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humanity



ABIAPIMI THLOPBULNAK LEI LAMHMHUSAKNAK

Nangmah Thlopbulnak lei Lamhmuhsaknak

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Hmankhawh dingmi nambar pawl



Mizaw phornak
mawttawka
000



Sivai pawl
13 11 26



Thlopbulnak thilri pawl & tintan
1800 733 276

Thlopbulnak Abiapimi pawl



Nunnak Hrampi Bawmhnak

- D** kha Ttihnung (Danger) caah chek
- R** kha Bialehnak (Response) caah chek
- S** kha bawmhnak caah Kua (Send)
- chawn **000**
- A** cu Vanlawng lam (Airway) kha a hun
- B** kha punghmaan Thawhchuah
(Breathing) caah chek
- C** cu CPR thawk
(30 ttang namnak: 2 thawchuahnak)
- D** cu Lungzawt thlopnak
(Defibrillator) ithlah



Thichuahnak (thi tampi a chuah ahcun)



Chawn 000

- 1 Hma cungah nam khawh chung in nam.
- 2 Thi a chuakmi minung kha it seh law idin seh. (a herh ahcun a sawkmi caah thlopbulnak tuah)
- 3 Nam chih peng rih ko.



Meiduahnak pawl le Hliamhma putnak pawl

- 1 Tlawmpal meiduahmi caah tikik a tlawmbik minit 20 hmannak.
- 2 Meiduahnak kha a kau asilole tongtham awk a tthat lonak hmun a si ahcun sii lei bawmhnak hal asilole chawn **000**.

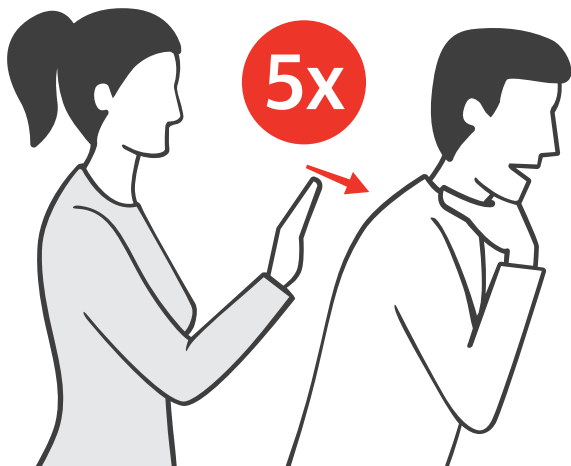


Ihaknak (phih baknak)

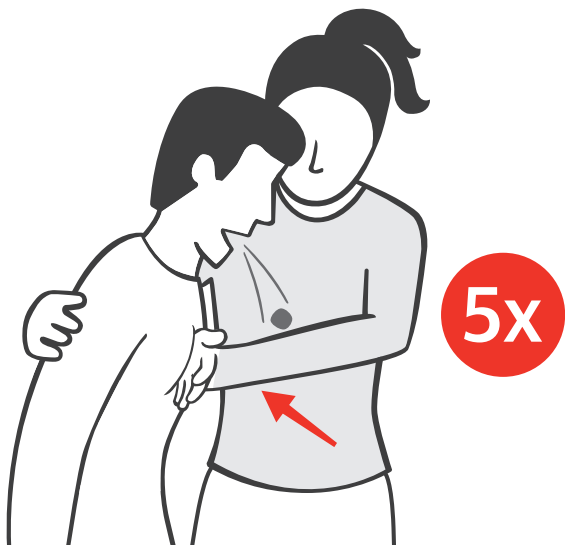


Chawn 000.

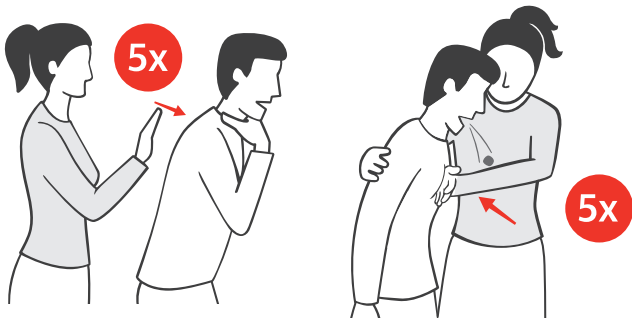
- 1 Kut khatlei thazaang hmangin aa hakmi a liang aa tonnak a kenglei in voi 5 tiang cumhnak kha tuah.



