



Sheffield Occupational Health Advisory Service

Mshruuca caafimaadka ee Goobta Shaqada Madawgga Iyo Dadka wadanka laga badanyahay

BOODHKA IYO QIIQA (Dust and Fumes in Somali)

Sida ay u badanyihiin meelaha shaqoyinka gaar ahaan kuwa birta shaqaluhu waxay halis u hehiin boodhka iyo qiiqa.

- Xadka halista mid kawaa la mid ihi la mid maha kuwa iska jira iyo boodhka
- Xiig ma leedaha
- Neefto miyay kugu adagtay adiga oon xiif gabin?
- Ma u malaynaysaa in neef shadu tahay markaad shaqada joogto?
- Miyaad tareen taa in ayay laabtaadu ka fiicantahy markaad shagaynayn? (siiba wiikendka ama fasaxa)
- Haddii mid suaalahan ka mid ihi tahay haa, ma u sheegtay dhatharkaga dhabaata?
- Waxa aanu kaa caawinkarnaa helitaanka, haddii dhibtada laabtaadu la xidhiidho shaqadaada ama meesha shaqada
- Kuwa loo shaqayaa waxa ku qasabah inay il aaliyaan waxayabaha khatarta u ha caafimaadka (COSHH)

In ay qiyaasaan halista ka iman karta sabiatank.

In ay ogaadkaan dhibaataada ay u keenayso dadka caafimaadkooda.

Ilaalinta dhiqabtada sabistanka.

Sii warbixin warayaalah khtarta ah ee lagu isticmaalo shaqada.

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



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BME Workplace Health Programme

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