



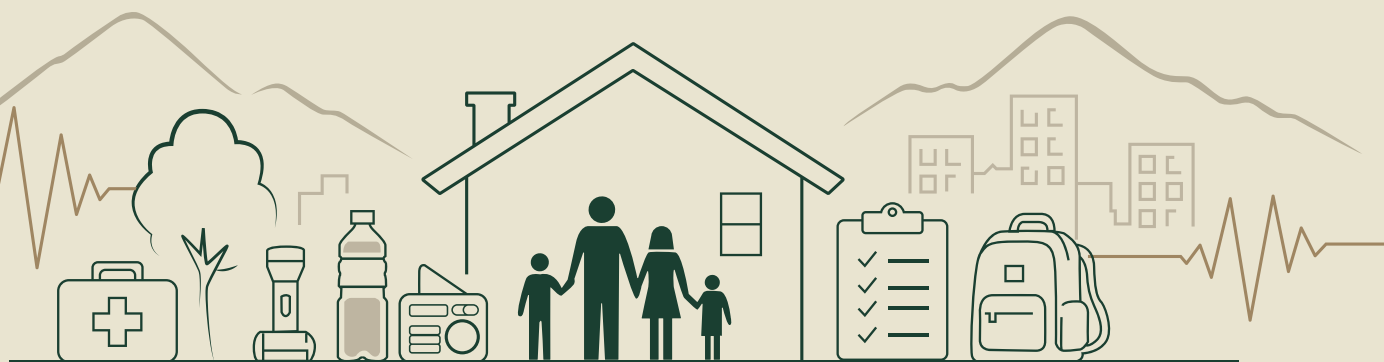
IKIGO CY'UBWAMI BW'AMAHORO N'UBUTABERA.

**Gahunda y'amahugurwa y'abasivili:
Imicungire y'ingaruka no kwitegura ibihe by'amage**

IMITINGITO

IGICE CYA 1

ICYICIRO CYA 1: MBERE



**Inyandiko yo kwigisha igenewe abaturage muri rusange bo muri
Amerika y'Epfo no muri Leta Zunze Ubumwe za Amerika**

Ihindurwa 1 - 2026

IMFASHANYIGISHO KUBYEREKEYE IBIZA: IMITINGITO
IGICE CYA 1 · ICYICIRO CYA 1: MBERE Y'UMITINGITO
Ku rugo, umuryango n'abaturage muri rusange

| Ihindurwa rya mbere · Nzeri 2026
IMITINGITO IGICE CYA 1 - ICYICIRO CYA 1: MBERE © 2026 Bya
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• IHINDURWA:

Centro del Reino de Paz y Justicia

• ICYEREKEYEZO:

Dr. José Benjamín Pérez Matos — Presidente

• ISUBIRAMO RYA TEKINIKI:

Olexandr Parkhomenko

Inzobere mu Micungire y'Ingaruka z'Ibiza

Injeniyeri w'Ibyuma bya Nucleaire

• DIZAYINE N'IBISHUSHANYO:

Ikiye y'aba Dizayina CRPJ

• AHO BIGARUKIRA:

Iyi mfashanyigisho igenewe abantu n'imiryango bifuzwa kwitegura mu ngo
zabo no mu mibereho babamo.

Ifite intego zo kwigisha no gukumira. Ntabwo isimbura amabwiriza
y'inzego z'ibanze ashinzwe kurengera abasivili, amabwiriza y'inzego
zibifitiye ububasha, cyangwa isuzuma ry'umunyamwuga ubifitiye
ubushobozi. Buri muntu na buri muryango bagomba guhuza izi nama
n'imiturire yabo ndetse n'imibereho barimo.

Mu gihe cy'amaze, buri gihe mukurikize amabwiriza y'inzego zibishinzwe
zo mu bihugu byanyu.

• GUKOPORORA:

Kwemererwa gukoporora iki gitabo cyose cyangwa igice cyacyo, mu gihe
bitagamije inyungu, kandi hagaragazwa inkomoko.



Ikigo cy'Ubwami bw'Amahoro n'Ubutabera

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IMITINGITO

IGICE CYA 1 | ICYICIRO CYA 1: MBERE

Kwirinda, kugabanya ingaruka no gutegura



Intego y'icyigisho

Kugira ngo uwitabirye abashe kumenya ingaruka z'imitingito zishobora kuba mu rugo rwe, aho akorera no mu gace atuyemo, kandi akoreshe ingamba zo kwirinda, kugabanya ingaruka no gutegura zafasha kugabanya ibyago umuryango we ushobora guhura na byo mbere y'uko umutingito uba: gukomeza umutekano w'ibiri mu bidukikije, kugira gahunda y'ubutabazi bw'amage, gutegura igikapu cy'ibikenewe mu masaha 72, gukora imyitozo ngororamubiri y'ubutabazi no gutegura abantu bafite ibyifuzo byihariye ndetse n'amatungo.

Fase 1: Mbere – Kwirinda, kugabanya ingaruka no gutegura

Icyiciro cyo kwitegura mbere ni cyo abaturage bashobora gufatiramo ingamba nyinshi zigamije kugabanya ibyago bashobora guhura na byo ndetse n'ibikomere.

Inzu, aho ukorera cyangwa ahantu hateranira abaturage hateguwe neza, bituma bigabanya ku buryo bugaragara ibyago bifitanye isano no kugwa kw'ibintu, kumeneka kw'ibirahure, kwangirika kw'ibikorwaremezo no kuziba kw'inzira zisohokerwamo.

1.1 Ubwubatsi bwo kugabanya ingaruka mu rugo no ku kazi

Gukomeza umutekano w'ibidukikije

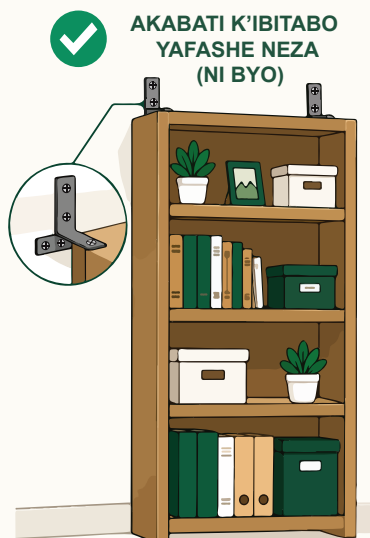
Ibikomere byinshi bibaho mu gihe cy'imitingito iciriritse cyangwa ikomeye biterwa n'ibintu bigwa, byimuka, bimeneka cyangwa bigwa hasi. Ni yo mpamvu ari ngombwa kugabanya ibi byago hakiri kare.

01

Gufata neza ibikoresho birebire kandi biremereye

- Gufata mu buryo bwa gihanga: Akabati, utubati tunini tw'ibitabo, amavitrine n'utwuma two gutunganyirizamo ibikoresho byo mu biro bigomba gufatanishwa neza n'ibice by'urukuta bikomeye kandi bishobora kwihanganira umutwaro, hakoreshejwe uburyo bukwiye bwo kubifata, nk'udukomatanyo tw'ibyuma n'imigozi ikwiye. Ntabwo hagomba gukoresheka imisumari isanzwe yonyine.
- Gukwirakwiza uburemere: Shyira ibitabo biremereye, inkoranyamagambo, ibikoresho byo ku meza, amadosiye n'ibindi bintu biremereye ku tubati two hasi. Ahantu ho hejuru hagenewe ibintu byoroheje cyangwa imitako yoroshye.

