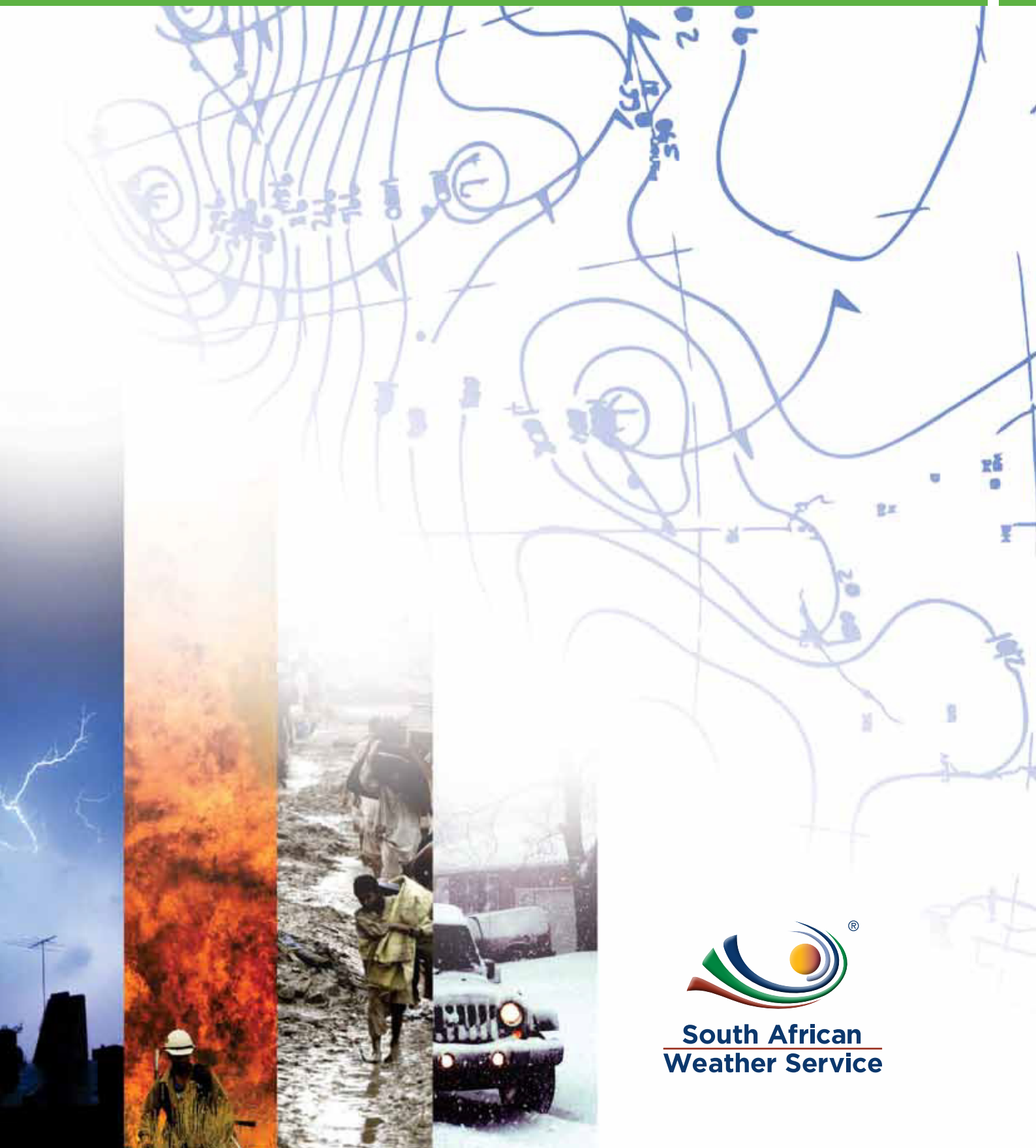


Ukwazisa umphakathi ngesimo sezulu



**South African
Weather Service**



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1. Ukuduma kwezulu okuhambisana nomvumbi nesiphepho

Ziyini iziphepho zezulu elidumayo futhi zisebenza kanjani?

