



Amaanka biyaha



In biya-kugu wareegsan yihiin waa qayb ka mid ah nolol maalmoodka reer Australia. Ama ha ahaato xeebta, webiyada, creeks-ka, goobaha dabaasha ee guriga gadaashiisa ku yaala isbaayada, ama dams-ka faamamka.



Australia gudaheeda, waxaa ka jira tiro badan oo shilal qarqoomi ah, waxaana muhiim ah in la is ilaaliyo iyadoo:

- Carruurta la kormeerayo



- Kala fagoow khamriga agagaarka biyaha



- Ogsoonow xaaladaha biyaha



- Gasho jaakadaha badbaadada



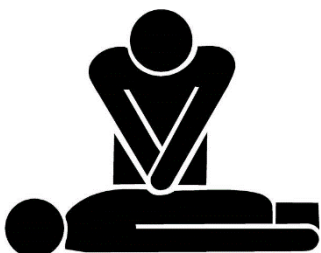
- Baro inaad dabaalato



- Ku dabaalo labada calan dhexdooda
 - Ku dabaalo inta u dhexaysa calamada jaalaha ah iyo tan guduudka ah
 - Had iyo jeer ku dabaalo ama ku-baaxa deg goobaha ay kormeerayaan dadka ka shaqeeya amaanka.
 - Had iyo jeerna ku dabaalo meelaha la kormeerayo
 - Akhri oo raac calaamadaha
 - Haddii aadan hubin xaaladaha badda, weydii badbaadiyaha.



Xasuuso – Iyada oo aysan ku xirnayn heerka xirfadaada iyo kalsoonida, ka fogow inaad keli ku tagto. Haddaad keli ku tagto, xaqiiji inaad ku dabaalato xeeb la ilaalinayo ama haro leh ilaaliyayaal shaqada ku jira.



- Baro soo-naaxida
 - Qof kastaa waa inuu, hadii ay suurtagal tahay, barto inuu sameeyo dib u soo kicinta wadnaha sambabada (CPR), sababtoo ah tani waxay ka hortagi kartaa dhimashada.



5-ta tilmaamood ee lagu xaqiijin karo inaad biyaha si dhib la'aan ah ugu raaxeysato:

- Lebis ku haboon naftaada iyo qoyskaaga – dhar loo gashan karo hawada diirimaadka ah iyo qaboobaha
- Hab ku haboon
- Alaabta daryeelka shakhsiyeed sida shaambada, saabuunta ama udginta
- Daawooyinka laga yaabo inaad u baahato markaad timaado Australia.



Waxaad ka heli kartaa macluumaad badan oo ku saabsan websaytka Royal Life Saving.

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

Boggan si ula kac ah ayaan waxba loogu qorin



Australian Government
Department of Home Affairs

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