

**Yenza  
ukuthi  
izindlebe**

**zakho  
ziphephe**



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# SEBENZA NGOBUHLAKANI FUTHI USEBENZE NGOKUPHEPHA – VIKELA UKUZWA KWAKHO



Ezimayini sisebenza kanzima, kodwa futhi kufanele sisebenze ngobuhlakani. Ukusebenza ngobuhlakani kusho ukusebenza ngokuphepha, ngokusebenzisa impahla yokuvikela ukuze sizivikela ezingozini. Kunengozi eyodwa abantu abangazivikeli kuyona, **UMSINDO OMKHULU!** Umsindo omkhulu uyodala umonakalo kunoma ubani umuntu ongasebenzisi izinto zokuvikela ukuzwa okwaziwa ngama-HPD ukuvikela ukuzwa kwabo.

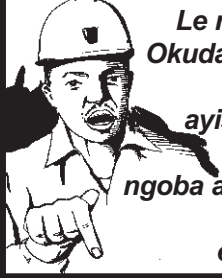
Onjinela bazama ukwenza izindlela zokwakha imishini engeke ibe nomsindo omkhulu, kodwa wena kufanele uqhubeke ngomsebenzi sa izimpahla zokuphepha ama HPDs.

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# UKUNGEZWA KAHLE KUDALA IZINKINGA...



Le ndoda ayisebenzi ngobuhlakani. Okudala ukuthi ingabe isaba nandaba nomsindo ukuthi vele le ndoda ayisezwa kahle hle. Ukuzwa kwayo kuya ngokuba kubi impela ngoba ayikufaka okokuvikela. Lokhu-ke sekuyidalela izinkinga ezinkulu, emsebenzini nakubangani bayo.



Kungani ungasebenzisi izinto zakho zokuvikela ukuzwa? Manje ukuzwa kwakho sekukubi ngale ndlela yokuthi awusakwazi ukungizwa!



Ngifisa sengathi ngiyabezwa ukuthi bathini.



Umsindo awungikhathazi mina. Izindlebe zami ziwejwayele umsindo.



Umsakazo wami omusha awusebenzi!

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# ....LEZI ZINKINGA ZINGAKONELA UMSEBENZI WAKHO



**MEDICAL TESTS**

*Laba bantu bayohlola isifo okwenziwa njalo ngonyaka ukuze bathole isitifiketi sabo sokufaneleka ukusebenza.*

*Sizohlola ukuzwa kwakho manje.*

*Ukuzwa kwakho sekukubi kakhulu. Awusaphephile. Ngeke sikunike isitifiketi sokufaneleka ukusebenza.*

*Bekufanele ngifake izinto zami zokuvikela ukuzwa.*

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# UBONAKALA KANJANI UMSINDO OYINGOZI



*Ngingazi kanjani uma umsindo umkhulu ngokwenele ukuthi ungadala umonakalo ezindlebeni zami?*

*Kunezindlela ezintathu ezehlukene owazi ngazo ukuthi umsindo mkhulu ngokwenele ukuthi uyingozi.*



**3** *Futhi, uma uzwa imisindo ekhencezayo ezindlebeni zakho emuva komsebenzi, umsindo ubumkhulu kakhulu.*

*Noma kuphi lapho kunomsindo khona omkhulu kufanele ufake kokokuvikela ukuzwa.*

**1** *Okokuqala nje, noma kuphi lapho ubona khona lolu phawu lokwexwayisa olunombala oluhlaza okusasibhakabhaka nomhlophe, umsindo uyingozi.*



**2** *Enye indlela yokwazi ukuthi ngabe umsindo uyingozi yilapho abantu bememezana ukuze bezwane.*



**4**



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# OKOKUVIKELA IZINDLEBE KUNGAKUSIZA UKUTHI UZWE KANGCONO EMSINDWENI

*Lapho kunomsindo khona omkhulu, okokuvikela ukuzwa kungakusiza ukuthi uzwe futhi uqonde kangcono ukuthi bathini abanye abantu kuwe.*

*Ngabe udinga usizo ukususa lolukhuni luye esitophini.*

*Eish, lomsebenzi unzima kakhulu ukuthi ungenziwa umuntu oyedwa.*

*Umsebenzi ubengasiza ukuba umzwile usuphavyayiza ukuthi ubethini kuye. Okokuvikela ukuzwa kungavimbela umsindo womshini kodwa udedele amazwi abantu ukuthi angene endlebeni.*



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# NGABE IZINSIZAKUZWA ZINGALUNGISA UMONAKALO EZINDLEBENI ZAMI?- CHA!