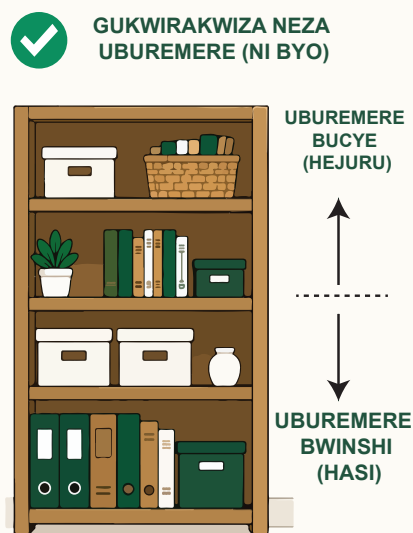
GUSHYIRA MU BIKORWA: GUKOMEZA UBUFATANYE BW'IBIKORESHO MU BURYO BUTEKANYE NO GUKWIRAKWIZA UBUREMERE



Gufata ibikoresho ku rukuta ukoresheje udufatisho tw'ibyuma n'imigozi bikwiye. Ibi birinda ko bigwa mu gihe cy'umutingito.

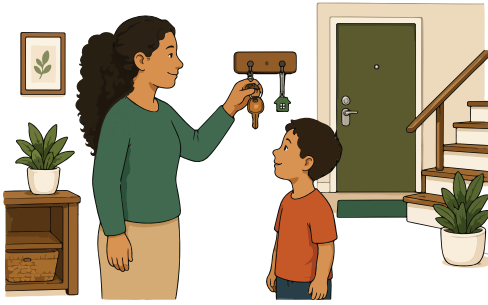


Mu gihe cy'umutingito, ibikoresho bitafashwe neza bishobora kugwa cyangwa guhirima, bigatera ibikomere bikomeye n'ibyangiritse ku bintu.



Shyira ibintu byoroheje mu tubati two hejuru, naho ibiremereye ubishyire ku tubati two hasi kugira ngo ibikoresho birushaho guhagarara neza.





02 IMYIFUNGURIZO N'INZIRA ZISOKOZA

- Bika imfunguzo z'inzira zisohokerwamo mu gihe cy'amage ahantu hamwe hazwi, hashobora kugerwaho ako kanya kandi hazwi n'abagize umuryango bose. Irinde kwishingikiriza ku kuba imfunguzo zihora ziri mu byuma bifungwa.



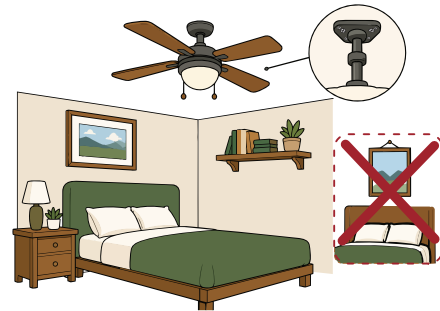
03 UMUTEKANO W'IBIKORESHO BYA ELEGITORONIKI NA ZA EKARA

- Ekara ya televiziyo, monitor za mudasobwa n'ibikoresho by'amajwi bigomba gufatwa neza ku byicarwo byabyo cyangwa ku rukuta, hakoreshejwe uburyo bukwiye bwo kubifata buburinda kugwa cyangwa kwimuka.



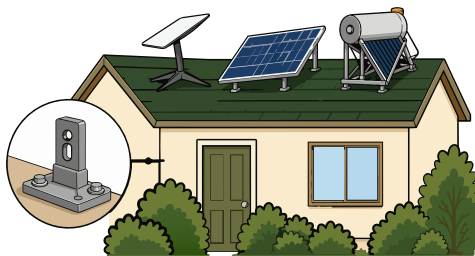
04 KURINDA IBIRAHURE N'AHANTU HARI IBIRAHURE

- Amadirishya, indorerwamo nini n'ibice bigizwe n'ibirahure bishobora gutwikirwa n'amafilimi yabugenewe yo kubirinda, kugira ngo bigabanye gukwirakwira kw'ibice by'ibirahure mu gihe bimenetse
- Irinde gushyira ibitanda, intebe ndende n'ahantu abantu bakunze kwicaramo hafi y'ahantu hanini hazizwe n'ibirahure.



05 IBINTU BIMANITSE

- Ventilatore zo ku gisenge, amatara n'amataru manini yo kumurika ahantu bigomba kuba bifite uburyo bwizewe kandi bukwiye bwo kubifata.
- Irinde gushyira amashusho aremereye, indorerwamo, utubati cyangwa ibindi bintu bishobora kugwa hejuru y'ibitanda, amasofa cyangwa ahantu abantu bamara igihe kinini.



06 ANTENA N'IBINDI BIKORESHO BISHYIRWA KU BISENGE

- Antena, panneaux, ibigega, ibikoresho byo hanze n'ibindi bikoresho bishyirwa ku bisenge cyangwa ku nyubako ziri hejuru bigomba kugira uburyo bukwiye bwo kubifata ku miterere y'inyubako.

Kwinjiza no gufata neza ibi bikoresho bigomba gukorwa mu buryo bukwiye kandi, aho bikenewe, bigasuzumwa n'abakozi babifitiye ubushobozi. Uburyo bwo kubifata bwakozwe mu buryo bw'akanya gato bushobora kubihindura ibintu biteje akaga mu gihe cy'umutingito.



07 IBINTU BITEJE AKAGA

- Imiti y'ibinyabutabire ikoreshewa mu ngo cyangwa mu nganda (nk'umuti wica udukoko, aside, amarangi, imiti yica udukoko n'imiti itera umwuka) igomba kubikwa mu tubati two hasi kandi dutekanye, byaba byiza dufite uburyo butuma imiriyango itifungura ku buryo butunguranye mu gihe habayeho kunyeganyega..

MWIBUKE



Fata ibikoresho byose birebire kandi biremereye ku rukuta cyangwa hasi.



Buri gihe genzura uburyo ibikoresho bifashwe ndetse n'imiterere y'inzu yawe.



Tegura kandi uhore ubungabunga ahantu hawe hatekanye kandi hatarimo ibintu bibangamira inzira

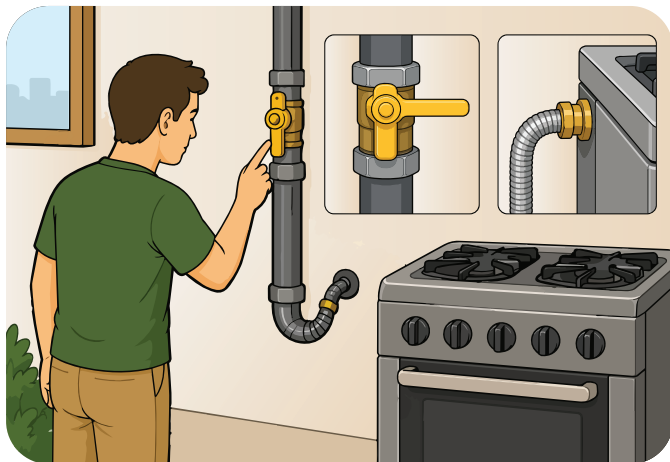


1.2 - IBIKORWA REMEZO N'UBURYO BW'UBUZIMA

Kwangirika kw'imiyoboro ya gazi, amashanyarazi n'amazi bishobora guteza inkongi z'umuriro, gusohoka kwa gazi, imyuzure n'izindi ngaruka nyuma y'umutingito.

