

# Chuahsem – A Chuaksem kaa in a lawnmi tiang ngakchia pawl

Ngakchia pakhat cio nih aa khatmi dirhmun pawl in a caan ah an kaarhlaannak an thancho ter. Na fa cu a chuahkaa in aa ngerhngawi lai, a pakhatnak thla tlawmpal cu a ril lai ii thla 4-8 kar lak ah thut hram a thok kho cun lawn daan a cawng kho. Thil pawl laak hram le banh hram zong an i thok lai ii ankaa chung ah an chiah hna lai. Ngakchia cu a cawlcang deuhmi a hung si bantuk in, na inn chung ah anmah caah khawndennak tam deuh a cang kho, curuang ah anmah humhimnak zong zohkhenh pah in an thannak naa nuamh ding ah an thanchonak pawl theithiam.



## INN AH

### Ti kholh tik ah tisa duahnak le ti pilnak a cang khomi zawr ter:

- Na fa ti na kholh hlaan ah ti a lumsat kha tha tein zohfel zungzal. Ti cu 38°C nak in a tam deuh ding a si lo. Tikholhnak kha a voikhatnak ah tikik toih hmasa, cu hnu ah tisa themh law tha tein cok. Ti kik kha timerh in luan ter law ti merh cu a sa lai lo.
- Na fa cu hliplau tein ti kholhnak chung ah chia law ti chung an um lio ah an cung ah kut pakhat chia. Ngakchia ti a pilnak ding ah second 20 le ti centimetre tlawmpal lawng a hau; zeitikhmanh ah zoh lo in chia ta hna hlah silole upa deuh ngakchia zohkhenhnak he chia ta hlah.

### Rawlpek lio ah tisa duahnak, i haknak le tlaknak in khamh:

- Thol in rawlpek lio ah, ngakchia na pek hlaan ah hnuk ii a lumsat(temperature) kha zohfel ta zungzal. Microwaves nih hnuk a lummi aa ngit lo caah a chung ummi pawl an i cawh nak hnga thawl kha hlok hmasa zungzal.
- Rawl pek lio ah ngakchia cu zohfel zungzal - ngakchia kha a mah lawng thawl a ka ah chia ta hlah. Rawl hak aa thok tik ah, rawl cu tha tein ne hmasa.
- Point pa 5 aa telmi thirtung pawl he a sangmi thudan ah ngakchia cu him tein chia.
- Sii ah ca aa tialmi kha tha tein rel zungzal cun ruahnak pekmi sii leng zeitikhmanh ah a hleihluak in pe hlah.

### Ihnak laakhruak(accidents) in khamh:

- A fekmi ihphah le aa ropmi puan silole Australian Standards (AS/NZS 2172:2003) tahnak a tlingmi ikkhun cung ah chun le zaan a himmi ihnak hmun pe,
- Khuatlawn caan ah thial khawhmi ikkhun (portacot) na hman a si ahcun, tha tein aa hranh le hranh lo kha zohfel law a hleihluak phahmi silole ihphah a um lo nak hnga zohfel.
- Ngakchia chuak kaa cu an lu le an hmai a chin on in ih ter hna law an ke kha ikkhun ke ah chiah in an keng lei in ih ter hna.
- Ikkhun silole ngakchia ihnak cu thlalang awng le innka puanzar cun hri, aa thial khomi(mobiles) le a dang thil tihnung in a hlatnak ah chia hrim.
- Ihnak chung ah chantling, puanbu silole a nemmi lentecelhnak tibantuk pawl zeitikhmanh ah hmang hlah silole chia hlah.
- Ngakchia kha a khaan chung kik lum he aa tlak ning in hruk aih - a lummi, a lin tuk lo, a kik tuk lo.
- A himmi ihnak theihhngalh tam deuh caah, zaangfahnak te'n [Red Nose](#).

### Thil hruk aih lio ah tlaknak, i haknak le duahnak a cang khomi zawr ter:

- Na fa kha a mah lawng in cabuai silole a dang sangmi cung pawl ah chia ta hlah.
- Mei nih a kangh khawhnak a niammi thilpuan kha thim hna law hri saumi, hri pawl silole samtemnak hri aa telmi thil pawl kha hrial hna.

