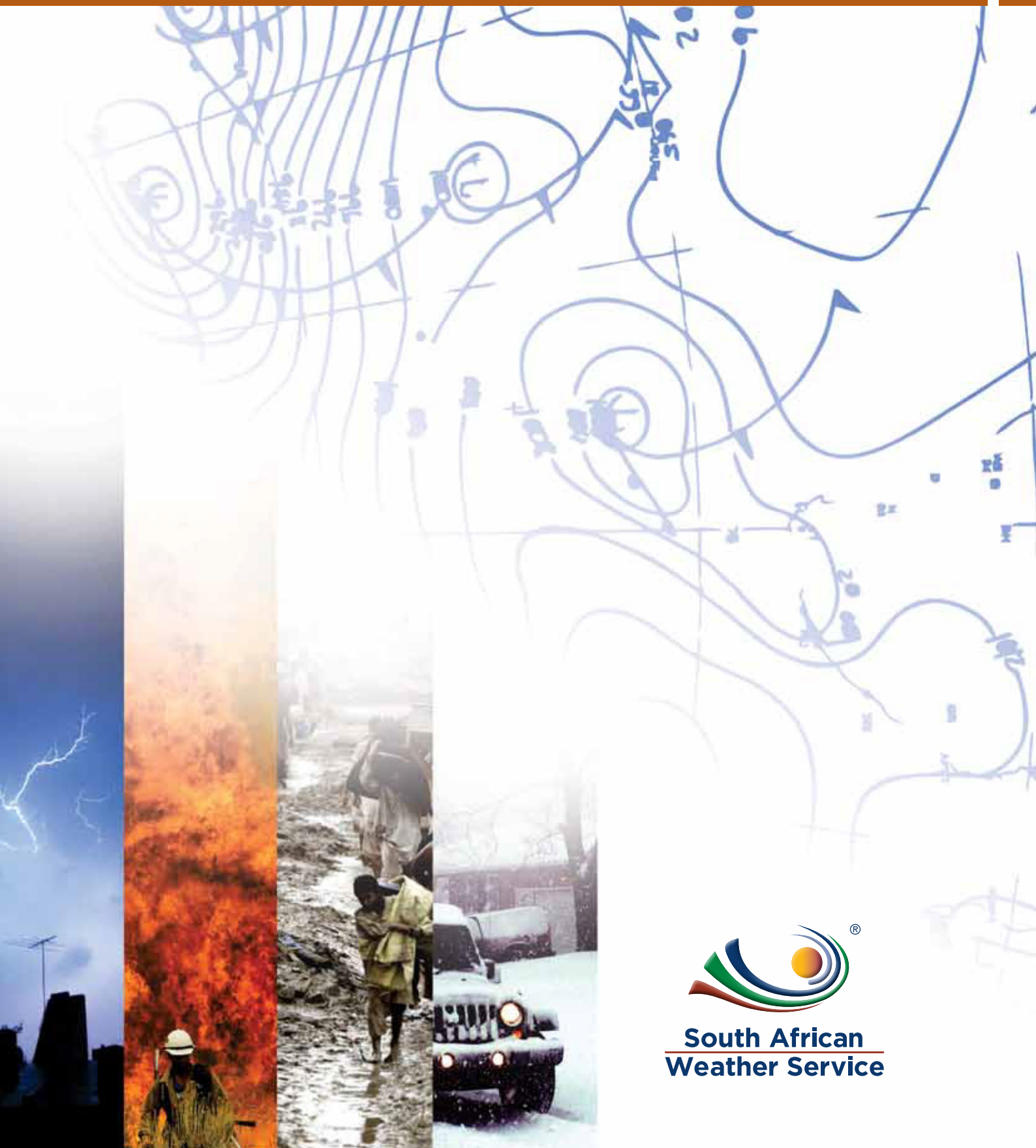


Ukwazisa uluntu ngemozulu



**South African
Weather Service**



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Yintoni iziphango kwaye zisebenza njani?

Iziphango ziziphazamiso ezenzeka kwi atmosphere yeendawo esihlala kuzo, ngokubangelwa ngamafu angqindilili akhat-shwa yimibane, iindudumo, imvula emandla kwanemimoya emikhulu.

Enye yezinto ezenzeka kakhulu kwimozulu kwi-atmosfera, ingakumbi kwiindawo eziphakathi kwelizwe, **sisiphango**. Ezi ziphango zivela kumafu aguqukayo kwi-atmosfera engazinzanga. I-atmosfera engazinzanga yimeko evela kwi-atmosfera xa umoya onyukayo ushushu kwaye ungemninzi kunomoya ojikelezileyo uze uhlale unyuka. Umoya onyukayo, nakuba kunjalo, uyaphola kwakhona, kodwa ke ukuba nje i-atmosfera isahleli ingazinzanga, lo moya uyakuba shushu kunomoya ongqongileyo kwaye ke ngoko uyakuhlala usonyuka.

