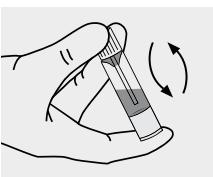
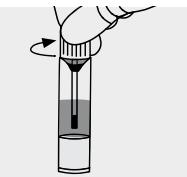
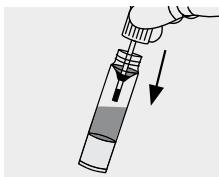
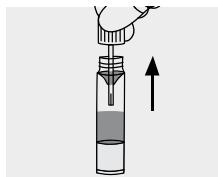


# Tilmaamaha lagubaarayo dhiiga tijaabooyinka saxarada



**1** Ku fur daboolka usha tijaabada. Ku qaad saxarada gabal istiraashada musqusha ah ama meel nadif ah oo hal mar la isticmaalo.

**2** Ka qaad tijaabada qeybo kala duwan ee saxarada. Ku riix ysha saxarada iyo wareeji si markaas geesyada dhammaadka usha uga buuksabto saxarada. Haku riixin usha saxarada iyadoo dhiig la arki karo leh. Ka tir wixii saxaro dheeraad ah.

**3** Dib ula geli daboolka tuubada usha iyo si adag u xir.

**4** Lul tuubada ilaa tijaabada saxarada kala daadato.

## Tijaabada kadib

- Tuubada waxaa lagu keydin karaa farantijeer (lagu taliyay) ama qolk heer kululka qolka.
- Ku dir ama u soo dhiib tuubooyinka sida ugu dhaqsiha badan oo suurtogalka sheebyaarka si loo falanqeeyo.
- Tijaabada waa in la falanqeeyaa hal isbuuc ka bilow waqtiga aruurinta.

## Fiirogaar ah

- Haweenka waa in aysan qaadan tijaabooyinkaan inta lagu jiray muddada caadadooda.
- Haddii laguu sheegay in aad qaadatid in kabaden hal tijaabo saxaro, waa in ay qaataan maalmo ka duwan.
- Ma jiraan sharuudaha cuntada.
- Fadlan la xiriir daryeel bixiyahaaga caafimaad haddii aad qabtid wax su'aalo ah ee ku saabsan baaritaanka iyo tijaabada.