

KA SHAQAALE AHAAN waxaad xaquuq uleedahay:

- Goob shaqo oo badqab iyo caafimaad leh
- Inaad hesho qalabyada iyo agabka aad u baahantahay si aad si badqabta u fuliso shaqada
- Tababarka luuqada aad fahmi karto
- Iyo in badan oo kale

Hadii aad u aragto in shaqadaadu aanay amaan ahayn oo aadna qabto suaalo, wac OSHA.

Waa qaab hoose. Waana ku caawin karnaa!

1-800-321-OSHA (6742)
TTY 1-877-889-5627
[osha.gov/workers](https://www.osha.gov/workers)



Ma aha in uu shaqsi u dhaawacmo ama u dhinto mushaar dartiis.

Hadii aad u maleynayso in
shaqadaadu aanay amaan
ahayn oo aadna qabto
suaalo, wac OSHA.

**Waa qaab hoose. Waana
ku caawin karnaa!**



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