

PYRTHAT BAD LEILIEH: KI KYNDON BA DEI BAN LEH BAD KA BYM DEI BAN LEH HA KINE KI POR

Lada Don Shabar:- Ki Kyndon Ba Dei Ban Leh Bad Ka Bym Dei Ban Leh.

Ban iada naka jing kyrhuh pyrthat lada don shabar, kine kidei ki lad jingiada ban duna na ki jing mynsaw harum:

- Khmih ia ka lad pathai khubor ha ka liang ka rukom long rukom man jong ka suin bneng shwa ban shim bynta ha kino kino ki jingtrei kiba shabar. Lada ka lad pathai khubor jong ka suin bneng ka ong ba kan don ka eriong dei ban sangeh bad pynbeit da kiwei ki sngi ban leh ia kata ka kam ne jingtrei kaba shabar.
- Lada don ka jing kyrhuh pyrthat, dei ban rung shapoh iing ne ka sem- ka mut ban rung ha ka jaka ba don jing iada , ka jaka ba bym don kano kano ka jingtei ba la shna ka ki kynja nar.. Ki jada rieh ba iada ki long ki iing trep lane ki kali ba don ka sad kaba khlain bad ki jing khang iit ki dei ban rah lut shajrong.
- Kynmaw ia ka 30/30 Lightning Safety Rule: Rung shapoh ki iing, lada iohi leilieh, phim lan ban niew haduh 30 shwa ban ioh sngew ia u pyrthat. Shong beit hapoh iing haduh 30 minute hadien ka jing ioh sngew ia u pyrthat.
- Lada phi don shabar ha ka por ba kyrhuh pyrthat bad phim don jaka rieh hajan , dei ban hiar na ki jaka ba long pynkiew kum ki lum. Ym dei ban shong ha riat lane kino kino ki jaka ba don maw.
- Dei ban phet lada phi don hajan ka pung ne ki wah lane kino kino ki jaka ba don um. Lada phi treikam ha ki jaka ba don um (nuksa:ki pynthor kba) dei ban mih na kato ka jaka bad leit sha ka jaka ba rkhiang (sha kynriang jong ka pynthor)
- Ka bha eh lada phi ioh jaka rieh ha ki jaka ba hapoh bad dei ban pyn tikna ba kata ka jaka kam nym don ka jing shlei um na u slap.
- Ym dei ban thiah na madan namar kane kan pynheh ia phi n aka jing shah pom pyrthat.
- Lada phim don jaka rieh shano shano ruh, phi dei ban shong kynrong pynkloi (Shong kynrong bha sbak kum ka bol da kaba kdup artad ialade na ki kjat. Pyndei lang ki kjat, ka khlieh ruh dei ban dem shapoh, ki skhor ruh dei ban ka bha bad ki khmat ruh dei ban khaprib. Kane kan pynrit ia phi katba lah ban iada naka jingshah pom pyrthat.

- Lada u shniuh jong phi u ieng kynsan n aka thain ba shadien jong ka khlieh hajan ryndang, kane ka pyntip ia phi ba u pyrthat u hajan.
- Dei ban kiar na ki wiar lane kino kino ki tiar ba don bording (ka kor kren brei, ki kynroh nar ba don bording bad kumta ter ter). Phut noh ia ki tiar ba pyndiat da ka bording shwa ban wan kano kano ka eriong ne pyrthat.
- Pyndonkam ia ki kor ba iada ia ki tiar ba pyniad da ka bording ha la iing.
- YM DEI BAN SHIM JAKA RIEH NA KI DIENG bad khamtam na U DIENG ba marwei namar ki dieng ki tan bha ia u leilieh.
- Ki juti ba shna daka jri lane ki shaka kali ba la shna da ki jri kim ai jing iada na u leilieh.
- Buh bha lane the bha ia ki tiar kiba don shabar kiba lah ban bthei lane duh noh.
- Lada phi don ki tiar ki bym tan lane ring ia ka bording, kum ki phong lane kip la buh jain bym don nar; dei ban buh hapoh jong phi.
- Lada phi ia don shi kynhun haba wan u pyrthat, dei ban ia saphriang ban lait n aka jing ia mynsaw lang hajuh lada u leilieh u wan sha khyndew.
- Dei ban sngap thuh bha na ki kor ai khubor kum ka radio ne ka TB ban ioh jingtip kham bha lada ki surok lane ki lynti ia id kiba hajan ki lah ban shah khang.
- Ai jing iarap ia ki briew ki ba don kam ka jing iarap kaba kham kyrpang kum ki briew ki ba don khun rit bad ki tymmen.
- Dei ban kiar na ki dieng lane ki jing pynieng ba rah ia ka bording kiba lah khyllem noh bad dei ban pyntip mar mar sha ki bor pyniaid.
- Peit bha ia ki jingri jong phi bad ai kin don ha ka bor jong phi.