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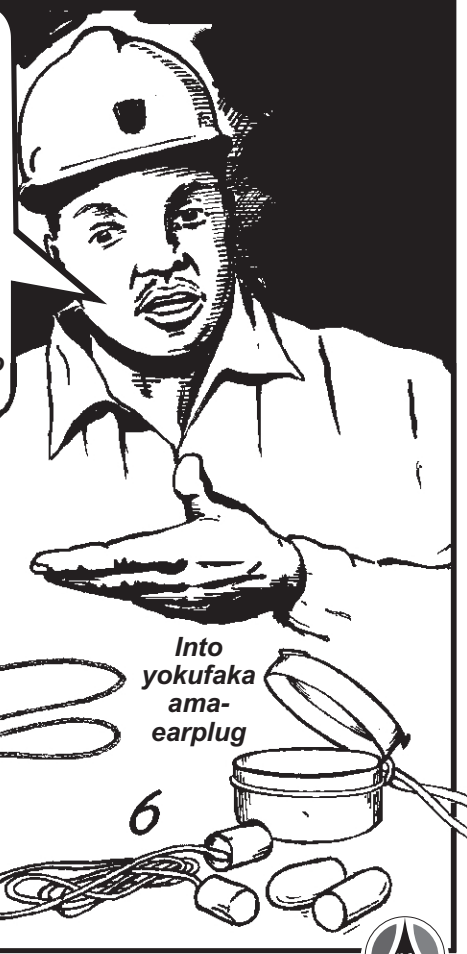
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# IZINHLOBO EZEHLUKENE ZOKOKUVIKELA UKUZWA

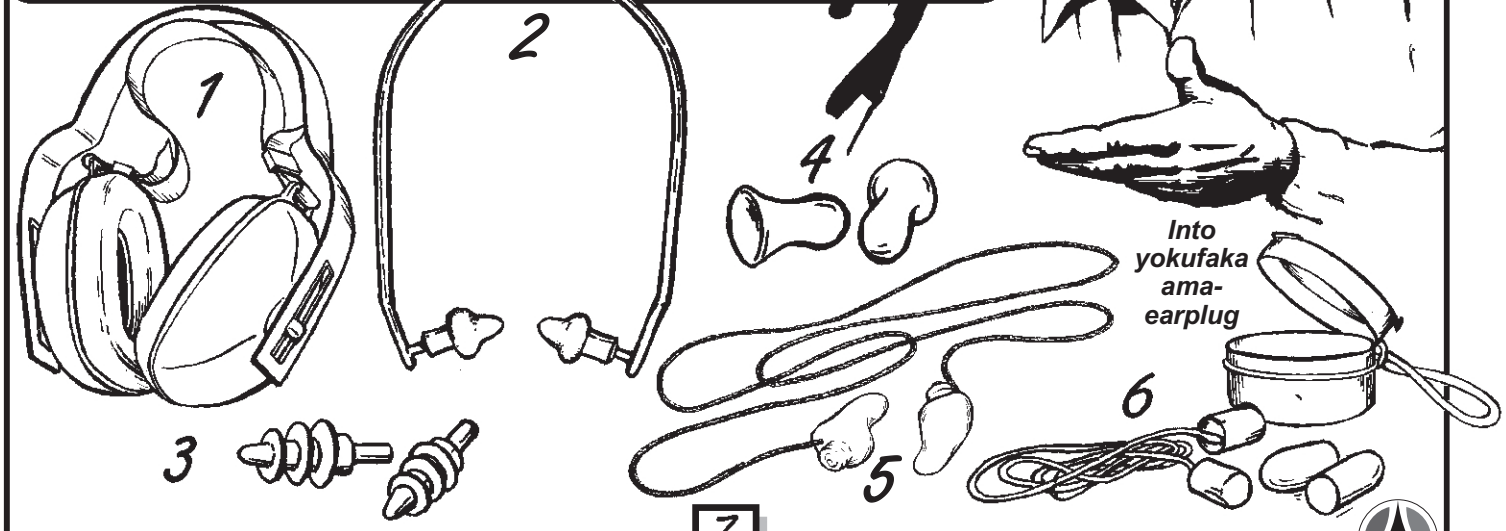
Ngenxa yokuthi kunezinhlalo eziningi ezehlukene zabantu abenza imisebenzi eyehlukene ezindaweni ezehlukene, kunezinhlalo ezehlukene zokokuvikela ukuzwa. Kweminye imisebenzi ama-earmuffs angcono. Kodwa kwabanye abantu abenza umsebenzi onzima kakhulu, ikakhulukazi ezindaweni ezishisayo, ama-earplug angcono. Kanti ama-earplug anikeza uhlobo olufanayo lokuvikela njengama-earmuff uma efakwe ezindlebeni ngokuyikho.

