

*Ugu Dambeyn La Cusboonaysiiyay 29-ka Abril, 2022*

## Raadraac

Gobolka Washington ayaa cusboonaysiiyay labo ka mid ah xeerarka caafimaadka iyo ammaanka goobta shaqada, Ka-warbixinta Xaaladda degdegga ah ee caafimaadka Guud iyo Shuruudaha Ogeysiiska ee Cudurrada Faafa iyo Kuwa La Is-qaadsiiyo, WAC 296-62-600, iyo Isticmaalka Qalabka is-ilaalinta ee shakhsiga ee Xaaladda Degdegga ah ee Caafimaadka Guud ee Iskaaga ah, WAC 296-62-601. Asal ahaan la qaatay 10-ka Agoosto, 2021, waxaanna la cusboonaysiiyay bishii Abriil 2022, xeerarkan waxay dhaqangalayaan intii lagu guda jiray xaaladda degdegga ah ee caafimaadka guud ee lagu dhawaaqey kuwaas oo ku lug leh cudurka faafa ama la kala qaado, oo uu ka mid yahay cudurka safmarka ah ee COVID-19. Waxay hirgeliyaan shuruudahan laanta sharci-dejinta ee uu sharci ahaan u saxiixay Guddoomiye Jay Inslee:

- Shuruudaha ogeysiinta iyo ka-warbixinta ee loo-shaqeeyaha ee asal ahaan ka imaanaya Xeerka Jaangooyada Shaqaalaha ee Caafimaadka Xaaladaha Degdegga ah ama "HELSA", ee hadda ku yaalla xeerarka RCW 49.17.062 iyo RCW 49.17.064
- Shuruudaha loogu talagalay loo-shaqeeyayaasha si ay ugu habboonaadaan isticmaalka ikhtiyaariga ah ee weji-xirka iyo qalabka is-ilaalinta ee shakhsiga (PPE) ee kale inta lagu guda jiro xaaladda degdegga ah ee caafimaadka guud; ee ku saleysan xeerka RCW 49.17.485

Xeerka xaaladaha degdegga ah ee la cusboonaysiiyay bisha Abriil 2022 waxaa ka mid ah shuruudaha loogu talagalay dhammaan loo-shaqeeyayaasha iyo tas-hiilaadyada daryeelka caafimaadka (sida uu qeexay RCW 9A.50.010):

- Loo-shaqeeyayaasha u shaqeeya in ka badan 50 shaqaale oo caymisan oo ku sugan goob shaqo waxaa looga baahan yahay in ay u soo sheegaan dillaacyada cudurka faafa ama la iska kala qaado waaxda L&I;
- Loo-shaqeeyayaasha aan ahayn daryeelka caafimaadka waxaa laga doonayaa in ay ugu wargeliyaan shaqaalaha, iyo sidoo kale wakiilka ururka shaqaalaha (haddii uu mid jiro), qoraal ahaan jawahida suuragalka ah hal maalin shaqo gudaheeda.
- Shaqaalaha iyo qandaraaslayaasha waa in loo oggolaadaa in ay si iskooda ah u isticmaalaan qalabka is-ilaalinta ee shakhsiga.
- Loo-shaqeeyayaasha xarumaha daryeelka caafimaadka waa in ay ku wargeliyaan shaqaale kasta wajahidda halista sare ee la tuhunsan yahay ama la ogyahay cudurka faafa ama la iska kala qaado 24 saacadood gudahooda
  - Iyadoo oggolaansho laga haysto shaqaalaha, ogeysiiska waa in sidoo kale loo dio wakiilka ururka shaqaalaha (haddii uu mid jiro) 24 saacadood gudahooda.

Su'aalahan iyo jawaabahan soo socda waxay kugu caawin karaan in aad fahamto oo aad u hoggaansanto xeerarka cusub, WAC 296-62-600 iyo WAC 296-62-601, oo laga heli karo <https://lni.wa.gov/safety-health/safety-rules/rulemaking-stakeholder-information/HELSA-docs/HELSA-emergency-rule-language-Somali.pdf>.

