



Ti lei Himnak

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Ti pawngkam um cu nifatin Australia mi hna nunnak ah aa telmi a si. Rili kam a si ah, tiva, tivate, mipi le inn hnulei tilionak, spa, tilawng dinhnak, asiloah lo ram i tidil hna zong a si kho. Kum 2021 le 2022 ahkhan Austrlia ram ah tipamnak minung 145 an thi i ti pam a tam biknak kum a si.

Ngakchia zohkhenh/thit-hruai

Ngakchia no tete cu centimetre tlawmpal te a thuhnak hmanah an pil kho – a sullam cu bal-tin, thli in tummi ngakchia lente celhnak tidil, inn hnulei tidil, tikhal chiahnak bawm le innzuat saram tidinnak kheng tibantuk thilri hna hmanh nih tihnungmi tipaamnak an chuahter khawh tinak a si. Ngakchia hna ti pawngkam an um tikah upa nih a zungzal in zohkhenh an hau, chim duhmi cu kut in banh khawhnak hmun ah umter khi a si. (tch: tilionak le spa i an um tikah an pawng te ah um hnawh peng) cu tikah an himnak ding caah na bawmh khawh hna lai.

Ti pawngkam zudin hrial

Khua caan aa thlen i thal a hung chuah ahhin cheu hnih naktam upa nih ti umnak pawngah zu an ding lai, zu cu tipaamnak ah tihnung bikmi thil pakhat a si ti kha kan hngalh dih cio ko.

Thil sining/umtuning hngal

Thil umtuning/sining hngalh kha a biapi. Thiam setsai loin tilio, lawngcit/zah, cun sio thlak te hna nih ti pamnak lam a karhter. Thetse tlang, a kak a kuaimi, chimchung khawh lomi tiluan ning, ti tang ummi hnawmtam hna le rang tukin aa thlengmi thil sining hna cu pawngkam ummi nih an theihthiam ngai, ko nain khualtlung/mileng caah cun theih a har deuh.

Nun khamhnak angki hruk (lifejacket)

Siothlak siloah tilawng cit tikah lifejacket i hruk. Cawlcanghnak kip le mi vialte caah lifejacket a um. Zaangdam tein hrukkhawhmi chanthar lifejacket cu hruk duh lonak a ruang a um lo.

Tilio cawn

Ti lei himnak program ah i tel. A ho paoh tilio an cawn awk a si. Tichung ummi he a pawngkam ummi he mizei paoh tilio an thiam kha a biapi.

Aalan (thantar) karlak ah ti i lio

- Rilikam aalan a sen le a engmi karlak ah ti i lio. Tikam congту le mi zohkhenhtu hna nih rili kam an zohfel tikah thantar a sen le a engmi karlak tilio kha a himbik tiin an hmuh.
- Mi zohkhenhtu siloah a congту hna nih an vennak lawngah ti i lio asiloah surf tuah.
- Zohkhenhnak tangah ti i lio zungzal
- Hmelchunhnak (sign) kha rel law zul
- Ti-hrah//tilet umtuning na fian lo ahcun a congту siloah a vengtu kha hal hna

Zeitlukin na thiam le naa zumh zongah, nangmah lawng kal kha hrial. Nangmah lawng na kal ahcun, an venmi rilikam siloah zohkhenhtu nih an hngahmi tidil lawngah ti i lio.

Thaw pek cawn

Mi vialte nih, a si khawh chungin, lung lei le thawchuahnak kong cardiopulmonary resuscitation (CPR) an cawn awk a si, zeicahtiah tichung pil in thihnak khamnak caah a biapi tukmi lam a si.

Zeitindah him tein umning

Ti ah him tein i nuamnak dingah thluakcheuhnak 5:

- Nangmah le na chungkhar caah aa tlakmi i thuam – khua lum le khua kih zongah hruk khawhmi thilthuam ken
- Siarem/zaangdam mi kedan
- Pumpak kholhtawlnak_thilri shampoo, saapiat silole zaktang thuh i ken
- Australia na phak hnu ah na herh khawhmi sii-ai hna i ken.

Tamdeuh theihnak ah, a tangah rel:

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



Australian Government
Department of Home Affairs

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