

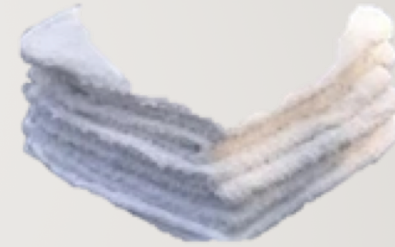


[HTTPS://WWW.YOUTUBE.COM/WATCH?V=MM46MXKUQ3I](https://www.youtube.com/watch?v=MM46MXKUQ3I)

በደህንነት ምላጭ መላጩት

አቅርቦቶች

- ዳንት
- ደረጃ ሰጪ
- ጨርቅ ማጠብ
- ፎጣ
- ተፋሰስ
- ምላጭ
- አፍንጫ መላጨት

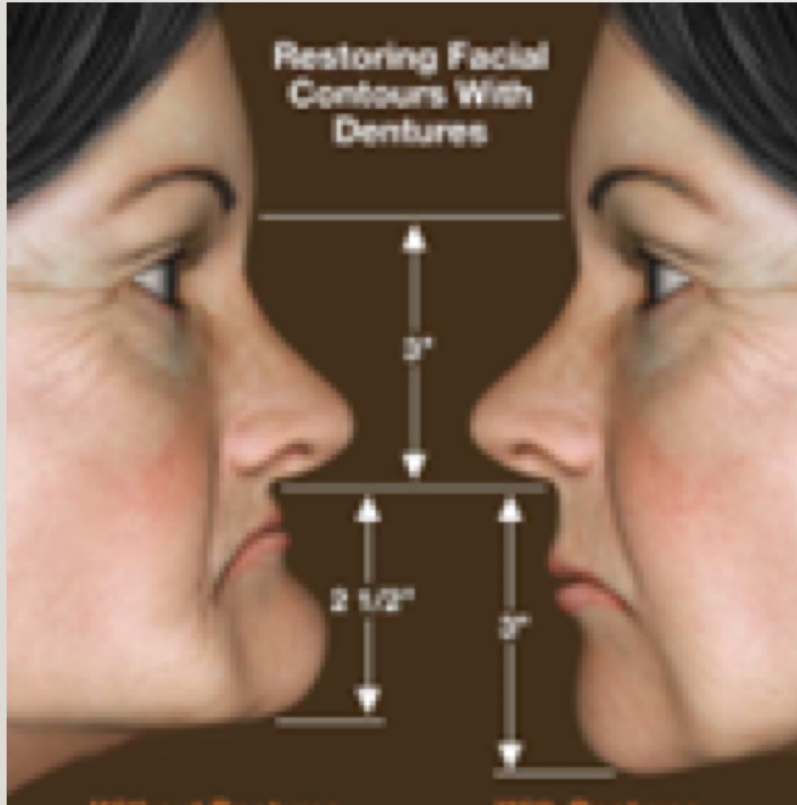


ደንበኛ ለመራመድ መርዳት - ይህን ክህሎት በተሳካ ሁኔታ ለማሳየት የሚከተሉት ያስፈልጋሉ፡

- የ S.W.I.P.E.S.(supplies, wash hangs, Identify yourself, privacy, scan the area) የግንኙነቶች / የደንበኞች መብቶች እና የተለመዱ የእንክብካቤ ልምዶች ይጠቀሙ
 - ተስማሚ መሳሪያዎችን ያስባስቡ (ለሙከራ ምንም አጋዥ መሳሪያ የለም)
 - እጅን መታጠብ
 - እራስዎን ይለዩ (Identify yourself)
 - ግላዊነትን ይስጡ (provide privacy)
 - ለታካሚው ሂደቱን ያብራሩ

ጓጓት ያድርጉ





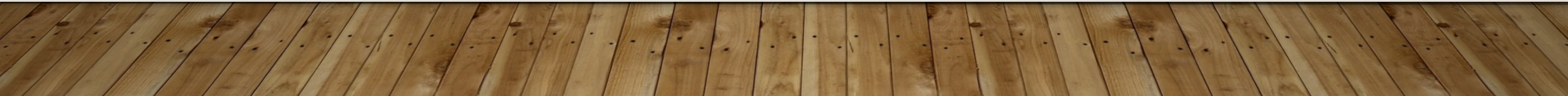
ደንበኛው ሰው-ሰራሽ ጥርስ
እንደሚጠቀም ይጠይቁ::
እንደዚያ ከሆነ በአፋቸው ውስጥ
መሆናቸውን ያረጋግጡ



ፊትን በሙቅ እርጥብ
ማጠቢያ ጨርቅ ይጠቡ

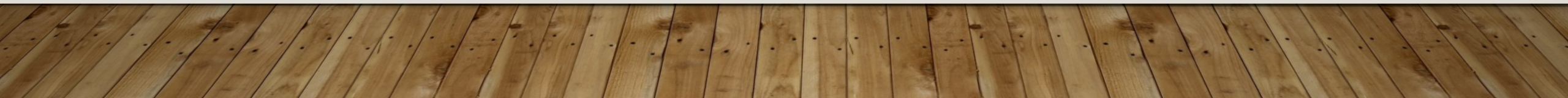


የሚለጩው አካባቢ የመለጩያ አረፋ
ያድርጉ





ደህንነቱ በተጠበቀ ሁኔታ
ምላጭ ይያዙ





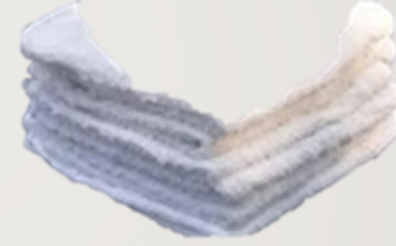
ቆዳ ወጥረው በነፃ እጅ
ይያዙ እና በፀጉር በአቅጣጫ
ይላጩ



ምላጩን ንፁህ እና እርጥቦታማ
ለማድረግ አንዴ በላጩ ቁጥር
በሞቀ ውሃ ውስጥ የደህንነት
ምላጭ ያለቅልቁ

በመጀመሪያ ጎኖቹን ይላጩ ፣ ከዚያ አፍንጫ እና አፍ
ይላጩ





ፊት አጥባቢ ፡
አለቅልቀው ያድርቁ



መሣሪያዎቹን ማጽዳትና
ማስቀመጥ

ጓንትዎችን ያውልቁ እና ያስወግዱ እና እጅዎን ይታጠቡ



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- [Hold skin taut with the free hand and shave](#)
- <https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.mensxp.com%2Fgrooming%2Fbeards-and-shaving%2F121581-how-to-use-a-safety-razor.html&psig=AOvVaw2nuKRnYbTrxiidztdzfxU4&ust=1696015813147000&source=images&cd=vfe&opi=89978449&ved=0CBAQjRxqFwoTCMiry7KFzoEDFQAAAAAdAAAAABAZ>

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