

Waxyeellada Kimikada Goobta Shaqo

How Workplace Chemicals
Can Harm You - Somali

focus on facts

Goobaha laga shaqeeyo waxaa yaalla kimikooyin aad u badan. Waxaa laga yaabaa in ay tahay maaddooyinka wax lagu warshadeynayo oo caydhiin ah ama waxaa laga yaabaa in ay tahay waxa la soo saarayo laftirkeeda. Waxaa kale oo jira kimikooyin wax lagu nadiifiyo ama lagu saliideeyo. Waxaa waliba jira kuwo ka soo dhex baxa wixii la warshadeynayey gudahooda

Kimikooyinku waxay leeyihiin noocyo badan. Waxay noqon karaan kuwo adag?, dareere, uumi, hawo, boor, lolol, ama ceeryaamo oo kale. Inta badan waxaan u maleynaa in kimikadu ay tahay dareere, sida aashitada, shaanbada, saliid ama hawo sida carbon mono-oxide-ka ama oxygen oo kale ah. Laakiin sida dhabta ah, biraha ay ka mid yihiin, lead iyo nickel, ama macdanta ay ka mid tahay asbestos iyo silica ayaa ka mid ah kimikooyinka khatarta ah.

Kimikooyin badan ayaad ku xanuunsan kartaa. Qaarna si degdeg ah ayaad markiiba ugu jirran kartaa markay kula falgalaan dhowr saac gudahood. Waxaa jira hal kimiko oo kugu ridi kara madax xanuun iyo jahowareer; mid kalana indhaha ayuu ku lololin karaa. Kimikooyinka qaar ayaa ku suuxin kara ama aad uba dhiman kartaa. Kimikooyinka qaar ayaa muddo dheer ay kugu soo bixi kartaa waxyeelladoodu. Tusaale Ahaan: Kimikooyinkan waxaad ka qaadi kartaa cudurka kansar-ka (cancer), kalyo xanuun,

ama dhaawac kaa soo gaadha neerfaha (xididdada) maskaxda. In aad xanuun dareento iyo in kale waxay ku xidhan tahay

Waxyaalaha wax yeela sanbabka

- ◆ Asbestos
- ◆ Silica
- ◆ Qiiqa alxaanka
- ◆ toluene diisocyanates

Waxyaalaha wax yeela habdhiska maskaxda

- ◆ Organic solvents
- ◆ Lead
- ◆ Organic
- ◆ Carbon Monoxide
- ◆ Manganese

Waxyaalaha wax yeela kalyaha

- ◆ Lead
- ◆ Cadmium
- ◆ Arsenic

Waxyaalaha wax yeela xubnaha dhalmada

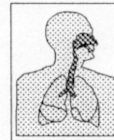
- ◆ lead
- ◆ Solvents dabeeci ah
- ◆ cayayaan dilaha

Waxyaalaha wax yeela beerka

- ◆ arsenic
- ◆ trichloroethylene
- ◆ perch lo roethyle ne
- ◆ dimethylformamide
- ◆ solvents dabeeci ah

- in kimikadu jidhkaaga gashay iyo in kale
- kimikada aad la kulantay caddadkeeda
- muddada aad kimikaada ku dhexjirtay
- sunta ay leedahay kimikadaasi sida ay u badan tahay

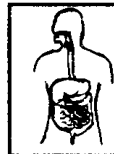
Kimikadu jirkaaga waxay u gashaa saddex nooc



Waa la neefsan karaa

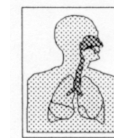


Jirka ayey taabasho kuu geli kartaa



Afka ayey kaa gali kartaa

Mar kasta oo aad neefsato



Sida ugu badan ee kimikadu jidhkaaga u gasho waa neefsashada, si taasi u dhacdana waa in kimikadaasu ay tahay mid hawada ku jirta, sida

boodh, uumi, hawo ama ceeryaan oo kale.

Dulalka sanku iyo marinnada hawada ayaa waxay si dabeeciyah ah u reebaan wixii boor sankuaga

galaya, si aadan u jiidin Kimikadaas boor ahaan sanku dulalkiisa ugu haray, waxay kaa baxayaan marka aad duufsato, ama hindhisto ama aad meerto. Haddana sidaas oo ay tahay, ayaa kimikada

ili-ma-aragtayga ah ay toos ugu gudbaan sanbabka oo aan sidaas loo reebi karin.

