QAJEELCHA GARGAARSA DURAA BARBAACHISAA

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Lakkoofsota barbaachisoo

Ambulaansii
000

Summii
13 11 26

Meeshaalee Gargaarsa Duraa fi Leenjii
1800 733 276

Gargaarsa Duraa Barbaachisoo

Gargaarsa Lubbuu kan Bu’uraa

D Balaa naannicha jiru adda baasadhu

R Namni sun ni dhagaha yoo tahe laali

S Gargaarsa yaammadhu - **000** bilbili

A Afaan keessa banii laali

B Afuura ni baasata yoo tahe laali

C **CPR** eegali (harka abootiffattee qoma irra gadi dhiibuu yeroo 30tti: yeroo 2 qilleensa itti afuufta)

D Meeshaa onnee dammaqsu (Defibrillator) qaamatti itti qabsiisi

Dhiiguu (yoo baay’ee dhiige)

000 Bilbili

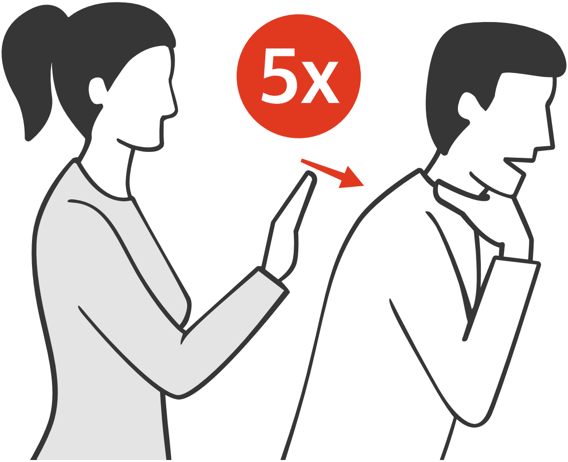
1. Bakka madoo hamma dandeesse muddii gadi dhiibi.
2. Namicha gadi ciibsii bakka ciisetti eegi. **(yoo barbaachise wal’aansa rifaatii (shock) kenniif.**
3. Mudditee gadi qabuu itti fufi.

Gubaa abiddaa fi danfaa

1. Gubaa abiddaa bishaan gadi naqamu jala yoo xiqqaate daqiiqaa 20f tursi.
2. Gubaan sun guddaa yoo tahe yookaan bakka bishaan jala qabuu hin dandeenye yoo tahe gargrsa qorichaa barbadi yookaan **000** bilbili.

000 Bilbili

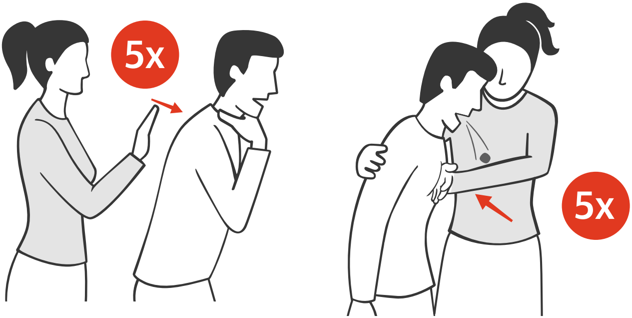
1 Babattee gateettii (dugda gara olii) lameen gidduu barruu harka kee tokkoon yeroo 5 rukuti.



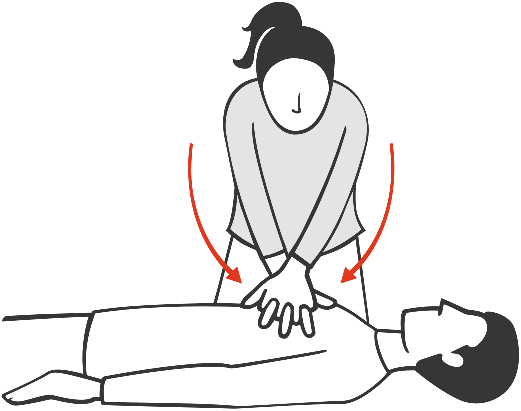
2 Yoo kanaan furamuu dide dugda nama sanaa harka tokkoon deggerii barruu harkaa kan biraadhaan yeroo 5 qoma irraa gara lapheetti gadi haxaawi.

