



Sheffield Occupational Health Advisory Service

Mashruuca Caafimaadka Ee goobta shagada Madawgga Iyo Dadka Wadanka Laga Bedanyahey

Wakiilka Shaqaallaha kuna Jiraan Kuwa Guriga ku Sheeqeeya (Agency and Ho. Workers in Somali)

Ma sharkad baad u shaqeysaa kuu dirta heel kale oodka shaqyso?

Ma sharkadaa kuu diryaarisa shaqada guriga?

Ma sharkda mise karad u shaqyso?

Sharkada aad u shago tago ma kuwu shaqada bixiyaa

Kuwa aad u shaqayso iyo kuwa shaqada bixiya

Labaduba waxay masuulkayiin gaarahaan

Caafimaadikaga iyo nebadgelyada meesha shqada

Tusaale . kuwa aad u shagayso waxa qasob ku ah in soo qiyaasan wixii khatar ah

Kuwa loo shgayeyo ama kuwa shegqdabixiya

Waxa qasab ku ah inay ku siiyaan wixii aad isku ilaalinsay Dhar ama qalab.

Xaagga sharciga waxaad xaq leedahay dhawor wax oo kale:

- In lagu siiyo lacagta inta loo talo gelay guudahan

- In aad diido shaqo ka badan 48 hours weegii
- In aad nasato (kuwaas oo ku xidhon inta sacadood eed shagaysay ka dib)
- In lagu siiyo fasax afar wiig ah oo lacag leh sanadkii
- In laga ilaaliyo midabtakoor
- In aad ku biirto ururka shaqaalaha u dooda.

Haddaa doonayso warbixin dheeraad ah mid ka mid ah waxa kore ama tallo qarsoodi ah weydiiso ballan noqondoonta(our city centre) ama GP's Surgery.

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