Njengokuba umoya onyukayo uphola, umoya ke uyakuthi kamva ufume kuze ke kwenzeke ulweliso. Le yinkqubo apho umphunga ongabonakaliyo uye utshintsha kwi-atmosfera ube ngamathontsi amanzi abonakalayo size oko sikubone njengokudaleka kwelifu.

Zintathu izenzo ezingundoqo ezibangela intshukumo ethe nkqo ye-atmosfera kwaye enokubanga ukuvela kwamafu kunye neziphango. Okokuqala, kubakho ubushushu obukhulu kumphezulu womhlaba ngelona xesha lemini lishushu kakhulu, ngexa leenyanga ezishushu zonyaka. Umoya okumphezulu womhlaba uba shushu kakhulu kwaye ngenxa yokuba uno-bunzima – mthamo obusezantsi, ulula uze ke ngoko uqale ukunyukela kwi-atmosfera.

Ukunyuka kunokubangwa kwakhona kukunyuka okunya-nzelwano xa ubunzima bomoya buvuthuza kwintaba okanye kuluhlu lweentaba kwaye kunyanzelwa ukuba kunyuke. Oku kwaziwa njengokuba sisiphango esi-orographic. Indlela yesithathu anokuvela ngayo amafu eendudumo kuxa intshukumo ekhawulezayo yobunzima bomoya obandayo ngasemva komsinga obandayo uhamba ngaphantsi komoya oshushu uze unyanzele umoya oshushu ukuba wonyuke. Ukuba ngaba kukho ukufuma okwaneleyo kumoya oshushu, kuya kuvela amafu kumoya oshushu. Olu uhlobo lwesiphango kuthiwa sisandulela siphango.

Isantya umoya oshushu onyuka ngaso ngokuthe nkqo usiya kwi-atmosfera ngokuqhelekileyo singaphezulu kwe-10 m/s, kodwa ke sinako nokuba ngaphezulu kwama-30 m/s. Oku kuye kukhokelele ekubeni amafu eendudumo ayokuma kumphakamo we-12 km ngokulula. EMzantsi Afrika itroposphere yenzeka ngokuphakathi kulo mphakamo kwaye ithintele nakuphi na ukukhula okungaphaya kwamafu. Amafua ke aye anabe athi tyaba enze i-anvili.

Amabakala awohlukeneyo omjikelo wobomi besiphango

Ngexa lomjikelo wobomi besiphango izigaba ezithathu ezahlukeneyo zinokuchongwa. Ubomi obuphakathi bobukho belifu leendudumo bungaphantsi kweyure, kodwa ke ayingawo onke amafu eendudumo avela ngazo zozithathu izigaba zomjikelo wobomi bawo.

Ngexa lesigaba sokuqala, esaziwa ngokuba ziingqimba zamafu okanye isigaba sokusekwa kwalo, kakhulu kubakho imisinga

enyukayo kwilifu eyomelele ngokwaneleyo ukuba ingade ibambe onke amathontsi elifu asele akhekile kunye namathontsi emvula ekwimo ehamba phezu kwelifu. Amathontsi akhula kwizigaba ezahlukeneyo aze aye esiba makhulu kwaye esiba nzima de imisinga yomoya enyukayo ingabi sakwazi ukuwabamba kwilifu leendudumo. Kwelo candelo lelifu apho amathontsi emvula aya esiba makhulu kakhulu kwaye esiba nzima kakhulu, intshukumo enyukayo iyatshintsha ibe yintshukumo eyehlayo ize ke iqale ukuna imvula.



Qaphela: Amathontsi elifu Mancinane kakhulu kangangokuba kuthatha isigidi sawo ukwenza ithontsi lemvula eliphakathi ngedayamitha ye- 2 mm.