Barruu harkaan gadi haxaawaa, giddu gidduuttis wanni hudhe bakkaa deemuu laali.

3 Waan hudhe yoo furamuu dide dugda irra yeroo 5 abootuu fi yeroo 5 laphee irra gadi haxaawuu itti fufi.

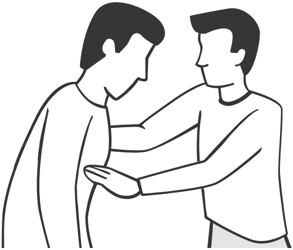


4 Yoo of wallaale **CPR** jalqabi.



Rifaatii (Shock)

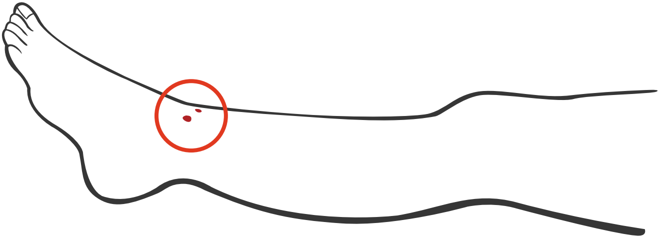
1 Namichaaf waan tahuuf jiru ibsiif.



2 Gadi ciibsii ho'ina qaamaa laali. Akka waa nyaatan yookaan dhugan hin hayyaminiif.

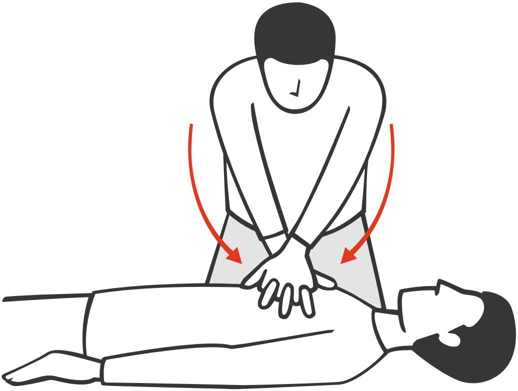
Bofni Hidduu

1 Namicha gadi ciibsii, waan tahuuf jiru itti himi, ilaali.



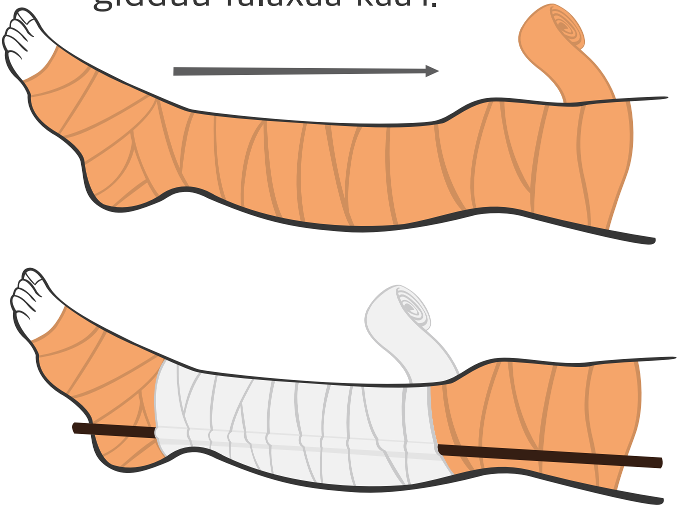
2 **000** Rukuti.

3 Yoo barbaachiseef **CPR** eegali.



4 Miila irra yoo hiddame bakka hiddame hidhaa madaa (bandage) jabeessii itti marii hidhi. Miila hin sossosinii bakkuma sana tursi.