01 GAZI N'IBICANWA

- Menya aho valve nkuru itanga gazi iherereye kandi urebe ko abantu bakuru bashinzwe babizi uko bayifunga
- Komeza ahagera kuri iyo valve hatabangamiwe.
- Aho bikenewe, koresha imiyoboro ihindagurika yemewe kandi ibereye ibikoresho.
- Ibikoresho bigomba kuba byashyizweho kandi bigakomezwa neza.



NI NGOMBWA!

Mu gihe cy'umutingito,
NTUKAZENGURUKA mu nzu
ushaka gufunga gazi.

NYUMA Y'UMUTINGITO

Iyo umutingito urangiye, kandi ari uko gusa kubikora bitekanye, genzura imiyoboro. Funga gazi niba hari ibimenyetso by'uko isohoka.

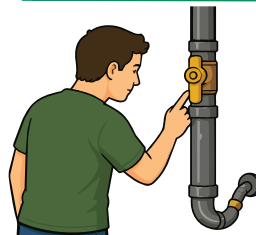
GUTIGITA



NTUGIRE ICYO UKORA



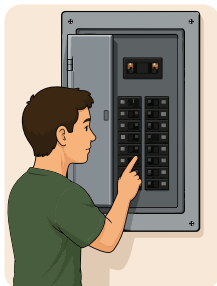
UMUTINGITO URANGIYE



GENZURA
NIBA KUBIKORA
BITEKANYE

02 SISITEMU Y'AMASHANYARAZI

- Menya aho agasanduku rusange k'amashanyarazi kari.
- Komeza utubuto two kuzimya no kwatsa amashanyarazi twanditswe neza.
- Menya neza ko abantu bakuru bashinzwe bazi uburyo bwo guhagarika itangwa ry'amashanyarazi.

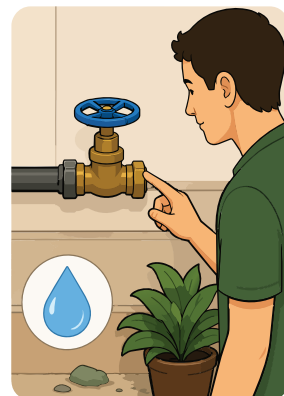


NYUMA Y'UMUTINGITO

Umutingito umaze kurangira, uzimye amashanyarazi niba ubonye ibyangiritse ku mashanyarazi kandi ukaba ushobora kubikora mu buryo butekanye.

03 AMAZI MEZA

- Menya aho robine nkuru ifunga amazi iherereye.
- Bungabunga inzira igera kuri robine hatabangamiwe n'imbogamizi.
- Nyuma y'umutingito, kurikiza amabwiriza y'abayobozi arebana n'umutekano w'itangwa ry'amazi.



MWIBUKE



Menya valuve zose za gazi.



Menya agasanduku rusange k'amashanyarazi.



Menya robine nkuru ifunga amazi.

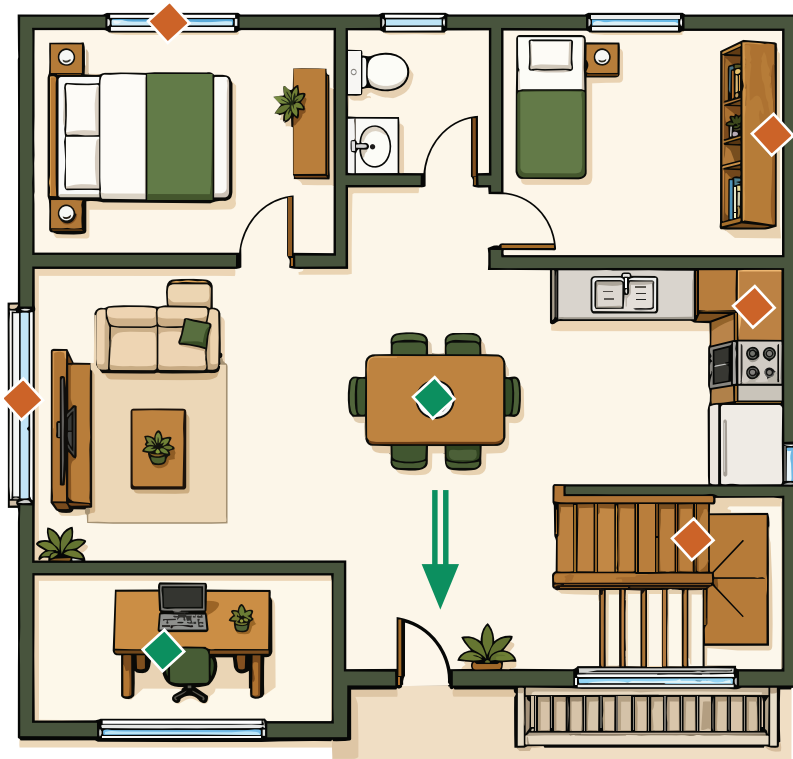


1.3 - GAHUNDA Y'IHUTIRWA Y'UMURYANGO CYANGWA ABATURAGE:

01

KUMENYA INGARUKA ZISHOBORA KUBONEKA MURI UWO MURYANGO HAGATI MURI WO

Menya ingaruka, ahantu ho kwikinga n'inzira zo gusohokera.

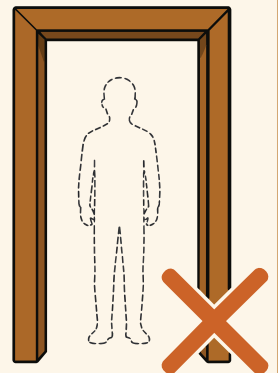


- ◆ Ahantu ho kwikinga (ameza n'intebe bikomeye)
- ◆ Ahantu hashobora guteza ibyago (ibintu bishobora kugwa o ahantu hateje akaga)
- ➡ Inzira yo gusohoka (yikomeze idafite ibibangamyeye)



ICYITONDERWA

Ibizingiti by'imiryango ntabwo bihita biba ahantu hatekanye. Mu mazu ya kera, ibizingiti by'imiryango byashoboraga kuba ari byo byonyine byasigaraga bihagaze kubera ubukomere bw'imyubakire yabyo, ariko mu nyubako zigezweho ntabwo aba akomeye mu buryo bw'imiterere.



