

Xusuusnow...

- Qof walbo si buu u wajaha murugada.
- Murugadu wax waqti ah ma lahan, mana jirto hab sax ama qalad ah oo loo murugoodo.
- Xaaladaha ugu badan ee murugada: diidmo, xanaaq, gorgortan, niyad-jabka, aqbalid.
- Iska taxadar ADIGA.
- Durbadiiba hel caawinaad inta ku jirto xaaladaha halista:
 - Wac 911
 - Wac 988: Qadka Isdilida & Xaladaha Halista
- Tilmamaha kaa caawinaya adkeysiga dareenka murugada:
 - Laxiriir qoyska iyo asxaabta.
 - La-wadaag / samey dhacdo ama shey xusid ah.
 - Garo qasaarahaaga iyo dareenkaaga murugo.
 - Xooga saar qeybaha nolashaada ee aad awooda u leedahay in aad maareyso.

Fariin katimid Tonya Ford

OSHA Lashaqeynta Qoyska



Dhimashada ruux aad jeceshahay waa waxa ugu xanuunka badan ee ku dhici kara qoys. Waan ogahay waana fahansanahay aniga ugu horeysameynta daran ee aad mareyso maadama aan laftirkeyga ruux qoyskeyga ku waayay shil shaqo 2009-ki.

Fadlan ila soo xiriir waqtiga adiga kuugu haboon. Waxaan jeclahay in aan walaaca kaa fududeyo anigo kugu caawinayo su'aal kasto oo aad qabto misna quseysa shilka ruuxaaga aad jecleyd, habraaca baarida, Xuska Maalinta Shaqaallaha iyo/ ama OSHA.


OSHA waxa ay aad uuga xuntahay dhimashada ruuxaaga. Anaga ayaa halkaan kuugu diyaar ah.

Lasoo Xiriir

Tonya Ford, La Shaqeynta Qoyska
Waaxda Shaqaalaha ee U.S.
OSHA, Xafiiska Isgaarsiinta
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 twitter.com/OSHA_DOL

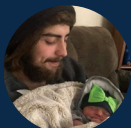
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 linkedin.com/company/us-department-of-labor-osh

Xushmeynta Shaqaallaha Dhintay

OSHA waxa ay sameysay Xuska Darbiga Shaqaallaha oo qadka si loo xushmeyo misna loo garto dadka ku dhintay shaqada ay hayeen.

Haddii uu ruux qoyska kamida ku dhintay shil la xiriira shaqada, xanuun, ama cudur, fadlan sawirka qofka inagula wadaag ciwaanka remembrance@dol.gov.



Ku Weynta Ruuxaga Shaqada

What to Know and Expect

- OSHA waxa ay baari doonta shilka dhimashada ruuxaaga si loo ogaado in lagu xad gudbay shuruucda OSHA.
- Fadlan inoo ogolow in aan baaritaanku dhameyno ilaa mudo lix bilood ah.
- Dhamaan lacagaha ganaaxa waxa ay ku dhacaan Maaliyada United States; qeyb kama ahan bajedka OSHA ama laguma magacaabay hayadda.
- OSHA ma bixiso amaro kaliya sababtoo ah waxaa jiray dhimasho goobta shaqada ah.
- Waxaad la xiriiri kartaa xafiiska deegaankaga ee OSHA si aad u wareysato xaalada kiiska ama u weydiiso su'aallo.
- Haddii aad heyso warbixin ama cadeyn caawin karta baaritaanka, fadlan inala wadaag adigoo soo qoraya, wacaya, ama fariin iimeyl usoo qoraya xafiiska OSHA.
- Maamulaha Deegaanka ayaa ka jawaabi doono su'aallaha asaga ayaana kuu sharaxi doono go'aanada ugu danbeynta ee baaritaanka kasoo baxo.
- OSHA ayaa kusoo ogeysiin doonto marka kiiska la xiro.

Codso Feylka Baaritaanka

Sharciga Xoriyada Warbixinta (The Freedom of Information Act - FOIA) ayaa lagu dabaqaya la wadaagida xogta quseysa baaritaanka shilka ee OSHA waddo. Marka kiiska laxiro, iyo goorta la helo codsi qoraala, OSHA ayaa kusiin doonto qeyb kamida feylka baaritaanka kaaso oo lagu bixin doono FOIA, wax qiimo ahna adiga iyo qoyskaaga idinkugma fadhin doono. Booqo www.osha.gov/foia.

Ilaha Agab ee Qoysaska

Hayaddaha

Midowga Kaalmada & Xuska Dhimashada Goobaha Shaqo (USMWF): www.usmwf.org

National COSH: www.nationalcosh.org

Fursada Caruurta Mareykanka:
www.kidschance.org/for-families

OSHA Dhisida Raadin

www.osha.gov/ords/imis/inspectionNr.html

Hayadaha Kale

Waaxda Cadaallada:
www.justice.gov • (202) 514-2000

Maamulka Nambarka Bulshada:
www.ssa.gov • (800) 772-1213

Arrimaha Ciidanki Hore:
www.va.gov • (800) 827-1000

Mushaar iyo Saacad:
www.dol.gov/agencies/whd • (866) 487-9243

Qadka Isdilida iyo Masiibada: 988



Kaligaa ma tihid..

Lasoo Xiriir Xafiiska Deegaankaga ee OSHA

Deegaanka 1: (617) 565-9860
Connecticut, Maine*, Massachusetts*, New Hampshire, Rhode Island, Vermont**

Deegaanka 2: (212) 337-2378
New Jersey, New York*, Puerto Rico*, Virgin Islands**

Deegaanka 3: (215) 861-4900
District of Columbia, Delaware, Maryland, Pennsylvania, Virginia*, West Virginia*

Deegaanka 4: (678) 237-0400
Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina*, South Carolina*, Tennessee**

Deegaanka 5: (312) 353-2220
Illinois, Indiana*, Michigan*, Minnesota*, Ohio, Wisconsin*

Deegaanka 6: (972) 850-4145
Arkansas, Louisiana, New Mexico, Oklahoma, Texas*

Deegaanka 7: (816) 283-8745
Nebraska, Iowa, Kansas, Missouri*

Deegaanka 8: (720) 264-6550
Colorado, Montana, North Dakota, South Dakota, Utah, Wyoming**

Deegaanka 9: (415) 625-2547
American Samoa, Arizona, California*, Guam, Hawaii*, Nevada*, Northern Mariana Islands*

Deegaanka 10: (206) 757-6700
Alaska, Idaho, Oregon*, Washington**

* Midkani waa mid kamida 29-ka qorshe ee OSHA ee Gobolka ansaxiye. Qorshaha Labo-iyoo-labaatan Gobol (21 Gobol iyo Puerto Rico) ayaa daboolaya goobaha shaqsi ee dowlada iyo kuwa qaaska loo leeyahay. Qorshaha Todobada Gobol ee kale (Connecticut, Illinois, Maine, Massachusetts, New Jersey, New York, and the Virgin Islands) waxa ay daboolayaan kaliya goobaha shaqo ee dowlada.