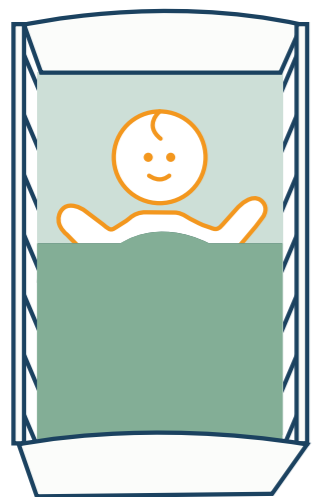


Qaabkee amaan ku jiro ayuu ilmahaaga e seexdaa?

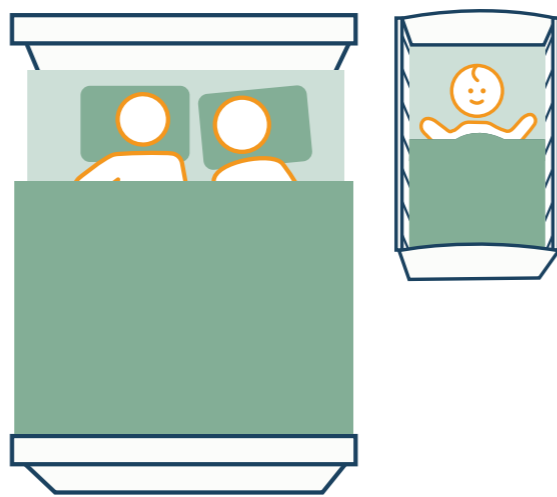
Waa 4 sida Amaanka Seexashada

Haddii aan ilmaheyga sariirta geeyo...

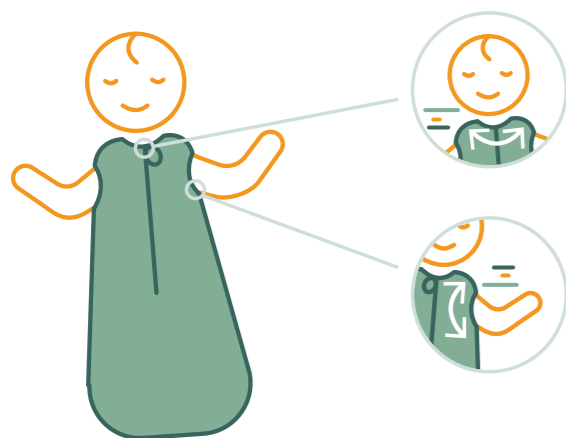
1 ...waxaan u seexinaayaa ilmaheyga dhabarka



2 ...waxaan ku seexinayaa ilmaheyga sariirtiisa u gaarka ah



3 ...waxaan ku seexinaayaa ilmaheyga jaakada lagu seexiyo



4 ...waxaan seexinaayaa ilmaheyga sariir faaruq ah



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Ilmahaaga si aad u xajisan kursigiisa- dareen amaan ah

Waa 4 qaab Amaanka ah ee ilmaha loogu wado Baabuurka

Haddii aan ilmaheyga ku qaadaayo baabuurka...

1 ...markaa ilmaheyga mar walba kursiga ilmaha ayuu fadhiyaa



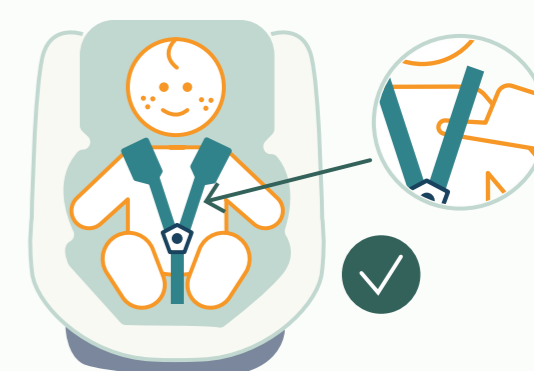
2 ...markaa ayaan ilmaheyga fariisinaayaa si uu gadaal fiirinaayo



3 ...markaa suunka baabuurka ayaa dhex marinaayaa dhex marinaayaa sheyga buluuga ama cagaarka



4 ...markaa waxaan soo jiidayaa suumanka kursiga ilmaha si uu u xajisnaado



Ka eeg heerka uu ilmahaagu gaaray barta kinderveiligheid.nl/mijlpalencheck oo waliba hel talo iyo tilmaamo intaa ka badan si aad u caawiso ilmahaaga inuu u koro si badbaado leh.

