

# UKHUSELEKO, NEMPILO NGAMANDLA OMBANE, IGASI, IPARAFFINI, NELANGA



**HOAP**

ICEBISO KUBANINI-ZINDLU INCWADANA YOLWAZI



# UNGAKHUSELEKA NJANI UBE SEMPILWENI NGOKUSEBENZISA AMANDLA OMBANE

Ngokusebenzisa umbane, iparafin, igesi, amalahle neenkuni ngamaxesha athile kungakhokhelela ezingozini, ukulimala kunye nakwingozi yempilo. Ngoko kufanele ukuba ube nenkathalo enkulu ngokusebenzisa nokugcina ezi ntlobo zamandla. Abantwana ngabona basengozini, ngoko bafundise abantwana bakho bahlale kude nezinto ezisebenzisa umbane nomlilo.

## UKUPHILA NGOKUKHUSELEKILEYO USEBENZISA UMBANE



Bonana nomsebenzi wombane okanye nabani na onolwazi ngeengcingo zombane ukuze akufakele iintambo zombane.

- Cima iiplagi zingasebenzi phambi kokuzikhupha.
- Gcina iintambo zombane kude nezitovu nezifudumezi ukuze zingatshi.
- Musa ukuhambisa iintambo phantsi kwemethi ukuthintela abantu zingabawisi. Ukuba iintambo zonakele zingabangela umlilo.
- Musa ukuzama ukulungisa isixhobo sombane ngeli xesha isaplagiwe.
- Musa ukubeka izixhobo ezininzi kwiplagi enye ngexesha.
- Musa ukudibanisa izixhobo zombane kwiplagi yokukhanyisa. Cima iswitshi yokukhanyisa phambi kokuba utshintshe isikhanyisi.
- Amanzi nombane akadibani. Musa ukusebenzisa izixhobo zombane kufutshane namanzi, okanye uziphathe ngezandla ezimanzi. Musa ukusebenzisa amanzi ukucima umlilo wombane. Sebenzisa isixhobo sokucima umlilo esomileyo, okanye Isanti, okanye ingubo yewulu.



### Ungenza ntoni xa umntu ebanjwa ngumbane

Kubalulekile ukufunda uncedo lokuqala ukuze wazi ukuba mawenze ntoni na.

- Biza ugqirha, inqwelo yezigulana okanye uncedo olukhawulezileyo ngoko nangoko.
- Cima umbane kwiibhokisi ezinombane. Usenokufumana ukubanjwa ngumbane xa uzama ukubamba ixhoba lombane xa umbane usasebenza.
- Tyhalela ixhoba kude nomthombo wombane ngokusebenzisa intonga yomtshayelo eyomileyo okanye isitulo. Gquma izandla zakho ngeeglavuzi zerabha ezomileyo okanye imiququmbelo yamaphepha-ndaba eyomileyo phambi kokuba ulichukumise ixhoba elo.
- Ukuba ixhoba alisaphefumli, okanye aliphilanga, liphefumlela emlonyeni uphulule nentliziyo yalo.



## UKUPHILA NGOKUKHUSELEKILEYO NGOKUSEBENZISA IGESI



Qinisekisa ukuba uthenga igesi kubavelisi abaziwayo ebonakalisa ukhuseleko.