Menya kandi ahantu hashoboka gushyira mu bikorwa neza imyitwarire yo kwirinda:

UNAMA



IKINGIRE

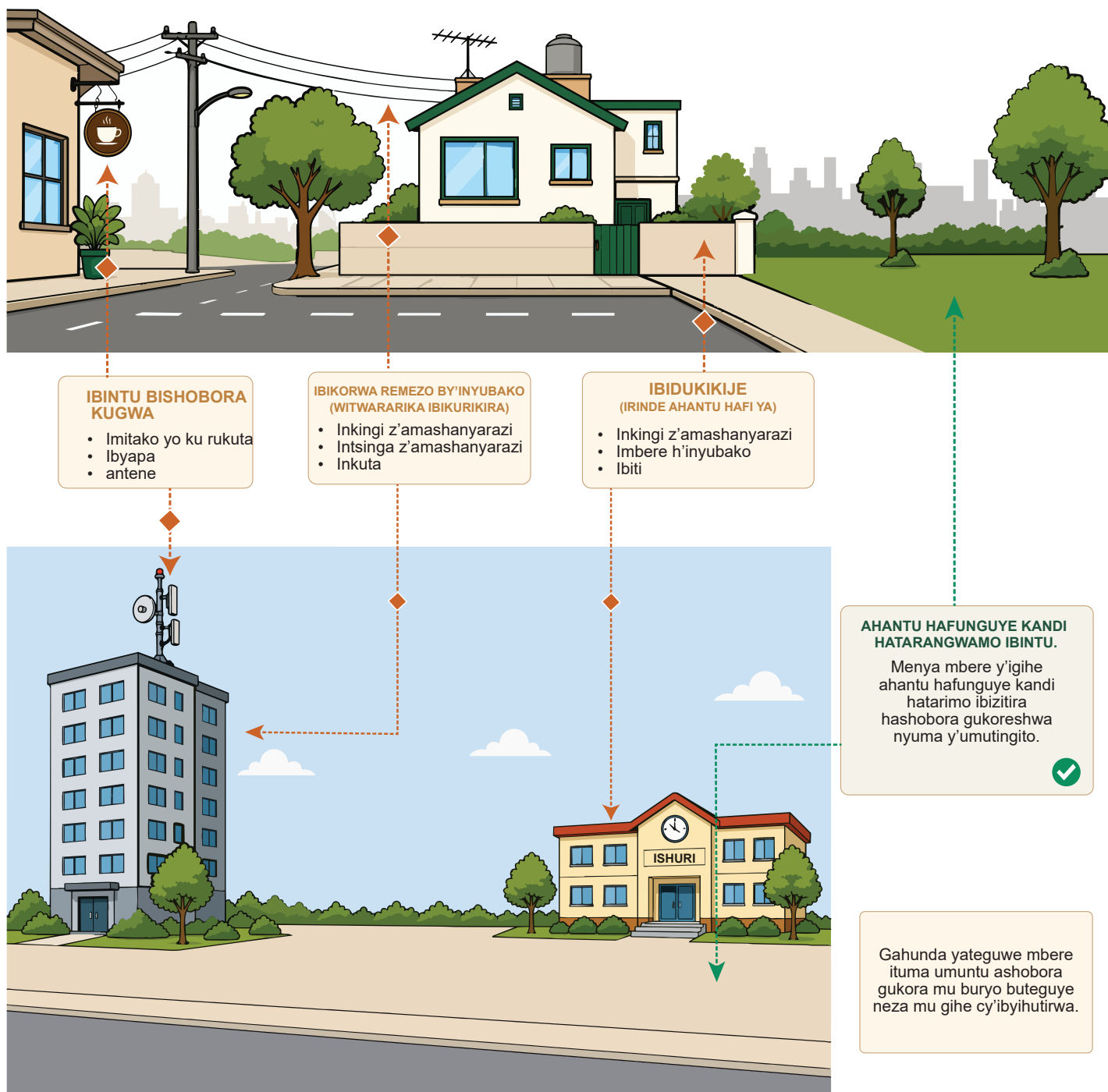


IKOMEZE



Igihe cyose bishoboka, jya wikinga muni y'ameza cyangwa y'akameza k'akazi gakomeye.

Menya mbere y'igihe ibyago biri hafi y'inzu, inyubako, ishuri cyangwa aho ukorera:



MWIBUKE



Suzuma inzu yawe buri gihe.



Ganira kuri icyo gahunda n'abagize umuryango bose.

03

IGABANYWA RY'INSHINGANO

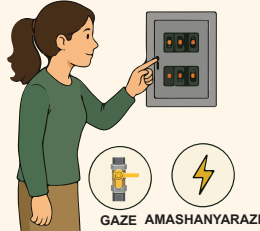
Mbere y'uko habaho ibyihutirwa, buri wese mu bagize umuryango agomba kumenya inshingano ze.

USHINZWE GUSOHORA ABANTU MU NYUBAKO



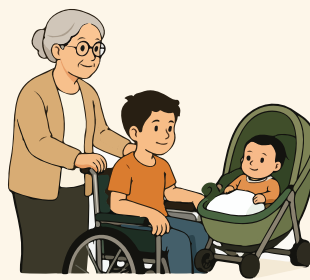
Azafata Igikapu cy'ibikoresho by'ubutabazi, maze umutingito urangiye, igihe bibaye ngombwa ko musohoka, ayobore itsinda mu nzira yari yateganyijwe.

USHINZWE UMUTEKANO



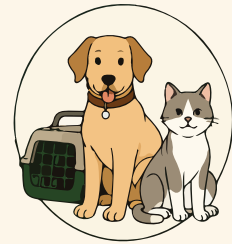
Umutingito umaze kurangira, kandi ari uko gusa kubikora bitekanye, azagenzura ibikorwaremezo. Azafunga gaze niba hari ibimenyetso by'uko isohoka, kandi azaca amashanyarazi niba abonye ibyangiritse ku mashanyarazi.

USHINZWE ABANTU BAKENEYE UBUFASHA



Azafasha impinja, abana, abantu bageze mu zabukuru, abantu bafite ubumuga n'abandi bantu bakeneye ubufasha.

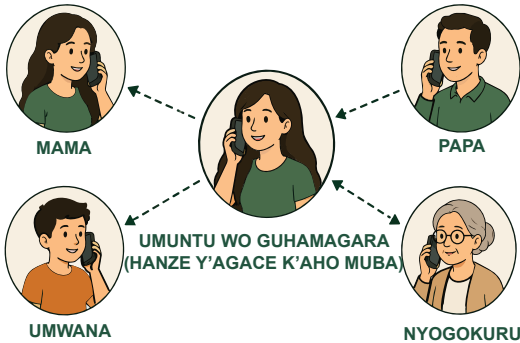
AMATUNGO



Mugena kandi uzaba ushinze amatungo.

04

ITUMANAHU



1

Hitamo umwe mu bagize umuryango cyangwa umuntu mwizewe utuye hanze y'agace mutuyemo, kugira ngo abe umuhuza w'amakuru.

2

Buri wese mu bagize umuryango agomba kumenya cyangwa kwandikishaho nimeru ye ya telefoni.

3

Nyuma y'umutingito, igihe bishoboka, muje mwohereza ubutumwa bugufi bugaragaza uko mumeze n'aho muri.

MUVUGANE MU BURYO BUNOZE

UBUTUMWA BUGUFI



Iyo imiyoboro y'itumanaho yuzuye, ubutumwa bugufi bushobora kuba ingirakamaro.

GUHAMAGARA KURI TELEFONI



Yikoreshe igihe bishoboka, ariko imiyoboro ishobora kuba yuzuye.