Lezi ezinye zezinhlalo ezijwayeleke kakhulu zokokuvikela ukuzwa.

- |   |   |
|---|---|
| 1. Ama-earmuff anentambo yasekhanda               | 4. Ama-earplug enziwe aba umumo othile, angenazibambo             |
| 2. Ama-earplug aboshelwa ebhandeni                | 5. Ama-earplug enziwe umumo wawo ngendwangu                       |
| 3. Ama-earplug enziwe aba umumo othile anezibambo | 6. Ama-earplug angenziwanga aba umumo othile, anentambo nangenayo |

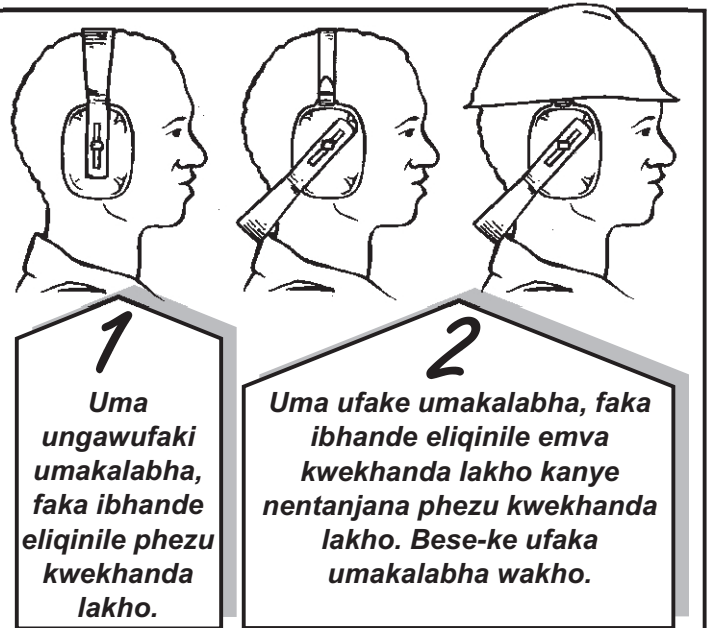


Into yokufaka ama-earplug

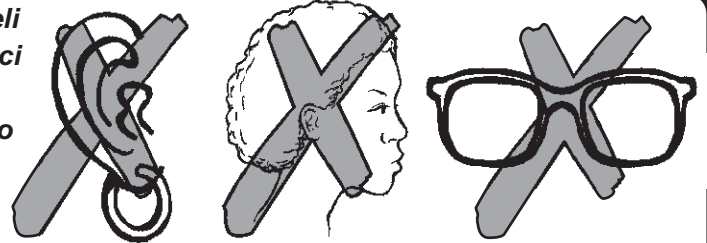


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# AMA-EARMUFF



**Ama-earmuff awabasebenzeli kahle abantu abafake amacici amakhulu, abanezinwele ezinde noma abafake izibuko noma abasebenza kanzima ezindaweni ezishisayo nezinomoya oshisayo.**