Ilifu leendudumo lifika ekuqaleni kwesigaba sesibini xa kusekho imisinga enyukayo kwicandelo elinye lelifu elibanga ukuba ilifu lande ngokungaphaya, ngexa kwelinye icandelo lelifu seyikhona imisinga yomoya eya phantsi ngenxa yamathontsi abamakhulu kakhulu kwaye esiwa njengemvula. Ekupheleni kwesigaba sesibini, esaziwa njengesigaba sokuvuthwa, isiphango siye sibe mandundu sibe nombane neendudumo kwakunye nesichotho ukuba ngaba senzeka ngaphakathi kwilifu. Ngokuthe chu intshukumo eziya ezantsi ziyakunabela kwilifu xa lilonke de ibe sisigaba sesithathu nesokugqibela somjikelo wobomi ekufikelelwe kuso, esi isisigaba sokuphela kwemisinga yomoya ehamba isiya phantsi ize ke ine imvula. Kuba ingasekho imisinga yomoya enyukayo kwilifu, ilifu alinabi ngokungaphaya kwaye xa onke amathontsi amakhulu emvula ewile kwilifu, ilifu liyaphela kuze kungekudala livele kwakhona ilanga.

Isiphango sinokuba nelifu okanye iseli enye eguqukayo, kodwa ke ezona ziphango zixhaphakileyo eMzantsi Afrika zinamaqela eeseli ezivela enye emva kwenye; inye ithatha imizuzu engamashumi amathathu ukuya kwengamashumi amane. Nakuba kunjalo, ezinye iziphango ziba kwindawo enkulu kwaye zithathe ixesha elide. Ezi kuthiwa ke ziziphango ze “super cell”. Olu uhlobo lwesiphango luthatha ixesha elide kwaye lunokwehla nokwenyuka kwemisinga okomeleleyo nokuthatha ixesha elide kunye nemisinga ewayo emafini. Ngokuqhelekileyo kwenza inxenye yomgca wesiphango esinoqhwithelo – umgca ohamba kunye wesiphango.



Isilumkiso-jikelele ngexesha lesiphango

- **MUSA** ukungena phantsi kwemithi ukuba ngaba ungaphandle.
- Mamela unomathotholo okanye umabona-kude (i-TV) ngezilumkiso.
- Ukuba kuyenzeka hlala endlini kude neefestile.
- Ngenisa izilwanyana zasekhaya endlini uze wogqume izithuthi.
- Khupha zonke izixhobo zombane kwiipagi.
- Musa ukushawara okanye uhlambe okanye usebenzise umnxeba.
- Ukuba uyaqhuba, **MISA** kwaye upake kakuhle ngaphandle kwendlela kude nasemithini, iintambo zombane kunye nemilambo.

2. Izinto ezenzeka kwimozulu ezinxulumene neziphango

Nasiphi na isiphango singenza imibane, izikhukula, imi-moya ebhudla ngamandla isichotho kunye nenkqwithela ezingamandla.

• UMBANE



Xa izulu liduduma, ngena endlini!

Umbane uba kho ngalo lonke ixesha kukho isiphango kwaye kufuneka ulindeleke xa kukho isiphango.

Yintoni umbane?

Umbane kukuhamba kwamandla ombane emoyeni. Ama-suntswana avumanayo nawalanayo ayadibana ezantsi naphezulu kwilifu. Xa amandla omtsalane phakathi kwawo esiba namandla kakhulu, amandla ombane ayaphuma. La mandla ombane abonakala njengokubaneke okukhulu kokukhanya okunqamleza isibhaka-bhaka.

Iinxenye ezisempuma zelizwe, ingakumbi iMpuma Koloni kunye naKwaZulu-Natal, zinezehlo eziphezulu zokusweleka kwabantu okunxulumene nombane eMzantsi Afrika. Kungoko kufuneka uqaphele kakhulu xa ukwenye yezi ndawo.

Izinto eziyinyani ngombane

- Kukho iintlobo ezintathu zemibane
 - Osuka elifini usiya emhlabeni
 - Osuka emhlabeni usiya elifini
 - Osuka kwilifu usiya kwilifu
- Umbane ubetha umhlaba amaxesha alikhulu kumzuzwana ngamnye.
- Malunga nama- 20% abantu ababethwa ngumbane bayasweleka.
- “Umbane awubethi kabini” ngelishwa yintsomi leyo. Umbane unokubetha indawo enye kaninzi.
- Ubetha kakhulu ekuqaleni kunye nasekupheleni kwesiphango.
- Malunga nama- 85% amaxhoba abethwa ngumbane ngabantwana kunye nabafana abaphakathi kweminyaka eli-18 ukuya ku-35 yobudala kuba baye bavalelwe sisiphango ngexa bedlala okanye besebenza ngaphandle.
- Amandla ombane aqulathwe ngumbane omnye obethayo anokuba likhulu (100) le-watt leglowubhu yokulayita iintsuku ezingamashumi alithoba (90).
- Ithuba lokubethwa kwabantu ngumbane ngumntu omnye kwabazizigidi ezibini (1 - 2,000.000).