Lada phi don hapoh iing lane ki jaka rieh ba don jingtap :

Watla ki jaka rieh tngen kum ka iing jong phi lane ka jaka trei lane ki dukan ha iew bad kumta ter ter ki lah ban ai jing iada ia phi, hynrei u briew u dang don ha ka jingma. Kine harum ki dei ki lad ba lah shuh shuh ban iada lane pynduna ia ka jingma:-

- Lada phi lah ban iohsngew ia ka jingmkyrhuh u pyrthat, phi dang don hajan eh bad lah ban sha pom ha u pyrthat. Kynmaw ia ka 30/30 Lightning Safety Rule: Rung shapoh ki iing, lada iohi leilieh, phim lan ban niew haduh 30 shwa ban ioh sngew ia u pyrthat. Shong beit hapoh iing haduh 30 minute hadien ka jing ioh sngew ia u pyrthat.

- Dei ban sngap thuh bha ia ki lad pathai khubor bad ki jing maham ba lah ai da ka bor pyniaid.
 - Shong beit hapoh iing bad ym dei ban mih kai shabar.
 - Khang ia ki jing khang bad ki jingkhang iit, khang ia ki pyrda. Buh bha ia ki tiar kiba don shabar iing kum ki borti buh niut lane ki shuki ki miej kiba don shabar iing.
 - Weng noh ia ki dieng lane kino kino ki tiar ba lah ban her bad pyn mynsaw iaphi.
 - Pyn tikna ba ki khunlung jong phi bad ki jingri jong phi kin don hapoh jong ka iing ka sem jong ki.
 - Weng noh ia ki kor ba pyndonkam da ka bording namar ka lah ban don ka jing kiew ha ka lain jong ka bording ha ka por ba wan u pyrthat.
 - Kiar naka jing sum jing sleh, lane ka jing sait tiar lane kano kano ka kam kaba phi hap ban ktah um bad khamtam naka um ba tuid. Namar ka leilieh ka lah ban ia id lyngba ki jongiaid um ha ki iing bad ki kor um ba la shna da ki nar.
 - Phim dei ban pyndonkam ia ki tiar ba pyndonkam da ka bording kum ki kor kren briew ba la pyndait da ki waiar lane ki waiar nar kiba don hapoh jong ka kynroh jong ka iing. Hynrei phi lah ban pyndonkam da ki kor kren briew kiba khlem pyndait da u waiar.
 - Ym dei ban shong lane don hajan ki jing khang iit lane ki jingkhang, jaka syaid ding, jaka dum lane kino kino ki jaka ba don bording hajan ha ka por ba pyrhuu u pyrthat.
 - Kiar na ki jaka rieh kiba lait rynhang kum ki madam leh kai ne ka phyllaw iing lane ki pung ki wah,ki jaka jngi.
 - Ym dei ban thiah ha ki madan dewbilat lane shaniah ha ki kynroh dewbilat.
- LADA PHI LEIT JINGLEIT: Ki Kyndon Ba Dei Ban Leh Bad Ka Bym Dei Ban Leh
- Peit bniah ia ka lad pathai khubor ba iadei bad ka suin bneng shwa ban leh kano kano ka kam ba iadei shabar. Lada ka lad khubor ka pyntip ia phi ba kan don pyrthat ne eriong, phi dei ban buh teng ia kata ka kam haduh da kut u pyrthat ne eriong.
 - Ha ka por jong u pyrthat dei ban kiar na ki kali bym don jingtap khlieh kum ki thuk thuk bad ki kali khlem jingtap. Dei ban kiar na ki jaka rieh kiba lait rynhang kum ki madan leh kai ne ka phyllaw iing lane ki pung ki wah,ki jaka jngi.

- Hiar na ki kali ne thuk thuk kiba lah ban ring ia u leilieh.
- Lada phi don na ki lieng ne phi jngi sha wah, dei ban mih noh mar mar na kato ka jaka bad wad ia ka jaka rieh kaba paka.
- Lada don ka jing kyrhuh pyrthat, dei ban rung shapoh iing ne ka sem- ka mut ban rung ha ka jaka ba don jing iada , ka jaka ba bym don kano kano ka jingtei ba la shna ka ki kynja nar.. Ki jada rieh ba iada ki long ki iing trep lane ki kali ba don ka sad kaba khlain bad ki jing khang iit ki dei ban rah lut shajrong.
- Lada phim don jaka rieh shano shano ruh, phi dei ban shong kynrong pynkloi (Shong kynrong bha sbak kum ka bol da kaba kdup artad ialade na ki kjat. Pyndei lang ki kjat, ka khlieh ruh dei ban dem shapoh, ki skhor ruh dei ban ka bha bad ki khmat ruh dei ban khaprib. Kane kan pynrit ia phi katba lah ban iada naka jingshah pom pyrthat.
- Haba wan u eriong, phi dei ban shong sah hapoh ka kali jong phi haduh ban da wan ka jingiarap ba nabar lane lad aka eriong ka lah jut. (ka jingkah nar jong ka kali kan ai jing iada iaphi lada phim ktah ia kino kino ki kynja nar napoh ka kali) Ki jing khangit jong ka kali dei ban rah lut shajrong bad phi dei ban pynieing ia ka kali shajngai jong ki dieng lane ki jingtei ba rah ia ka bording.
- Phi dei ban phet n aka jaka ba long khlaw (khamtam na ki khlaw ba bun dieng kseh) bad leit sha ki jaka ba long madan. Ka lah ban don ka jing kem ding jong ka khlaw naka daw jong u leilieh lane pyrthat.