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ilmahaaga dhaqso ha u wareejinin

Waa 4 qaabka Amaanka ee ilamah loogu qaado Baabuurka

Haddii aan ilmaheyga ku qaadaayo baabuurka...

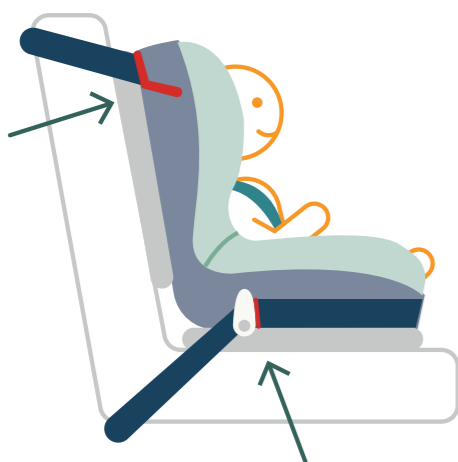
- 1 ...markaa ilmaheyga mar walba kursiga ilmaha ayuu fadhiyaa



- 2 ...markaa ilmaheyga hore ayuu fiirinayaa laga bilaabo 15 bilood



- 3 ...markaa suunka baabuurka ayaa



- 4 ...markaa waxaan soo jiidayaa suumanka kursiga ilmaha si uu u xajisnaado



Ka eeg heerka uu ilmahaagu gaaray barta kinderveiligheid.nl/mijlpalencheck oo waliba hel talo iyo tilmaamo intaa ka badan si aad u caawiso ilmahaaga inuu u koro si badbaado leh.

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Xitaa safar gaaban: mar walba kursiga baabuurka

Waa 4 qaabka Amaanka ee ilmaha loogu qaado baabuurka

Haddii aan ilmaheyga ku qaadaayo baabuurka...

- 1 ...markaa ilmahaeyga wuxuu ilaa 1.35 m uu mar walba ku fadhiyaa kursiga baabuurka ee ilmaha



- 2 ...markaa waxaan isticmaalayaa kursiga ilmaha ee baabuurka oo leh dhabar taageeraha



- 3 ...waxaan jiidayaa suunka baabuurka ee meelaha cagaarka ama gaduudka



- 4 ...markaa wuxuu suunka baabuurka maraayaa ilmaha garabkiisa



Ka eeg heerka uu ilmahaagu gaaray barta kinderveiligheid.nl/mijlpalencheck oo waliba hel talo iyo tilmaamo intaa ka badan si aad u caawiso ilmahaaga inuu u koro si badbaado leh.

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Baaskiilka oo lagu soo wareego? Lugaha ka ilaali biraha baaskiilka

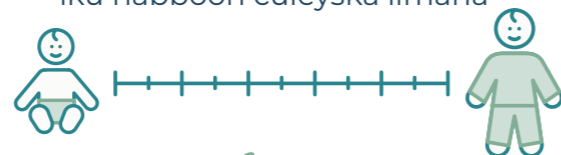
Waa 4 oo Amaanka baaskiilka loogu qaado

Haddii aan ilmaha baaskiilka ku qaadaayo...

- 1 markaa wuxuu fadhiyaa kursiga baaskiilka marka uu iskiisa u fadhiisan karo



- 2 markaa waxaan isticmaalayaa kursiga baaskiilka ee ilmaha oo lku habboon culeyska ilmaha



- 3 markaa ilmaheyga si fiican ayaan ugu xirayaa suunka garabka iyo suumanka lugaha



- 4 markaa waxaan ku dadaalayaa inuu leeyahay midka lugta baaskiilka deda



Ka eeg heerka uu ilmahaagu gaaray barta [kinderveiligheid.nl/mijlpalencheck](https://www.kinderveiligheid.nl/mijlpalencheck) oo waliba hel talo iyo tilmaamo intaa ka badan si aad u caawiso ilmahaaga inuu u koro si badbaado leh.

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Sii ilmahaaga oksijiin ku filan

Waa 4 Qaadista Amaanka ah

Haddii aad ilmaheyga qaadaayo...