## **U sheegidda Dillaacyada cudurrada waaxda L&I inta lagu guda jiro Xaaladaha Degdegga ah ee Caafimaadka Guud**

### **Loo-shaqeeyayaashu miyaa laga doonayaa in ay dillaacyada cudurrada u soo sheegaayn waaxda L&I inta lagu guda jiro cudurka safmarka ah ee COVID-19 ee hadda?**

Haa. Loo-shaqeeyayaasha leh 50 shaqaale ama in ka badan oo caymisan waa in ay ka soo warbixiyaan dillaacyada COVID-19 ee loogu talagalay goobaha shaqada ee Gobolka Washington. Tani waxaa ka mid ah goobaha shaqada ee ah xarumaha daryeelka caafimaadka sida uu qeexay xeerka RCW 9A.50.010. Shuduudaha waxay dhaqangeli doonnaan ilaa iyo ay ka dhammaanayso xaaladda degdegga ah ee caafimaadka guud ee lagu dhawaaqey.

Shuruudahan ka warbixinta ayaa loo adeegsan doonaa cudurrada safmarka ah ee mustaqbalka ama xaaladaha kale ee degdegga ah ee caafimaadka guud ee ku lugta leh cudurka faafa ama la iska kala qaado sida uu ku dhawaaqey ama uu amrey Madaxweynaha Mareykanka ama guddoomiyaha gobolka Washington.

### **Waa maxay cudur dillaaca?**

Guud ahaan, cudurka dillaaca waa kutlada caabuqyo ka dhacaya goob shaqo oo gaar ah waqti cayiman oo gaar ah.

Xeernidaamiyahan wuxuu si gaar ah u khuseeyaa dillaacyada cudurka COVID-19 ee ah toban ama in ka badan oo ah caabuqyada COVID-19 oo baaritaan lagu xaqiijiyey in laga helay shaqaalaha iyadoo taariikhaha baaritaan qaadistu ay dhacaan inta lagu guda jiro:

- Muddo waqti ah oo bilaabanaya marka laba kiisas kasta (ama in ka badan) ay dhaceen 14 maalmood oo kuwa kalaandarka ah oo isku xigxiga gudahooda ayna dhammaadeen marka 28 maalmood oo kuwa kalaandarka ah oo isku xigxiga laga soo gudbey iyadoo uusan jirin caabuq cusub, AMA
- Muddo waqti ah kasta oo Waaxda Caafimaadka ee Gobolka Washington ama maamulka caafimaadka degaanka uu ku wargeliyo loo-shaqeeyaah in uu cudurka COVID-19 uu ka dillaacey goobtooda shaqada.

### **Waa kuma shaqaalaha caymisan?**

Shaqaalaha caymisan. waa shaqaalo xilliyeedka, saacadaha ku shaqeeya, maamulka, qayb ahaan waqti shaqeeya, maamulka, iyo shaqaalaha kale; iyo shaqaale kasta ee laga soo shaqaaleeyay adeegga caawimaad ku-meelgaar ah, adeegga kireysashada shaqaalaha, ama adeegga keenista halwadeennada haddii ay u kormeeraan shaqaalaha si maalinle ah (sida ku cad WAC-296-27-02103 ee <https://apps.leg.wa.gov/WAC/default.aspx?cite=296-27-02103>).

### **Sidee ayay loo shaqeeyayaasha u soo sheegaan dillaaca cudurrada oo waqti intee le'eg ayay haystaan si ay uga soo warbixiyeen?**

Marka loo-shaqeeyaha uu oggaado in toban kiisas ama in ka badan ay ka dhaceen goobta shaqada, loo-shaqeeyaha wuxuu haystaa 24 saacadood in uu ku soo sheego cudurka dillaacey isagoo ka soo wacaya Qaybta Ammaanka Shaqada iyo Caafimaadka (DOSH) ee waaxda L&I lambarkan 1-800-4BE-SAFE (ama 1-800-423-7233) iyo raacidda ikhtiyaarka "soo sheegidda dhimashooyinka, cusbitaal dhigista, go'idda xubno jirka ka mid ah ama il-beel."