• IINKQWITHELA

Uqhwithela sisiphango esijikelezayo kumjikelo omncinane kwaye sesona sinobundlobongela kuzo zonke izehlo zemozulu.

Yintoni isaqhwithi?

Isaqhwithi yimo yezulu evela kwiziphango, ingakumbi ezo zinxulumene nesichotho.

Kusekho izimvo ezahlukeneyo phakathi kweengcali ekubeni sivela kanjani isaqhwithi, kodwa ke ezininzi ziyavuma ukuba sinento yokwenza neentshukumo ezijikelezayo ezimileyo ezisele zikho kwilifu kodwa ke ezenzeka ngokungaphezulu. Isaqhwithi, ke ngoko, sivela kwilifu size sihambe njengefanela/



Izilumkiso ngombane

- Ukuba ngaba ungaphandle xa ubona okanye usiva ukuba siyeza isiphango funa indawo yokuzikhusela **ngoko nangoko!**
- Ukuba ngaba unamanwele, yishiye indawo leyo ngokukhawuleza kangangoko unako, kuba kusenokwenzeka ukuba ubethe kuloo ndawo umbane kungekudala.
- Xa ubona umbane UBANEKA bala imizuzwana apho uva khona ISITHONGA. Kwimizuzwana engamashumi amathathu – yeka wonke umsebenzi obuwenza ngaphandle uze ufune indawo ekhuselekileyo yokusithela kuba ukubetha kombane sekukufutshane. Ukuba ngaba ubala imizuzwana elishumi elinesihlanu (15) okanye ngaphantsi, umbane unokubetha kwindawo okuyo.
- Iindawo ezingakhuselekanga ngexa lesiphango esinemibane zezi:
 - Izinto ezinde ezifana nemithi, umnxeba neentambo zombane
 - Iincopho zeenduli
 - Ishedi ezingenanto
 - Amanzi angogqunywanga
 - Iigazebo okanye iindawo zepikiniki ezingakhuselekanga
- Kuphephe ukuba kufutshane okanye ukuphatha:
 - Izinto zesinyithi ezifana neengcingo, iinqwelana zegalufa, iibhayisekile, nezithuthuthu, iminxeba okanye iintambo zombane kunye nezinto ezenziwe ngentsimbi ezifana neempondo zentsimbi kunye namaphiko amanzi.
- Ukuba ngaba ungaphakathi endlini ngexesha lesiphango, suka uhlale kude neefestile Musa uku:
 - Bamba nayiphi na into yesinyithi
 - Sebenzisa nasiphi na isixhobo sombane
 - Sebenzisa umnxeba,
 - Hlamba okanye ushaware.
- Ukuba ngaba uyahamba, hlala kwisithuthi
- Musa ukudada xa kukho isiphango
- Musa ukudlala imidlalo xa kukho isiphango. Abadlali begalufa kunye nabalobi basengozini enkulu.

isitho ukusuka elifini ukuya emhlabeni. Singabonakala sinemo eyahlukileyo kwaye ngamanye amaxesha sibonakala ngokungathi yifanele ebhityileyo nemxinwa, okanye ibe njengesilinda kwaye ngamanye amaxesha siba ngathi sisiqwenga sentambo esijinga esiphelweni selifu sisiya emhlabeni. Ifanele ebonakala kakhulu inamathontsi amanzi adaleke kwifanele ngenxa yokujika kwamanzi abe ngumphunga. Kufutshane nomhlaba apho uthuli, amagqabi kunye nenye inkunkuma zibhudlekayo, ngokuqhelekileyo kuba kho isitshingitshane esingamandla.

Isinqumla-sangqa (Idayamitha) yefanele ingaphantsi kwamakhulu ambalwa eemitha, kodwa ke ezinye izaqhwithi zikhulu zinedayamitha engaphezulu kwekhilomitha enye. Ikakhulu, intshukumo yomoya kwisaqhwithi iba yinkanyamba,

ngamanye amagama, kwiHemisfere esemazantsi, umoya ubhudla kumacala amabini uyijikeleza. Ngokuqhelekileyo incopho yefanele ichukumisa umphezulu womhlaba imizuzwana embalwa kuphela, kodwa kuye kubekho iimeko eziyezaqwalaselwa apho iye yahlala emhlabeni ixesha elide kuneyure.