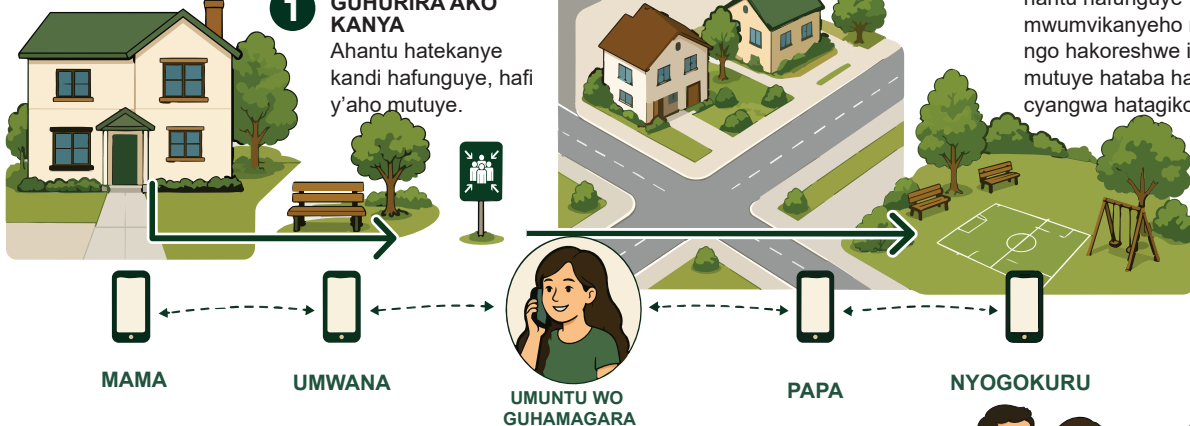
05

AHANTU HO GUHURIRA

1

AHANTU HO GUHURIRA AKO KANYA

Ahantu hatekanye kandi hafunguye, hafi y'aho mutuye.



2

AHAHURIRWA H'AGATEGANYO

Pariki, ikibuga, ahantu hahurira abantu benshi cyangwa ahandi hantu hafunguye mwumvikanyeho mbere, kugira ngo hakoreshewe igihe aho mutuye hataba hatekanye cyangwa hatagikoreshewa.

MWIBUKE



Gahunda ikora neza kurushaho iyo buri wese azi icyo agomba gukora, uko bagomba gutumanaho n'aho bagomba guhurira.



1.4 IGIKAPU N'IBIKORESHO BY'UBUTABAZI

Igikapu y'ubutabazi bwihutirwa igomba gutuma umuntu abona vuba ibikoresho by'ibanze bikenewe mu gihe cyo kwimuka.

Uretse igikapu gitwarwa, ni byiza kandi kugira ibikoresho by'ubutabazi bwihutirwa bibikwa mu rugo.

Igikapu kigomba kuba gikomeye, cyoroshye gutwarwa kandi kikabikwa ahantu hazwi kandi hagaragara.

Ingano n'imitunganyirize y'igikapu bizaterwa n'umubare w'abagize urugo ndetse n'imbaraga bw'abazagitwara.



01

AMAZI N'IBIRIBWA

Amazi

Nk'ihame rusange, teganya hafi litiro 4 z'amazi kuri buri muntu ku munsu, harimo ayo kunywa n'ayo gukoresha mu bindi by'ibanze, ku gihe kingana nibura n'iminsi itatu mu gihe cyo kwimuka.

Kubera uburemere bw'amazi, tandukanya hagati ya:



• Amazi ashobora gutwarwa mu buryo bushoboka mu gikapu.

• Amazi y'ubutabazi bwihutirwa abikwa mu rugo.



Ibiribwa bidapfa kwangirika.

Shyiramo ibiribwa byoroshye kurya no kubika nka:

- Bifunitse mu bikombe
- Ibiribwa bifite uburyo bworoshye bwo gufungura
- agapaki k'impeke
- Imbuto zumye
- Ibisuguti
- Ibindi biribwa bidapfa kwangirika bihuye n'ibikenewe n'umuryango.

Muzirikane ibyatera umubiri ubwivumbure, ibyo umubiri utihanganira n'ibindi biribwa byihariye bikenewe.

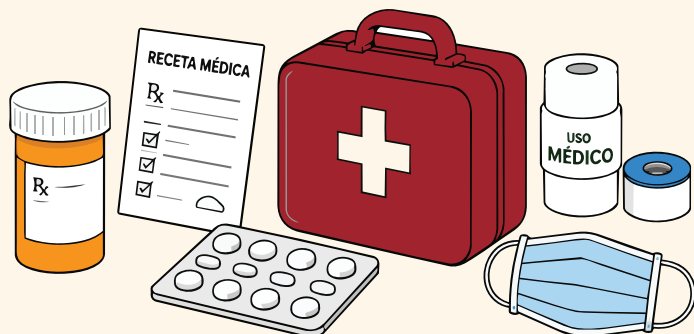


- Ku mpinja n'abana bato, shyiramo amata y'abana, ibiribwa by'abana n'ibindi bikoresho byihariye bikenewe.



- Ku matungo yororerwa mu rugo, shyiramo n'ibiryo biboneye.



**Shyiramo:**

- Imiti mukoresha buri gihe;
- Kopi y'impapuro zandikwaho imiti cyangwa amabwiriza ya muganga bikenewe;
- Gaz za sterili;
- Ibicuruzwa;
- Bande y'ubuvuzi ifata;
- Umuti wica mikorobe;
- Ibikoresho by'ibanze by'ubutabazi bw'ibanze;
- Udupfukamunwa tuboneye ahantu hari ivumbi;
- Ibindi bikoresho byihariye bikenewe ku bagize urugo.



Abantu bakeneye imiti y'ingenzi bagomba, igihe bishoboka kandi bakurikije amabwiriza abigenewe, guteganya imiti ihagije yo gukoresha mu minsi myinshi.

**Iitoroshi.**

Ahabanza, koresha itoroshi yambarwa ku mutwe, ituma amaboko akomeza kuba abohotse. Hashobora kandi gukoreshwa amatara akoreshwa n'imashini y'intoki. Niba akoresha bateri, bika neza bateri zisimbura.

**Radiyo yimukanwa**

Gumana **radiyo nto yimukanwa ya AM/FM** ikoresha bateri cyangwa maniveli kugira ngo ubashe kwakira amakuru yemewe igihe imiyoboro ya telefoni zigandanwa cyangwa interineti byaba byahagaritswe cyangwa byuzuye.

**Ibikoresho**

Hashobora kongerwamo ibikoresho byinshi bikomatanyije biboneye gukoreshwa mu gihe cy'amage, buri gihe bikabikwa ahantu hizewe kandi hatagera abana.

**Ifirimbi**

Shyiramo ifirimbi ishobora gutanga ibimenyetso bitabaye ngombwa ko umuntu ataka igihe kirekire.

**Bateri yimukanwa**

Gumana bateri yo hanze yuzuye umuriro n'insinga zijyanye na telefoni zigandanwa.



Shyiramo:



Uduhanagura dutose



Geli yica mikorobe



Isabune



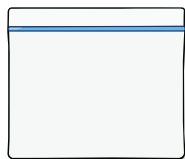
Impapuro z'isuku



Uburossi bwo koza amenyo n'umuti w'amenyo



Ibikoresho by'isuku y'imihango igihe bikenewe.

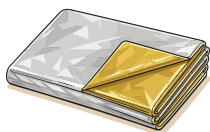


Amashashi afunga neza yo kubikamo ibintu.



Ibihanagura bitose na geli bituma umuntu akomeza isuku y'ibanze by'igihe gito igihe bidashoboka gukaraba neza hakoreshejwe amazi n'isabune, ariko ntibigomba gufatwa nk'ibisimbura bihwanye no gukaraba intoki.

Shyiramo:



ikiringiti cy'ubushyuhu



Umwenda wo guhindura.



Imyambaro ibereye ikirere.



Imyambaro itinjirwamo n'amazi igihe bikenewe.



Inkweto zifunze kandi zikomeye.