Izulu ukuphazamiseka ukuphazamiseka komkhakha womkhathi okubangwa iqulo lamafu aphelekezelwa umbani (unyazi), ukuduma nomvumbi uhlangene nesisiphepho

Izulu esinye zezigameko ezenzeka emkhathini onxushu-nxushu noma ongacwathile, ikakhulukazi maphakathi nezwe. Lezi ziphepho zivela emafini aguquguqukayo emkhathini ongazinzile. Lesi yisimo esenzeka uma umsinga womoya ofudumele nolula kunomoya owuzungezile obandayo noma opholile.. Umoya ophakamayo ofudumele uphinde uphole. Uma kodwa umkhakha womkhathi ungacwathi lomoya oqogelene ndawonye uhla ufudumele kunomoya owuzungezile bese futhi uqhubeka nokuphakama.

Ngenxa yokuphola komoya ophakamayo, uba nomhwam-umuko okuthi kamuva uguquke amaconsi awehla njengemvula. Yiyona ndlela-ke le umhwamuko (ongabona-kali) osemkhakheni womkhathi oqukuka ngayo ube amaconsi amanzi abonakala ngokuguqubala kwezulu.

Zintathu izindlela okwenzeka ngazo ukuphakama komoya ofudumele emkhathini okudala ukuhloma nokuduma kwezulu elihambisana nomvumbi neziphepho. Okokuqala, umhlaba ufudumala kakhulu phakathi emini kakhulu-khulu ezinyangeni zamazinga aphakeme okushisa zonyaka. Umoya oseduzane nengadi yohlabathi ufudumala kakhulu, bese kuthi ngenxa yokuthi awuminyene awesindi, uqhubekela phambili nokuphakama emkhakheni womkhathi.

Ukunyuka noma ukwenyuka komoya ofudumele kwenzeka ngenkani umoya uvunguza ubhebhethekela entabeni noma onqenqemeni lwezintaba bese uyaphoqelesa ukuba uphakame. Lokhu kwaziwa ngokuthi izulu lezintaba (orographic thunderstorm). Indlela yesithathu izulu elihloma ngayo ilapho umoya ohamba ngokushesha (isishingishane) ngemuva komsinga obandayo ufukula umoya ofudumele uwupoka ukuba wenyuke. Uma kunomhwamuko owanele emoyeni ofudumele liyahloma liguqubale. Lokhu kwaziwa njengezulu lomsinga (frontal thunderstorm).

Isivinini umoya ofudumele ophakamela ngaso emkhakheni womkhathi obandayo singaphezulu kuka-10 m/s ngokujwayelekile, kodwa kunokwenzeka sibe ngaphezulu kuka-30 m/s. Ubude noma ukuphakama kwamafu akhekayo bungafika ku-12 km. ENingizimu Afrika yikuleliqophelo lomkhakha womkhathi lapho amafu adalwa umoya ofudumele ungasakwazi ukuphakama. Ayendleleka aba njengentaba esatafula.

Izigaba ezahlukene zokuduma kwezulu

Zintathu izigaba ezibonakalayo (ukuhloma kwezulu okwedlula kuzo). Ifu elibikezela ukuhloma kwezulu lithatha isikhathi esingaphansi kwehora, kodwa-ke akusiwo wonke amafu okuloma kwezulu akhula adlule kuzo zonke lezigaba.

Esibeni sokuqala esaziwa ngokuthi ikhumulasi noma ukuhloma kwezulu, ngokwejwayelekile kuba nomsinga womoya ophakamayo noma owenyukela efini. Lomsinga unamandla awanele okwenza ukuba amaconsi asedalekile antante efini. Amconsi akhula abe makhulu, asinde kangangoba umsinga womoya ube sewehluleka ukuwagcina entanta efini lezulu. Engxenyeni yefu lapho amaconsi emvula ekhula eba makhulu khona asinde kakhulu, ukuphakama komoya kuphenduka ukwehla bese liqala ukuna.



Qaphela: Amaconsi efu mancane kangangoba kuthatha isigidi sawo ukwenza ithonsi elilodwa vo lemvula elinobukhulu obungu-2mm.

