

## Gaashaamada Bedqabka ee Darawalada Basaska u Keenaya Dhaawacyada Garabka

**Digtooni:** Loo-shaqeeyayaasha darawalada basaka

### Dhaqdhaqaaqa Soo Noqnoqda ee Sababaya Dhaawacyada Garabka

Darawalada basaska ee ka socda dhowr wakaaladood oo kuwa gaadiidka ah oo ka shaqeeya Gobolka Washington ayaa la ildaran astaamaha dhaawacyada garabka ee ka dhashay ku celcelinta furitaanka iyo xiritaanka gaashaamada bedqabka, ee gacanta loogu shaqeeyo ee basaska loogu rakibay sida tallaabo looga hortagayo cudurka COVID-19.

Darawalada basaska waa in ay gaari karaan dhinacyadooda, gadaasha jirkooda, oo waa in ay xoog adeegsadaan si ay u dhaqaajiyaan gaashaanka bedqabka. Tani waxay isgoyska garabka gaarsiinaysaa dhammaadka masaafada dhaqdhaqaaqeeda. Si soo noqnoqota in loo sameeyo dhaqdhaqaaqan qaabka daran guud ahaan kaltanka shaqada ayaa muddo ka-dib dhaawaci kara kala-goyska. Kafka garabka ee wareegga ayaa si gaar ah ugu nugul dhaawac ka dhasha dhaqdhaqaaqyada soo noqnoqda sida kan oo kale ah.

Dhaawacyada garabka guud ahaan waa mid ka mid ah noocyada dhaawacyada goobta shaqada ee daran, iyada oo celceliska waqtiga shaqada ee ku lumay uu ka badan afar bilood kuna kacaya ku dhowaad \$28,000 shaqaale kasta ee dhaawacmay. Ka eeg daabacaadda SHARP — [www.Lni.wa.gov/safety-health/safety-research/files/2019/wmsdclaimssnapshot\\_shoulder.pdf](http://www.Lni.wa.gov/safety-health/safety-research/files/2019/wmsdclaimssnapshot_shoulder.pdf) — haddii aad rabto macluumaad dheeraad ah.

### Sida Looga Hortago Dhaawacyada

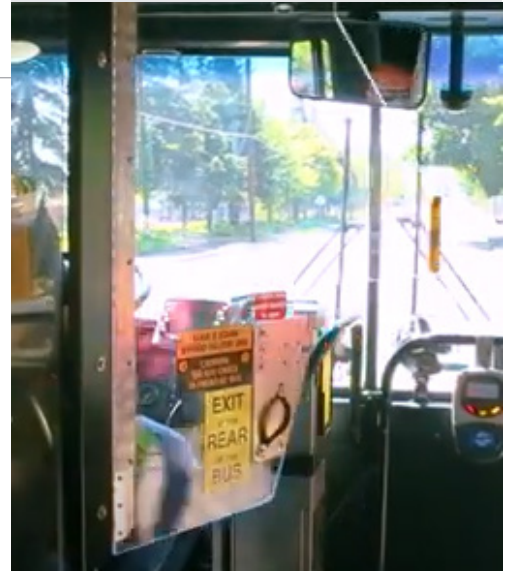
Xalka ugu wanaagsan waa in otomaatik laga dhigo gaashaamada bedqabka si darawalada basaska ay u furaan una xiraan iyaga oo gaari kara ama aanan adeegsan dhaqdhaqaaqyo soo noqnoqda oo qaab daran. Tani ma ahan oo keliya mid meesha ka saareysa dhaqdhaqaaqa keenaya dhaawacyada garabka, waa in ay sidoo kale xaqiijiso adeegsiga habboon ee boosteejo kasta.

