



MOSES

Ceev Faaj cov Tshuab, Maus Taus, hab Poob Dlej

Kev Xyuam Xim Saib Qaab Hau Rua Miv Nyuam tom Teb

Kev ua qoob ua loo yog teb chaw nuav ib txuj hauj lwm yuav tau ceev faaj saib tuab zoo tshaj plawg. Tsis taag le ntawd, nraag teb yog tuab qhov chaw ua hauj lwm muaj tau miv nyuam txhua xyoo nyob ntawd, txhua lub sij hawm. Cov zauv pav txug cov sij hawm thaum miv nyuam tsaug mob lus ntawm tsis ceev faaj tom teb txaus txhawj heev kawg. Txhua txhua nub muaj le 38 leej miv nyuam tsaug mob tom teb. Tsis taag le ntawd, txhua txhua 3 nub ib tus miv nyuam tau tuag vim muaj ib yaam tshwm sim tom teb. Cov zauv



tshuab, los yog tus neeg tsaav tshab pum tsis tau tas muaj neeg nyob ntawm kev. Yog muaj lwm tus neeg caij cov tshuab laij teb los yog cov tshab hab tus neeg tsaav tshab cas le nres, tsaav luam tau qhov, cov cev los ceg ntoo, los lem siv zug ua rua tus neeg caij nyob tsis ruaj khov kho poob yooj yim. Vim tas thaum pum miv nyuam nyob ze ze xwb los, cov neeg tsaav tshab twb yeej tsis ca sab tsaav lawm ib caj muaj teeb meem. Piv txwv tas lub tshuab laij teb muaj ib lub tsev paab tiv thaiv los qhov rooj qheb los tau los yog

nuav lus ntawm lub koom hum National Children’s Center for Rural and Agricultural Health and Safety los yog lub koom hum rua miv nyuam nyob teb chaw thoo plawg saib xyuas txug txuj kev noj qaab haus huv hab xyuam xim saib qaab hau rua thaj tsaam ntawm ntug zog hab txuj kev ua qoob ua loo.

cov neeg caij poob tawm los tau hab. Qhov zoo tshaj plawg yog txhob pub cov hluas muaj nub nyooq yau 12 xyoo moog nyob ze cov tshuab laij teb hab lwm yaam tshuab.

Feem coob cov neeg ua teb tau txav txim sab moog nyob ntawm tej thaj tsaam ntug zog vim puab nyam hab xis ua neej nyob tom teb, muaj nqe heev rua puab, xws le: sab ntawm zoov muaj chaw dlaav; muaj zaub mov paab txhawb txuj kev noj qaab haus huv; ua teb yog ib txuj kev khwv siv zug heev kawg, hab yog ib txuj kev paab kom to taub ua neej nyob hab koom tes nrug lub ndlaj teb nuav zoo le caag. Txuj kev ua cov haujlwm tom teb hab yuav tu mivnyuam kom muaj kev xyuam xim yeej tsis yooj yim. Vim tas pib muaj neeg nquas xaav tuaj saib kawm txuj kev ua teb, yuav tau ceev faaj vim muaj miv nyuam coob tuaj saib kawm txug ua qoob ua loo zum zug lawm. Vim cov nam txiv hab puab cov miv nyuam nuav tsis tau swm los yog paub dlua txug ua neej tom teb, puab tsis paub meej txug txuj kev ceev faaj cov tshuab laij teb, tshab, hab poob dlej. Feem coob cov miv nyuam tau tuag tom teb yog cov miv nyuam tsis tau swm los yog paub lub neej ua teb. Tsis taag le ntawd, cov miv nyuam raug mob tom teb muaj nub nyooq yau tshaj 10 xyoo pib nce lawm.

Lwm tswv yim ua tau kom xyuam xim saib qaab hau kom miv nyuam txhob raug mob:

- Nyeem hab lawv cov cai nyob huv phau ntau pav txug yuav tsaav los yog siv lub tshuab
- Ntawm lub tshuab laij teb, nruab ib lub tsev muaj hlua hlab tawv paav dluav, paab kom tus neeg tsaav lub tshuab txhob raug mob yog tas lub tshuab ntxeev
- Nruab ib lub tsev paab tiv thaiv tus tsaav lub tshuab laij teb kom txhob raug mob yog muaj khoom poob los zeeg saum taub hau le ceg ntoo los kom txhob raug nws
- Thaum sijhawm tsis siv tshab, ncu ntsoov tshem cov yum sij
- Teem sij hawm coj lub tshab moog saib xyuas tas tsis muaj dlaabtsi puas los yog raug khu
- Lawv tej txuj cai tau saib xyuas khu los yog thaum muab txheem/tshoom
- Ncu ntsoov taag le tas yuav tsum nce hab nqes lub tshuab ntawm saab laug kom txhob chwv cov khoom cuab yeej
- Khu lus tshab lub tos zaum kom ncaav cuag kov los yog tsum tau cov cuab yeej kom yooj yim
- Txhob tshem cov npus tiv thaiv, le lub npus lub ntswj tiv tshab
- Txhob thauj neeg caij
- Tsaav lub tshab los yog lub tshuab maj mam txaus kom nres tau yooj yim yog muaj miv nyuam hlaa
- Thaum yuav lem los yog yuav tsum tus cheem, txu kom txhob dhla ceev
- Tswj tus cias tes tshab taag le, ceev faaj thaum nce toj los yog cab khoom
- Ceev faaj thaum yuav tsaav nqeg taug siv ntxhob qes kom tua tshab yooj yim
- Txhob nce los yog nqes ib lub tshab thaum lub tshab tseem tab tom dhla, saib xyuas tas tus cheem ua hauj lwm
- Thaum ua haujlwm siv sij hawm ntev, su kom txuag zug