Kopi z'inyandiko z'ingenzi zirinzwe amazi.



Amakuru y'aho umuntu abarizwa.



Amafaranga y'imiciri n'inoti ntoya



Curisha imfunguzo zikenewe.

INAMA ZO GUTEGURA IGIKAPU

01 AHANTU

Yibike ahantu hagerwa kandi hazwi n'abagize urugo bose.



02 ISUZUMA RY'IGIHE CYOSE

Jya usuzuma buri gihe:



- ✓ amazi
- ✓ Ibiryo
- ✓ Imiti
- ✓ Bateri
- ✓ Bateri yo hanzwe
- ✓ Inyandiko
- ✓ Imyambaro
- ✓ Ibikenewe byihariye ku bana, abantu bafite ubumuga n'amatungo.

03 UBUREMERE

Igikapu ntikigomba na rimwe kuba kiremereye ku buryo kibangamira kwimuka mu mutekano.

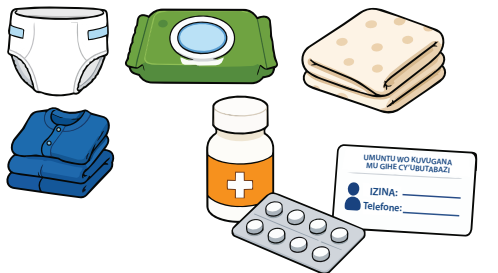


1.5 ITEGURWA RY'IMPINJA N'ABANA

Ingo zirimo impinja cyangwa abana zigomba guhuza imyiteguro yazo n'ibyo bakeneye byihariye.

Shyiramo ibikurikira bitewe n'ibikenewe:

- Impapuro z'abana
- Udutambaro two guhanagura abana
- Amata y'abana
- Amacupa y'abana n'ibikoreshe bikenewe
- Ibiribwa by'abana
- Imiti
- Imyambaro y'inyongera
- Umwambaro wo kwiyorosha
- Ibikoreshe by'isuku
- Indangamuntu n'amakuru y'abantu bahamagazwa mu gihe cy'amazezi



Ibyo Wakongeraho:

- Igikinisho gito, igikinisho cy'ubwoya cyangwa ikindi kintu umwana akunda cyane;
- Ibikorwa byoroheje bishobora gufasha umwana gukomeza kugira icyo akora no kugabanya ubwoba.

Abana bakuze, urwego rw'imikurire n'ubushobozi bw'umubiri bihagije bashobora kugira igikapu cyabo bwite cyoroheje.



Ntabwo hakwiye gushyirwaho imyaka imwe rusange y'abana bose yo gutwara igikapu cyabo bwite. Uburemere bwacyo bugomba kugenwa hakurikijwe ubushobozi bwa buri mwana ku giti cye, kandi ntibukwiye na rimwe kumubuza kugenda, kuringaniza umubiri cyangwa kwimurwa ahantu hameze nabi.

1.6 IMYITOZO N'AMAHUGURWA

Buri gihe mukore imyitozo y'ibyo mukwiye gukora mu gihe cy'umutingito n'uko mukwiye kwitwara nyuma yawo.

Imyitozo ishobora gukorwa harebwa ibihe bitandukanye:



Umutingito ubaye nijoro



Gucika kw'amashanyarazi



Inzira isanzwe yo gusohokamo ifunzwe



Gukenera gufasha umuntu utishoboye



Kuba hari amatungo



Abagize umuryango bose bagomba kumenya inzira zo gusohokera n'ahantu ho guhurira.



Ubufasha Bw'ibanze

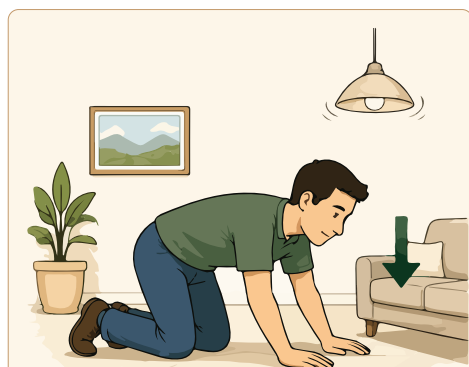
Ni byiza ko bamwe mu bagize umuryango cyangwa abaturage bahabwa amahugurwa asanzwe y'ubufasha bw'ibanze no kuzahura umuntu wahagaritse guhumeka (CPR).



1.7 IMYITWARIRE Y'IBANZE MU GIHE CY'UMUTINGITO

Imyiteguro yose ibanza igomba kuba ikubiyemo kwitoza imyitwarire ikwiye, izakorwa umutingito utangiye.

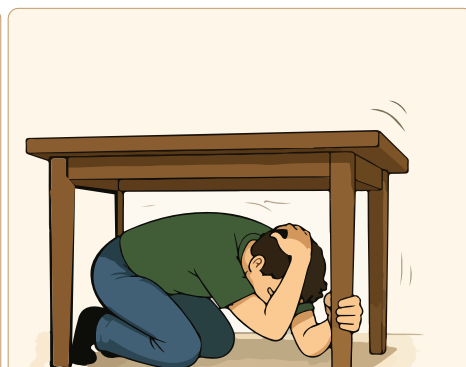
UNAMA — IKINGIRE — IKOMEZE



UNAMA:
Manuka hasi ako kanya kugira ngo wirinde kugwa.



IKINGIRE:
Rinda cyane cyane umutwe n'ijosi. Igihe cyose bishoboka, jya muni y'ameza cyangwa akameza gakomeye.



IKOMEZE:
Komera ku kintu kikirinda kugeza igihe umutingito urangiriye.

MU GIHE CY'UMUTINGITO:



Ntukiruke werekeza aho basohokera mu gihe ubutaka bukinyeganyega.



Ntukoreshe asanseri.



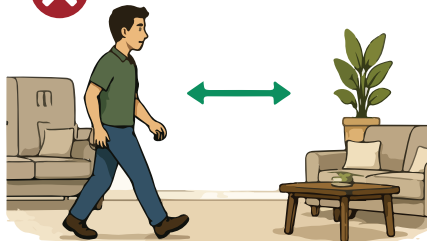
Ntugahite ujya kwikinga mu nkomanizo z'imiryango.



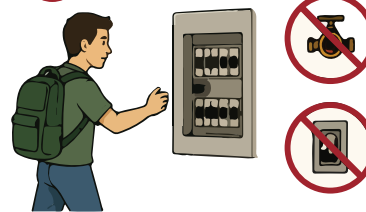
Irinde amadirishya, ibirahure n'ibintu bishobora kugwa.



Ntukagendagende mu nzu bidakenewe.

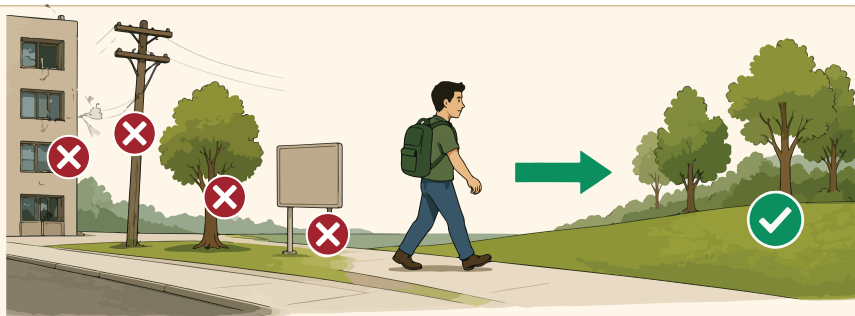


Ntugarageze gufunga gaze cyangwa amashanyarazi mu gihe umutingito ukomeje.