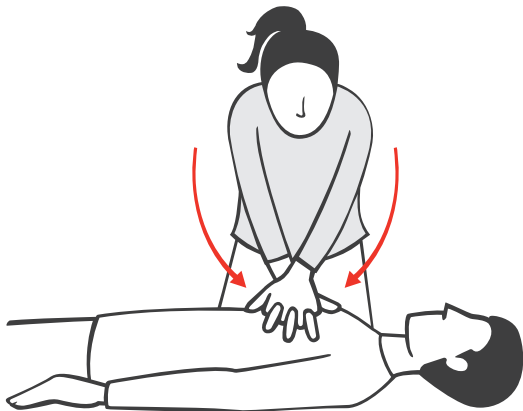
- 2 A tthat lo ahcun, kut in a ttang kha voi 5 tiang namchih a thawchuahnak zawn ruh a tanglei tiang - ahmailei kha tiin namchih a si lio ah ahnulei khan ttha tein dirhtthoh ding a si. A phihtu kha a chuak cang maw chuak cang lo kha namchih fatin hnu ah chek.



- 3 A phihnak kha a tthat lo ahcun, a keng ah voi 5 le a ttang ah voi 5 thlen chukcho in cumh kha pehzulh.



- 4 Lungfimlo in a um ahcun, **CPR** tuah.



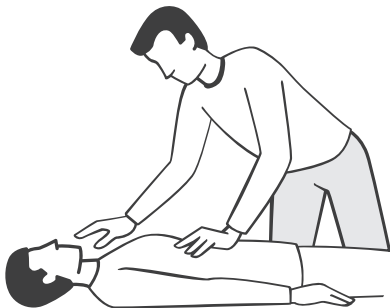


Sawknak

- 1 A sawkmi kha thazaang pe.



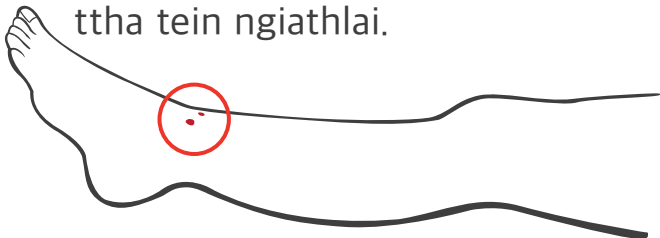
- 2 It ter hna law an takpum a kik lum kha punghmaan tein um seh. Pakhat khat eiter asilole dinter hna hlah.





Rul Cuknak

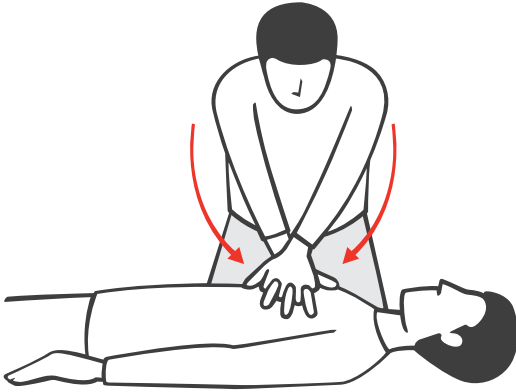
- 1 Rul nih a cukmi kha idin seh law thazaang pe, a sining cang kha ttha tein ngiathlai.



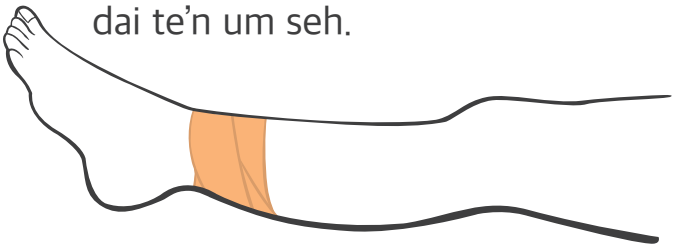
- 2 000 chawn.