Cov teeb meem ntau tshaj plawg vim miv nyuam muaj nub nyooq yau 10 xyoo haj raug mob tom teb yog vim tsis paub ceev faaj cov tshab (tshuab laij teb, tshab thauj koom, hab lwm lub tshuab), **raug luam, hab poob dlej.** Rua cov hluas muaj nub nyooq yau 16 xyoo tsaav tshab maus taus (ATV) raug mob tau moog tom tsev khu mob coob dlua.

Kev Xyuam Xim Saib Qaab Hau rua cov Tshuab Laij Teb, Tshab hab Lwm Yaam Tshuab

Qhov zoo tshaj plawg kom miv nyuam txhob raug mob thaum nyob ze ntawm tej tshuab yog kom nyob dleb txhob moog ze. Feem ntau cov huam yuaj yog vim lub tshuab laij teb ntxeev, tus neeg caij raug xyeeb dhla tawm ntawm lub

Kev Xyuam Xim Saib Qaab Hau rua cov maus taus (ATV)

Cov koom hum ua maus taus (ATV) pum zoo cov neeg tsaav maus taus tsis pub hluas tshaj nub nyoog 12 xyoo, hab thaum paub tsaav kom muaj ib tus neeg laug muaj nub nyoog tshaj 18 xyoo rua saud twb tau kawm txug kev xyuam xim saib qaab hau tsaav maus taus lawm. Cov koom hum ua maus taus pum zoo tas tus neeg tsaav maus taus yuav tsum muaj nub nyoog 16 xyoo los yog muaj ntau ntawv kev xyuam xim saib qaab hau tsaav. Tabsis cov cai nuav txawv txhua lub xeev.

Kawm txug koj lub xeev cov cai:

www.ncsl.org/research/transportation/all-terrain-vehicle-safety-laws-by-state.aspx

Feem ntau cov sijhawm thaum neeg raug mob tsaav maus taus yog thaum ntxeev, tsaav moog nrau tsev, hab raug xyeeb dhla tawm ntawm lub maus taus. Feem ntau cov raug mob yog mob taub hau, caj dlaab, hab tawg pob txha.

Tsaav maus taus (ATV) xyuam xim saib qaab hau, cov neeg tsaav yuav tsum:

- Luj, muaj zug, coj khov kho, hab paub tsaav tsaus kom tsaav tau ib lub maus taus (ATV)
- Txawj xaav, paub qaab hau, hab npaaj saib yuav ua le caag yog muaj teeb meem
- Txawj xyuam xim saib qaab hau, to taub kom ua kom txhob raug mob rua coob tus, hab txawj xaav zoo yog muaj teeb meem
- Ntoos lub mom hlau muaj dlaim yaas paab tiv thaiv lub ntsej muag tas lub koom hum "Department of Transportation" pum zoo tso cai ntoo, nav lub tsho tes ntev, nav lub ris ceg ntev, rau nkawm khaus muaj neev, hab looj nab looj tes.
- Tsaav lawv txuj cai dhla tshab ceev los qeeb hab ntawm cov kev rua maus taus (ATV)
- Muaj cov neeg paub txug kev xyuam xim saib qaab hau tsaav tshab paab saib xyuas cov tseem kawm xyum

Kev Xyuam Xim Saib Qaab Hau Txug Poob Dlej

Ntawm cov miv nyuam muaj nub nyoog 1 txug 14 xyoo, feem coob tau tuag lus ntawm poob dlej. Kwv yees tau has tas rua txhua tus miv nyuam tau tuag vim poob dlej, muaj 4 tus miv nyuam raug mob vim yuav los poob dlej tau moog pw tom tsev khu mob. Cov poob dlej ntau tshwm sim rua cov nyob ntawm ntug zog tshaj cov nyob nroog luj.

Miv nyuam poob dlej tuag tau ntawm cov paas dlej muaj tsawg tshaj 2 yas tes (inch) (piv txwv cov thoob los yog cov thawv ntim dlej rua tsaj tau haus). Tsis taag le ntawd, miv nyuam nyob ntawm ntug zog poob dlej tuag ntau ntawm cov hav dlej, paas dlej tshaj cov dlaab dlaa dlej ua si.