Esona santya sikhulu somoya kwisaghwathi siqhele ukuba likhulu elinamashumi amabini (120) kunye namakhulu amathathu anamashumi amathandathu ngeyure (360 km/h), kodwa ke sisenokuba ngamandla kunamakhulu amane anamashumi amathathu anesibini ngeyure (432 km/h). Uxinzelelo kwifanele lusezantsi kunoxinzelelo olujikelezileyo lwe-atmosfera.

Umonakalo kwizinto zabantu (kwipropati) uye ubangelwe yimimoya ebhudla ngamandla, ingakumbi xa ibhudla ngaphezulu kwekhulu elinamashumi amane anesine ngeyure (144 km/h). Umahluko woxinzelelo phakathi kwenkanyamba engaphandle kunye nengaphakathi nayo iyawubanga umonakalo, ingakumbi kwizakhiwo ezo iifestile kunye neminyango yazo ivaliweyo. Xa inkanyamba ihamba kwisakhiwo esinjalo, uxinzelelo ngaphakathi kweso sakhiwo luphezulu kunangaphandle kwesakhiwo. Umahluko wehektare ezimashumi mathandathu anesithoba (69 hPa) ubanga uxinzelelo lweemitha ezintathu (3) ziphindwe kathathu ngokulinganayo kwisilingi nobunzima obungaphezulu kweekhilogramu ezimawaka mathandathu (6 000 kg). Ubunzima obunjalo bunokuba nomonakalo ombi kwaye kwiimeko ezithile uphahla lonke lwesakhiwo lunokuphakama lutyhalele iindonga ngaphandle.

Umba onika umdla weenqwithela yingxolo ekhethekileyo enkulu eziyenzayo. Abantu abaluvayo baluchaza ngokungathi sisandi "soololiwe abaliwaka", "ukubhubhuza kwezigidizinyosi" okanye "ukuduma kweenqwelo-moya ezizijethi".



Izilumkiso ngeenqwithela

- Xa kukho uqhwithela, yiya kwisakhiwo esikhonjwe kwangaphambili okanye uye embindini wendlu yakho uze uhlale phantsi kwefanitshala eqinileyo, efana netafile.
- Phuma kwisithuthi, ikharaveni kunye namakhaya ahambayo (iintente), kuba kungenzeka zishukume zihambe, ziwe kwaye zinokutshatyalaliswa ngumoya onamandla kunye nenkunkuma ebhabhayo.
- Suka ngasezifestileni, kuba iglasi ebhabhayo kunye nenkunkuma zibanga ingozi nokusweleka kwabantu kakhulu.
- Ungazami ukubaleka ushiye inkanyamba ngesithuthi sakho. Sishiye ngoko nangoko ufune indawo yoku-fihla intloko.
- Ukuba ngaba ikufumana ukwindawo evulekileyo, lala phantsi emseleni okanye kwindawo ethe ngqo kodwa ke ulumkele izikhukula ukuba ngaba kukho imvula ena ngamandla.

3. IiNkanyamba zeTropiki

Ngaphandle kwenqwithela, ikhona enye imo yezulu eyonakalisayo eyenzeka kwi-atmosfera kwaye yaziwa ngamagama awohlukeneyo kumazwe awohlukeneyo. Apha sithetha ngesiphango setropiki esaziwa kumaZantsi e-Afrika **njengenkanyamba yetropiki**. EMelika kuthiwa yi-**hurricane** kwaye e-Asia kuthiwa yi-**typhoon**.

Iinkanyamba zetropiki ezineempembelelo kwimozulu yoMzantsi Afrika, kakhulu zivela xa kuphela ihlobo, kufutshane ne-ikhweyitha, phezu kwe-Indian Ocean kwaye phakathi kwe-5°S ne-10°S. Ekuqaleni inkanyamba ihamba kancinane iye kwicala eliseMzantsi-Ntshona kude ne-ikhweyitha, ize kamva ijike ihambe ngokukhawuleza iye kwicala elikuMzantsi-Mpuma phantsi kweempembelelo zemimoya engamandla. Amanzi olwandle lwetropiki olushushu abanga ukuba umoya ofumileyo ongaphezu kwalo ube neqondo lobushushu okungenani elingama- 27°C. Iimeko ezingazinzanga kwi-atmosfera zibanga ukuba umoya ofumileyo oshushu unyuke ngokungqale nkqo kwaye oku kukhokelela ekuveleni kwenkqubo yoxinzelelo olusezantsi ngesikali esikhulu sokujika komphunga ube ngamanzi, kunye nokudaleka kwelifu phezu kommandla lowo. Amandla amakhulu obushushu, obaziwa ngokuba bubushushu obufihlakeleyo, buyakhutshwa ngexa lenkqubo yokujika komphunga ube ngamanzi kwaye asebenze kuphela njengomthombo wamandla aloo nkanyamba yetropiki.