3 A herh ahcun CPR tuah kha thawk.

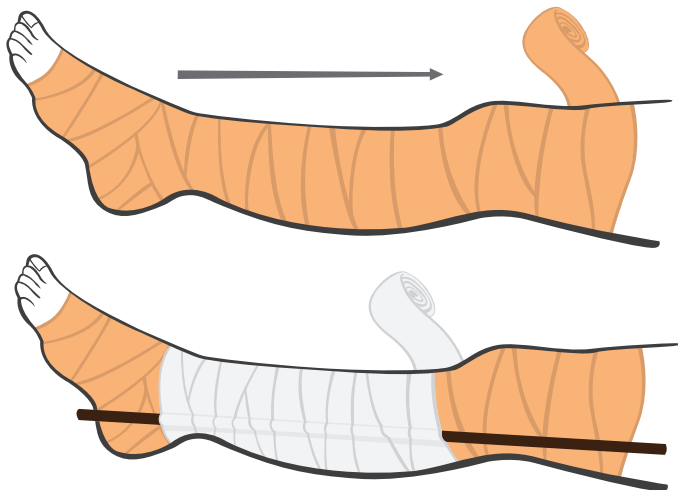


4 Ke cungah a cuk ahcun, cuknak zawn cungah a fekmi hma tuamnak in tuam. Ke kha cawl loin um sehlaw a cukmi minung kha dai te'n um seh.



- 5 Lung lei ah a kalmi ke a cunglei bik khan hmatuamnak in tuam kha a ttha i ke kha a si khawh chung in tuam.

Ke a cawl khawh lonak dingah a si khawh ah ahcun cawl hlah seh tiin ttemchihnak tuamnak kha hmang.



- 6 Mizaw phorhnak mawttawka a phak hlan mizaw kha dai tein chia.

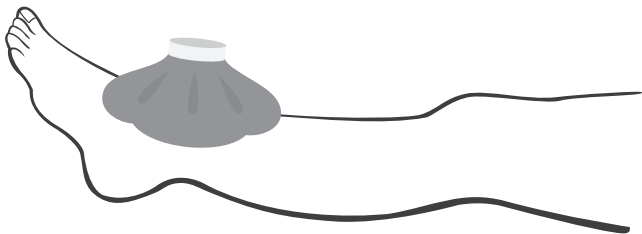


Maimomh Sehnak

1 Sydney hrawng i bu a sermi maimomh bantuk sivai a ngei taktak mi maimomh pawl sehnak cu **RUL CUKNAK** ithlop bantukin ithlop ding a si.

2 A dang maimomh nih sehnak pawl cu tikik tuamnak le rianrang in sii lei thlopbulnak ngeih hrimhrim ding a si.

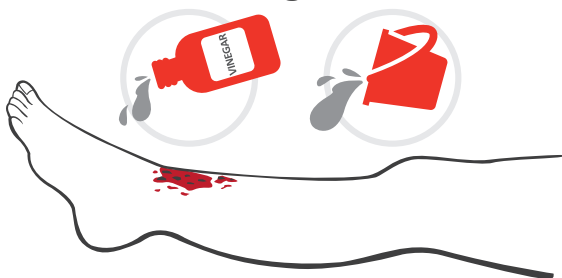
Tuam lomi vun cungah dairek in tikhal thuh hlah.



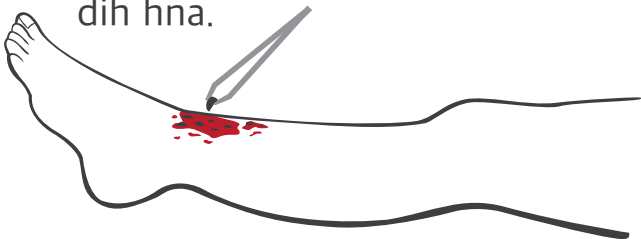


Celinga Chunhnak

- 1 Thlopbulnak cu zeibantuk celinga dah a si timi cungah aa hngat. Thawchuahnak lei he aa pehtlaimi fahnak muisam a si ahcun, chawn **000**.
- 2 **Kuang he aa lomi celinga bantuk sivai a ngei taktak mi celinga caah: Chawn 000** law a chunhnak zawn ah rungrul thahnak sii toih. A hling phoihnak bawmh dingah rili ti kha hmang. Celinga dummi nih chunh ahcun a tang i langhter ning bantukin tuah.
- 3 A fahmi daihter deuh nak ah chunhnak zawn ah khan tisa toih - tisa cu na inkhawh lo tiang in a sami a si lai lo.