Ifu lezulu (elidumayo) liba sesgabeni sesibili uma kwenye ingxenye yefu kusekhona umsinga womoya ophakamayo lokho okwenza ingxenye yefu iqhubeka nokukhula, ngenkathi ngakwesinye isinqmu sefu kusekukhona umsinga womoya owehliswa wukusinda kwamaconsi asehla njengemvula. Ekugcineni kwesigaba sesibili, esaziwa njengesigaba sokuvuthwa, izulu liyanyazima line imvula enamandla kanye nesichotho (uma sakhekile emafini) noma liwise. Ukuwehla komsinga obandayo kwenzeka kancane kancane kuze kufike esigabeni sesithathu nesokugcina, esaziwa ngokuthi isigaba sokushabalala kwezulu. Ngenxa yokuthi umsinga ophakamayo usuke usungekho, nemvula isine yaze yaphela, ifu liyashabalala bese izulu liyaphenya. Libalele futhi.

Izulu elihambisana nemvula nesisiphepho lingaba nomnyombo owodwa, kodwa ngovamile Ningizimu Afrika lingabangwa iningana leminyombo esina idedelana ukungathatha isikhathi esiyimizuzu engama-30 ukuya kwengama-40. Kodwa-ke, kwenye inkathi ezinye izihlambi zezulu (elidumayo) zendla indawo nkulu zithathe nesikhathi eside. Isihlambi sisinye sibizwa ngokuthi izulu (elidumayo) "iseli elikhulu kakhulu." Lolu hlobo lwezulu (elidumayo) luthatha isikhathi eside futhi imisinga yomoya ophakama wehle ithatha isikhathi eside isemafini. Livame ukuba uchungechunge lwezulu elidumayo – uhele lwezulu elidumayo.



Izexwayiso ngezulu

- Uma ungaphandle **UNGALOKOTHI** ukhosele ngaphansi kwezihlahla.
- Lalela izexwayiso emsakazweni noma kumabukakude (TV).
- Uma kwenzeka hlala edlini uqhelelane namafasitela.
- Ngenisa izilwane (zasendlini) endaweni evalekile wemboze nezimoto.
- Ncomula konke okusebenza ngogesi.
- Ungagezi noma usebenzise ucingo.
- Uma ushayela **YIMA** upake imoto kude nomgwaqo, nezihlahla, izintambo zikagesi kanye nemihosha.

2. Izimpawu ezihambisana nezulu elinomvumbi nesiphepho

Ukuduma kwezulu kuhambisana nombani, izikhukhula, isiphepho, isichotho kanye nezinkanyamba (kuzimo ezedlulele).

• UMBANI



Uma liduma ngena (ngaphakathi) endlini!

Umbani ushaya kulo lonke izulu elidumayo futhi kufanele ulindeleke ngokushesha uma izulu elidumayo liqala

Uyini umbani?

Umbane ungamandla antanta emoyeni. Izinhlamvana ezinogesi ngezindlela ezehlukene aqokelelana ezinye ngaphansi naphezulu kwefu. Uma amandla okukhangeka phakathi (kwalezinhlamvana eba makhulu kudeleka amandla, okubonakala njengokubaniza kwesibhakabhaka.

Ezindaweni ezisempumalanga nezwe, ikakhulukazi iMpumalanga Kapa neKwaZulu-Natali, kunezigameko eziningi zokufa kwabantu bebulawa izulu eNingizimu Afrika. Ngakho umuntu kumele acophelele kakhulu uma ekulezindawo.

Okwaziwayo ngombani

- Umbani noma unyazi lunhlobo ntathu
 - Osuka efini uya emhlabeni
 - Osuka emhlabeni uya efini
 - Osuka efini uya efini
- Umbani ushaya umhlaba cishe ka-100 njalo ngomzuzwana.
- Balinganiselwa amashumini amabili kwabalikhulu abantu abafayo uma beshaywa izulu.
- Isisho esithi “umbani awushayi kabili ndawonye” akusilo iqiniso.. Umbani ungashaya ndawonye izikhathi eziningi.
- Ukushaya kombani kaningi kwenzeka lapho izulu lihloma nalapho seliphenya.
- U-85% wabantu abashaywa umbani izingane kanye nabantu besilisa abaneminyaka engu 18 kuya ku-35 ubudala ngengxa yokuthi liduma bephandle ngenkathi bedlala noma besebenza.
- Amandla aqukethwe ukushaya okukodwa kwezulu angakhanyisa igilobhu elingu-100 watt izinsuku ezingama-90.
- Ithuba lokubulawa ngumbani linye emathubeni ayizigidi ezimbili (2,000.000).



