



Liisto-hubineedda Bedqabka Guriga

NMa jirto tallaabo bedqab oo guriga gebi ahaantiisaba ka dhigi karta mid ammaan ah. Kormeerka firfircoon waa muhiim si aad ilmahaaga uga ilaaliso dhaawac.

Ma dooneysaa in aad oggaato khataraha uu ilmahaaga ku wajahi kara gurigaaga? Heerka ay joogaan isgaarsii si aad caalamka indhahooda uga aragto.

Bedqabka Sarriirta

- ☐ Hubso in sariirta ilmaha yar, sariirta la lulo ee ilamaha yar ama sariirta carruurta ee shabaqa leh ay ka soo baxaan jaangooyada bedqabka dalka Canada. www.canada.ca/en/health-canada/services/safe-sleep/cribs-cradles-bassinets.html
- ☐ Waa in aan firaashyo jilicsan, debecsan, gogol jilicsan, jug-dhawrayaasha sariirta oo jilicsan, barkimo ama alaabay lagu ridin sariirta ilmaha yar.
- ☐ Firaashka sariirta ilmaha yar halka ugu hooseysa gaarsii isla-marka uu ilmaha bilaabo in uu gacmahiisa ama jilbahiisa ku istaago (ku dhowaad 5 ilaa 6 bilood)
- ☐ Ilmaha u wareeji sariirta carruurta socod-baradka ah ama firaash dhulka u dhig markay iskudayaan in ay sariirta ilmaha ka soo degaan.
- ☐ Ilmaha yar ka ilaali in uu gaaro qalabka ay carruurta ku ciyaaraan ee sariirta ku xiran.
- ☐ Alaabta guriga dhig meel daaqadaha ka fog.
- ☐ Hal gacan ilmahaaga ku qabo markay saaran yihiin meel sare sida miiska xafaayadda iyo dharka looga beddelo. Ilmaha yar xafaayadda iyo dharkaba uga beddel dhulka markay awoodaan in ay is-rogoogan.
- ☐ Tixgeli in aad ilmahaaga u xirto dharka hurdada oo ka sameysan maro isku-jir ah sida nayloon iyo boliyeestar.

Bedqabka Musqusha

- ☐ Hubi heerkulka biyaha (adigoo adeegsanaya dhudhunkaaga) ka hor inta aadan ilmahaaga ku ridin baafka qubeyska.
- ☐ Heerkul-beegga qalabka lagu kululeeyo biyaha kulul ka dhig 49°C si aad uga hortagto gubasho.
- ☐ Isticmaal masallaha baafka qubeyska oo aan lagu sinbiriirin. Ha isticmaalin weelka garangaran ee lagu qubeysto.
- ☐ Markasta kormeer ilmahaaga markuu ku jiro musqusha qubeyska iyo baafka qubeyska.
- ☐ Daawooyinka dhig meel ammaan ah (meel aysan ka arki karin ama ku gaari karin, armaajooyin xiran).
- ☐ Daawooyinka dhacay ku celi farmashiyaha.

Jaranjarooyinka iyo Marinnada

- ☐ Alaabooyinka isdhex-daadsan ka qaad jaranjarooyinka iyo marinnada la maro ee gurigaaga.
- ☐ Ku rakib albaabada ilmaha/jaranjarrada – Ku isticmaal albaab adag oo bir ka sameysan xagga sare iyadoo albaabada cadaadiskana lagu adeegsan karo xagga hoose ee jaranjarooyinka.
- ☐ Jaranjarooyinka si fiican u iftiimi.

Bedqabka Daaqadda

- ☐ Isticmaal daaqad joojiyayaal/quful/halisdhawre si looga hortagto in ay daaqaddu furanto in ka badan 10sm (4inji)
- ☐ Isku-xir dhammaan xargaha daahyada.

Bedqabka Jikada

- ☐ Carruurta ka ilaali maacuunta jikada ee afka leh, dhalooyinka iyo qalabka kulul.
- ☐ Ku isticmaal dhawrayaasha lagu xiro halka laga shido qalabka sida xagga sare ee makiinadda cuntada lagu kariyo si aad uga hortagto carruurta in ay dabka shidaan.
- ☐ Saxannada/birtaawooyinka/digsiyada dhig meel aysan gaarin - isticmaal qaybta dambe ee wax lagu kariyo ee makiinadda cunto
- ☐ karinta oo meesha la qabsado ee birtaawada iyo digsigu u wareeji dhanka dambe ee makiinada cuntada lagu karsado.
- ☐ Iska-ilaali in aad caanaha naaska iyo caanaha qasaca ee carruurta ku kululeyso maykaroweeffa.
- ☐ Alska-ilaali darimaha ama marooyinka miiska la saaro maadaama ilmahaagu ay waxyeello ka soo gaari karto in uu waxa saaran rido haddii uu jiido.