NIBA URI HANZE Y'INYUBAKO

Guma aho uri cyangwa wimukire, igihe ushobora kubikora mu buryo bwizewe, ujye ahantu hafunguye kandi hatarimo ibintu, kure y'inyubako, inkuta zo hanze, ibice by'inyubako bimanitse, ibirahure, inkingi, insinga z'amashanyarazi, ibiti, ibyapa n'ibindi bintu bishobora kugwa.



1.8 IMYITEGURO Y'URUGO MU GIHE CY'IJORO

Mu duce dukunze kubamo imitingito, ni ngombwa guhura urinda ko ibintu byakumira umutekano, ku buryo washobora kwitwara neza kandi mu mutekano mu gihe cy'ijoro.

01 AHO KURYAMA

Irinde gushyira ibintu biremereye hejuru y'umutwe w'igitanda.

Irinde gusiga ibikinisho, inkweto, insinga, ibikapu cyangwa ibindi bintu bishobora gutuma ugwa.

Bika inkweto zifunze kandi zikomeye hafi y'igitanda.

Gira itara ry'intoki hafi yawe ku buryo urigeraho byoroshye.

Niba ukoreshe indorerwamo z'amaso, zihore ahantu ushobora kugeraho kandi uzi neza.

Komeza ahakikije uburiri n'inzira zinyurwamo hatarimo inzitizi.

02 INZIRA Z'IBYUMBA N'IZISOHOKA

- ✓ Komeza kwirinda inzitizi mu nzira.
- ✗ Ntugafunge imiryango cyangwa inzira zo gusohokamo.
- ✓ Bika imfunguzo zikenewe mu gusohoka ahantu hagenwe, hagaragara kandi hagerwa ako kanya, kandi hazwi na bese.
- ✓ Igihe bishoboka, koresha amatara y'ubutabazi akora n'igihe amashyamba yacitse.

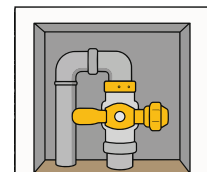
03 IGIKONI N'AHANTU HA SERIVISI

- ✓ Komeza utubati n'utubati two mu gikoni bifunze neza.
- ✓ Koresha uburyo bukwiye bwo gufata no gukumira ibintu igihe bikenewe.
- ✗ Ntugasige ibikoresho bishobora guteza akaga bikora bidakenewe kandi nta muntu ubigenzura.



Ntabwo ari ngombwa gufunga gaze buri joro nk'ingamba rusange yo kwirinda umutingito.

Kwirinda bigomba kwibanda ku gukomeza ibikorwaremezo bitekanye, imiyoboro ihujwe neza, ibikoresho bifashwe neza, no kumenya aho amavaru ye yo gufunga aherereye n'uko akora.



IMYITEGURO Y'UMUNTU BWITE



Komeza telefoni ifite umuriro uhagije kandi iri ahantu wayigeraho byoroshye.



Fungura ubutumwa bw'imbuze zemewe ziboneka aho utuye.



Bika igikapu cy'ubutabazi ahantu hagenwe.



Menya neza ko bese bazi aho gihereye.



1.9 GUTEGURA AMATUNGO

Kwitategura hakiri kare bifasha kurinda no kongera kubona amatungo nyuma y'ibihe by'amage.

01 UMWIRONDORO

UMUDARI

Imbwa n'injangwe bigomba kugira ibiranga umwirondoro n'amakuru y'aho wabibariza bigezweho.

MIKOROCHIPI

Iyo biboneka, tekereza ku gukoresha mikorochipi kandi ugumane amakuru ayiherekeza agezweho.

AMAFOTO

Bika amafoto aheruka y'itungo kuri telefoni kandi, niba bishoboka, ubike kopi yayo hamwe n'innyandiko z'ubutabazi.



02 IBIKORESHO BY'UBUTABAZI BY'ITUNGO

Nashyiramo:



Ibiryo bihagije by'iminsi myinshi



Amazi



Ibikoresho bitwarwamo.



Imiti ikenewe



Inyandiko z'ubuvuzi bw'amatungo



Ibikoresho by'isuku

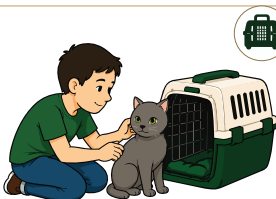


Amashashi yo gushyiramo imyanda



Ibikoresho byihariye bitewe n'ubwoko bw'itungo.

03 KUTWARA



Agasanduku ko gutwaramo itungo

Bika agasanduku ko gutwaramo itungo ahantu hashobora kugerwaho byoroshye. Menyereza itungo kugakoresha mbere kugira ngo bigabanye umunaniro ukabije mu gihe cy'amage.

Umugozi wo kuyobora n'umukandara:

Bihore bibitse ahantu hamwe kandi hashobora kugerwaho byoroshye, byaba byiza hafi y'ibikoresho by'ubutabazi.

Ikintu itungo risanzwe rimenyereye: Gishobora kuba igitambaro, igikinisho cyangwa ikindi kintu rimenyereye gifasha kugabanya umunaniro ukabije w'itungo.

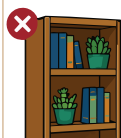


04 AHAKIKIJE HATEKANYE



Menya ahantu itungo risanzwe ryihisha iyo rifite ubwoba.

Irinde gushyira ibi muri utwo duce:



Utubati turemereye



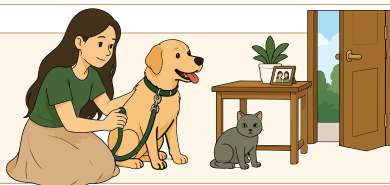
Indorerwamo



Amashusho yo ku nkuta



Ibintu bishobora kugwa



Iyo kunyeganyega birangiye, kandi igihe ari byiza kubikora, banza ugenzure itungo mbere yo gufungura inzugi zisohokera hanze, kuko itungo rifite ubwoba rishobora kugerageza gutoroka.



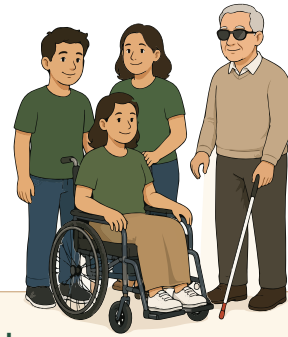
1.10 ABANTU BAFITE UBUMUGA (PCD)



Kwitegura bigomba guteza imbere ubushobozi bwo kwigenga, guhuza ibidukikije n'ibiyifuzo byihariye bya buri muntu no guteganya hakiri kare imiyoboro y'ubufasha.

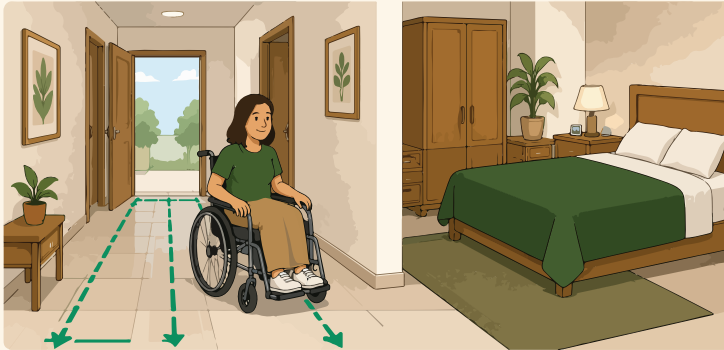


Mu gihe cy'umutingito, icyibanze ni ukwirinda ako kanya aho uri, hanyuma ukimuka nyuma y'uko kunyeganyega birangiye, igihe imiterere y'ahantu ibisabye.