Isexwayiso ngombani

- Uma uphandle ubona izulu lihloma noma uzwa lisadumela kude funa indawo ephephile **ngokushesha!**
- Uma umelwa zinwele, suka kuleyo ndawo ngokushesha, ngoba kungenzeka umbani ushaye kuyo leyo ndawo ngokuphazima kweso.
- Uma ubona umbani bala imizuzwana edlulayo phakathi kokubona kwakho umbani nokuzwakala kokuDUDUMA. Emva kwemizuzwana engama-30 – shiya phansi konke obukwenza ufune indawo evikelekile ngoba unyazi lungashaya noma nini. Uma ubala imizuzwana eyi-15 noma ngaphansi, umbani ungashaya kuleyo ndawo okuyo.
- Izindawo ezingaphephile ngesikhathi izulu libaniza:
 - Izinto ezinde ezifana nezihlahla, izigxobo zocingo nezikagesi
 - Emagqumeni
 - Amashedi angenalutho
 - Amanzi angambozekile
 - Amagazibo angavikelwanga noma izindawo zepikiniki ezingavalwanga
- Ungabi seduze noma uthinte:
 - Izinto ezinensimbi ezifana ncingo, izinqola zegalofu, amabhayisikili, izithuthuthu, izigxobo zezingcingo noma izintambo zikagesi kanye nezinto ezenziwe ngesitili ezifana namaphayiloni kanye nophephela bamanzi.
- Uma usendlini ngesikhathi sesiphepho hlalela kude namafasitela. Ungalingi:
 - Ubambe nanoma yini eyenziwe ngensimbi
 - Usebenzise izinto ezisebenza ngogesi
 - Ushaye noma ubambe ucingo
 - Uthinte amanzi
- Uma usendleleni, hlala emotweni.
- Ungabhukudi izulu liduma.
- Ungadlali izulu liduma. Abadlali begalofu kanye nabadobi bezinhlazi basengozini enkulu.

• IZINKANYAMBA

Inkanyamba yisiphepho esijikeleza ngesivinini esikhulu esishiya umzila womonakalo ukwedlula zonke ezinye izimo zezulu.

Iyini Inkanyamba?

Inkanyamba isenzakalo sesimo sezulu esidalwa izulu elihambisana nemvula enkulu enesiphepho ikakhulukazi nesichotho.

Ochwepheshe abakaboni ngasolinye mamayelana nokuthi inkanyamba iqala kanjani. Iningi kodwa liyavumelana

ngokuthi ukujikeleza okuya phezulu komoya okusuke vele kukhona e-fini nokuthi kuba namandla amakhulu. Ngakho-ke inkanyamba yenzeka ngaphakathi efini bese ibonakala sengathi isetho esisuka efini sithinte umhlaba. Ingathatha izimo ezahlukene. Kwenye inkathi ibonakala sengathithi ifanela ezacile noma umbhobho wensimbi. Kwezinye inkathi ibukeka engathithi umkhumbi olengela emhlabeni usuka ngaphansi kwefu. Ifanela ebonakalayo imumethe amaconsi amanzi adalwe ukuguquka komhwamuko uba amanzi. Eduzane nomhlaba lapho uthuli, amacembe kanye nezibi kupheshulwa umoyo kuye phezulu, bese kuba nesishingishane.

Ububanzi bayo buvamise ukuba ngaphansana kwekhulu lamamitha ambalwa, nakuba kwesinye isiskhathi buba ngaphezulu ngaphezulu kwekhilomitha elilodwa. Ukuhamba komoya kwinkanyamba kuvame ukuba ngokwesayikloni, ngamanye amazwi, kuhemisifeye eseNingizimu, umoya uvunguza ulandelele ukuhamba kwewashi. Ngokuvamile ichopho lefanela lithinta umhlaba imizuzwana embalwa kuphela, kodwa kwenye ithinta umhlaba isiskhathi esingaphezulu kwehora.

