



5ta tallaabo ee nabad loogu shaqeeyo

Si aan u taageerno laantayada ganacsiga ee kaladuwan Kawnsalka Magaalada Birmingham (Birmingham City Council) waxuu soo diyaariyey nuskhadda la soo turjumay ee 5ta tallaabo ee nabad loogu shaqeeyo (5 steps to working safely) ee dawladda sida loogu daabacay maalintii 26^{kii} Juun. Waxaa laga yaabaa in kuwan la cusboonaysiiyo markaa waxaa muhiim ah in aad kolba mar [barta internetka qaran](https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/5-steps-to-working-safely) ka eegto wararka cusub taasoo ah: <https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/5-steps-to-working-safely>

Waxqabadyada camaliga ah ee ay ganacsiyadu samaynayaan ee ku salaysan 5ta tallaabo ee ugu muhiimsan.

Hubi in aad akhriso dhammaan hageyaasha muhiim u ah goobtaada shaqada. Hage kaste waxaa ku jira waxqabadyada gaarka ah ee ay ganacsiyadu samaynayaan ee ku salaysan tallaabooyinkan. Hagsi dheeraad ah ayaa la soo saari doonaa ama la soo daabici doonaa marka ay suurto gasho in ganacsiyo dheeraad ah dib loo furo waana halkan: <https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19>

1. Samee qiimaynta halista cudurka COVID-19

Ka hor inta aadan shaqada dib u bilaabin waa in aad hubiso badbaadada goobta shaqada adigoo:

- sameeya qiimaynta halista ku toosan [hagista agaasinka HSE](#)
- la tashada shaqaalahaaga ama ururrada shaqaalaha
- natiijooyinka qiimaynta halista la wadaaga xubnaha shaqaalahaaga kuna muujiya bartaada internetka

2. Deji nidaamyo ku toosan nadiifinta, gacmo dhaqidda iyo nadaafadda

Waa in aad kordhiso inta jeer ee gacmaha la dhaqo ama la mayro lana nadiifiyo sagxadaha ama meelaha kaladuwan adigoo:

- dadka ku dhiirrigeliya in ay raacaan [hagista ku saabsan gacmo dhaqidda iyo nadaafadda](#)
- jeermis tiraha gacmaha ku diyaariya meelo ku kala baahsan goobta shaqada, oo siyaado ku ah musqullada
- badanaa nadiifiya oo jeermiska ka saara shayada iyo sagxadaha si joogto ah loo taabto
- xoojiya nadiifinta meelaha dadku ku badan yihiin
- musqullada u dejiya hagsi cad oo ku toosan sida loo isticmaalo loona nadiifiyo
- diyaariya qalab gacmaha lagu engejiyo – ama xarqado waraaqo ah ama engejiyeyaal koronto ku shaqeeya

3. Dadka ka caawi in ay guriga ku shaqeeyaan

Waa in aad qaaddo dhammaan tallaabooyinka macquulka ah si aad dadka uga caawiso in ay guriga ku shaqeeyaan adigoo:

- ka hadla nidaamyada u diyaar ah guri ku shaqaynta



- hubiya in ay haystaan qalabka habboon, tusaale ahaan isticmaalka kala fog ee nidaamyada shaqada
- iyaga ka qayb geliya dhammaan wadaxiriirrada lagama maarmaanka ah
- daryeela wanaagqabkooda jirka iyo maskaxda

4. Hirgeli kala fogaynta dadka ee 2 m ah, marka suurogalka ah

Marka suurogalka ah, waa in aad dadka u kala dhexeysiiso 2 m adigoo:

- meelo ku dhejiya calaamado aad shaqaalaha iyo soo booqdeyaasha ku xasuusiso hagista kala fogaynta dadka
- iska daaya ama ka fogaada baraha shaqada ee la wadaago
- isticmaala koolo ama rinji dhulka ku yaalla si aad u calaamadayso meelaha kaladuwan oo aad dadka uga caawiso in ay isku jiraan masaafo 2 m ah
- habeeya nidaam ay dadku hal dhinac ugu socdaan oo lagu maro goobta shaqada marka suurogalka ah
- ballan oo keliya u beddela kulannada lala yeesho soo booqdeyaasha marka suurogalka ah

5. Marka dadku aanay u kala fogaan karin 2 m, maamul halista gudbinta

Marka aanay suurogal ahayn in dadku ay 2 m isku jiraan, waa in aad samayso wax walboo camali ah si aad u maamusho halista gudbinta adigoo:

- ka fiirsada haddii loo baahan yahay in la sii wado waxqabad gaar ah si ganacsigu u sii socdo
- inta suurogalka ah yareeya waqtiga loogu baahan yahay waxqabadka
- isticmaala shaashado ama carqalado si aad dadka ugu kala dhexeysiiso
- adigoo isticmaala nidaam lagu shaqeeyo oo dadku dhabarka iskugu jeediyaan ama gees gees ugu joogaan mar kastoo suurogal ah
- kala durkiya saacadaha imaanshaha iyo bixitaanka
- adigoo yareeya tirada dadka uu qof kaste xiriir la yeesho adigoo isticmaala 'kooxo go'an ama lammaaneyaal'