- 1 ...markaa waan ka taxdaraa in sankiisa iyo afkiisa banaan yihiin



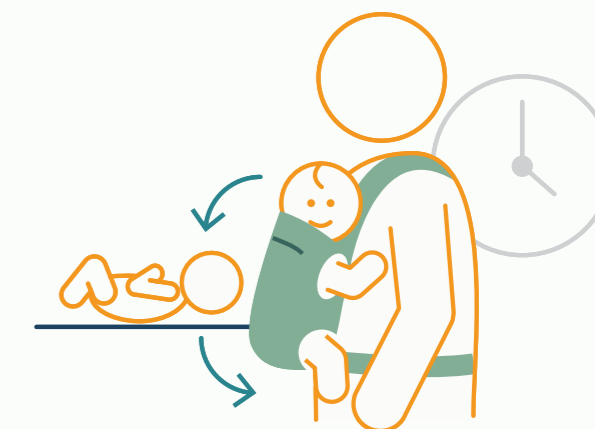
- 2 ...waan ka taxadarayaa inuusan kuleyl heynin



- 3 ...markaa si fiican ayaan u taageerayaa dhabarka iyo qorta ilmaha



- 4 ...markaa ilmaha waxaan si joogto ah u dhigayaa caloosha ama dhabarka



Ka eeg heerka uu ilmahaagu gaaray barta [kinderveiligheid.nl/mijlpalencheck](https://www.kinderveiligheid.nl/mijlpalencheck) oo waliba hel talo iyo tilmaamo intaa ka badan si aad u caawiso ilmahaaga inuu u koro si badbaado leh.

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Jiir ma soo lugeyneysaa? U daa gaariga ilmaha ilaa xad kaafi ah oo furan

Waa 4 oo lugeyska Amaanka ah

Haddii aan ilmaha la lugeynaayo ...

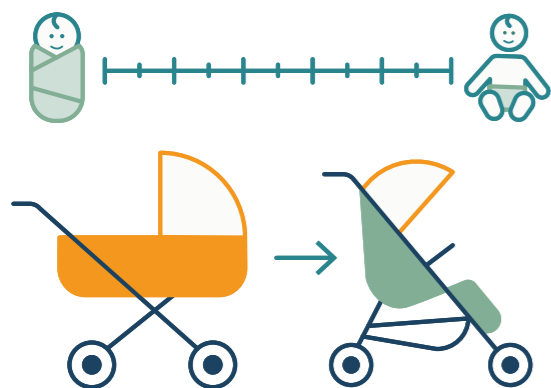
- 1 ...markaa gaariga ilmaha ee jifka marna kuma wada xiraayo maro



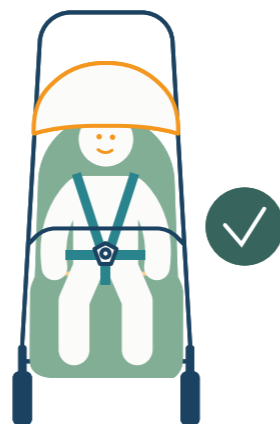
- 2 ...markaa uma isticmaalaayo gaariga ilmaha jifka ah meel aan joogto ugu seexiyo



- 3 ...marka waxaan u wareegayaa keliya marka uu ilmaha ku fariisan karo gaariga/kan lagu riixo



- 4 ...marka waxaan gelinayaa gaariga- gaari/ ama lagu riixo mar walba anigoo suunka ku xiraayot



Ka eeg heerka uu ilmahaagu gaaray barta kinderveiligheid.nl/mijlpalencheck oo waliba hel talo iyo tilmaamo intaa ka badan si aad u caawiso ilmahaaga inuu u koro si badbaado leh.

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Biyaha oo lagu kiidaa waa dhaqso iyo dhawaaq la'aan

Kaga hortag qarqinta 4ta nabadgelyo ee gudaha iyo hareeraha biyaha

Haddaan biyo u dhawaado, markaas...

