au/summerwatersafety
- www.royallifesaving.com.au/educate-participate/education/classroom-resources
- www.royallifesaving.com.au/educate-participate/education/water-smart

Hi cahmai cu timh ciammam tein lawnter a si

Zohfel hnu ah remh thanmi (April 2025)



Australian Government

Department of Home Affairs

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