Marka aad warbixin u gudbineyso qaybta DOSH, **haku darin magaca(yada) shaqaale kasta ama macluumaad shakhsiga lagu aqoonsanayo.**

### **Loo-shaqeeyayaashu ma u baahan yihiin in ay soo waramaan in ka badan hal jeer inta lagu guda jiro dillaaca cudurka?**

Marka loo-shaqeeyaha uu soo sheego in uu cudur dillaacey warbixin kaloo dheeraad ah looma baahna in laga soo gudbiyo cudurkaasi dillaacey, xitaa haddii kiisas dheeraad ah ay dhacaan.

Waa suuragal in goobaha shaqada ay ka dhacaan dillaac cusub ka-dib marka laga soo wareego 28 maalmood kiisas cusub la'aab; haddii ay taasi dhacdo, loo-shaqeeyaha wuxuu u baahan doonnaa in uu soo sheego dillaaca cudurka ee cusub.

### **Ogeysiinta Shaqaalaha ee Wajahidda (Dhammaan Loo-shaqeeyayaasha)**

#### **Loo-shaqeeyayaasha miyaa looga baahan yahay in ay shaqaalaha ku wargeliyaan wajahidda COVID-19 intii lagu guda jirey cudurka safmarka ah ee hadda**

Haa. Shuruudaha ogeysiinta shaqaalaha ayaa hadda u dhaqangaley kiisaska COVID-19 waxayna dhaqangal ahaan doonnaa ilaa iyo inta xaaladda degdegga ah ee caafimaadka guud ee lagu dhawaaqey ay ka dhammaaneyso. Shuruudaha ogeysiinta shaqaalaha ayaa u jira dhammaan loo-shaqeeyayaasha uu caymiyey WAC 296-62-600.

Shuruudahan ayaa dhaqangalaya inta lagu guda jiro cudurro safmarka ah kasta ee mustaqbalka ah ama xaaladaha kale ee degdegga ah ee caafimaadka guud ee ku lugta leh cudurka faafa ama la iska kala qaado sida uu ku dhawaaqey ama uu amrey Madaxweynaha Mareykanka ama guddoomiyaha gobolka Washington.

### **Waa kuma shakhsiga xaqa u leh?**

Shakhsiga xaqa u leh waa qofka laga helay cudurka COVID-19, uu cudurka COVID-19 ka helay bixiyaha daryeelka caafimaadka, la amrey in uu is-karantiilo, ama uu u dhintey sababo la xiriira cudur faafa ama la iska kala qaado ee ku waajiba xaaladda degdegga ah ee caafimaadka guud.

### **Xarumaha daryeelka caafimaadka ee uu caymiyey shuruudaha ogeysiinta?**

Haa, siideynta Abriil 2022 ee xeerka WAC 296-62-600 waxaa ku jira shuruudaha ogeysiinta xarumaha daryeelka caafimaadka sida lagu qeexay RCW 9A.50.010.

### **Ogeysiisyada loo-shaqeeyayaasha aan daryeelka caafimaadka ka shaqeyn ma yihiin kuwo la mid ah kuwa loogu talagalay xarumaha daryeelka caafimaadka?**

Maya. Ogeysiiska loo-shaqeeyaha ee la siiyo shaqaalaha wuxuu ku xiran yahay qeexidda xarunta daryeelka caafimaadka sida uu qeexay xeerka RCW 9A.50.010. Xarumaha daryeelka caafimaadka iyo loo-shaqeeyaha daryeelka aan caafimaadka ahayn waxay leeyihiin shuruudo kala duwan oo ay ku jiraan kicinta ogeysiinta. Tusaale ahaan:

- Haddii loo-shaqeeyaha xarunta aan ahayn daryeelka caafimaadka uu helo ogeysiiska wajahida suuragalka ah ee shaqaalaha, ka-dibna loo-shaqeeyaha waa in uu ku wargeliyo dhammaan shaqaalaha ku sugan dhismaha inta lagu guda jiro muddada uu cudurka faafaya. Waa in ay bixiyaan ogeysiiska wajahidda suuragalka ah ee shakhsiyaadkaas gudaha hal (1) maalin oo shaqo.
- Loo-shaqeeyayaasha xarunta daryeelka caafimaadka waa in uu shaqaalaha ku wargeliyo, marka shaqaalaha uu qabo wajahidda halista sare ee la tuhunsan yahay ama la ogyahay ee cudurka faafa ama la iska kala qaado. Loo-shaqeeyaha wuxuu haystaa 24 saacadood oo uu ku wargelinayo shaqaalaha wajahidda halista sare ee cudurka faafa ama la iska kala qaado.

