

Sida loo isticmaalo maaskaraha wajiga



1. Kahor isticmaalka: Dhaq gacmahaaga ama isticmaal nadifiyaha gacmaha
2. Aqoonso dhinaca maskaraha ee ah xaga hore. Caadi ahaan waa dhinaca midabka leh
3. Lu dabool sankaa iyo afka maaskaraha wajiga oo ku adkee xaga dambe ee dhegahaaga
4. Hubso maaskaraha wajigu inuu u saarnaado si giijisan wajigaaga
5. Ha taaban maaskaraha wajiga muddada isticmaalka. Beddel iyada intabadan oo had iyo jeer xiro mid cusub haddii ay qoydo oo wasakhawdo
6. Si aad isaga saarto maaskaraha wajiga, qabso xadhekaha laastiiga ah ee dhagaha, oo ha taaban maaskaraha wajiga laftiisa
7. Isticmaalka Kadib: Dhaq gacmahaaga ama isticmaal nadifiyaha gacmaha

Dib waad isticmaali kartaa maaskaro wajiga haddii aad muddo kooban u xidhanayso oo keliya, tusaale ahaan haddii aad u baahantahay inaad aado musqusha adoo joogo maqaayad. Ku rid bac balaastiika ah ama jeebka gudihiisa. Markasta isticmaal gacmo nadiifiyaha kahor iyo kadib isticmaalkaba.