Txuj cai kev xyuam xim saib qaab hau txug poob dlej hab kom txhob raug mob:

- Muaj neeg laug saib xyuas thaum miv nyuam nyob ze dlej
- Siv cov laj kaab kaw hab xauv yooj yim yog muaj paas dlej nyob ze thaum tau
- Npaaj kom muaj kev paab ntawm cov paas dlej, le cov naab yaas ntaab tshuab tau
- Kom txhua leej tsev neeg kawm txug kev cawm tuab neeg txuj sa (CPR) hab paab thaum muaj teeb meem ceev (first aid)
- Tau qha kom txhua leej tsev neeg txawj luam dlej
- Tau kawm kom paub npaaj ntsoov tos, paub ncu tau, hab paub yuav ua le caag yog muaj teeb meem nruog cov dlej
- Paab npaaj kom muaj chaw luam dlej hab tswv yim lom zem ua si muaj neeg xyuam xim saib qaab hau ruaj khov kho

Chaw xyuam xim ruaj khov kho lom zem ua si tom teb

Npaaj ib qhov chaw xyuam xim ruaj khov kho lom zem ua si tom teb rua miv nyuam muaj nub nyoog yau 10 xyoo ntawm koj dlaim teb yog ib yaam yuav tsum muaj kom ua teb muaj kev tso sab hab kom ua tau yooj yim hab tsis siv nyaj ntau. Lub koom hum National Children's Center for Rural and Agricultural Health and Safety los yog lub koom hum rua miv nyuam nyob teb chaw thoob plawg saib xyuas txug txuj kev noj qaab haus huv hab xyuam xim saib qaab hau rua thaj tsaam ntawm ntug zog hab txuj kev ua qoob ua loo muaj ib phau ntawv hu ua *Creating Safe Play Areas on Farms* los yog Ua chaw xyuam xim ruaj khov kho lom zem ua si tom teb. Phau ntawv nuav paab qhuab qha txug yuav ua ib qhov chaw xyuam xim ruaj khov kho lom zem ua si tom teb rua cov miv nyuam mog lab txug cov muaj nub nyoog 10 xyoo. Phau ntawv nuav pav txug txhua lub nub nyoog hab tus miv nyuam txuj kev to taub txug kev ceev faaj ntau yaam. Phau ntawv nuav pub dlawb ntawm lub koom hum MOSES dlaim website. Saib thaj tsaam hu ua Keb Paab (Resources) huv qaab.

Phau ntawv *Creating Safe Play Areas on Farms* pum zoo kom nrhav ib qhov chaw tiv thaiv ntawm cov keeb los yog poov, dleb ntawm tshuab laij teb los yog tshab, hab tsis muaj paas dlej los fais fab nyob ze. Piv txwv, ib lub tsev nce ua si, ib lub thawv muaj xuab zeb zoo ua si, los yog ib tus choj hlaa ua si muaj khoom ua si lom zem ntau ntij tau rua huv ib lub chaw dlaav npaum 12 neev taw (feet). Lub koom hum National Children's Center for Rural and Agricultural Health and Safety pum zoo kom muaj laj kaab tiv thaiv qhov thaj tsaam ua si ntawd, vim cov "laj kaab tiv thaiv yog qhov tseem ceeb tshaj plawg ntawm ib qhov chaw ua si lom zem rua miv nyuam."

Kev Paab (nrhav tau ntawm internet):

Ntawv paab qhuab qha (blog) hab sib paab tswv yim (info sheets) txug kev xyuam xim saib qaab hau nruog miv nyuam tom teb, hab phau ntawv *Creating Safe Play Areas on Farms* mosesorganic.org/child-farm-safety

Kev Xyuam Xim Saib Qaab Hau rua cov tshab maus taus (ATV):

www3.marshfieldclinic.org/proxy/MCRF-Centers-NFMC-NCCRAHS-resources-ATV.1.pdf

Kev Xyuam Xim Saib Qaab Hau Txug Poob Dlej ntawm ntug zog:

www3.marshfieldclinic.org/proxy/MCRF-Centers-NFMC-NCCRAHS-resources-ruralwater.1.pdf

Kev Xyuam Xim Saib Qaab Hau rua cov Tshuab laij teb:

www.ehs.iastate.edu/occupational/farms/tractor-tips

Lus ntawm:

Marshfield Clinic's National Children's Center for Rural and Agricultural Health and Safety (lub koom hum rua miv nyuam nyob teb chaw thoob plawg saib xyuas txug txuj kev noj qaab haus huv hab xyuam xim saib qaab hau rua thaj tsaam ntawm ntug zog hab txuj kev ua qoob ua loo ntawm Marshfield Clinic)

Iowa State University Environmental Health and Safety (lub tsev kawm ntawv saib xyuas txug kev noj qaab haus huv ib puag ncig hab xyuam xim saib qaab hau, nyob xeev Iowa)



MOSES provides education, resources, and guidance to help farmers grow organic.

© 2016 MOSES 01AAJNH81645