



Sheffield Occupational Health Advisory Service

Mashruuca caafimaadka ee goobta shaqada madawgga iyo dadka wadanka laga badanyahay

SHAQADAGACANTA LAGAQBTO (Manual Handling in Somali)

Waxaa jira sida badan dhaawacyo badan oy sababaan shilalka ka daca shaqad gacanta laga qabto marka la isku wada daro: turnturo, dhicid, gaadhi ku jiidha ama wax kugu soo dhacaan.

sedan daraadeed waxa jira qawaaniin loogu talagelay kuwa loo shaqayeyo iyo shaqaalahab oo ku suaabsan caafimaad iyo badabaada xadeyantooda.

Kuwa loo shaqeeyo waxa waajib ku ah:

- Digtooni iska ilaaliyaan khatarta ka imanisa waxayaalaha gacant laga qabto,ila hadda waa caqligel in la istcimaalo
- Qiyaas halista dhaawacka iman kara khatarraha shaqada gacanta
- Yareen khartarah dhaawacyada ka iman kara halista shaqada gacanta, ilaahadda sida ay suura gal u noqonays

Waajibka shaqaalaha;

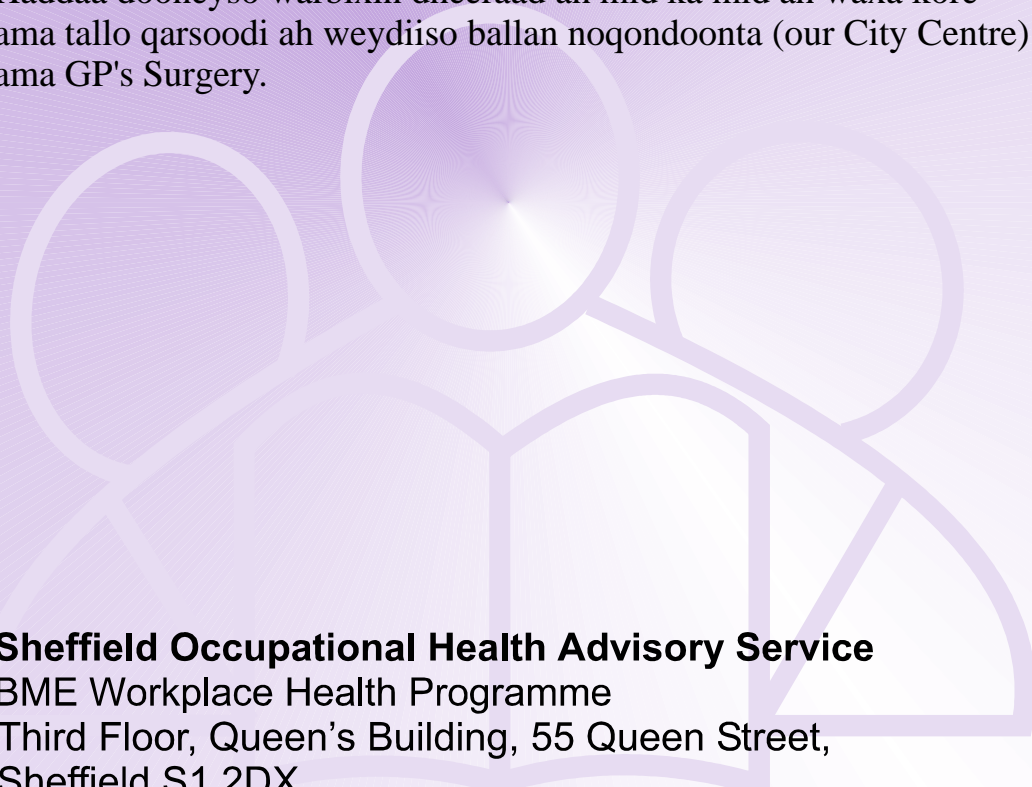
- In ay raacaan sharciga shaqada
- U isticmaal qalabka sida loogu tala gelay

- Kala tasho loo shaqeeyaha arinta caafimaadka iyo badabaadada
- U sheeg loo shaqeeyaha halista ku aragtaan xagga shaqada
- Ka digtoono inaanay halis gelin shaqada kale

Ma dhaawantay ama halisi ma kaa soo gaadhay shaqada gacnta?

Ma dooneysaa talo qarsoodi ah?

Haddaa dooneyso 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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