Isivinini senkanyamba siphakathi kuka 120 no 340km/h. Kungenzeka sibe ngaphezulu kuka 432km/h. Ingcindezi yomoya kwifanela isuke ingaphansi kweyomoya oyizungezile.

Umonakalo (kwimpahla) ngokuvamisile isiphepho esinama-dla, osivinini saso singaphezulu kuka 144km/h. Umehluko wengcindezi phakathi komoya ongaphakathi nalowo ongaphandle kwenkanyamba yiko okudala umonakalo, ikakhulukazi ezindlini ezivalwe iminyango namafasitela. Uma zisendleleni yenkanyamba umonakalo ubamkhulu ngoba isicacinina somoya ngaphakathi kwazo sikhulu ukwedlula leso esingaphandle. Umehluko ka-69 hPa wengcindezi ophahleni olunobude nobubanzi obulinganisela kumamitha amathathu wenza isisindo esingaphezulu kuka-6 000 kg. Lesisindo singadala omkhulu umonakalo; uphahla lungasuka lonke nezindonga ziqhubusheleke.

Okuncomekayo ngenkanyamba umsindo wayo ohlabahlosile. Uma bewuchaza osibhincamahasana bathi unjengomsindo “wezitimela eziyinkulungwane”, “ukuvungama kwesigidi sezinyosi” noma “ukuduma kwezindiza zempi”.



Izexwayiso ngenkanyamba

- Uma kwenzeka ubona inkanyamba, iya kusakhiwo esakhelwe yona noma uyohlalela maphakathi nendlu ucashe ngaphansi kwefenisha eqinile efana netafula.
- Phuma emotwen nakomahambanendlwana, njengoba lokhu kungaphephulwa, kuggingqwe noma kulinyazwe isiphepho noma izibi ezindiza emoyeni.
- Hlalela kude namafasitela, njengoba iningi labantu libulawa amafasitela nezibi ezindiza emoyeni.
- Ungazami ukubalekela inkanyamba ngemoto. Phuma kuyo ngokushesha ufune indawo ephephile.
- Uma ikubhadama esigangeni ngena emseleni, emgodini noma odongeni uthi cu ngesisu kodwa qaphela izikhukhula uma iphelekezelwa imvula enkulu.

3. Isishingishane senjika

Ngaphandle kwenkanyamba, kukhona ezinye izehlakalo zesimo sezulu ezenzeka emkhathini ezaziwa ngamagama ahlukene ezindaweni ngezindawo. Lapha eNingizimu ne-Afrika kwaziwa njengesishingishane senjika, eMelika njenge “hurricane”, kanti Eshiya sibizwa nge “typhoon” (thayifuni).

Izishingishane zenjika ezinesandla ekwakhekeni kwesimo sezulu eNingizimu Afrika, zivamise ukuqala ekupheleni kwehlobo, eduze nenkabazwe, olwandle oluphakathi kwamazinga amahlanu kuya kwayishumi (5°S -10°S). Isishingishane siqale sihambe kancane siqonde ngase Ningizimu-Ntshonalanga sisuka enkabazwe, kodwa kamuva sivunguza ngokukhulu ukushesha sesilibe kise eNingizimu-Mpumalanga sesifuqwa umoya onamandla waseNtshonalanga. Amanzi olwandle lwenkabazwe enza umhwamuko ube nesifudumezi esicela emazingeni angamashumi amabili-nesikhombisa (27°C) Ukungacwathi komkhakha wokhathi kwenza ukuba umoya onomhwamuko (ofudumele) uphakame kudaleke isimo esinengcindezi ephansi yomoya lokho okwenza ukuba umhwamuko uphakame ngokushesha uphenduke amaconsi efu phezu kwaleyondawo. Isifudumezi esiyinqaba esaziwa ngokuthi “ukufudumala okungakasebenzi” sidadeleka ngenkathi yokuphenduka komhwamuko uba amaconsi amanzi lokho okunikeza isishingishane senjika amandla nomfutho oyinqaba.

