

Cabbirka Tirada Hawada Fiican

1 ilaa 10

Cabirka hawada tirada fiican waa wax howal yar: waxuu cabiraa tayada hawada lana xiriirta caafimaadka oo lagu cabiro tirada ah 1 ilaa 10. Waxaana loo cabira sidan tirada 1 waa khatar yar. **7 waa khatar badan.**

ILAALI CAAFIMAADKAAGA OGOW TIRADA

1	2	3	4	5	6	7	8	9	10	+
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1-3 Hoos

4 – 6 Dhaxdha Xaad

7 – 10 Sare

Waxii ka sareeya 10 Aad sare

Heerka Khatarta	Tirada Akhriska	Waxyaabaha loo baahan yahaay in la sasameeyo	
		Shacabka ku sugan khararta *	Shacbiga guud
Hoos	1 – 3	<ul style="list-style-type: none"> Jimicsi iyo lugabaxsi samee. La soco talada dakhtarkaa ee jimicsiga. 	<ul style="list-style-type: none"> Jimicsi caadi ah sports, baaskeel wadis iyo so codka
Dhaxdha Xaad	4 – 6	<ul style="list-style-type: none"> Haddii aad leedahay wadna xanuun iyo neef, yaree jimicsiga iyo socodka dibada. La soco talada dhakhtarka si aad ula socotid arrimahaada caafimaadka. 	<ul style="list-style-type: none"> Looma baahna in la beddelo gaabka jimicsiga.
Sare	7-10	<ul style="list-style-type: none"> Caruurta, dadka waawayn ee leh wadna xanuun iyo neef waa in ay yareeyan dhaqdhaqaaqa jimicsiga. La socco talada dhakhtarka si aad ula soco tid arrimaha caafimaad kaaga. 	<ul style="list-style-type: none"> Qofka dareema cafimad xumi la xidhiidha qufac, cuno, xanun waa in uu yareeya dhaqdhaqaaqa jimicsiga debaada.
Aad Sare	Waxii ka sareeya 10	<ul style="list-style-type: none"> Caruurta iyo dadka waawayn ee leh wadna iyo neef waa inay yareyaan dhaqdhaqaaqa debedda. La socco talada dhakhtarkaaga si aad ogatid arrimaha caafimaadkaaga. 	<ul style="list-style-type: none"> Qof walba waa inuu yareeya dhaqdhaqaaqa debedda, siiba haddaad isku aragto calool xanuun.

*Dadka dhibaataada wadna xanuunka iyo neefta leh waxay ku sugan yihiin khatar culus. La soco talada dhakhtarka oo ah jimicsiga iyo dhaqdhaqaaqa.

Warar dheeraad ah waxaa laga helaa www.airhealth.ca

Haddaad doonayso inaad wax ka ogaato Cabbirka Tirada Hawada Fiican, waxad ku helaysa lugadaa Somali iyo Spanishka. Fadlan la xidhiid @ Info@futurewatch.net - www.futurewatch.net (416) 926 1985