## Na inn kha him tein chia:

- Inn chung ah ngakchia a hmuhnak in tih a nung khomi thil pawl hmuhnak ah na bawh buin i chawk cun tih a nung kho tawnmi thil pawl na hmuhnak bawmh ding ah kanmah ii [Home Safety Checklist](#) kha hmang.
- Inn chung hmanmi thilri pawl, a himmi thil pawl, power point phaw pawl le rawlchuannak runvennak pawl telh in, inn ah tih a nung khomi dirhmun zawrter ding ah a himmi thilri pawl hmang.
- Datkhe pawl le thilri pawl cu ngakchia pawl nih an phanh khawh lo nak a sannak hmun ah chia hna law thilri cung ii datkhe dal cu a him le him lo zohfel. Ngakchia nih datkhe a dolh sual rua tiah na ruah ahcun, hmakhat te ah **13 11 26 in Poisons Information Centre** kha chawn hna.
- Siivai pawl (tcn. thianhnak thil pawl, pesticide, siiai pawl, e-cigarette thilri pawl le e-liquids pawl) cu a sannak ah chia hna law banh khawh lo nak hmun ah tawh hranh hna. Ngakchia nih siivai a dolh rua tiah na ruah cun, hmakhat te ah 13 11 26 ah Poisons Information Centre kha chawn hna.
- Na tikholhnak khaan ti merh cash ti sa cu 50°C ah chia hrim, meikhu ralrin peknak pawl cu na inn chung ning in bunh hna law na fa pawng na um lo ah tisa cawi hlah.
- Na fa cu tisa nih a duah silole a kang ahcun, a duahnak hmun ii a thil phoih law hmakhat te ah minute 20 chung a duahnak kha ti kik ah chia. A duahnak hmun ah tikhal, cawhnuk thawrpat silole chiti zeitikhmanh ah thuh hlah.
- CPR le hmasa thlopnak cawnnak kha dih law mah thiamnak pawl kha caanhmaan te'n tharchuah. [kidsafevic.com.au](#) ah hmasa thlopnak kong tam deuh theihnak caah kal.



## LENTECELHNAK AH

### Kanghnak, tlaknak le i haknak tibantuk khawndennak hma pawl kha zawr ter:

- Mei, hlei, mawtaw mawngnhak lam, ti le a dang tihnung mi thil pawl he a hlat ah na fa caah a himmi hmunhna ser. Playpen silole himnak gate nih tihnungmi thil pawl ngahnak an kham khawh lai.
- Lentecelhnak thim tik ah, mah pawl hi kum he aa tlakmi, a sau a nguhmi, tawl khawhmi an si nak hnga le, dolh khawhmi a rawkmi part pawl an um lo nak hnga zohfel. A tang lei datkhe a ummi lentecelhnak pawl kha hrial hna silole datkhe pawl cu laak khawh lomi an si nak hnga feh ter.
- Inn zuat saram pawl lak ah ngakchia kha zoh zungzal. Na zoh khawh lo ahcun, aa tlakmi khamnak he ridannak tuah hrim.

## Ngakchia thil pawl hman tik ah khawnden khawhnak a cang khomi zawr ter:

- Aa hlok khomi silole aa tui khomi na hman ahcun, pekmi a hri hmang cun zeltuung ah chia – zeitikhmanh ah a cungsang ah chia hlah.
- Ngakchia lam a kalmi pawl cu khawndenak a cang khomi ruang ah ruahnak pek a si lo.
- Ngakchia cu zeibantuk ti pawnghrang paoh ah zoh, cun hman dih tik paoh ah i put khawhmi ti lionak, pung pawl, chiahnak pawl le tikholhnak kha lawn ter hna law fim than hna.



## INN LENG (OUT AND ABOUT)

### Ngakchia mawtaw chung ah him tein chiahnak:

- Thla 6 tang ngakchia pawl nih cohlaanmi ngakchia thutden mawtaw ah tha tein aa ropmi an hman hrim lai, ii tha tein an i rop nak hnga ruanternak(adjust) tuah an si lai.
- Na fa cu rikhiahmi he an i rop ti lo hlaan tiang ngakchia thutdan ah an um awk a si. Hnu lei hoih khomi ngakchia thutdan (kum 2-3 tiang hrang ngakchia thutdan) pawl cu cawk khawh an ngah ii Australia ram chung ah hman a si.
- A thiammi tuah ter hna silole na fa mawtaw citnak thutdan zohfel. Our Safe Seats, Safe Kids program nih Victoria chung hmuhtonnak a ngeimi, a thiammi hna hmang in a lak in rop ternak le zohkhenhnak ni pawl a pek- [safeseatssafekids.com.au](#) ah na tonnak laak ding ah zoh.

## Ngakchia thil pawl hman tik ah nkhawnden khawhnak a cang khomi zawr ter:

- Australian Standards a tlingmi kutnamleng(pram) silole leng(stroller) hmang, cun zal violate kha aa leimi hrial nak ah kutnamleng tang ah chia dih hna. Pekmi hri(harness) kha hmang zungzal.
- Ngakchia puakpuan silole cawinak thil na hman ahcun, **TICKS zultphung zul hrim – a fekmi**, na fa hmai **namgah hmuhnak** ah a um zungzalmi le hnamh ding tluk in **aa naihmi** ngakchia ii a kha na tang ah, **chiah** khawhmi, le ngakchia keng **support** sa domtlaimi

## Na fa kha ni le a linmi in huhpheng:

- Na fa kha zeitikhmanh ah zohkhenhtu ngeilo in mawtaw chung ah chia ta hlah – mawtaw chung kih lum cu a leng nak in 20-30°C a lin deuh kho.
- Na fa kha a zaangmi, bansau thil le luchinh hruk, nai dem kawh cun ngakchia sunscreen hmang.

Hmaiingal tein a bawmtu