Engxenyeni yomhlaba eseNingizimu ukuphenduka komoya wesishingishane kulandela indlela yokuhamba kwewashi nokwakheka kolwembu lwamafu amjikelezo wawo ulandelele ukuhamba kwewashi komoya wesishingishane. Ulwembu lwamafu asontise okwesipikili esiphendulwayo abizwa amakhumulasi kanye namakhulonimbasi adlondlobala afike kumakhilomitha ayishumi-nambile (12km), andlaleke

ibanga elicela kumakhilomitha angamakhulu ayisikhombisa (700) noma ngaphezudlwana. Ngokujwayeleki loluhlobo lwesishingishane luthatha izinsuku eziyisishiyagalolunye (9), kuyenzeka sithathe amasonto amathathu kuya kwamane esimweni sezulu esingajwayelekile.

Isishingishane senjika sinempawu ezithize ezibalulekile. Olokuqala umoya emongweni waso owomile futhi ucwathile. Lomoya ube sewehlela emhlabeni lapho umoya uthule cwaka. Lokhu kwaziwa njengeso noma ihlo lesishingishane. Ububanzi balo buthatha indawo engalinganisela kumakhilomitha angamashumi amathathu kuya kwamahlanu. Ngenkathi umoya osehlweni lesishingishane uthule cwaka, ngaphandle kwalo isivunguvungu esesabekayo. Isiphepho sivunguza ngesivinini esiyikhulu namashumi amabili kuya emakhulwini amabili amakhilometha.

Okwesibili imvula enkulu ehambisana nesiphepho nezikhukhula. Lesiphepho siqubula amagagasi afika kumamitha ayishuminambile okungadal umonakalo omkhulu emadolobhaneni asogwini (lolwadle).

Uma isishingishane (senjika) sesimaphakathi nezwe, amandla nomfutho waso nokuhuhlana kwomoya kuncipha isishingishane siphelelewe amandla kuze kube siyashabalala. Lokhu kwenzeka ngoba sisuke sesinqumukelene nomsuka waso olwandle.

Minyaka yonke kukhishwa uhla lwezishingishane ngokulandelana kweziqalo zamagama azo. Ekuqaleni zaziqanjwa ngamagama abesimame, kodwa muva nje namagama abesilisa aseyasenshenziswa. Isishingishane (senjika) esadala umonakalo omkhulu esifundeni sa KwaZulu-Natali uDemona owahlasela ngoJanuwari ka-1984.

4. Izikhukhula

Izikhukhula zenzeka uma amanzi egcwala ephuphuma, engasakwazi nokulandela imigudu yawo ezijwayelekile njengemihosha namapayipi okuthutha amanzi emvula. Zingenzeka uma imvula ina kakhulu isikhathi eside inganqamuki noma njengezikhukhula ezenzeka zingalindelekile ngenxa yokuduma kwezulu kuhambisana nemvula enkulu.



Isexwayiso ngezikhukhula

- Uma kwenzeka hlala endlini ungabi semgwaqeni.
- Lalela isexwayiso esibalulekile emsakazweni noma ku-TV.
- Ungazami ukuwela imifula noma imifudlana egcwele idla izindwani lapho amanzi engaphezulu kwamaqakala (akho).
- Thatha isiphephelo endaweni ephakeme uma kungenzeka kube nezikhukhula.
- Uma izikhukhula zikuthola usemotweni, ishiye ubalekele endaweni ephakeme.
- Kuzakhiwo, susa okubalulekile ukubeke endaweni ephaphile engaphezulu kwezinga okulindeleke ukuthi amanzi ezikhukhula afike kulo.
- Cisha ugesi lapho usuka khona uza endlini.
- Ezindaweni zasemakhaya vikela/hambisa imfuyo endaweni ephakeme nephephile.
- Shiya indlu (yakho) ngokushesha njengesexwayiso, phambi kokuba indlela yokubaleka ivalwe ngamanzi ezikhukhula.
- **UNGALINGI** uzame ukwedlula ngemoto emanzi agcwele umgwaqo, ngoba awazi ukuthi ajule kangakanani noma ukuthi umgwaqo ugugulekile yini.
- Uma imoto icisha, ishiye ngokushesha ufune indawo ephakeme.
- Cophelela kakhulu ebusuku lapho kunzima ukubona ingozi edalwe yizikhukhula.