- 4 Ataangmi a hling pawl kha phoi dih hna.



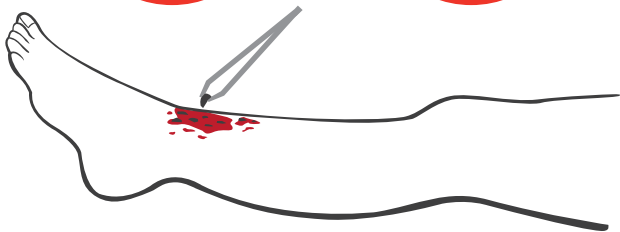
- 5 Tisa a um lo ahcun a hma a daih deuh nak dingah tikik kha thuh.
Tuam lomi vun cungah dairek in tikhal thuh hlah.



- 6 A temtuarnak kha zoh law a herh ahcun **CPR** kha thawk.

7

A dummi celinga chunhnak caah:
A hling kha phoi asinain ttaval in
hnawt hlah asilole a hma ah khan
thetse luhter hlah.



- 8 Rili ti in tthawl (a thianghlimmi ti in a si lo). Chunhnak zawn ah tisa toih.

Tisa cu na in khawh lo tiangin a sami cu si hlah seh.



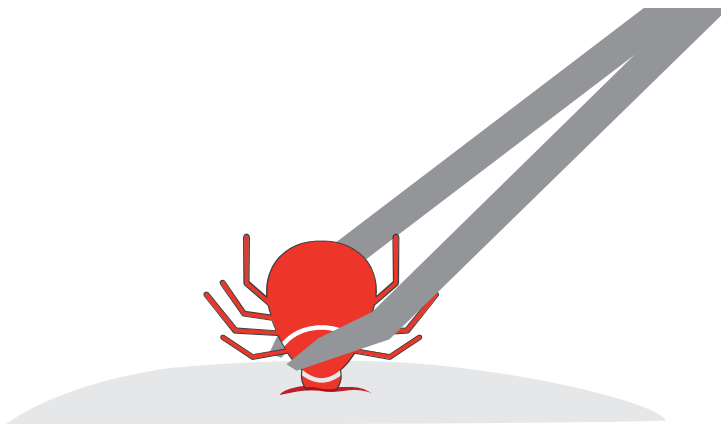
- 9 Sii lei thlopbulnak ngei.



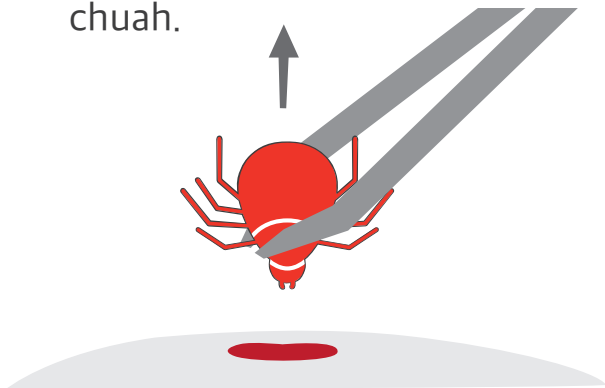
Safe Sehnak

1

A haarmi cengceh hmete hmang
law vun he aa naih khawh chung
naih biknak in safe kha tlai.



- 2 Nem te'n dok law a lengah chuah.



- 3 A hmunhma kha cite tiin phiomi asilole a thiangmi ti in toih.