5 Gara gadii irraa jalqabii gara olittii hanga danda’ametti miila irra hidhaa madaa (bandage) jabeessii xaxi. Yoo danda’ame akka hin sossoonetti luka gidduu falaxaa kaa’i.



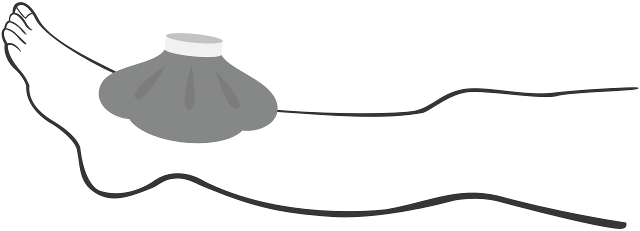
6 Hanga ambulaansiin dhufutti nama sana bakkichatti eegi.

Sariitiin Hidduu

1 Sariitii summii qaban kan akka sariitii boollaa Sydney jedhamaniin hiddamuun akkuma kan **BOFAAN HIDDAMUU** fakkaatuun wal'aansa argatuu qaban

2 Sariitii kan birootiin hiddamuun waan diilalla (qabbana) irra kaa'uu fi wal'aansa fayyaa argachuu barbaachisa.

Gogaa qaama kee qullaa isaa irra cabbii hin kaa'ini.



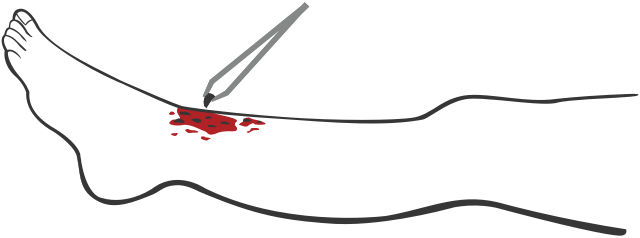
Abbaa Qeensaan (Jellyfish) Ciniinamuu

1 Gargaarsi duraa kennamu gosa Abbaa Qeensaa sana irratti hundaawa. Yoo mallattoon afuura kutaa sitti dhagahame **000** bilbili.

2 Abbaa Qeensaa summii qabu: kan akka Abbaa Qeensaa qorxii (box jellyfish): **000** bilbili, dhangaggoo (vinegar) bakka sana irratti naqi. Ilkee isaa of keessaa baasuuf bishaan galaanaatti dhimma bahi. Abbaa Qeensaa Bifa-samii (bluebottle) dhaan yoo ciniinamte wanneen kanaa gadii kana caqasi.

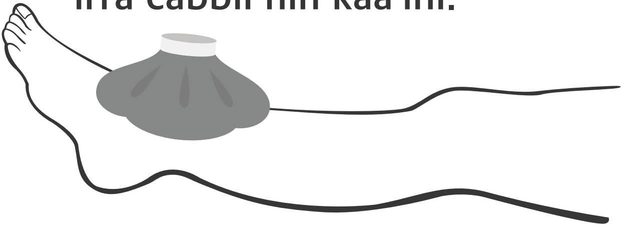
3 Dhukkubbii isaa obsuuf bishaan ho’aa bakkichatti naqi - bishaan ho’aan kan ati gubaa isaa obsuu hin dandeenye tahuu hin qabu.

4 Ilkee isaa keessatti hafe funaani.



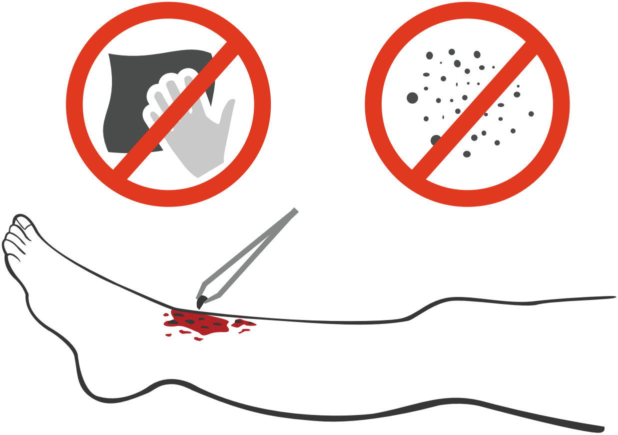
5 Yoo bishaan ho'aan hin jiru tahe waan diilalla irra kaa'i.