### **Ka waran haddii aan leeyahay 50 shaqaale ama ka yar?**

Sida kor ku xusan, loo-shaqeeyayaasha leh 50 shaqaale ama in ka yar oo shaqaale caymisan ah oo jooga goob shaqo oo gaar looma baahna in ay dillaaca cudurka u sheegaan waaxda L&I. Si kastaba ha ahaatee, waxaa weli laga doonayaa in ay shaqaalaha ogeysiyaan.

### **Ogeysiinta Shaqaalaha Wajahidda Suuragalka ah (Loo-shaqeeyayaasha Aan Daryeelka Caafimaadka Ahayn)**

#### **Maxaa keenaya shuruudaha ogeysiinta ee loogu talagalay loo-shaqeeyayaasha aan daryeelka caafimaadka ahayn?**

Shuruudaha ogeysiinta ayaa la dhaqangeliyaa waqti kasta ee loo-shaqeeyaha uu ka helo ogeysiiska wajahidda suuragalka ah:

- Iyadoo loo marayo borotakoolka baaritaanka loo-shaqeeyaha in shaqaalaha uu yahay shakhsi u-qalma, AMA
- Shaqaale (ama xiriirkooda xaaladda degdegga ah) in shaqaaluhu uu yahay shakhsi u-qalma; AMA
- Bixiyaha adeegga caafimaadka ama sarkaalka caafimaadka dadweynaha in shaqaalaha uu wajahay shakhsi u-qalma oo jooga goobta shaqada.

### **Waa kuma cidda ay tahay in ay ogeysiyaan loo-shaqeeyayaasha aan daryeelka caafimaadka ahayn?**

Loo-shaqeeyaha waa in uu ogeysiiyaa dhammaan shaqaalaha caymisan kuwaas ku sugnaa dhismayaasha isla goobta shaqada isla maalintaasi(maalmahaasi) sida shakhsiga u-qalma ee laga yaabo in uu ahaa qof faafinaya ama laga qaadayo cudurka. Cudurka COVID-19, shakhsiga u-qalma waxaa laga yaabaa in uu yahay qof faafinaya ama laga qaadayo cudurka:

- Haddii uu leeyahay astaamaha cudurka, ugu yaraan laba maalmood ka hor inta uusan xanuunka dareemin; AMA
- Haddii uusan astaamo lahayn, ugu yaraan 2 maalmood ka hor qaadista muunadda baaritaanka, IYO
- Ilaa laga karantiilo ama ay kaga tagaan goobta shaqada.

## Loo-shaqeeyayaasha aan daryeelka caafimaadka ahayn ma u baahan yihiin in ay siiyaan ogeysiis qoraal ah qof kasta oo kale?

Haa, loo-shaqeeyayaasha waa in ay sidoo kale siiyaan ogeysiis qoraal ah:

- Wakiilka(wakiillada) ururka shaqaalaha ee uu shaqaalaha idmay ee shaqaale kasta ee caymisan ee helaya ogeysiiska.
- Loo-shaqeeyaha adeegga caawimaadda ku-meelgaarka ah, adeegga kireysashada shaqaalaha, ama adeegga keenista hawlwadeennada ee shaqaale kasta ee helaya ogeysiiska.

## Sidee loo-shaqeeyayaasha aan daryeelka caafimaadka ahayn la rabaa in ay u bixiyaan ogeysiiska?

Loo-shaqeeyaha waa in uu ogeysiiska qoraalka ah u bixiyaa habka caadiga ah ee loo gudbiyo macluumaadka shaqada la xiriira. Tani waxaa ka mid ah balse aan ku xaddidnayn adeeg shakhsiyeed, email, ama farriin qoraal ah — haddii ogeysiiska si macquul ah loo filan karo in uu shaqaalaha ku helo hal maalin shaqo gudaheeda.

Ogeysiiska qoraalka ah waa in uu ku qoran yahay Af-Ingiriis iyo luuqadda ay fahmaan shaqaalaha intooda badan. Tani ayaa sidoo kale lagu dabakhi karaa ogeysiisyada qoraalka ee la siiyo wakiillada ururka shaqaalaha iyo loo-shaqeeyayaasha.