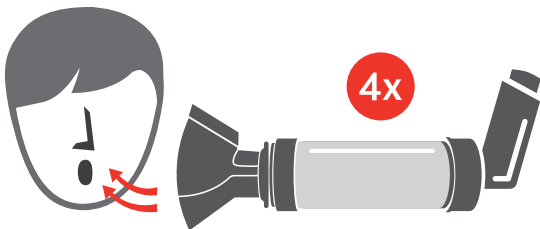
Khuhrin zawtnak

1 Khuhrin zawtnak a ngeimi cu siarem tein ding te'n tthu seh.

2 Thazaang pe hna law dai te'n umter hna.



3 Khuhrin zawtnak thlop dingin an suaisamhmi kha zul asilole thawchuah khawh loin a phihtu kha tthatter deuhnak ah dawpnak peng (a um ahcun) hman dingah bawm hna, cun dawpnak peng hman in voi 4 in dawp hna seh. A tthat deuh hlei lo ahcun minit 4 ah voi 4 lengmang dawpnak kha nolh lengmang ko hna seh.



- 4 A zawtnak kha a zual ahcun
asilole a tthat deuhnak
dingah sii din awk a um lo
ahcun, 000 chawn.



Vailamtahnak Sen he Thlopbulnak kha Cawng

Thlopbulnak tinttan a pemi lak i vawlei cung a nganbik lak ah pakhat a simi Vailamtahnak Sen cu mibu ngandamnak, himnak le tthatnak tthanchoter dingah rian a ttuanmi a si.

Vailamtahnak Sen nih pumpak pawl caah, apfu pawl caah, sianginn pawl caah le rianttuantti phu pawl caah thlopbulnak le ahleice a simi thlopbulnak le tuaktaannak lei thlopbulnak tinttan a pek.

Thlopbulnak nih a chuahmi thilri cawh dingah asilole cawn dingmi kongah a hlankanh in chimchawnh dingah asilole tam deuh theihnakh dingah:

<https://www.redcross.org.au/get-involved/learn/first-aid> asilole **1300 367 428** ah kan chawn

Vailamtahnak Sen Tinttan Peknak hmangin a hung chuakmi tangka in kan umnak sang le veng, ramchung dihlak le ramleng tiang minung ciocio zawnruahnakh rian kan ttuan cuahmahmi kha a bawmh.

Hi lamhmuhsaknak cu theihhngalhnak pek dingin timhtuahmi a si i sii lei kong he pehtlai in ruahnak cheuhnak cu hi lamhmuhsaknak nih zeihmanh a tuahmi a um lo asilole sii lei bawmhhalnak a tuah lo asilole lakhruak thilcang bawmhnak a pe lo. Hi lamhmuhsaknak chung i thawngthanhmi cu na siibawi sin in sii lei ruahnak cheuhmi a dang a si tiin na ruat lai lo i naa bochan hrimhrim lai lo. Hi lamhmuhsaknak chung i thawngthanhmi ruangah sii lei ruahnak cheuhmi halnak kha zeitikhmanh ah na hnu lai lo, sii lei ruahnak cheuhmi zeirello in na um lai lo, asilole sii lei thlopnak na ngeihmi pehlo in na um lai lo. Hi lamhmuhsaknak chungah a ummi thawngthanhnak hman na duh ahcun asilole aa tlakmi kongah biahal awk pakhat khat na ngeih ahcun, na siibawi sinin sii lei ruahnak cheuhnak na hal lai. Hi lamhmuhsaknak chungah aa telmi thawngthanhnak cu a ttha tiah zumhnak he langhtermi a si ko, asinain aamahkhannak langhter a silo asilole aamahkhannak pek a si lo. Hliamhma putnak asilole rawhnak pakhat khat caah telhchih in, rikhiahnak um loin, dairek in si loin asilole rawhnak nih a hun zulhdawimi, asilole hi lamhmuhsaknak hmannak he pehtlaihnak a ngeimi asilole hi lamhmuhsaknak hman ruangah zeibantuk rawhnak pakhat khat a hung chuakmi, hnatlaknak he tuahmi a si zongah daithlan ruangah a cangmi a si zongah upadi nih a awnh hmanh ah. Australian Red Cross Society nih aamahkhaannak a cohlang lo.