KwiHemisfere ekumaZantsi ukujikeleza komoya kwiinkanyamba kwenzeka kumacala amabini kwaye amafu avela eyimigca ejikojiko ehamba kumacala amabini nomoya isiba yinkanyamba. Le migca yamafu angamajiko-jiko iba ngamafu aziNgqimba (Cumulus) kunye nazii-Cumulonimbus anokufikelela kubude beekhilomitha ezilishumi elinambini (12 km) kwaye ezinokuba kumgama othe tyaba oyakuma kumakhulu asizhenxe eekhilomitha (700 km). Ukwenzeka okuphakathi (avareji) kwenkanyamba yetropiki kuphaya

kwiintsuku ezilithoba(9), kodwa ke kwiimeko ezigqithisileyo inokuthatha iiveki ezintathu (3) ukuya kwezine-(4).

Iinkanyamba zetropiki zinazo ezinye iimpawu ezibonakala ngazo. Kumbindi wenkanyamba umoya womile kwaye wehla usuka phezulu uze kumphezulu womhlaba. Oku kuye kukhokelele kummandla apho kungekho mafu khona kwaye apho kukho khona imimoya ezolileyo. Lo mmandla kuthiwa yintunja kwaye imalunga namashumi amathathu (30) ukuya kumashumi amahlanu eekhilomitha-(50 km) ububanzi. Ngexa intunja izolile, wona ummandla oyingqongileyo awuzolanga ngokuqinisekileyo. Apha imimoya yezaqhwathi ibhudla ngesantya esikhulu elinamashumi amabini (120) namakhulu amabini ngeyure-(200 km/h).

Olunye uphawu lwenkanyamba yetropiki yimvula enkulu enokukhokelela kwizikhukula. Imimoya eneziphango nayo yenza ukuba kuphakame amaza kunye nokunyuka nokwehla kolwandle liyokuma kwiimitha ezilishumi elinambini (12) oko kunokubanga umonakalo ongamandla kwiidolophu eziselunxwemeni.

Msinyane nje ukuba inkanyamba yetropiki ize emhlabeni, iyasuka kumthombo wayo wamandla kwaye ukukhuhlana ngamandla kwentshukumo yomoya okwenzekayo kukhokelela ekubeni ubukhulu benkanyamba behle de iphele tu.

Nyaka ngamnye uluhlu lwamagama ngokulandelelana koonobumba luyabhalwa apho iinkanyamba zinikwa amagama ngokuvula kwazo. Ekuqaleni bekusetyenziswa amagama abasetyhini kuphela, kodwa ke kule mihla namagama amadoda nawo ayasetyenziswa. Inkanyamba yetropiki eyabanga umonakalo omkhulu KwaZulu-Natal, yayiyinkanyamba u-Domoina eyabanga umonakalo omkhulu ngoJanyuwari ka-1984.

4. Izikhukhula

Izikhukhula zenzeka xa amanzi ephuphuma kwimijelo yawo eqhelekileyo efana nemifula kunye neendawo zokukhupha amanzi. Zinokwenzeka kwimvula ena ixesha elide, isiwa ngamandla ngokuqhubekayo ihamba nezikhukhula ezineziphango ezingamandla.



Izilumkiso ngezikhukhula

- Ukuba ngaba kuyenzeka hlala endlini ungahambi ezindleleni.
- Mamela izilumkiso ezikhethekileyo kunomathotholo nakumabona-kude (TV).
- Kuphephe ukunqumla imilambo kunye nemifula egcweleyo apho amanzi adlula amaqatha akho.
- Yiya kwindawo ephezulu xa ucinga ukuba kungakho izikhukhula.
- Ukuba ngaba uvaleleke kwizikhukhula ukwisithuthi, sishiye uze ukhwele uye kwindawo ephakamileyo.
- Kwizakhiwo, susa izinto zexabiso uzibeke kwindawo ekhuselekileyo uzibeke ngaphezulu kwenqanaba ekulindleleke izikhukhula kulo.
- Cima umbane kwindawo ewusasazela kwisakhiwo.
- Kwimimandla esemaphandleni khusela/yisa kwenye indawo ekhuselekileyo izilwanyana zibe kwindawo ephakamileyo.
- Lishiye ngoko nangoko ikhaya lakho ukuba ngaba kwenziwa isibhengezo sokuba abantu baphume, ngaphambi kokuba indawo yokuhamba ivalwe ngamanzi ezikhukhula.
- UNGAZE uqhube imoto emanzini agqume indlela. Akwazi ukuba anzulu kangakanani na okanye ukuba indlela ikhukulisekile.
- Ukuba ngaba isithuthi siyacima, sishiye ngoko nangoko uze ufune indawo ophakamileyo.
- Lumka kakhulu ebusuku kuba ngelo xesha kunzima ukuziqonda iingozi zezikhukhula.