## Ogeysiisyada ay bixiyaan loo-shaqeeyayaasha ee xarumaha aan daryeelka caafimaadka ahayn miyaa lagu dari karaa magacyada shaqaalaha?

**Maya.** Sida ku cad xeerka, ogeysiisyada qoraalka ah ee la siiyo shaqaalaha caymisan **waa in aanan lagu darin magaca(yada) ama macluumaadka shakhsiyeed ee shaqaale kasta.**

Ogeysiisyada waxaa ku jiri kara macluumaadka sida barnaamijka ama degaanka shaqaalaha caymisan uu ka shaqeeyo haddii macluumaadka aanan lagu oggaan karin aqoonsiga shaqaalaha caymisan.

## Waqti intee le'eg ayuu haystaa loo-shaqeeyaha aan daryeelka caafimaadka ahayn si uu u ogeysiyo shaqaalaha, ururrada shaqaalaha iyo loo-shaqeeyayaasha kale?

Hal maalin shaqo oo ogeysiis qoraal ah oo ku saabsan wajahidda suuragalka ah lagu siinayo shaqaalaha, wakiilka ururka shaqaalaha, iyo loo-shaqeeyayaasha kale.

## Ogeysiinta Shaqaalaha Wajahidda Halista Sare (Xarumaha Daryeelka Caafimadka) Waa Maxay Xarunta Daryeelka Caafimaadka?

Xarumaha daryeelka caafimaadka waa kuwo adeegyada daryeelka caafimaadka ah si toos ah u siiya bukaannada, oo ay ku jiraan balse aan ku koobnayn, cusbitaalka, bukaan-eegtada, xafiiska bixiyaha daryeelka caafimaadka, ururka ilaalinta caafimaadka, xarunta baaritaanka ama daaweynta, xarunta caafimaadka dhimirka, guriga lagu xannaaneeyo bukaanka, ama rugta lagu xannaaneeyo waayeella laga soo qaatey [RCW 9A.50.010: Qeexid.](#)

## **Sidee iyo goormee ayay tahay xarumaha daryeelka caafimaadka in ay ogeysiiyaan shaqaalaha caymisan?**

Xarumaha daryeelka caafimaadka waa in ay ku wargeliyaan shaqaale kasta wajahidda halista sare ee la tuhunsan yahay ama la ogyahay ee COVID-19 24 saacadood gudahooda. Iyadoo uu oggolaansho ka helaya shaqaalaha, loo-shaqeeyaha waa in uu sidoo kale ogeysiiyaa wakiilka ururka shaqaalaha ee shaqaalaha wajahidda halista sare ee la tuhunsan yahay ama la ogyahay ee COVID-19 24 saacadood gudahooda.

## **Waa maxay wajahidda halista sare marka la eego daryeelka caafimaadka?**

Wajahidda halista sare waxaa loola jeedaa ku sugnaanshaha mid ka mid ah xaaladahan soo socda iyadoo aanan la hayn qalabka neefsashada habboon ee la tijaabiyey iyo dhammaan qalabka kale ee is-ilaalinta shakhsiga ee loo baahan yahay:

- Lix cagood gudahooda ee shakhsiga u-qalma isugeynta muddo 15 daqiiqo ah ama in ka badan muddo 24-saac ah inta lagu guda jiro muddada gudbinta suuragalka ah ee shakhsiga u-qalma.
- Isla qolka uu ku jiro shakhsiga u-qalma kaas oo uu ku socdo habraaca soosaaridda ayrosool. Waxaad ka heli doontaa liiska habraacyada soosaaridda ayrosool <https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/COVID19InfectionControlForAerosolGeneratingProcedures.pdf>.
- Qolka halka shakhsiga u-qalma uu ku marey habraaca soosaaridda ayrosoolka, ka hor inta aanan la joojin waqtiga ka nadiifinta.