Haddii otomaatika uusan suuragal ahayn waqtigan, waxaad sameyn kartaa wax-ka-beddelo ku-meelgaar ah si gacanta loogaga shaqeeyo gaashaamada, sida:

- U guuri ama keen dhagta ama gacan-qabsiga ku yaalla gaashaanka boos u saamaxaya darawalka in uu furo iyo in uu xiro gaashaanka oo si dhib yar lagu gaarayo. Ku rakib dhagta ama gacan-qabsiga jiho taag ah, si darawalka uu gacantiisa ugu qabsado qaab dabiici ah, qaabka "salaanta gacan-qaadka".
- Suun ku xir gaashaanka ka-dibna dhammaadka kale sur meel u dhow jirka darawalka si aad uga hortagto gaari-waayid iyo dhaqdhaqaaq qaab daran.
- Hubso in birlabta ama aaladaha kale ee loo adeegsaday in meel loogu dhejiyo gaashaanka in ay u baahan yihiin qaddarka dadaalka ugu yar ee lagama maarmaanka ah si loo hawlgeeliyo iyada oo si la isku-halleyn karanna meel ugu haysa gaashaanka.



Si soo noqnoqota in loo gaaro dhinac iyo gadaal si loo hawlgeeliyo gaashaamada bedqabka basaska, sida halkan lagu muujiyayba, waxay halis gelinaysaa darawalada halista dhaawacyada garabka. *Sawirka xuquuqdiisa waxaa iska leh Metro-ga Degmada King.*



Gaashaamada bedqabka ee otomaatika ah, sida kan oo kale, waxay ka hortagi karaan dhaawacyada garabka. Si aad u aragto sida uu u shaqeeyo gaashaanka noocaan ah, fiidiyowgan daawo: [www.youtube.com/watch?v=\\_052f\\_g60ag](https://www.youtube.com/watch?v=_052f_g60ag). *Sawirka iyo fiidiyowga xuquuqdooda waxaa iska leh Metro-ga Degmada King.*



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## Kheyraadyada kale ee aad heli karto

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Si aad u hesho nuqulka **elektarooniga ah** ee Digniintan Khatarka, booqo [www.Lni.wa.gov/safety-health/preventing-injuries-illnesses/hazardalerts](http://www.Lni.wa.gov/safety-health/preventing-injuries-illnesses/hazardalerts).

Bogga mareegtada Bedqabka L&I:  
[www.Lni.wa.gov/safety-health](http://www.Lni.wa.gov/safety-health).

Si aad u hesho xeerarka kale ee la xiriira, la xiriir xafiiskaaga ee L&I ee degaanka ama booqo bogga mareegtada xeerarka bedqabka:  
[www.Lni.wa.gov/SafetyRules](http://www.Lni.wa.gov/SafetyRules).

Si aad u hesho xafiiska L&I ee ugu dhow, booqo [www.Lni.wa.gov/Offices](http://www.Lni.wa.gov/Offices).

### Sideen caafimaad uga heli karaa Waaxda Shaqada iyo Warshadaha?

Waaxda Shaqada iyo Warshadaha ayaa shaqaalaha waxay siisaa la-talin, tababar, iyo gargaar farsamo oo lacag la'aan ah. Maanta wac si aad u jadwaleyso la-talin qarsoodi ah oo lacag la'aan ah ama booqo [www.Lni.wa.gov/SafetyConsultants](http://www.Lni.wa.gov/SafetyConsultants) si aad u hesho macluumaad dheeraad ah.

Waxaad sidoo kale waci kartaa 1-800-423-7233 ama booqo xafiiska L&I ee degaanka ka-dibna weyddii Maamulaha La-talinta.

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*Digniintan waxaa diyaariyay Qaybta Caafimaadka iyo Bedqabka Shaqada (DOSH) ee L&I si looga digo loo-shaqeeyayaasha, kooxaha shaqada, iyo shaqaalaha khatarraha suuragalka ah ee la xiriira hawlaha shaqada. **Kani ma ahan xeer mana abuurayo waajibaadyo sharci oo cusub.** Macluumaadka la bixiyay waxaa ka mid ah hagiid la soo-jeediyay oo ku saabsan sida looga fogaado khataraha goobta shaqada wuxuunna qeexayaa xeerarka caafimaadka iyo bedqabka waajibka ah ee ku habboon. DOSH ayaa ku talinaysa in aad sidoo kale ka eegto xeerarka la xiriira shuruudo dheeraad ah.*