Gogaa qaama kee qullaa isaa irra cabbii hin kaa'ini.



6 Hubama namichaa laalii yoo barbaachise **CPR** jalqabi.

7 Abbaa Qeensaa kan akka Abbaa Qeensaa qorxii (bluebottle): ilkee keessatti hafan keessaa buqqisi garuu huccuudhaan bakkicha hin haxaawin yookaan bakka mado sanaan ol kaatee hin dhaabbatini.



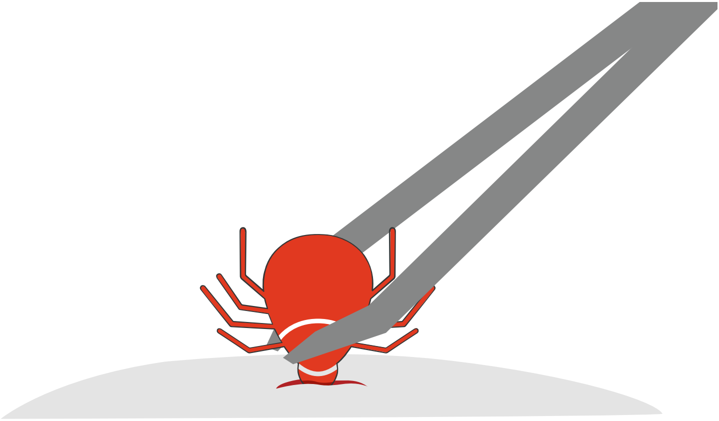
8 Bishaan ashaboo (sea water) keessa cuubi (bishaan qulqulluu keessa miti). Bakka hiddame sana irra bishaan ho'aa itti naqi.

bishaan ho'aan kan ati gubaa isaa obsuu hin dandeenye tahuu hin qabu.

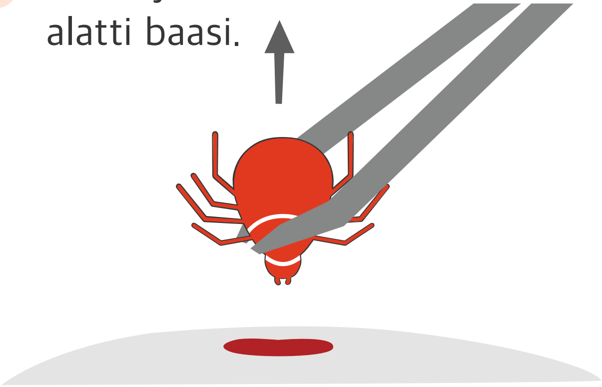
9 Mana qorichaa deemi.

Silmii (buniitoo) Ciniinuu

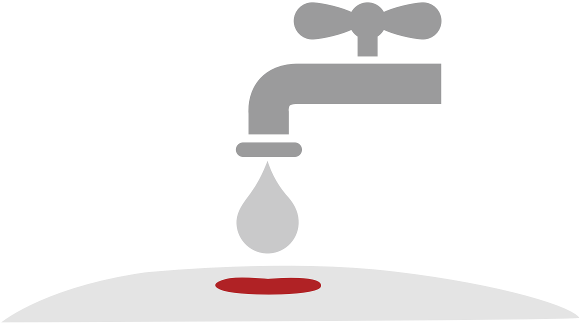
1 Hanga danda'ametti gogaa keetti gadi butii ilkee ishii jala gadi seensisi.