## **Waa maxay muddada gudbinta ee loogu talagalay xarumaha daryeelka caafimaadka?**

Shakhsiga u-qalma COVID-19 waxaa suuragal ah in uu cudurka faafinayey ama laga qaadi karey laba maalmood ka hor inta shakhsiga u-qalma uusan dareemin xannuunka/yeellan astaamaha (ama, dadka aan astaamaha lahayn, laba maalmood ka hor qaadista muunadda baaritaanka) ilaa iyo waqtiga shakhsiga u-qalma uu kaga tagey iyo/ama laga soocey/karantiiley goobta shaqada, ama ilaa iyo inta laga gudbayo shuruudaha dib ugu soo noqoshada shaqada ee Xarunta Xakameynta Cudurrada (CDC) si waafaqsan borotakoolka shaqaaleynta lagu saleeyay, hadba kii dheeraada. Haddii aad rabto macluumaad dheeri ah eeg <https://www.cdc.gov/coronavirus/2019-ncov/hcp/mitigating-staff-shortages.html>

## **Waa maxay waqtiga ka nadiifinta qolka?**

Waqtiga ka nadiifinta waxaa loola jeedaa qaddarka waqtiga ay qaadaneysa in ayrosoolka looga saaro qolka iyadoo lagu saleynayo tilmaamaha CDC ee hufnaanta bixinta boqolkiiba 99.9. (eeg <https://www.cdc.gov/infectioncontrol/guidelines/environmental/appendix/air.html#tableb1>). Waqtigani kama badna saddex saacadood ka-dib gebbogabeynta habraaca. Hal saac ayaa ku filan goobaha caafimaadka ee loo dhisan si waafaqsan shuruudaha xarunta caafimaadka ee DOH (lix hawo isdhaafsi saacadii) iyo 15 daqiiqo ayaa ku filan qolka soocidda caabuqa hawada raaca (AIIR).

## **Ogeysiisyada ay bixiyaan loo-shaqeeyayaasha daryeelka caafimaadka miyaa lagu dari karaa magacyada shaqaalaha?**

Xaaladda COVID-19 ee shaqaalaha gaarka ah waa in laga dhigaa mid sir ah sida ku cad Xeerka Naafonimada ee Mareykanka (ADA). Haddii aad rabto macluumaad dheeraad ah, u noqo macluumaadkan ee laga helay Guddiga Mareykanka ee Fursadaha Shaqo ee Loo Siman Yahay: <https://www.eeoc.gov/wysk/what-you-should-know-about-covid-19-and-ada-rehabilitation-act-and-other-eeo-laws>.

### **Shaacinta COVID 19**

#### **Xeerka WAC 296-62-600 miyuu mamnuucayaa in xaaladda caafimaad ama natiijada caafimaad ee shaqaale kasta in loo sheego loo-shaqeeyahooda?**

Si waafaqsan xeerka RCW 49.17.062, xeerku ma mamnuuco in la sheego xaaladda caafimaad ama natiijada caafimaad ee shaqaale kasta. Kani waxaa lagu dabakhayaa xarumaha daryeelka caafimaadka iyo loo-shaqeeyayaasha aan daryeelka caafimaadka ahayn.

#### **Xeerka WAC 296-62-600 miyuu abuurayaa wax shuruudo cusub ah oo loogu talagalay in xaaladda caafimaad ama natiijada caafimaad ee shaqaale kasta in loo sheego loo-shaqeeyahooda?**

Si waafaqsan xeerka RCW 49.17.062, xeerku ma abuuru wax shuruudo cusub ah oo loogu talagalay in la sheego xaaladda caafimaad ama natiijada caafimaad ee shaqaale kasta. Kani waxaa lagu dabakhayaa daryeelka caafimaadka iyo loo-shaqeeyayaasha aan daryeelka caafimaadka ahayn.

#### **Loo-shaqeeyayaasha ma weyddiin karaan shaqaalaha, haddii laga helay ama laga baarey COVID-19?**

DOSH ayaa sii wada in ay ka filato loo-shaqeeyayaasha in ay xakameeyaan in COVID-19 uu ku faafo shaqada, sida in shaqaalaha faafin kara cudurka COVID-19 in ay guriga joogaan. Xeerka kama mamnuuco loo-shaqeeyaha sharciga ah su'aalo weyddiinta shaqaalaha ee la xiriira COVID-19. Haddii aad rabto macluumaad dheeri ah oo ku saabsan arrintan iyo su'aalaha kale ee sharciga ah ee fursadda loo siman yahay, loo-shaqeeyayaasha iyo shaqaalah waa in ay la ka eegaan dokumentiga caawimaad farsamo ee Guddiga Mareykanka ee Fursadda Shaqo ee Loo Siman yahay: <https://www.eeoc.gov/wysk/what-you-should-know-about-covid-19-and-ada-rehabilitation-act-and-other-eeo-laws>