5. Umoya onamandla

Isivunguvungu esinamandla sivame ukwenzeka ezindaweni ezingasogwini, kanti futhi sivamile ukwenzeka ngezindlela ezehlukene uma kuduma izulu. Isivunguvungu umoya ovuka kungalindelekile futhi ungadala omkhulu umonakalo ikakhulukazi uma kungenxa yenkanyamba.



Isexwayiso ngomoya onamandla

- Uma kwenzeka hlala endlini kude namafasitela avulekela ngalapho umoya onamandla uqhamuka ngakhona.
- Lalela isexwayiso emsakazweni noma kumabukakude (TV).
- Uma uhamba ngemoto, qaphela umoya enqamula ngokushesha ingalindelekile, ikakhulukazi ovunguza phakathi kwezindlu nezakhiwo.
- Bhasobha izihlahla eziwile, izigxobo zikagesi noma imfucumfucu epheshulwa umoya.
- Izikebhe ezincane zingalubeki olwandle zifune indawo ephaphile emtateni, lakungenela khona umfula olwandle noma ichweba elivikelekile.

6. Amakhaza nokukhithika

Ukubanda okukhulu komoya, izulu elikhithikayo, imvula ephenduka iqhwa, kanye nama-khaza kuyingozi kulabo abahambayo noma abachengcele kayo futhi umuntu kumele agqoke ngendlela ehambisana nesimo sezulu.



Isexwayiso (ngamakhaza nokukhithika)

- Hlala endlini uma kwenzeka.
- Lalela izangoma zezulu emsakazweni noma kumabukakude (TV).
- Uma uphumela phandle gqoka izingubo ezifudumele.
- Uma kubanda kakhulu, vala umlomo ukuze amaphaphu avikeleke angangenwa umoya obandayo.
- Ungabuphuzi utshwala, iziphuzo ezinekhafeni noma ubheme uma uzithola usemakhazeni amakhulu. Konke lokhu kukhuthaza ukwehla kwezinga lokushisa emzimbeni (ihayiphothemiya) kanye nokuqina kwezingxenywe ezithile zomzimba ngenxa yamakhaza (ifrostibhayithi).
- Vikela imfuyo encane emakhazeni ngokuyifaka esibayeni esivalekile.

Ukushayela likhithikile futhi limakhaza

Iseluleko esihle kunazo zonke sokushayela esimweni esibi sezulu lasebusika ukungashayeli nhlobo uma ungakugwema futhi uzinikeze isikhathi esanele sokufika lapho uyakhona.

Iningi lezimoto ziyabhajwa emigwaqeni edabula ezitabeni eziphakeme ngenxa yokuthi abantu abalaleli izexwayiso zesimo sezulu ezisakazwa emsakazweni naku-TV.



Ukuxwayiswa ngamakhaza neqhwa

- Ungabi semgwaqeni uma kungenzeka
- Lalela isexwayiso emsakazweni noma kumabonakude (TV).
- Uma ushayela enkungwini, yehlisa ijubane, ukhanyise namalambu (emoto) amakhulu. **HHAYI** ahlabaya.
- Qikelela ukuthi uyabonakala
- Ungamisi imoto (yakho) phakathi nomgwaqo.
- Sebenzisa unqenqema lomgwaqo olungakwesobunxele kunokumugqa ophakathi napakathi, ukuze ungashayisani nezimoto ophambana nazo ezingakuphazamisisa ngamalambu ahlabaya.
- Uma kunenkungu sebenzisa isehlisamakhaza nesesulafasitela elikhulu ukuze ugcine amafasitela emoto ecacile.
- Hlala uqaphe umshini wejubane futhi uhambe kancane, ngejubane elifanayo.
- Khumbula ukuthi abanye abashayeli abakwazi ukubonkude nokuthi inkungu ingenza umgwaqo ushelele ngenxa yobumanzi.
- Khombisa inhloso yakho kusekude, futhi uma usebenzisa amabhuleki unganyatheli mawala.