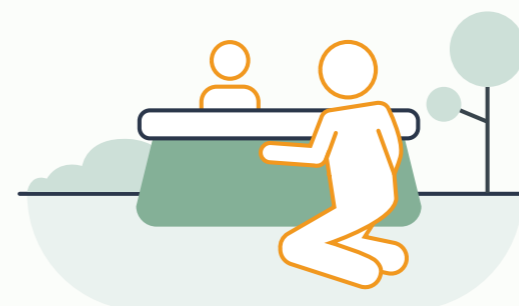
- 1 ...Waxaan falowgeed galaya in aan cunugayga marwalba aan arkayo



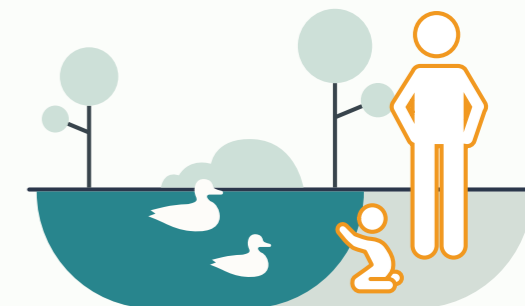
- 2 ... iskuma oggolaado inay wax ay iiga jeediyaan



- 3 ... Aad ayaan ugu dhawaada si ilmahayga aan u taaban karo



- 4 ...Xitaa ina weligay kama fogaanayo ilmahayga



Ka eeg heerka uu ilmahaagu gaaray barta kinderveiligheid.nl/mijlpalencheck oo waliba hel talo iyo tilmaamo intaa ka badan si aad u caawiso ilmahaaga inuu u koro si badbaado leh.

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Qubeyska wuu fiican yahay, ilaa aabe iyo hooyo ay feejigan yihiin

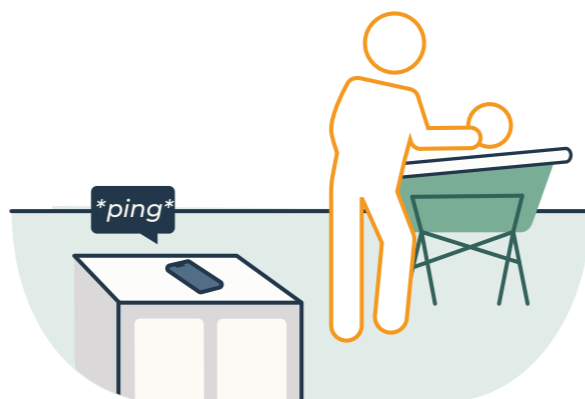
Waa 4 U qabeynta amaanka ah

Marka aan ilmaha ugu qabeynaayo barkada

1 ...mar walba waan la joogayaa



2 ...oo waxba ima mashquulin karo...



3 ...markaa ma isticmaalayo kursiga qubeyska



4 ...waan fiirinaayaa inuu xaraarada biyaha yahay 37 garaado



Ka eeg heerka uu ilmahaagu gaaray barta [kinderveiligheid.nl/mijlpalencheck](https://www.kinderveiligheid.nl/mijlpalencheck) oo waliba hel talo iyo tilmaamo intaa ka badan si aad u caawiso ilmahaaga inuu u koro si badbaado leh.

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Nabraha gubashada waa calaamad ilmahaaga noloshiisa oo dhan ku ooleysa

Waa 4 shaah cabida amaanka ah

Haddii aan shaah kulul ama kafeyga cabaayo...

1 ...markaa ilmaheyga marna dhabta ma saaraayo



2 ...markaa koobka waxaan dhigaayaa meel ilmahaaga uusan gaari karin



3 ...markaa marna ma dhigaayo koobka miis leh marada miiska



4 ...markaa ma isticmaalaayo ibriiqa ee waxaan isticmaalayaa tarmuus



Ka eeg heerka uu ilmahaagu gaaray barta [kinderveiligheid.nl/mijlpalencheck](https://www.kinderveiligheid.nl/mijlpalencheck) oo waliba hel talo iyo tilmaamo intaa ka badan si aad u caawiso ilmahaaga inuu u koro si badbaado leh.