5. Imimoya emikhulu

Iinkqwithela zomoya zenzeka kakhulu kwimimandla engaselunxwemeni, kodwa kwakhona zenzeka ngexa lesiphango ngeendlela ezahlukeneyo. Le mimoya yenzeka ngesiqophe kwaye inokubanga umonakalo omkhulu, ingakumbi ukuba ibe kho ngenxa yenkanyamba.

Imithi evela kwamanye amazwe isiphulwa lula yimimoya engamandla, ingakumbi emva kwamathuba emvula ena ixesha elide. Tyala imithi yemveli kummandla wakho.



Izilumkiso ngemimoya emikhulu

- Hlala endlini ukuba unako kude neefestile ezivulekela ngakwimimoya engamandla.
- Mamela unomathotholo okanye umabona-kude (TV) ngezilumkiso.
- Ukuba ngaba uhamba ngesithuthi, yilumkele imimoya yesiqophe enqamlezayo, ingakumbi phakathi kwezakhiwo.
- Lumkela imithi enokuba iwile okanye iintambo zombane kunye neengceba ezibhabhayo.
- Izikhephe ezincinane kufuneka zibe kude nolwandle kwaye zifune indawo ekhuselekileyo kwizibuko, kwichweba lomlambo okanye kwindawo ekhuselekileyo elunxwemeni.

6. Ingqele nekhephu

Umoya obanda kakhulu, ukuwa kwekhephu, imvula ebandayo kunye namaqondo obushushu abandayo zonke ziyingozi kwabo bathatha uhambo okanye kukho amalinge abawenzayo phandle kwaye umntu kufuneka anxibe impahla efanele imozulu leyo.



Izilumkiso ngengqele nekhephu

- Hlala endlini ukuba unakho.
- Mamela izilumkiso zikanomathotholo okanye umabona-kude (TV).
- Ukuba ngaba kukho amalinge owenzayo phandle nxiba ngokufudumeleyo.
- Ukuba ngaba kubanda ngokugqithisileyo, gquma umlomo wakho ukukhusela imiphunga yakho kwingqele.
- Ungaseli utywala, usele iziselo ezinekhafeyini okanye utshaye xa ukwingqele egqithisileyo. Zonke ezi zinto zikhuthaza ukoma (i- **hypothermia**) nokutshaza.
- Khusela imfuyo encinane ezikwiishedi engqeleni.

Ukuqhuba kwiimeko ezinomkhenkce

Elona cebo ligqwesileyo lokuqhuba kwimozulu yasebusika embi enomkhenkce kukungaqhubi kwaphela, ukuba ngaba ungakuphepha kwaye uzinike ixesha elongezelelweyo lokufika kwindawo oya kuyo.

Izithuthi ezininzi zixinga rhoqo kwindledlana ezisezintabeni kuba azilunyamekeli ulumkiso ngemozulu olusasazwa kunomathotholo okanye kumabona-kude.



Izilumkiso ngokuqhuba kwindlela enomkhenkce

- Suka endleleni ukuba kuyenzeka.
- Mamela unomathotholo okanye umabona-kude (i-TV) ngezilumkiso.
- Xa uqhuba kukho inkungu, yehlisa isantya uze ukhanyise izibane zakho eziphambili emotweni. **HAYI** eziqagambileyo.
- Qiniseka ukuba uyabonwa.
- Musa ukumisa phakathi endleleni.
- Sebenzisa isiphelo esisekhohlo endleleni njenge-sikhokelo kunokuba usebenzise umgca osembindini, ukuphepha ukungena kwizithuthi ezizayo okanye ukuphazanyiswa zizibane eziphambili ezimotweni zabo.
- Hlala usebenzisa isinyibilikisi kunye newayipha zefestile engaphambili emotweni kwiimeko ezinenkungu ukuzigcina zicacile iifestile zemoto.
- Sijonge njalo isixhobo sokulinganisa isantya kwaye ugcine isantya esisezantsi esifanayo.
- Khumbula ukuba abanye abaqhubi ababoni kakuhle mgama kwaye inkungu inokushiya kumtyibilizi endleleni.
- Nika umqondiso kwangoko, kwaye xa usebenzisa iziqhoboshi/iibreki zakho, ungangqishi kuzo.