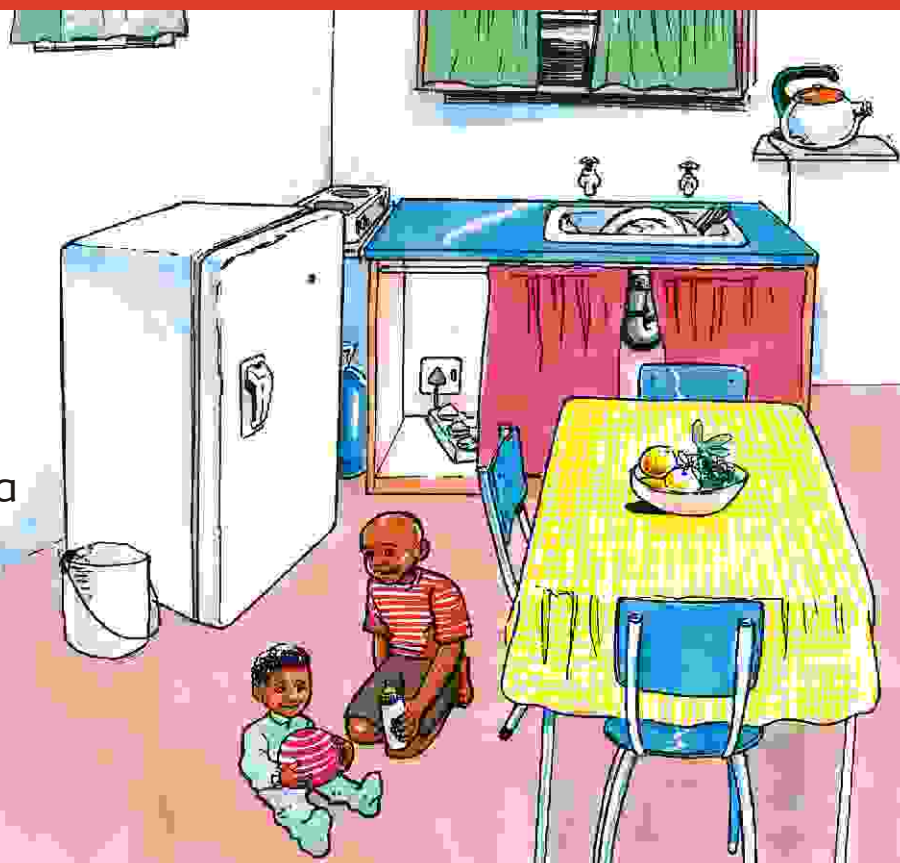
- Gcina ibhotile yegesi nesitshixo sayo kude nabantwana.
- Qiniseka ukuba imibhobho yokudibanisa ekwibhotile yakho yegesi nezixhobo zakho zegesi zikhuselekile yaye ujonge rhoqo kumonakalo.
- Ukuba unukelwa yigesi, cima yonke imililo, imidiza, uze uvule iifestile.

### Ungakufumana njani ukuvuza kwegesi

Cima igesi kwigongqo lokuphatha igesi. Jonga yonke imidibaniso. Kancinane layita igesi nemidibaniso yebrashi namanzi anesepha okanye isihlambi esingamanzi kuza kwenzeka amagwebu apho igesi ivuza khona.

## ELONA CEBO LIBALULEKILEYO LEI:

- Fundisa abantwana bakho bangasondeli kwizixhobo zombane, umlilo neparafin
- Ungaze udibanise amanzi nombane
- Funda ukuba lusetyenziswa njani na uncedo lokuqala



## UKUPHILA NGOKUKHUSELEKILEYO NGOKUSEBENZISA IPARAFIN



Gcina iparafi kude nabantwana. Ukuba umntwana usele iparafin, nokuba kukancinane, umophu weparafin ungaya ngqo emiphungeni yaye udale isifuba esithile kanti nokufa ukuba asinyangwa.

- Musa ukugcina iparafin kwiibhotile zeziselo, okanye naziphi na iibhotile apho umntwana anokuzisela.
- Cima isitovu xa ugcwalisa enye igesi.
- Ungaze uxube iparafin nesipiriti isitovu singatsha.
- Sebenzisa isiciko esikhuselweyo kubantwana kwiibhotile zeparafin. Ungazifumana kwiivenkilana ezininzi, okanye kuMbutsho woKhuseleko lweParafin. Batsalele kwa-021 424-3473.

