

Thunderstorm & Lightning: Kuriboleh aru Nukoriboleh khan

Pahar tae huileh: Kuriboleh aru Nukoriboleh khan

Pahar tae thaka somoi tae lightning parah pachiboh karoneh, nichedeh takah points khan follow kuriboh laghe.

- Pahar tae kham khan kuriboh leh ase koileh, hawapani lagah kobor poila jankar luilobi. Jankari tae thunderstorms hobo leh ase koileh, apni pahar khan tae jaboase koileh alag somoi tae jabi.
- Thunder mara somoi tae, ghor pitor tae jabi – jolti safe jagah tae jabi like pukka ghor, pukka building nahoileh gari hard top window toh utai khena taka khan tae.
- **30/30 Lightning safety Rule** toh mon tae rakhibi: Lightning hoishe koileh, ghor pitor tae jolti jabi. Thunder thik kotom hui khena aata kunta thok ghor pitor tae hei takhibi.
- Apni pahar tae ase koileh aru osor tae safe jagah natakheleh, jolti opor jagah para jai jabi, like hills, mountain ridges or peaks. Enika somoi tae khetia bi hills/mountain khan lagah khenar tae nutibi.
- Enika somoi tae Nuti/ pani takah jagah lagah osor parah dhor tae takibi. Apni pahar tae pani takah lagah jagah tae gham kuriase koileh, say dhan transplant kora somoi tae, cholti kheti para ulai khena sukha jagah ekta tae takhibi.
- Olop niche lagah jagah tae takibi hoilebi saboleh laghe ki etu jagah toh flood nuhobo lagah jagah takiboleh laghe.
- Enika lagah somoi tae mati tae nukomabi.
- Osor tae oko chaya khan natakheleh cholti lightning crouch kuribi – Apni puhikhena apni lagah haat parah teng toh bon kuribi. Teng duita toh join kuribi, mata namabi, khan bon kuribi, suko bon kuribi. Enika para apni olop toh bachiboh.
- Enika storm khan nuha agotae, electrical saman khan sob plug para ulai dibi (phone, power, metal fences, wind mills etc).
- Apni khan ghor puna somoi teh saboleh laghe ki enika storm khan aha somoi teh wire khan choi nalagiboh lagah hisab tae punabi.
- Ghas lagah nichedeh nutibi, lightning para apni teh lagijabo.
- Rubber sole chuta aru car tyres khan para lightning mara para pachiboleh nabariboh.
- Pahar tae saman khan ori chaboh nahoileh biyah hoboh khan toh pal para rakhi tibi.
- Enika lagah storm huwa somoi tae apni lagah haat tae foam pad nahoileh kabra khan bishi takheleh etu khan apni lagah nichetae rakhibi.

- Enika lagah somoi tae apni group ekta tae takheleh, apni olop dhor dhor tae takhibi enika hoileh lightning marehlehi , jokom olop komti hobo.
- Apni khan radio tae kobor khan hunibi nahoileh TV sabi, hawa pani lagah kobor kinika ase.
- Motod bishi lagakhan like bachakhan, bura, puri khan tae motod kuribi.
- Electrical power lines khan kiri khena dikheleh, etu lagah osor tae nachabi aru cholti report kuridibi.

Ghor pitor tae takheleh

Lightning storm khan mara somoi tae ghor pitor, offices, shopping centres etc khan toh safe hobo nishenah pabeh huilebi etu khan jakah bi risk ase. Yeteh kunba tips khan dibo apni khan bachi khena takhiboh karoneh.

- Apni khan sapi ki akash khan kala ase nah nai aru hawa chor para mari ase nah nai.
- Apni khan thunder hunehle, lightning bi etu lagah osor tae maribo. **30/30 Lightning Safety Rule** toh mon tae rakhibi: Lightning toh tekheleh gor pitor tae phet chabi. Last thunder toh hunabichedeh, gor pitor tae atleast 30 minutes toh takhibi.
- Apni lagah local area lagah kobor khan toh huni takhibi.
- Parathak ghor pitor tae takhibi, aru pahar khan tae bishi nibirabi.
- Dorja, kherki khan phon kuribi. Window lagah curtains khan bi phon kuribi. Ghor pahar tae saman khan takah khan toh dhik para rakhibi.
- Saboleh laghe ki bacha aru pet janwar khan ghor pitor tae hei ase.
- Electrical saman khan like- computers, laptops, game systems, washers, dryers, stoves, refrigerators, television, air conditioners etc khan plug toh ulai khena rakhibi.
- Pani chuboh lagah oko kham khan nukoribi say kusool kuria, shower luwa, purton tula khan kheleh khoileh lightning toh building lagah metal pipe khan tae bi kushe.
- Enika storm tae toh apni khan cordless nahoileh cellular phone toh jolaboh pariboh.
- Thunderstorm huwa somoi tae, dorja, kherki, verandah, fireplace, stove, bathtub nahoileh any electrical lagah saman osor tae natakhibi.
- Open spaces khan like- sports arena, ponds, lakes, swimming pools aru beach khan avoid kuribi.
- Concrete floor tae nukamabi aru concrete walls tae bi lean nukoribi enika somoi tae.