U LEILIEH- Ki lad ai jing iarap haba mynsaw (First Aid Treatment)

Ki lad ai jingiarap ha ka por ba pom u pyrthat lane leilieh haba phi dang ap ia ki doctor lane ki nong ai dawai sumar ba bniah ka lah ban iada ia ka jingim. Kam jia ei ei lada phi ktah ia ki briew ba lah shah pom pyrthat; lada long kaba lah, ai ki lad jingiarap ba donkam kyrkieh ha kato ka por (First Aid)

- Peti bniah lada phi iohi lada u briew ba mynsaw u dang ring mynsiem lane don jing tied u klongsnam. Ka jaka ba biang tam ba peit ia ka jingtied u klongsnam kadei na u carotid artery kaba lah ban iohi ha ka ryngdang u briew hapoh jong ka shyntur u briew.
- Lada u briew ba mynsaw um ring mynsiem, dei ban pynkloi ban ai lyer na shyntur jong u da ka shyntur jong phi. (mouth to mouth resuscitation). Lada u briew um don jingtied jong u klonsnam, dei ban khem na shadem jong u hajan u klongsnam kumjuh. (CPR)

- Peit bha ia ki briew ba la mynsaw lada ki don ka jing mynsaw ba kham jur kum ka jing kdiah ki shyieng kiba lah ban pynlong ia briew ba un nym lah ban khieh ne ia id lane ka jingmih snam kaba jur khlem sangeh.
- Dei ban long kiba husiar bad peit bhalada ka dang don ka jing kyrhuh pyrthat kaba lah ban pyn mynsaw ia kiba lah mynsaw lypa bad ia ki nong ai jingiarap. Lada ka jaka ba don kiba la mynsaw ka long ka jaka kaba don jingma dei ban rah pynkloi noh sha kawei ka jaka kaba kham lait naka jingma.
- Ki briew kiba mynsaw naka jing shah pom pyrthat kam don jingma ban ktah ne ban rah ia ki namar kan nym don ka ding sa sah naka jing shah pom pyrthat.
- Peit bha lada don ka jing kdiah shyieng lane ka jing sngew kyllut lane ka jing sngew matlah.
- Ki briew ba lah mynsaw n aka jing sha pom pyrthat ki lah ban don ka jingkhluit ne jing ing kum ba khluit ding, ka jing kyndit, ne ka jing iapler. Peit nha naei ki shah pom pyrthat lada ki don ka jing mong ne mynsaw na ka jaka ba shah pom pyrthat.
- Dei ban phone ia u number 1078, bad ai jingtip ia ka jaka bad ka jingtip ba bniah shaphang kito kiba lah mynsaw jur. Ialam ia ki briew ba la mynsaw sha ka aspatal.

PYRTHAT bad LEILIEH: KI KYNDON BA DEI BAN LEH BAD KA BYM DEI BAN LEH HA KA REP KA RIANG

Kaba dei ban Leh:

- Ha ka por ba kyrhuh pyrthat bad ba don eriong, ai jing kyrshan ia ki kper soh bad ki kper jhur.
- Lada ki nongrep ki don sha ki lyngkha bad kim don jaka rieh, dei ban kiar na ki kiei kiei ki ba jrong ha kato ka jaka. Lada ym don jaka rieh lait tang ki dieng, ka bha eh ban shu shong kynrong bha ha jaka ba madan.
- Buh bha ia ki jingri jong phi ban lait na ki jaka ba don pung lane ki wah.
- Buh bha ia ki jingri jong phi na jngai jong ki kali kum ka traktor bad ki tiar ba long nar.
- Pynlait ia ka um na ki pynthor jong phi.

- Ai jing iada ne jingkah ia ki jingthung ba la de pot jong phi da ka plastic.

Ka bym dei ban leh:

- Dei ban kiar na ki tiar ne ki kor ba pyndonkam da ka bording.
- Dei ban kiar na ki tiar kiba la shna da ka nark um ki kali, ki traktor. Namar ka nar ka lah ban khring ia ka bording.
- Ym dei ban shah ia ki jingri jong phi ba kin lum lang shi jaka bad rieh na ki trai dieng. Dei ban peit bha ia ki jingri jong phi bad buh ia ki ha ka bor jong phi.

Ka Jingkdew:- Ki Jylla ki lah ban pyn pher ia kine ki kyndon ki BA DEI BAN LEH BAD KA BYM DEI BAN LEH n aka bynta ka rukom pyndonkam jong ki kat ba ki sngew bit da ka jingtip jong ki stad ai jing tip. Shuh shuh dei ban pyntreikan ia kine ki kyndon katkum ka jingbit jong ka jylla.