

# Xeerarka ammaanka dabaynta

1. Ku dabee qol leh alaarmka dabka/qiiqa sheega
2. Dabayso xilliyada aad soo jeedo oo aad meeshana joogto
3. Akhriso oo raac tilmaamaha shirkadda aaladda samaysay ee ku saabsan habka loo isticmaalayo
4. Waxa wacan in aad isticmaasho dabeeyaha (jaajarka) asalka ah
5. Waxa aad dabaynayso saar meel aan si fudud u guban karin
6. Ha ku dabayn sariirta dusheeda
7. Ha ku dabayn luuqyada la maro iyo jaranrooyinka. Meelahaasi waa in ay ahaadan jid la mari karo haddii meeshu gubato
8. Iska beddel qalabka haddii cillad/dhaawac soo gaadho
9. Jooji dabaynta haddii uu sameeyo dhawaaqyo, ur ama uu si aan caadi ahayn u kululaado
10. Haddii qiiq iyo olol meesha ka dhashaan, dab-demiska ka wac 110

Xeerka ammaanka dabaynta waxa diyaariyay DSB, Ururka ka hortagga dabka ee Norway iyo shirkadda caymiska ee If.