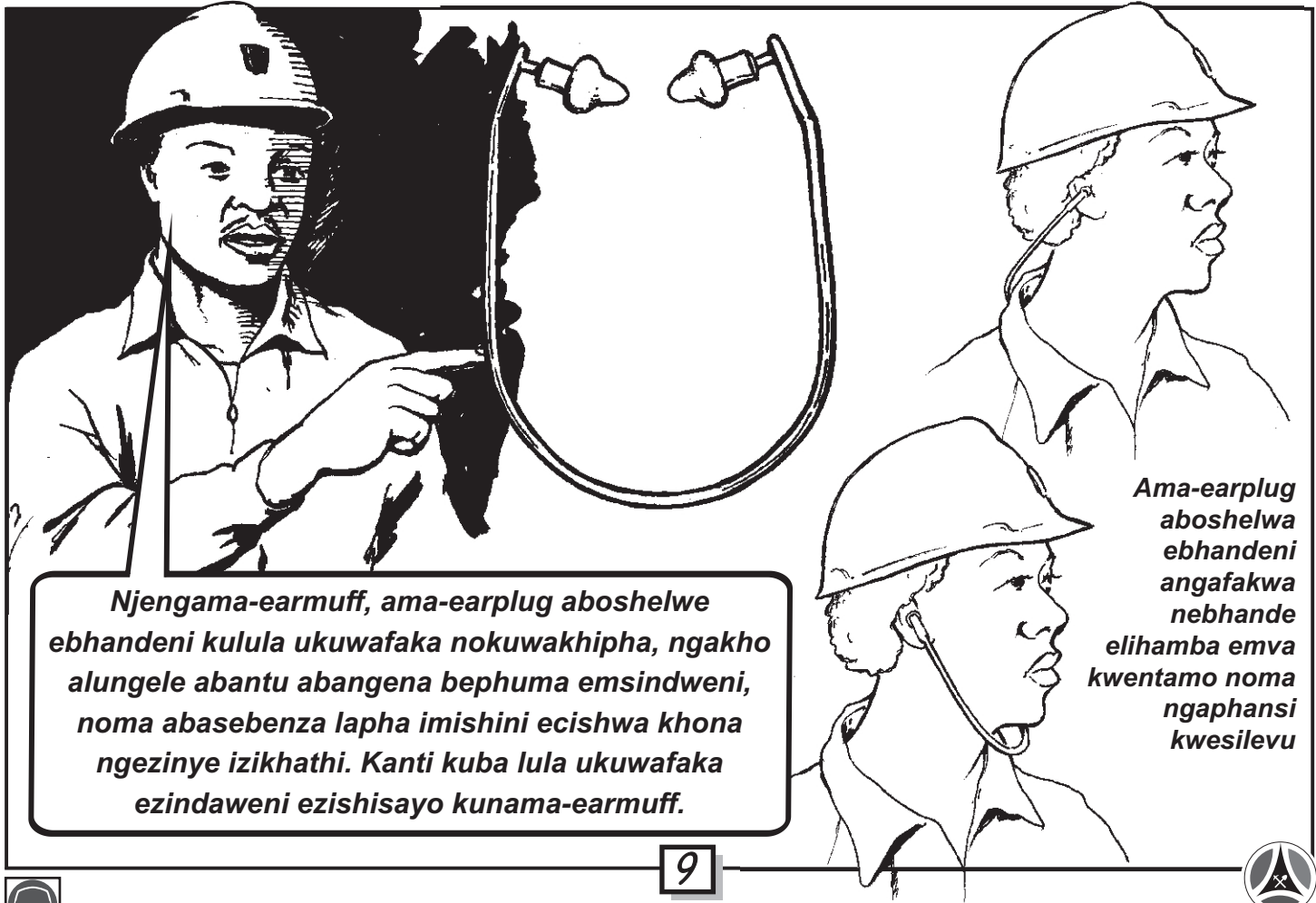


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## AMA-EARPLUG ABOSHELWA EBHANDENI



*Njengama-earmuff, ama-earplug aboshelwe ebhandeni kulula ukuwafaka nokuwakhapha, ngakho alungele abantu abangena bephuma emsindweni, noma abasebenza lapha imishini ecishwa khona ngezinye izikhathi. Kanti kuba lula ukuwafaka ezindaweni ezishisayo kunama-earmuff.*

*Ama-earplug aboshelwa ebhandeni angafakwa nebhande elihamba emva kwentamo noma ngaphansi kwesilevu*



