

Imiyalelo yokushethekwa kweringi

1



Geza izandla zakho ngensipho bese uzisula ngendwangu ehlanzekile.



2



Zihlele ngendlela ekwenza ukhululeke ukushutheka iringi.



3



Bamba bese ucindezela amacala eringi ndawonye. Ungakuthola kulula ukushutheka iringi uma uyisonta uyimise okukanamba 8.



4



Sebenzisa esinye isandla sakho ukubamba uvule inyama ezungeze isitho sakho sangasese sangaphambili.



5



Faka ingaphezulu leringi emlonyeni wesitho sakho sangasese sangaphambili sakho bese usebenzisa umunwe wakho ukuphusha iringi ngokucophelela esithweni sakho sangasese sangaphambili.



6



Iphushe ize ifike ekugcineni engathi uya ngasesinqeni. Uma iringi izwakala ingahleli kahle, kungenzeka ukuthi ibingafakekanga ngokwanele ukuthi ingene kahle esithweni sakho sangasese. Sebenzisa umunwe wakho ukuphusha iringi esithweni sakho sangasese ize ifike ekugcineni.



7



Iringi kumele ibe phezulu esithweni sakho sangasese. Geza izandla zakho uma usuqedile. Uma uba nenkinga, xhumana neklinikhi noma ufike uzosizakala.

Ulwazi olubalulekile

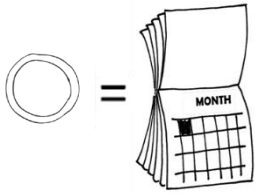
Gcina iring ishuthekiwe usuku lonke zonke izinsuku: Iringi kufanele igcinwe ishuthekiwe ngasosonke isikhathi ngisho ngabe usesikhathini, ugeza noma wenza ucansi.



Uma iringi iwa noma ikhishwa:

Endaweni ehlanzekile: Zama ukuphinda ushutheke iring ngokushesha. Yakaza iringi emanzini ahlanzekile bese ulandela imyalelo yokushutheka kwelinye icala.

Endaweni engcolile (njengase thoyilethe noma phansi): UNGAYishutheki kabusha iringi. Kunalokho, ifake esikhwameni onikezwe sona bese uthintana nekliniki ngokushesha.

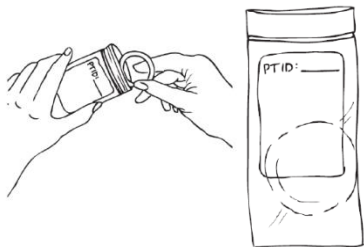


Ukubuyisela: Emva kwamasono awu-4, iringi ingakhishwa bese kufakwa enye entsha.



Gwema: Abantu besifazane kufanele njalo bagweme ukusebenzisa izigezo, izinsipho, izinsipho zokuwasha, amakhambi phakathi esithweni sangasese sangaphambili. Uma usebenzisa iringi, ukusebenziswa kwamanye amadivayisi esitho sangasese sangaphambili asikukhuthazi. Eminye imikhiqizo yasesithweni sangasese sangaphambili njengamakhondomu, izithambisi, kanye namathamponi avumelekile ukusetshenziswa. Khuluma nabasebenzi bocwaningo ngaphambi kokusebenzisa noma iyiphi imikhiqizo yasesithweni sangasese sangaphambili.

Ningasebenziselani: Ungasebenziselaani ngeringi yakho nabanye abantu besifazane.



Ukugcina: Amaringi asebenzile kanye nangcolile kumele agcinwe njalo evaluewe esikhwameni esimhlophe onikezwe sona. Gcina amaringi angasebenzile emaphaketheni lawo kuze kufike isikhathi sokuthi asetshenziswe. Ungawagcini amaringi asebenzile nangakasebenzi efrijini noma elangeni. Wagcine kude nabantwana kanye nezilwane ezifuyiwe.

Into yokuhamba: Phatha wonke amaringi asebenzile nangasebenzile uma uza ekilini. Ohambweni lwakho, gcina amaringi nawe ngasosonke isikhathi ukugwema uku lahleka.



Imibuzo noma ukukhathezeka: Abasebenzi bocwaningo balapha ukukusiza nokukweseka. Sicela usithinte phakathi nokuvakasha kwakho nanoma imiphi imibuzo noma izinkinga.