

Ilmaha hadda dhashay: Badqabka gaari raacida marka koobaad

10 tilmaamood ku aadan rakibida kursiga gaariga ee ilamahaaga dhashay si sax ah marka koobaad



DOERNBECHER
CHILDREN'S
Hospital



Sharciga Oregon ayaa ka doonaya carruuta **kayar 40 boon** si ay u adeegsadaan kursiga gaariga oo suunka amaanka leh ayna kusii sugnaadaan **kursiga gadaal u jeeda** ay ka gaaraan 2 sano ugu yaraan.



Xaqiji in cunugaagu buuxiyo **xadiyada lagu talinaayo ee jooga iyo miisaanka ee** kursiga gaariga.



Ma filaysaa kuwo badan? Dooro kursi gaari ah oo leh miisaanka ugu yaraan dhan **4 lbs ama ka yar.**



MARNA ha saarin kursiga gaariga ee gadaal u jeeda xogta kiishada hawada ee hore.

Meesha ugu amaansan cunugaaga waa **kursiga danbe illaa uu ka gaaro 13 sano** jir.

Mar kasta ku rakib kuraasta gadaal u jeeda gaariga **kursiga danbeadoo adeegsanaaya suunka** amaanka ee kursiga gaariga **ama LATCH.**

Ku fur kursiga gaarigaaga xagasha dabaca saxda ah. **Akhri buuga xogta ee mulkiilaha** ee kursigaas iyo xogta kale ee muhiimka ah.



Si fiican ugu xir suunka si aysan u dabcin. Waa **inaadan awoodin** inaad jiido wax xariga suunka garabka oo dheeraad ah.



Suunka amaanku waa inuu joogaa **ama ka hooseeyaa** garbaha **kuraasta u jeeda** gadaal.



Saar suunka xabadka **jooga kilkisha**, adoo ka fogaynaaya qoorta.

Su'aalaha? OHSU Doernbecher Safety Center (Xarunta Badqabka ee OHSU Doernbecher) ayaa ku caawin karta. Wac si aad balan u qabsato si kursiga gaarigaaga u fiiriyo Farsamo yaqaan Ruqsad ku haysta Badqabka Ilmaha Rakaabka ah.

OHSU Doernbecher Safety Center
503-418-5666 | safety@ohsu.edu
www.doernbecher.com/carseatoutreach

Boosters Are for Big Kids (Fadhi kaabayaasha)

Waxaa Iska leh Carruurta Waawayn)

6 tilmaamood oo ku aadan ula safrida ilmahaaga si badqab leh



DOERNBECHER
CHILDREN'S
Hospital

1

Kuraasta kaabida ah ayaa loogu talagalay carruurta miisaankoodu ka badan yahay **40 lbs** AMA carruurta gaaray xadiga da'da ee kursigooda gaariga ee horay u jeeda.

2

Saar suunka dhabta hoos**kuna dhaji bowdyaha**.

3

Ku xir suunka garabka **dusha sare ee xabadka**.

4

Marna ha u adeegsan kursi kaabid ah suunka kursiga ee dhabta keliya ah.

5

Carrurtu waa inay sii wadaan adeegsiga kaabaha **illaa uu si sax ah uga le'ekaanaayo suunka kursiga ee dadka waawayn**.

6

Meesha ugu amaansan cunugaaga waa kursiga danbe illaa uu ka gaaro 13 sano jir.



Su'aalaha? OHSU Doernbecher Safety Center (Xarunta Badqabka ee OHSU Doernbecher) ayaa ku caawin karta.

Wac si aad balan u qabsato si kursiga gaarigaaga u fiiriyo Farsamo yaqaan Ruqsad ku haysta Badqabka Ilmaha Rakaabka ah.

OHSU Doernbecher Safety Center

503-418-5666 | safety@ohsu.edu

www.doernbecher.com/carseatoutreach

Diyaar ma u Yihiiñ Suunka Kursiga?

Raadi adoo uga jawaabaaya "haa" su'aalahaan.



DOERNBECHER
CHILDREN'S
Hospital

1

Cunugaagu ma u fariisan karaa dhabar-dhabar asagoo ku fariisaanay kursiga gaariga **asagoon dhicin?**

2

Cunugaagu ma ku fariisan karaa ayadoo kursiga garabka la saaray **dusha sare ee garabkiisa iyo xabadkiisa?**

3

Cunugaagu ma ku fariisan karaa **asagoo lawgiisa ku laabaaya geeska kursiga** marka baridiisa iyo dhabarkiisu ku aadan yihiiñ kursiga danbe ee gaariga?

4

Cunugaagu ma fariisan karaa ayadoo suunka dhabta la saarayjoog **hoose laguna adkeeyay bawdada sare?**