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# UKUFAKA NOKUNAKEKELA AMA-ERAPLUG ABUYE ASEBENZISEKE FUTHI

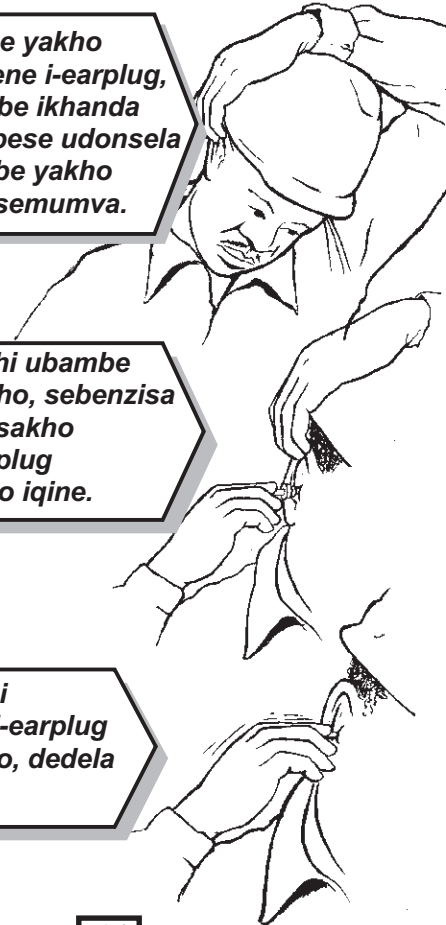


Lena i-earplug evele yenziwa yaba umumo othile noma engabuye isebenziseke futhi enesibambo esincane okwenza kube lula ukuyifuqela endlebeni. Isibambo sisiza futhi ekuvikeleni ukungcola kweminwe ukuthi kungene kwi-earplug.

**1** Vula indlebe yakho ukuze kungene i-earplug, ngokuthi ubambe ikhanda lakho phezulu bese udonsela ichopho lendlebe yakho ngaphandle nasemumva.

**2** Ngesikhathi ubambe indlebe yakho, sebenzisa esinye isandla sakho ukufuqela i-earplug endlebeni yakho iqine.

**3** Ngesikhathi ucindezele i-earplug endlebeni yakho, dedela indlebe yakho.

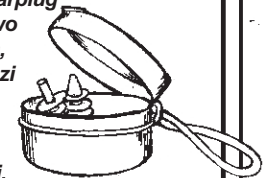


Ukuvikela izinkinga ezindelbeni zakho, lama-earplug kufanele ahlale ehlanzekile.

Emva kwesikhathi somsebenzi ngasinye, washwa ama-earplug akho ngamanzi anensipho bese uyakaza yonke insipho.

Yesula ama-earplug ngethawula elihlanzekile noma nge-tissue ukuze ome.

Faka ama-earplug entweni yawo yokuwafaka, ukuze ukwazi ukuwasebenzisa ngesikhathi somsebenzi.



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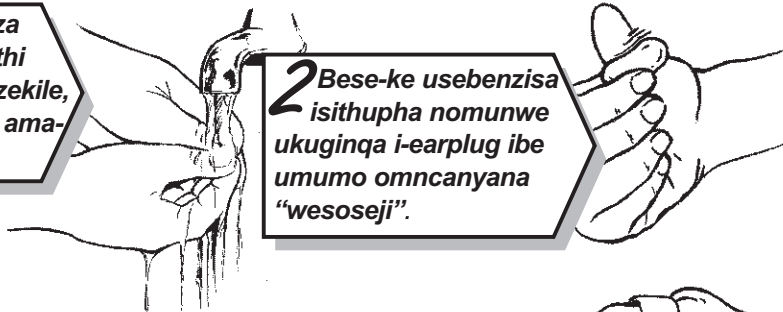
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# UKUFAKA AMA-EARPLUG ANGENZIWANGA UMUMO OTHILE



**1** Okokuqala, yenza isiqiniseko sokuthi iminwe yakho ihlanzekile, ukuze ungangcolisi ama-earplug.



**2** Bese-ke usebenzisa isithupha nomunwe ukuginqa i-earplug ibe umumo omncanyana "wesoseji".



**3** Vula indleb yakho ukuze kungene i-plug ngokuthi ubambe phezulu ekhanda lakho bese udonsela indlebe yakho ngaphandle.

**4** Ngesikhathi ubambe indlebe yakho ukuthi vuleke, sebenzisa esinye isandla sakho ukufuqela i-earplug endlebeni yakho iqine.



Uma usebenzisa uhlobo lwama-earplug olungenziwe lwaba umumo owenzelwe ukungena endlebeni yakho, kufanele uwenze abe yilowo mumo ngeminwe yakho ngaphambi kokuthi uwafake ezindlebeni zakho.