- ☐ Isticmaal qufullada carruurta ee lagu xiro qaanadaha iyo armaajooyinka.
- ☐ Xargaha qalabka korontada ku shaqeeya ee guriga ka fogee carruurta.
- ☐ Waa in aad guriga ku haysataa dab-damiye shaqeeynaya.
- ☐ Xir oo gun u samee bacaha ka hor inta aadan meel ammaan ah dhigin.
- ☐ Badeecooyinka aan ammaanka ahayn ee lagu kaydiyo meelo

Bedqabka Korontada

- ☐ Haku isticmaalin agabka korontada meel biyaha u dhow.
- ☐ Ku isticmaal gufafka bedqabka dhammaan godadka korontada ee aan la isticmaalin.

Goobaha Fadhiga

- ☐ Cad jilicsan oo dhawris ahaan ah ku dabool geesaska iyo darafyada afka leh ee alaabooyinka guriga.
- ☐ Derbiga ku xir alaabooyinka dhaadheer sida armaajooyinka iyo iska-faaloooyinka buugaagta (si aad uga hortagto in ay liicaan ama dhacaan).
- ☐ Isticmaal daboollada qataarka ee carruurta ka reebban.
- ☐ Xir albaabada balkoonka.
- ☐ Kuraasta carruurta gaariga lagu saaro iyo kuraasta bood-boodka leh dhulka dhig, oo ha saarin miisaska.
- ☐ Waa in aad dhigtaa ama ku rakibtaa bannaanka meel kastoo la seexo ama heer kastoo gurigaaga ah qalabka dabka ka diga iyo kaarbon hal-ogsaydh shaqeeya.
 - ☐ Batariyada ka beddel hal-jeer sannadkii.
 - ☐ Bil kastaba tijaabi.
- ☐ Dhirta sunta leh ka ilaali in ay carruurta gaaraan.
- ☐ Dhig taraqa, jansiigarada, iyo shumaca meel aysan carruurta gaari karin.
- ☐ Samee wax kala xira goobta dambe iyo goobaha kale (sida albaab ama shaashad bedqab).
- ☐ Ku isticmaal xargaha bedqabka (kuraasta dhaadheer, kuraasta carruurta, kuraasta carruurta lagu riixo iwm.). Waxaa wanaagsan in xargaha bedqabka lagu wareejiyo dhexdooda iyadoo la soo marsiinayo lugahooda si aysan u simbiririxin.
- ☐ Dhig boorsooyinkaaga gacanta iyo kuwa martida meel aysan gaari karin.
- ☐ Hubka waxaa lagu kaydiyaa iyagoo rasaas la'aan ah armaajooyin xiran sida ku cad shuruucda iyo siyaasadaha.

Alaabaha Carruurta

- ☐ Daawo u yeerista alaabooyinka carruurta/guriga/qalabka - recalls-rappels.canada.ca/en.
- ☐ Alaabooyinka ay carruurta ku ciyaaraan ka saar alaabooyinka leh khataraha ku mergeshada. Haddii alaabaha ay geli karaan duubka warqadda musqusha, waxay keeni kartaa in ilmaha yari ay ku mergadaan.
- ☐ Isticmaal sahayda farshaxanka oo sun la'aan ah.
- ☐ Si degdeg ah u tuur alaabooyinka jajabey iyo dhammaan qaybaha buufinta dillaacay.
- ☐ Ha isticmaalin gaariga ilmaha lagu socod baro oo lugo leh (tan iyo 2004 waa sharci-darro in dalka Canada lagu isticmaalo)

Bedqabka Dibedda

- ☐ Doorro maro qoorta kululeysa/diirisa.
- ☐ Ka fogaaw dharka koofiyadda leh.
- ☐ Dharka ka saar dhammaan xargaha.
- ☐ Markasta carruurta waa in ay kuu jirsadaan meel ay gacantaadu gaari karto marka ay ku sugan yihiin hareeraha biyaha.
- ☐ Xir daaqaadaha iyo albaabada loo maro goobta berkadda dabaasha
- ☐ marka uusan halkaa joogin qof qaangaar ah oo kormeeraya goobta berkedda dabaasha.
- ☐ Si joogto ah u baar dhismayaasha lagu ciyaaro ee bannaanka oo hagaaji marka loo baahan yahay.
- ☐ Ka fogey meelaha lagu ciyaaro goobaha gaadiidka iyo meelaha ay baabuurta maraan oo si firfircoon u kormeer cunugaaga.

Kheyraadyo

Xarunta Ontario Poison: 1-800-268-9017 (Telefoon Bilaash ah)
 Parachute: parachute.ca/en/
 Linkiga Bedqabka Carruurta: childsafetylink.ca/