

Dabka duurka

Dabka duurku wuxuu markasta ku bilaabmaa ogeysiis la'aan oo dhakhso u fido, oo ololiyo kaynta, dhirta iyo guryaha. Dad ayaa inta badan sabab u ah dabka duurka.



Ku yaree halista dhicitaanka dabka duurka ee jiidaada adiga:



-si adag u xaqdhawraya nidaamka mamnuucaya dabka ee jira.

-wac 911 si aad ugu sheegto dabka cawska iyo wixii dab kale ee dibeeda jira.

-bar ilmaha badbaadada dabka oo ka fogee taraqa (kabriidka) iyo qaraaxada (biriikeega).



Waxa jira siyaabo kale oo lagaga hortagi karo dabka duurka. U dhig gurigaaga iyo hareerihisa adiga oo maanka ku haya badbaadada dabka duurka.



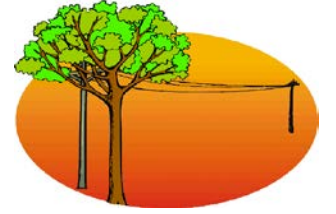
Xulo qalab iyo dhir iska xejin karta dabka oo aan lolin. Ku isticmaal alaabta dabka iska xejisa ee aan

guban saqafka, iyo dibedda sarta. Ku beer dhir iska caabbin karta dabka.

Gurigaga hareerihisa ka abuur jiid badbaado oo dhan 30- to 50-fuudh oo lag xaadhay caleemaha iyo laamaha.



Ka sifee dhirta dab qabsiga leh. Ka jar laamaha gaadhaya saqafka.



Warso sharikada tamarta inay ka baneeyaan laamaha dhirta khadka tamarta.



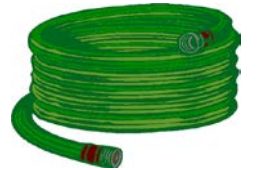
Ka jar xididada dhirta gidaarada gurigaaga oo doogana si joofta ah u jar.

Bane jiid dhan ilaa 10-foot hareeraha hanta propane iyo kan lagu solo cuntada.



Ku tuul xaabada ugu yaraan in ka durugsan 100 fuudh 'feet' gurigaaga ama ganacsigaaga.

Guriga dibadiisa waa inaad ku lahaato il biyood. Hayso tuunbo gaadhaysa meel kasta oo gurigaaga ah. Ku rakib ugu yaraan laba qasabadood oo biyo ah laba dhinac ee guriga.



Markuu jiro cabsi dabka duurku: Baabuurkaaga xagga danbe u geli geerashka si jihada aad ugu baxsan karto. Haddii

lagugula taliyo inaad ka baxdo, isla markaaba ka qax!



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