7. Inkungu ekhasa phansi

Inkungu ekhasa phansi ifinyeza ibanga lokubonakala kangangoba kuthikamezeka kokuhamba kwezimoto kwenzeke nezingozi.

Inkungu namalambu kwenza umuntu abone okungekho. Lokhu kungaholela engozini. Ucwanoing lukhombisa ukuthi abantu bayakhangeka amalambu apanyazayo okungaholela ezingozini. Ngakho-ke cophelela ungasebenzisa amalambu apanyazayo akhombisa ukuthi uyaphuthuma ngaphandle kokuba kunesidingo esikhulu nesizwakalayo.



Izexwayiso ngenkungu ekhasa phansi

- Yehlisa ijubane uzishiyela isikhala esanele sokuba ume. Kumele ushiye isikhala esiphindwe kathathu sales esejwayelekile phakathi kwemoto yakho naleyo engaphambi kwakho.
- Yehlisa ijubane kancane kancane ukuze ungashaleleli. Uma amasondo eqala ukukhiya, dedela amabhuliki.
- Khanyisa imoto yakho ukuze kubelula nakwabanye abashayeli ukuba bakubone.
- Amalambu nefasitela langaphambili makuhlale kuhlanzekile njalo.
- Sebenzisa igiya eliphansi ukuze nama-sondo emoto anamathele emgwaqeni, ikakhulukazi emagqumeni.
- daCophelela kakhulu emabhulohweni, ezindleleni ezidlula ngaphezulu kanye nezingahanjwa njalo, ezizoba neqhwa kuqala. Ngisho nasemazingeni (okushisa) angaphezulu kwezinga leqhwa, inqobo nje uma umgwaqo umanzi, ungahle uhlangane nalo iqhwa ezindaweni ezisemithunzini nezivelele njengamabhuloho.
- Ungathathi sengathi imoto yakho ingamelana nazo zonke izimoemgwaqeni. Ngisho nezimoto ezidonsa ngamasondo angaphambili noma ngamane imbala ziba nenkinga emgwaqeni oneqhwa.

8. Isifudumezi

Izimpawu zesifudumezi: Uma ukushisa nomhwaumuko usezingeni eliphezulu, ikhono lokuzipholisa komzimba womuntu ngokujuka liyehla. Lokhu kungabeka empilweni (yomuntu) engcupheni.

Izinga lokushisa ngaphakathi kwemoto lingedlula elingaphandle (kwayo) ngo10 digrizi. Ngakho-ke ungashiyi umntwana noma izilwane ezifuyiwe zasekhaya ikakhulukazi uma amazinga okushisa ephezulu kakhulu.



Ukucophelela

- Hlala endlini ekamelweni elipholile eduze kwesibhebhezelo sokupholisa uma kwenzeka.
- Abadala nababuthakathaka kumele banakekelwe ngokweqile.
- Lalela isexwayiso emsakazweni noma kumabukakude (TV).
- Ukwenza umsebenzi onzima wangaphandle uma welulekiwe kumele ukugweme.
- Qikelela ukungadlali imidlalo ejulukisayo.
- Gqoka izimpahla ezilula.
- Phuza kakhulu konke okuphuzwayo ngaphandle kotschwala, njengoba bona benza umzimba ulahlekelwe amanzi amaningi.

9. Izimo ezikhuthaza ukudaleka komlilo wequbula

Uma lina kancane noma lingani kwanhlobo bese kuba neshisandlu umililo wequla udaleka kalula futhi ubhebhethetheke ungacimeki kalula. Loluhlobo lomlilo luvamise ukwenzeka ikakhulu ebusika maphakathi nezwe. Ishisandlu yilo elenza umililo wedlelo ubhebhethetheke.

Uma izangoma zezulu sezixwayisile ngesimo esibucayi sesimo sezulu ukubasa umililo phandle wukuphula umthetho.



Ukucophelela

- Lalela isexwayiso emsakazweni noma kumabukakude.
- Musa ukubasa umililo esidlangalaleni.
- Musa ukulahla isinqamu sikagwayi ngefasisitela lemoto ehambayo endaweni evulekile.
- Ungalahleli amabhodlela esigangeni njengoba angabanga umlilo.
- Uma kokheleka umlilo hlaba umkhosi.

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