2 Suuta jedhii ol harkisii alatti baasi.



3 Bakkicha bishaan qadaadame (saline solution) yookaan bishaan qulqulluudhaan dhiqi.

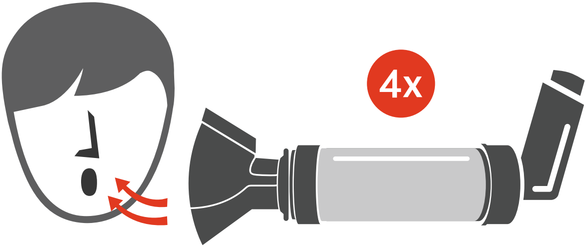


Dhukkuba Afuura Ukkaamsaa (Asmaa)

1 Namichi ol jedhee qajeelee haa taa'u.

2 Waan tahuuf jiru itti himii, jajjabeessi.

3 Dhukkuba afuura ukkaamsaa (asmaa) qoricha ol afuuffatan (yoo jirate) akka fudhatan gargaari, sana booda yeroo 4 akka afuuffatan itti himi. Kanas yeroo 4 walitti fufanii haa afuffatan sana boodas yoo fooyyawuu dide daqiiqaa 4 afuriin afuuffachuun irra haa deddeebi'amu.



4 Yoo dhukkuubbiin cimaa tahe, yookaan qorichi kan biroon gargaaru yoo hin jiru tahe, 000 bilbili.

Red Cross irraa Gargaarsa Duraa Bari

Red Cross akka addunyaa kana irraa qaama guddicha leenjii Gargaarsa Duraa kennan keessaa tokko taheetti, fayyaa, nageenyaa fi nagaa hawaasaa wayyeessuuf cichaa jira.

Red Cross grgaarsa duraa fi nama dhuunfaa, gartuu, manneen barmootaa fi jaarmolee add addaaf leenjii gargaarsa duraa addaa (specialised) fi gargaarsa duraa kan fayyaa mataa (mental health first aid) kenna.

Caalaatti baruuf yookaan barmoota kanaaf of galmeessuuf yookaan meeshaa gargaarsa duraa bitachuuf:

https://www.redcross.org.au/get-involved/learn/first-aid yookaan 1300 367 428 irratti nutti bilbili

Galiin maallaqaa Tajaajila Leenjii Red Cross kana irraa argamu hujii namoomaa kan naannoo, biyyoolessaa fi addunyaa itti fufsiisuuf gargaara.

Qajeelchi kun barmootaaf yaadamee kan qopheessame waan taheef, qajeelcha kana keessa gorsi wal'aansa fayyaa kan dhukkubaa yookaan wal'aansa fayyaa waan bakka bu'u yookaan yeroo dhukkuba hatattamaatti waan akka wal'aansa fayyaatti gargaaru as keessa hin jiru. Odeeffannoo qajeelcha kana keessa jiru akka waan gorsa wal'aansa fayyaa doktora fayyaa kee irraa argattuu kan bakka siif bu'utti hin fudhatin. Sababa odeeffannoo qajeelcha kana keessa jiruuf jecha odeeffannoo kana akka gorsa fayyaa kan akka birootti siif kennamaa ture bakka hin buusatin, wal'aansa fayyaa fudhataa jirtu addaan hin kutin. Kan yoo odeeffannoo qajeelcha kana keessatti ibsame akka itti dhimma baatu irraa mamii yookaan yaaddoo qabaatte doktora wal'aansa fayyaa kee irraa gorsa gaafadhu. Odeeffannoon qajeelcha kana keessatti ibsame itti amantaadhaan yoo tahu garuu ammoo waadaa (warranty) itti hin galamu. Akka seerri hayyamutti Walittoomni Red Cross Australia (Australian Red Cross Society) miidhama fi miidhaa, daangessa tokkoon malee dabalee miidhama kallaattiinis tahu akka birootti qajeelcha kana dhimma itti bahuudhaan yookaan kanaan kan wal qabate hojii irra oolchuuf tahe daguudhaan geessisamuuf gaafatama hin fudhatu.