

Gadaasha Badbaadada Caafimaadka

Back Health and Safety

Your back works all of the time, even when you are asleep. Over time, poor posture, movements and lack of exercise can lead to back problems. You can prevent most back problems if you use your back the correct way and exercise safely.

Gadaashaada waxay u shaqeysay marwalba, xitaa marka aad jiiftid. Waqti kadib, muruq dhuujinta liito, dhaqdhaqaaqyada iyo jimicsiga iyo jimicsi la'aan waxay hogaamin karaan dhibaatooyinka dhabarka. Waad ka hortagi kartaa inta badan dhibaataada dhabarka haddii aad u isticmaashid dhabarkaaga qaabka saxan oo si badbaado ah u tababaratiid.

Your back

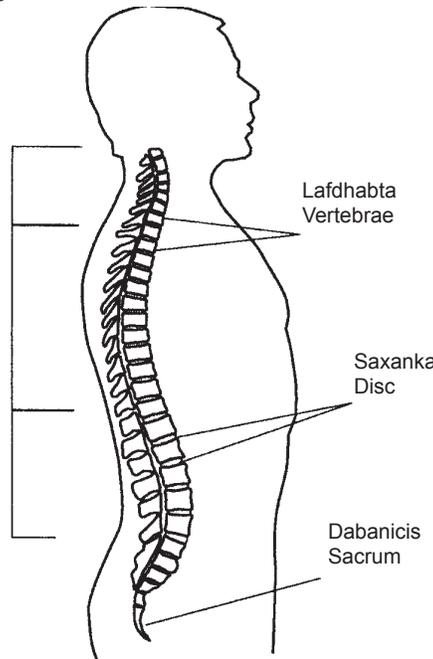
Your back is made up of bones, discs, muscles, ligaments and nerves.

- Bones of the spine include 24 bones called vertebrae, and a larger bone called the sacrum or tailbone. These bones form 3 curves.
- Discs on top of each vertebra are like cushions. Regular exercise helps keep discs healthy.
- Muscles of the back, stomach, buttock and thigh give support to the back. If these muscles are weak, pulled, or tight, you may have problems with your back.

Gooladda ugu korreysa
Upper Curve
(Cervical)

Gooladda dhexe
Middle Curve
(Thoracic)

Gooladda hoose
Lower Curve
(Lumbar)



Dhabarkaaga

Dhabarkaaga wuxuu ka sameysanyahay lafo, wareegyo, murqo, seedaha iyo neerfooyinka.

- Lafaha lafdhabarta waxaa ku jiro 24 lafood ee loo yaqaan aasaasaha lafdhabarta, iyo laf weyn ee loo yaqaan fadhiga laf dhabarta ama lafta dibka. Lafahaan waxay aasaasaan 3 jiirooyin.
- Wareegyada ee dusha aasaasaha laf dhabarta waa sida daboolo. Jimicsiga joogtada waxay caafimaad ku haysaa wareegyada.
- Muruqaha dhabarka, caloosha, birada iyo bowdada waxay taageero siisaa dhabarka. Ununga u dhaxeeyo xubnaha waa waa laastiig adag ee kuwada hayo lafo.

- **Ligaments** are tough elastic bands that hold bones together. Repeated stress on ligaments can lead to injury.
- **Nerves** coming from the spine tell muscles when to move and cause pain when there is a problem.
- **Ununga** u dhaxeeyo xubnaha waa waa laastiig adag ee kuwada hayo lafo. Murugada lagu celiyay ee unugyada u dhaxeeya xubnaha ay dhaawac u hogaamin karaan.
- **Neerfaha** ka imaanayo laf dhabarta waxay sheegaan murqaha markii la dhaqaaqayo oo waxay sababtaa xanuun marka ay dhibaato jirto.

How to keep your back healthy

Use these tips to keep your spinal curves in balance to decrease your chances of back injury.

When Standing

Look straight ahead and keep your ears in line with your shoulders. Your hips and knees are straight. The lower curve in your back is present but not curved too much. Limit twisting at the waist. Turn your body by moving your feet.



Sida dhabarkaaga caafimaad loogu hayo

Isticmaal tallooyinka lagu haynayo jiirooyinka laf dhabarta ee dheelitiran si ay u yareeyso fursadahaaga dhaawaca dhabarka.

Marka aad taagantahay

Horay toos u fiiri oo dhagahaaga hala socdeen garbahaada. Miskahaaga iyo jilbaha way toosanyihiin. Wareega hoose ee dhabarkaaga wuu yaalaa laakin aad uma jireysno. Xadey isku qabashada dhexda. Wareeji jirkaaga adiga oo dhaqaajinayo cagtaada.

When Sitting

Keep your hips, knees and ankles at a 90 degree angle. Sit up straight in a chair. Do not slouch. Use a pillow or rolled up towel if you need support for the lower curve of your spine.



Marka aad fadhidid

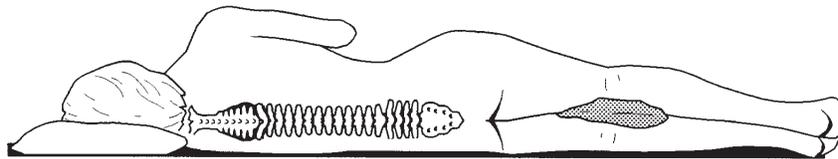
Ku haay miskahaaga, jilbahaaga iyo canqowyadaada wareega heerka 90. Kor ugu fariiso korsiga. Ha qaloocin. Barkin isticmaal ama shukumaan duuban haddii aad taageero u baahantahay jirada hoose ee laf dhabartaada.

When Lying Down

A firm, but not hard surface best supports the spinal curves. Sleeping on your side with a pillow between your knees is the best position for your back. If you sleep on your back, support your neck on a pillow and have a pillow under your arm. If you sleep on your stomach, use a thin pillow under your stomach and bend one leg to the side.

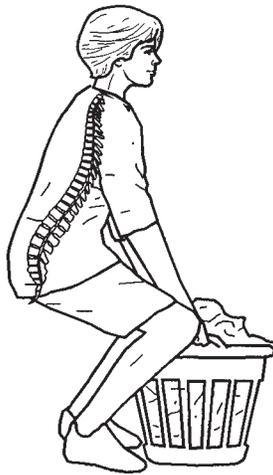
Marka aad Hoos Jiiftid

Si toos ah, laakin ha u helin saqafka taageerada ugu wanaagsan ee jiiryooyinka lafdhabarta. Ku jifashada dhinacaaga ee barkinta u dhaxeeyso jilibkaaga wa booska ugu wanaagsan ee dhabarkaaga. Haddii aad ku jiiftid dhabarkaaga, taageer qoortaada oo dhig barkin dhudhunkaaga hoostiisa. Haddii aad ku jifatid calooshaada, isticmaal barkin qafiif ah ee hoosta calooshaada oo u qalooci hal lug dhinaca.



When Lifting

Keep your back straight while bending and lifting. Use your leg and buttock muscles to lift. Bend the hips and knees, not the back, and squat when you lift an object. Keep the object close to your body. Straighten your legs and do not twist as you return to a standing position.



Marka aad qaadeysid

Ku hay dhabarkaaga si toos ah adiga oo qaloocinayo oo qaadaya. Istickmaal lugtaada iyo muruqa birada ee lagu qaadayo. Qalooci miskaha iyo jilbaha, ma ahan dhabarka, iyo isgaabi marka aad qaadeysid shey. Ku haay sheyga meel u dhow jirkaaga. Toosi lugahaaga oo ha isku laabin sida aad ku laabaneysid booska joogsiga.