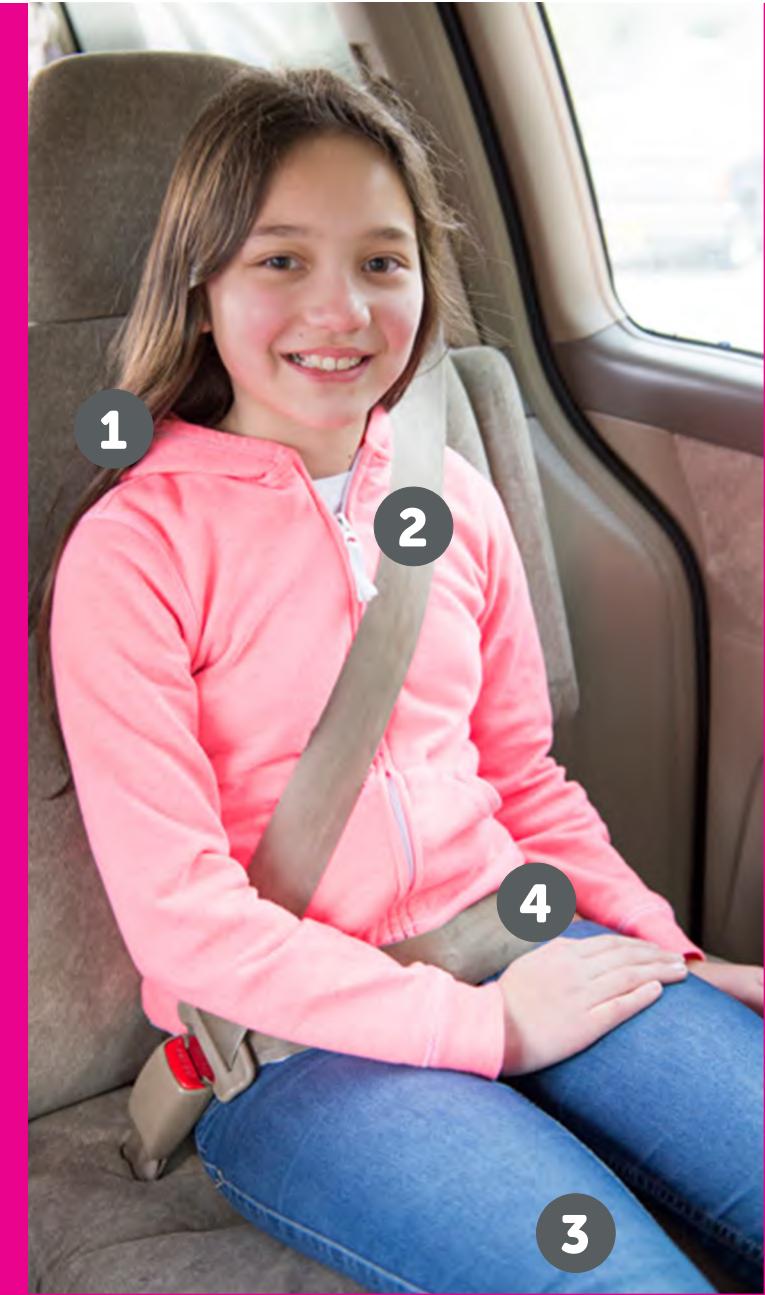
5

Cunugaagu si raaxo leh ma u fadhin karaa **qaab sax ah dhammaan muddada gaarigu socdo?**

Su'aalaha? OHSU Doernbecher Safety Center (Xarunta Badqabka ee OHSU Doernbecher) ayaa ku caawin karta.

Wac si aad balan u qabsato si kursiga gaarigaaga u fiiriyo Farsamo yaqaan Ruqsad ku haysta Badqabka Ilmaha Rakaabka ah.

OHSU Doernbecher Safety Center
503-418-5666 | safety@ohsu.edu
www.doernbecher.com/carseatoutreach



10 Tilmaamood oo Ku aadan Gaari Raacis

Amaan leh Mar kasta

3 kamid ah 4 kursi ee gaariga ayaa si khaldan loo adeegsadaa... ma taadaa?



DOERNBECHER
CHILDREN'S
Hospital

2
sano

Sharciga Oregon ayaa ka doonaaya carruuta inay gaariga raacaan **ayagoo gadaal eegaaya** kursiga gaariga illaa ay ka gaaraan 2 sano jir.



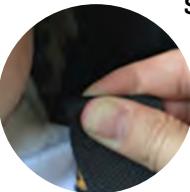
40
lbs

Xaqiji in cunugaagu buuxiyo **xadiyada lagu talinaayo ee jooga iyo miisaanka** ee kursiga gaariga.



Sharciga Oregon ayaa ka doonaaya carruuta **kayar 40 boon** si ay u adeegsadaan kursiga gaariga oo suunka amaanka leh.

Mar kasta ku rakib kuraasta gaariga **kursiga danbe** adoo adeegsanaaya suunka amaanka ee kursiga gaariga ama LATCH.



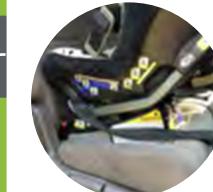
Si fiican ugu xir suunka si aysan u dabcin. Waa **inaadan** awoodin inaad **jiido** wax xariga suunka garabka oo dheeraad ah.



Suunka amaanku waa inuu ku xirnaado: **dusha ama hoosta** garbaha **ee kursiga gadaal u jeeda** ee gaariga; **uu jooga ama ka koreeyo** garbaha **ee kuraasta gaariga ee horay u jeeda**.



Saar suunka xabadka **jooga kilkisha**, adoo ka fogaynaaya qoorta.



Meesha ugu amaansan cunugaaga waa **kursiga danbe** illaa uu ka gaaro 13 sano jir.



Mar kasta **raac tilmaamaha** ku qoran kursiga gaarigaaga iyo shirkada samaysay kursiga.



MARNA ha saarin kursiga gaariga ee gadaal u jeeda xogta kiishada hawada ee hore.

Su'aalaha? OHSU Doernbecher Safety Center (Xarunta Badqabka ee OHSU Doernbecher) ayaa ku caawin karta.
Wac si aad balan u qabsato si kursiga gaarigaaga u fiiriyo
Farsamo yaqaan Ruqsad ku haysta Badqabka Ilmaha Rakaabka ah.