### **Cabashooyinka**

#### **Sideen u cawdaa haddii aan aaminsanahay in shaqaaluhu aysan u helaynin ogeysiisyada waqtiga iyo habka uu u baahan yahay xeerka WAC 296-62-600?**

Waxaad qaybta DOSH ka waci kartaa 1-800-4BE-SAFE (ama 1-800-423-7233). Ama waxaad buuxin kartaa foomka cabashada qaybta DOSH, oo laga heli karo <https://www.lni.wa.gov/workers-rights/workplace-complaints/safety-complaints>

## **Isticmaalka Qalabka Is-ilaalinta ee Shakhsiga (PPE) ee Ikhtihaariga ah** **Waa maxay isticmaalka PPE ikhtihaariga ah?**

Isticmaalka ikhtihaariga ah waxaa loola jeedaa isticmaalka wanaagsan ee weji-xirka ama PPE kale ee shaqaalaha ama qandaraaslaha joogata goobta shaqada marka uusan u baahnayn Xeerka Caafimaadka iyo Ammaanka Warshadaha ee Washington (WISHA, Cutubka 49.17 RCW) ama loo-shaqeeyaha inta lagu guda jiro xaaladda degdegga ah ee caafimaadka guud ee ku lugta leh cudur faafa ama la iska kala qaado.

Isticmaalka ikhtihaariga ah ayaa sidoo kale dhici kara marka shaqaale ama qandaraasle loo baahan yahay in uu isticmaalo PPE uu doonayo in uu kor u qaado heerka ilaalintooda; tusaale ahaan, in si ikhtihaari ah loo xiro af-xir difaac badan leh (qalabka lagu neefsado) sida N95.

## **Muxuu sameynayaa loo-shaqeeyaha haddii qof uu doonayo in uu si iskiisa ah ama ikhtihaari ah u isticmaalo PPE?**

Loo-shaqeeyayaasha waa in ay u oggolaadaan shaqaale kasta ama qandaraasle (si buuxda u tallaalan ama aanan tallaalneyn) in uu si iskiisa ah u isticmaalo PPE, balse keliya ka-dib marka loo-shaqeeyaha uu go'aamiyey isticmaalka in aysan:

- Abuurayn khatar caafimaad ama amaan, AMA
- Wax u dhimeyn shuruudaha ammaanka ee loo-shaqeeyaha, AMA
- Ka hor imaaneyn shuruudaha PPE ee lagu cayimey xeerarka kale ee ammaanka iyo caafimaadka ee ku habboon.

## **Loo-shaqeeyayaashu ma u baahan yihiin in ay bixiyaan lacagaha PPE ee sida ikhtihaariga ah loo isticmaaley?**

Maya, loo-shaqeeyayaasha waa in ay keliya bixiyaan lacagaha PPE loo baahan yahay.

## **Sideen uga cabban karaa haddii aan aaminsanahay shaqaalaha in aanan loo oggoleyn in ay si ikhtihaari ah u isticmaalaan PPE iyadoo la raacayo WAC 296-62-601?**

Waxaad qaybta DOSH ka waci kartaa 1-800-4BE-SAFE (ama 1-800-423-7233). Ama waxaad buuxin kartaa foomka cabashada qaybta DOSH, oo laga heli karo <https://www.lni.wa.gov/workers-rights/workplace-complaints/safety-complaints>

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*Kala xiriir Waaxda Shaqaalaha iyo Warshadaha ee Gobolka Washington si aad u hesho macluumaad ku saabsan barnaamijyada iyo adeegyada hay'adda oo luuqadaada ah lambarkan 1-800-547-8367. Adeeggan waa bilaash.*

*Marka la codsado, qaababka loogu talagalay dadka naafada ah ayaa la heli karaa. Wac 1-800-547-8367. Isticmaalayaasha TDD, wac 711. L&I waa loo shaqeeye bixisa fursad loo siman yahay.*