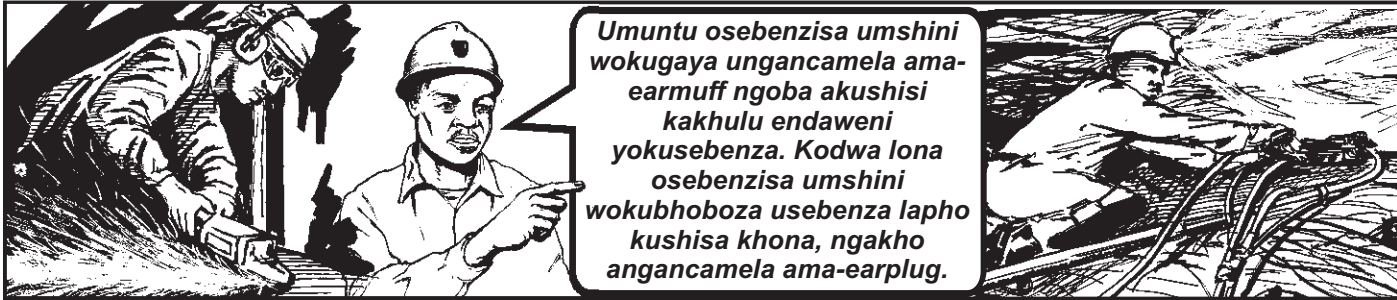
**5** Ngesikhathi ucindezele i-earplug endlebeni yakho, dedela indlebe yakho.

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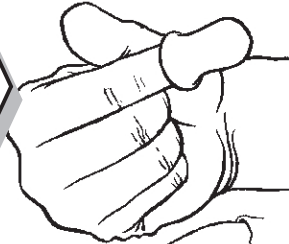


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# UHLOBO LOKOKUVIKELA UKUZWA LUNCIKE EKUTHENI USEBENZAPHI



**1** Ukufaka lolu hlobo lwe-earplug ibambe echosheni lomunwe wakho.



**2** Bese kuthi ngesinye isandla, asihambe phezu kwekhanda lakho ukuze udonsele ichopho lendlebe yakho ngaphandle ukuze uyivule kungene i-plug.



**3** Ngesikhathi usabambe indlebe ukuthi ivuleke, fugela i-plug endlebeni iqine.



**4** Okokugcina, ngesikhathi ucindezela i-earplug embotsheni yendlebe, dedela ichopho lendlebe yakho.



Khumbula njalo ukugcina ama-earplug akho ehlanzekile.

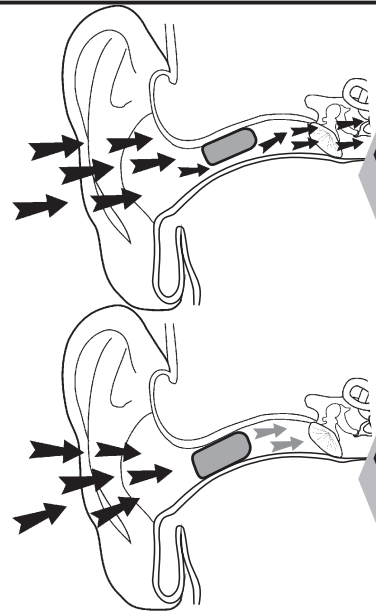


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# UKUZE AMA-EARPLUG AKUVIKELE, KUFANELE ANGENE KAHLE



**X** I-earplug engafakiwe kahle ingenisa umsindo omkhulu endlebeni yakho. Lokhu kungadala umonakalo nokungabe usezwa.

**✓** I-earplug efakwe kahle ivimbela umsindo omningi womshini, ngesikhathi ifaka imisindo eminingi yenkulumo neyezimpawu.

Okokuvikela ukuzwa kuzovikela umsindo omkhulu ekudaleni umonakalo kulezi zinwa ezifana nezinwele ngaphakathi ezindlebeni zakho.

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# IMITHETHO YOKUPHEPHA YAMA-EARPLUG



*Noma ngabe yiluphi uhlobo lwama-earplug olusebenzisayo, asuse kuphela uma usuphelile umsindo noma ususuka endaweni enomsindo.*

**SUSA AMA-EARPLUG AKHO KANCANE KANCANE FUTHI NGOKUCOPHELELA ukuvikela ukulimaza izindlebe zakho.**

**Ukuze uvikele ukuphatheka kabi okungabangwa izinhlobo ezahlukene zomoya, cekisa kancane ama ear plugs akho ngaphambi kokuvula iminyango yomoya kumbe icage ohambangayo.**

**UNGAFAKI ama-earplug akho uma uthola ukutheleleka endlebeni noma isilonda ngaphakathi ezindlebeni yakho. Thola usizo ngaleyo nkinga esiteshini sezempilo i-Medical Station GCINA AMA-EARPLUG AKHO EHLANZEKILE!**

**Kufanele ubike ku Health & Safety Representative uma konomsindo ongaphezukwe njwayelo!**



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# Ukuzwa Noma Ukungezwa



# Okwakho Ukuzikhethela!

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