

CHIN (HAKHA) — WATER SAFETY

Inn ah himtein umnak le khawnden khamnak

Ti chungah himtein umnak



- Ngakchiapawl cu centimetre tlawmpal te a thuhnak ti ah rengngai in le thawngthei lo in an tla an pil kho. Ngakchiapawl ti chung le ti pawng an um lioah upa pakhatkhat nih an pawngte ah a umpi peng hna ding a si.
- Tikholhnak, tipung le ngakchia tilionak hmeme tibantuk hman dih lecangka thlet colhding a si.
- Tilionak le ticiahnak (spa) velchum kulh lo cu upadi buar a si. Hau pernakh caah hlei asiloah idanhnak tibantuk ah hman khawhmi thilri an um ahcun thhial hna law luhnakh innka zong kha amahtein aa khar khomi le aa hrenh khomi bunh hna.
- Nulepa le zohkhenhtuhna cu ngakchiapawl laakhruak khawndennak asiloah ti chung an tlak sual tibantuk ah thlopbulh thiamnak -cardiopulmonary resuscitation (CPR) timi tinttan tehna an kai ding a si.



Education
and Training

Mah ca hi The Royal Children's Hospital nih Department of Education and Training tangka bawmhmi in a chuahmi a si.

The Royal Children's Hospital Mipi Thawngthanhnak
Telephone +61 3 9345 5085 www.rch.org.au