### Ungenza ntoni xa umntwana wakho esele iparafin

- Musa ukumnika nto yakusela, okanye uzame ukumenza agabhe. Gcina lo mntu emile uze ufumane uncedo ngokukhawuleza.
- Musa ukuzama ukumenza agabhe.
- Musa ukunika umntwana nantoni na yokusela.
- Yisa umntwana ekliniki ngokukhawuleza.

## UKUPHILA NGOKUKHUSELEKILEYO NGOKUSEBENZISA AMALAHLE NEENKUNI



Zama ukusebenzisa olunye uhlobo lokufudumeza olufanelekileyo okanye lokupheka. Ngaphandle kokutsha ngengozi, umsi osuka kwiinkuni nakwimililo yeenkuni neyamalahle ingabangela iingxaki ezinkulu zamaphaphu.

- Qinisekisa ukuba unesixhobo sokukhupha umsi, okanye ukuba indlu ingena umoya ngokwaneleyo.



- Thenga amalahle angenamsi mninzi.
- Ungaze ubase *imbawula* ngaphakathi endlwini.
- Yenza umlilo ovangiweyo ngokubeka amalahle ezantsi nephepha uze ubeke iinkuni ngaphezulu. Umlilo uza kuvutha utshise amalahle, uze ungenzi msi mninzi.

### Ungayithintela njani imililo ekhaya



- Beka izitovu zeparafin, izibane nezibambi makhandlela kwimigangatho elinganayo apho zingenakuwisa.
- Musa ukushiya isitovu, umlilo, isibane okanye ikhandlela lingajongwanga.
- Iikhetini, amalaphu etafile neempahla ezomiswayo kufanele zigcinwe kude nemililo evuthayo nezixhobo ezishushu.
- Zama ukwakha izindlu ezinesithuba esaneleyo phakathi kuzo ukuze umlilo ungangeni ngokukhawuleza ngaphakathi ukusuka kwindlu ukuya kwenye. Qinisekisa ukuba iifestile azihlalanga ngokujongeneyo.
- Isitovu separafin singasebenza kakuhle ukuba sigcinwe sicocekile. Umphezulu womsonto kufanele ugcinwe ujonge phezulu ngokuwusika.
- Yenzani ikomiti yomlilo noogunyaziwe bengingqi, izicima-mlilo, kunye nabahlali bengingqi yakho.



### Ungenza ntoni xa kunokuba nomlilo ekhayeni lakho

- Umlilo awunakho ukuvutha ngaphandle komoya, amafutha nobushushu. Ukuba ususa enye yezi emlilweni uza kuwucima, yaye umlilo uza kungabikho. Umzekelo, ukuba amafutha asembizeni ayavutha, beka isiciko, oku kuza kuvala ukungena komlilo yaye umlilo uza kucima.
- Gcina umgqomo wesanti kufutshane xa kunokuba nomlilo.
- Ungaze ugalele amanzi kwiparafin evuthayo okanye ioyile. Oku kungawandisa umlilo nanjengoko iparafin namafutha zidada emanzini.
- Ukuba iimpahla zakho zisemlilweni, YIMA, ZIWISEPHANZI, UZIQENGQE ukucima amalangatye. Ungaze ubaleke- umoya ungenza iimpahla zitshe kakhulu.



### Ungakunyanga njani ukutsha

- Gcina isilonda sokutsha emanzini abandayo imizuzu elishumi. Musa ukubeka nantoni esilondeni. Isihlambi mazinyo, ibhotolo okanye amafutha ayasongeza isilonda.
- Ukuba isilonda sikhulu ngaphezu komlinganiselo wobhontsi womntu omdala, thabatha ixhoba ulise ekliniki ngokukhawuleza ukuze ufumane uncedo.



### JONGA NEZINYE IINCWADANA EZINGO :

- Ukuphucula ukusetyenziswa kwamandla ombane ekhayeni lakho.
- Ukutyalwa kwemithi neegadi zemifuno.
- Ukuthintela iintanda nokufuma endlwini yakho.



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