Mar haddii ay u gudbaan sanbabkana, kimikooyinka qaar ayaa halkaa ku hara oo dhib weyn geeysta. Waxay boog ku sameyn karaan sanbabka, iyaga oo wax u dhima unugyada yar-yar ee neefsashada oo ciriiri galiya neef-qaadayaasha oo ka keena dhiicaan, kaddibna ku rida kansar (cancer)

Kimikooyinka la neefsado qaar ayaan dhib sidaas u weyn u geysanin sanbabka, oo laakiin u gudba xididdada dhiigga oo dhaawaca qaybo kale oo jirka ka mid ah

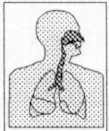
Maqaarku wax badan ayuu taraa



Maqaarku jirka wuxuu u yahay difaac.

Wuxuu soo saaraa saliid ka ilaalisa in uu jeeraro. Haddii saliiddas lagaga meyro waxa saliidda bi'iyaa jirku wuxuu luminayaa awooddii uu lahaa difaaca jeermiga iyo kimikada. Nabarada iyo xagtimahuba waxay noqonayaan dhaawac weyn. Kimikadu sidaada ay jirkaaga u taabato waxay toos ugu gudbi kartaa gudaha iyo xubnaha kale. Kimikadu waxay kale oo toos u waxyeeleyn kartaa maqaarka, iyada oo u keeni karta cun-cun, gubasho, alerji ama (xaasasiyad), iyo kansarka (cancer) maqaarka.

Falgalka Dheefshiidka



Sida kale ee inta badan kimikadu jirka ku gasho waa in aad liqdo. Dadku toos uma liqaan kimikada. Marka ayna musquluhu lahayn tasiilaad badan, oo aad gacmaha oo aan saabbuun lagu meyrin aad wax ku cunto, ama goobtii aad ku

shaqeyneysay wax ku cunto, waxaa laga yaabaa in raashinkaaku sunoobo. Sigaarka iyo xanjada la ruugo ayaa iyaguna sahla in sun lala jiido ama laliqo. Sun kasta oo kale oo sanbabkaaga gaartana qaar ayaa ku hara ama gudba.

Kimikada goobta shaqada oo xataa wax yar afka kaa gasho, dhib weyn ayey kuu geeysan kartaa. Dhiicaammada dheefshiidka iyo kuwa beerku way burburiyaan suntan jirka gasha qaar ka mid ah, si dhibkoodu u yaraado. Sidaas oo ay tahay ayaa haddana kimiko yar oo aad liqdo ay kuu geeysan kartaa dhib kugu filan.

Si Isla'eg Looma Sameynin

Kimikooyinka oo dhami giddigood jirka wax ma wada yeelaan. Giddigoodna ma wada maraan isku jid. Maadaama ay kimikooyinku kala wada duwan yihiin, caddadka ay wax kuugu dhimi karraanna sidaas ayuu u kala duwan yahay.

Dadku inta badan wax ka badan hal kimiko ayey aano u yihiin. Marka ay battaanna midiba mid ayey waxyeellada u kordhisaa. Marar badan ayey hal kimiko oo aad markiiba hal mar la kulanto ay yartahay waxyeelladedu.

Waxaa jira kimikooyin badan oo kale oo aan la ogeyn waxyeelladooda. Markaas oo kale, sida ugu wanaagsan waa in aad u aragto in ay yihiin kuwo khatar ah illaa inta laga ogaanayo waxyeelladooda.

Waxa aad sameyn karto

- Soo saar inta nooc ee kimiko ah ee taalla goobtaada shaqada, oo warso "Workplace Hazardous Material Information System" (WHMIS) dukumentiga uu ku qoran yahay sunta kal duwan ee goobshaqo.
- Ku dadaal sida ugu habboon ee lagu dhimo khatartooda, sida:
 - ✓ Isticmaal kimikada sunta yar intii aad isticmaali lahayd tan sunta badan leh
 - ✓ Hagaaji qalabka naacowda soo daaya iyo Marawaxadaha
 - ✓ Isticmaalka qalabka ka hortagga sida gacmogalaha (gloves)
 - ✓ Sida ugu wanaagsan ee loo adeegsado kimikada
- Xiro wixii qalab kale ah ee lagu siiyo difaac

Haddii aad uga baahato kimiko khaas ah warbixin faahfaasan, booqo website-yadan soo socda, halkaas oo aad ka heli karto macluumaad dheeraad ah oo ku saabsan kimikooyinka goobshaqo.

www.score.org/chemicals-profiles
www.web.doh.state.nj.us/rtkhsfs/indexfs.aspx

Wixii faahfaahin ah kala xiriir

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