Apni khan travel kuri ase koileh, kuriboh aru nukoriboh khan

- Apni khan pahar tae jaboleh ase koileh, hawa pani lagah jankari toh lobi. Forecast tae thunderstorm hobo ase koileh, apni pahar jabo takah toh postpone kuribi.
- Thunderstorm huwa somoi tae, gari kula takah khan say motorcycles, golf carts khan tae nibarabi. Open spaces khan like- sports arena, ponds, lakes, swimming pools aru beach khan avoid kuribi.
- Enika somoi tae bicycles, motor cycles, farm lagah gari khan tae nibarabi, lightning para lagiboh.
- Apni enika somoi tae boating nahoileh swimming kuri ase koileh, cholti pani para ulai chabi.
- Thunder mara hunileh, cholti gor pitoor tae chabi hoilebi luha khan lagah osor tae natakhibi. Safe jakah khan toh pukka gor, pukka building nahoileh gari hard top khan window khan phon kurikhena.
- Osor tae safe jakah natakheleh Lightning Crouch Kuribi. Apni puhikhena apni lagah haat parah teng toh bon kuribi. Teng duita toh join kuribi, mata namabi, khan bon kuribi, suko bon kuribi. Enika para apni olop toh bachiboh.
- Storm huwa somoi tae apni gari tae ase koileh, pahar tae nulaikhena hei gari pitoor tae boi takhibi storm nurokhatok. Gari lagah window toh nukolibi, aru ghas, power line lagah nichedeh toh gari park nukoribi.
- Apni jongol phaleh ase koileh, ghas lagah nichedeh nuhoikhena clear space takah jakah tae jabi. Kheleh koileh lightning para ghas bi cholai diboleh pareh.

Lightning: First Aid Treatment

Lightning para lagah manu khan hospital nuboncha ahgo tae first aid dishe koileh bishi lives bachiboh. Lightning para lagah manu khan teh chuilehbi oko nohoi. Parathak First Aid treatment dibi.

- Sabi ki lightning para lagia manu toh saas luiase nah nai aru heartbeat ase nah nai. Apni etu pulse toh janiboh karoneh toh carotid artery ase , etu toh neck teh pabi just apni lagah jaw lagah nichedeh.
- Etu lightning para lagia manu toh saas nuleh koileh, cholti mouth-to-mouth saas dibi. Etu manu toh pulse nai koileh, cardiac compression (CPR) Suru kuribi.
- Kunto manu lightning para lagikhena pachishe, oko hardi khan paingshe nah nai sabi kheleh koileh etu para paralyse bi hobo pareh nohoileh bleeding khan bi hobo pareh..

- Manu jokom huwa aru tai teh sah ula bi pahar tae ase koileh hushar kuribi lightning toh aru mariboleh pareh.
- Kunto manu jokom huishe lightning para etu manu lagah body tae electrical charge khan nai toh oko boi nakai khena motog kuribi.
- Etu manu jokom hua toh hardi khan thik ase nah nai, khan para honeh na nai aru suku para dekeh nah netekeh check kuribi.
- Manu lightning parah lagia toh, skin khan chuliboh pareh, shock nahoileh blunt trauma hobo pareh. Injury marks khan sabi.
- Helpline number 1078 tae call kuribi aru apni kote ase direction thik dibi. Etu manu lightning parah lagia toh hospital tae cholti luijabi.

Kuriboh, nukoriboh khan thunderstorm aru lightning huwa somoi tae agriculture tae Kuriboh khan:

- Thunderstorm huwa somoi tae hawa bi chor para mari ase koileh, apni lagah orchard tae support dibi, aru sobji khan nikoriboh karoneh gori parah protection dibi.
- Apni kheti tae taki somoi tae thunderstorm, lightning huileh, aru shelter khan nabaileh, open space tae jabi aru apni puhikhena apni lagah haat parah teng toh bon kuribi. Teng duita toh join kuribi, mata namabi, khan bon kuribi, suko bon kuribi. Enika para apni olop toh bachiboh.
- Janwar khan nuti, pond nahoileh river lagah osor parah hatabi.
- Janwar khan tractors nahoileh farm tae chola luha lagah saman parah dhor tae rakhibi.
- Kheti tae pani jamah huwa khan nulla bonai khena jaboh debi.
- Apni sobji khan kati khena pahar tae ase koileh, polythene sheet ekta para bon kuribi.

Nukuriboh khan

- Electrical lagah saman/ cord lagah osor tae natakibi.
- Luha lagah saman ki hobi etu lagah osor tae natakibi- tractors, farm equipment or bicycles. Khele koileh etu luha saman parah electricity tureh.
- Enika lagah somoi tae apni lagah janwar khan ghas lagah nichedeh jamah hobo nedebi. Janwar khan tae phal para sabi.

Note: Apni lagah State lagah jakah opor tae kuriboh, nukoriboh khan toh nichor lagah State Government khan parabi bonaboh leh pareh.