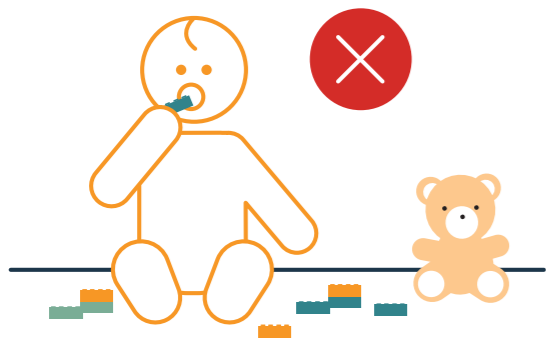
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Nabarka fiiqan ama jirka madoowaada wea xaalad guud

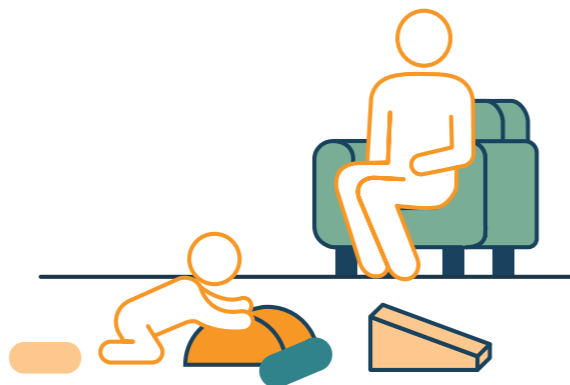
Waa 4 ee Ciyaarta Amaanka ah

Marka uu ilmaheyga ciyaarayo...

- 1 ...markaa a siinaayo alaab lagu ciyaaro oo ka kooban qeybo yar yar marka ilmaheyga jiro wax ka yar 3 sano



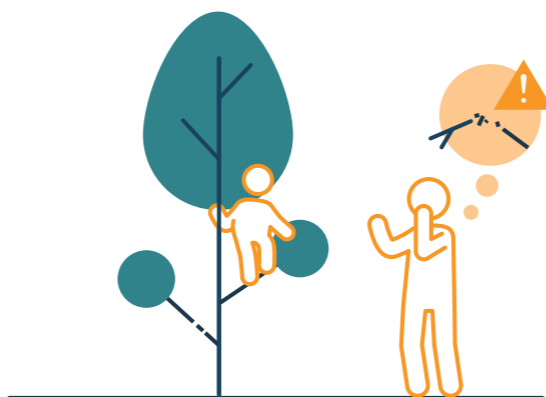
- 2 ...markaa waxaan siinayaa fursad uu iskiisa uu meel korkori karo iyo ka soo degi karo



- 3 ...waxaan fiirinaayaa waxa uu ilmaheyga awoodo iyo wuxuu weli awoodin



- 4 ...markaa dhaqso digniin uma siinaayo



Ka eeg heerka uu ilmahaagu gaaray barta kinderveiligheid.nl/mijlpalencheck oo waliba hel talo iyo tilmaamo intaa ka badan si aad u caawiso ilmahaaga inuu u koro si badbaado leh.

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Ilmaha sida aad u maleysa wuu ka dhaqso badan yahay

Waa 4 qaabka Amaanka ee wax ku baaraan

Marka uu ilmaheyga uu ku jro safarka wax baarida ee guriga...

- 1 ...markaa waxaan sameynayaa geedka jaraanjarta lagu xero kor-iyo hoos mar walba xir



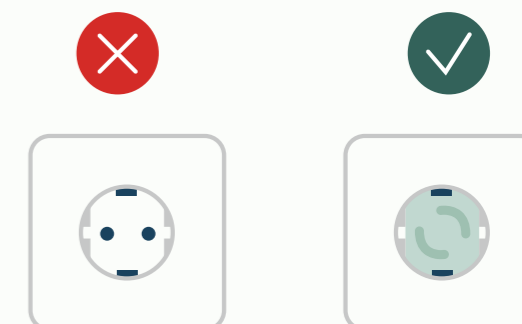
- 2 ...markaa alaabta guriga lagu nadiifiyo mar walba waan xareynayaa



- 3 ...markaa alaabta leh batariga galuska waa ka fogeynayaa ilmaheyga



- 4 ...markaa waan xafidayaa meelaha korontada la geliyo ee ilmaheyga gaari karo



Ka eeg heerka uu ilmahaagu gaaray barta kinderveiligheid.nl/mijlpalencheck oo waliba hel talo iyo tilmaamo intaa ka badan si aad u caawiso ilmahaaga inuu u koro si badbaado leh.

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