7. Inkungu emfiliba / exineneyo

Inkungu emfiliba okanye exineneyo inokwehlisa ukubona, nto leyo enokukhokelela ekuphazamisekeni kwezithuthi nakwiingozi.

Inkungu kunye nezibane zingabanga ukudideka okunokubanga iingozi. Amaphononongo abonisa ukuba abantu bayatsaleka kwizibane ezidanyazayo oko kunokukhokelela kwiingozi. Ngoko ke kuphephe ukusebenzisa izidanyazi zengxakeko ngaphandle kokuba kuyimfuneko ngokupheleleyo.



Izilumkiso ngokuqhuba kwinkungu emfiliba

- Sehlise isantya sakho uze uzinike isithuba esaneleyo sokuma. Kufuneka okungenani uvule isithuba samaxesha amathathu. ngaphezulu kuneso siqhelekileyo phakathi kwakho nemoto ephambi kwakho.
- Nyathela iziqhoboshi (iibreki) ngononophelo uphephe ukutyibilika. Ukuba ngaba aqala ukuqina amavili akho, khulula ibreki.
- Khanyisa izibane zakho ukuze abanye abaqhubi bakubone.
- Zigcine izibane zakho kunye nefestile engaphambili emotweni zicocekile.
- Sebenzisa iigiya ezisezantsi ukugcina ukutsala, ingakumbi kwiinduli.
- Nonophela kakhulu ingakumbi kwiibhulorho, iindledlana ezidlulayo kunye neendlela ekungahanjwa rhoqo kuzo, eziba nomkhenkce kuqala. Namaqondo obushushu angaphezulu kweqondo lobushushu elibanda kakhulu, ukuba ngaba iimeko zimanzi, unokudibana nomkhenkce kwiindawo ezinomthunzi okanye kwiindawo ezingafihlakalanga ezifana neebhulorho.
- Ungasicingeli ukuba isithuthi sakho singamelana nazo zonke iimeko, Nezithuthi ezinamavili amakhulu nezitsala ngamavili angaphambili zinokuhlangabezana nengxaki kwiindlela ezinomkhenkce.

8. Ubushushu obukhulu nexesha elide lobushushu obugqithileyo

Isalathiso sobukho kobunzima: Xa iqondo lobushushu kunye nokufuma ziphezulu ngaxesha nye, ukukwazi komntu uku-pholisa umzimba wakhe ngokubila kuyehla. Le inokuba yintsongelo enkulu.

Iqondo lobushushu emotweni linokuba ngaphezulu ngeedigri ezilishumi (10 degrees) kunangaphandle. Musa ukushiya izilwanyana zasekhaya kunye nabantwana ezimotweni, ingakumbi kwiimeko ezishushu.



Izilumkiso ngobushushu obukhulu nobugqithileyo

- Hlala endlini kwigumbi elipholileyo ecaleni kwephiko lomoya ukuba unakho.
- Abo badala kunye nababuthathaka kufuneka bathathe ukhathalelo olungaphaya/ingqalelo.
- Mamela unomathotholo okanye umabona-kude ngezilumkiso.
- Yiyeke imisebenzi yangaphandle enoxinzelelo ukuba ngaba ucetyisiwe.
- Kuphephe ukudlala imidlalo.
- Nxiba impahla elula.
- Sela ulwelo oluninzi/isiselo esininzi, kodwa **HAYI** utywala, kuba utywala buwaphelisa ngokungaphaya amanzi emzimbeni.

9. Iimeko ezenza kunwenwe imililo emathafeni

Nanini na kukho amathuba amade emvula encinane okanye okungabikho kwayo kwaye kukho nemimoya eshushu eyomileyo, imililo yamadlelo inokuqala ngokulula kwaye inwenwe ngokukhawuleza. Imililo yamadlelo yenzeka kakhulu ebusika kwiindawo zethu. Umoya ungunobangela wemililo yamadlelo.

Xa kukhutshwe isilumkiso yiNkonzo yeMozulu yoMzantsi Afrika, akukho mthethweni ukubasa imililo ngaphandle.



Izilumkiso ngokunwenwa kwemililo emathafeni

- Mamela unomathotholo okanye umabona-kude ngezilumkiso.
- Musa ukubasa imililo kwizithuba ezivulekileyo.
- Musa ukujula/ukulahla izitimpi zemidiza ngeefestile zeemoto okanye emadlelweni.
- Musa ukujula/ukulahla iibhotile emadlelweni kuba zinokuqala imililo.
- Xela ngoko nangoko nayiphi na imililo ekhoyo.

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