01

KUGENZURA INZU.



Inzira Nyabagendwa

Komeza inzira zikoreshwa n'abantu bakoresha amagare y'abafite ubumuga, ibikoresho bifasha kugenda, inkoni cyangwa ibindi bikoresho byifashishwa mu kugenda zitarimo ibintu bibangamira.

Ibyumba byo kuryamamo

Shyira ibitanda kure ya



Amadirishya



Indorerwamo



Ibikoresho birebire



Amashusho aremereye

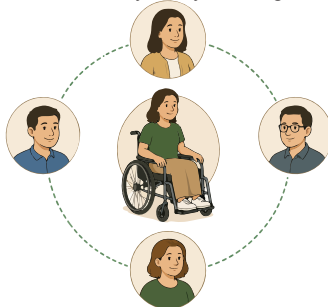


Ibindi bintu bishobora kugwa

02

URUSOBE RW'UBUFASHA

Tegura mbere y'igihe urusobe rw'abagize umuryango, abaturanyi, abo mukorana cyangwa abandi bantu mwizewe, bashobora kugenzura uko PCD ameze no kumuha ubufasha nyuma y'umutingito.



Urusobe ugomba kumenya:



Ibiyifuzo byihariye by'umuntu



Aho imiti n'ibikoresho by'ingenzi biherereye.



Inzira zishobora kugerwamo.



Uburyo bw'ibikorwa bwumvikanyweho mbere.



Iyo bikenewe kandi bikwiye, shyiraho uburyo bwizewe bwo gutuma abafasha bashobora kwinjira mu rugo.

03

IGIKAPU CY'IBIKORESHO BYIHARIYE

Usibye ibikoresho rusange, shyiramo n'ibikoresho byihariye umuntu akeneye.



IMITI

Bika imiti y'ingenzi n'amakuru akenewe ku ikoreshe ryayo.



AMAKURU Y'INGENZI

Shyiramo ikarita irinzwe neza irimo amakuru akenewe kugira ngo ubufasha butangwe, nka:

- izina
- ibiyifuzo by'ubufasha
- aleliji
- imiti
- abo kuvugisha mu gihe cy'amaze
- andi makuru y'ingenzi.



IBIKORESHO BY'UBUFASHA

Shyiramo, bitewe n'ibikenewe:

- bateri z'inyongera,
- charger,
- ibikoresho byifashishwa ku byuma bifasha kumva,
- ibikoresho bijyanye n'ibikoresho bifasha kugenda,
- uburyo bw'ubundi buryo bwo gutumanaho,
- ibindi bikoresho by'ingenzi bikenewe.



04 KWITEGURA HAKURIKIJE IBYANGOMBWA BYIHARIYE

Abantu bafite ubushobozi buke bwo kugenda

Niba ukoreshe igare ry'abafite ubumuga:

FATA FERI



Kanda feri.

WIKINGIRE



Rinda umutwe n'ijosi.

IKOMEZE



Unama hasi igihe bishoboka. Fata ukomeze ufate kugeza igihinda kirangiye.



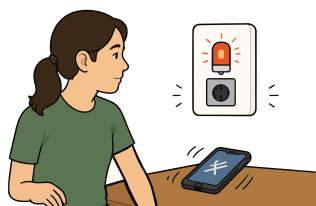
Buri gihe uje ubika inkoni, amaboko yifashishwa mu kugenda, ibyuma bifasha kugenda n'ibindi bikoreshe byifashishwa mu kugenda ahantu umuntu ashobora kubigeraho bitagoranye.

ABANTU BAFITE UBUMUGA BWO KUTABONA



- ✓ Teganya kandi utegure ibikoreshe byo mu nzu ku buryo butunganye kandi bworoshye kumenyekana.
- ✓ Menyesha impinduka iyo ari yo yose ku mwanya ibintu biherereyemo.
- ✓ Banza wimenyereze inzira n'imigendekere y'ibikorwa by'ubutabazi bw'ihutirwa hamwe n'urwego rw'abagufasha.
- ✓ Nyuma y'umutingito, uzirikane ko ibintu byaguye bishobora kuba byarahinduye inzira wari usanzwe uzi.

ABANTU BAFITE UBUMUGA BWO KUTUMVA



Iyo biboneka, koresha uburyo bwo gutanga amakuru hakoreshejwe ibimenyetso bigaragara, urumuri cyangwa kunyeganyega.

Gumana ibikoreshe by'ubundi buryo bwo gutumanaho biboneka, nka:

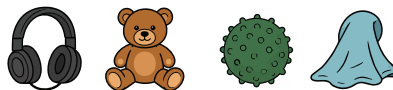
- Telephone igendanwa
- Impapuro cyangwa agatabo k'inyandiko.
- Ikaramu y'igiti, marikeri cyangwa ikaramu y'amabara.
- Ikibaho.

ABANTU BAFITE UBUMUGA BW'UBWONKO, BW'UBWENGE CYANGWA ABANTU BAFITE IMITERERE YIHARIYE Y'IMIKORESHEREZE Y'UBWONKO



Tegura mbere y'igihe uwo muntu ukoresheje uburyo bukwiranye n'ibyo akeneye, nka:

- ibimenyetso by'amashusho;
 - amabwiriza y'amashusho;
 - inkuru z'imibereho;
 - imyitozo y'ubutabazi ikorwa buhoro buhoro;
 - gusubiramo gahunda zoroshye.
- Mu gikapu hashobora kongerwamo ibikoreshe bifasha kugabanya umunaniro wo mu mutwe, nka:
- utwuma twumva amajwi;
 - ibikinisho;
 - ibintu bifasha mu byumviro;
 - utuntu duto umuntu afata akumva amerewe neza.



Imyitozo y'ubutabazi igomba gukorwa buhoro buhoro kandi igahuza n'ibikenewe, hirindwa gutera bidakenewe ubwoba, agahinda cyangwa gukabya gukangurwa kw'ibiyumvo.

ICY'INGENZI: kwitegura hifashishijwe ubundi buryo bujyanye n'ibyo uwo muntu akeneye.

MWIBUKE



Kwitegura bitangira **MBERE** y'umutingito. Komeza neza ibintu bishobora kugwa. Gumana inzira zigenwa neza kandi zitabangamiwe. Tegura amazi, ibiribwa, imiti n'ibikoresho by'ibanze bikenewe. Tegura umuryango wawe cyangwa abo muturanye. Menya ahari ibyago. Jya ukora imyitozo buri gihe.

Kandi ik'ingenzi kurushaho, buri wese agomba kumenya no kwimenyereza icyo gukora igihe umutingito utangiye:

1

UNAMA



2

IKINGIRE



3

IKOMEZE



Ntukiruke ujya ku muryango usohokera mu gihe umutingito ugikomeje. Banza wikingire. Sohoka nyuma y'uko umutingito urangiye, igihe bibaye ngombwa kandi ari na bwo kuba usohotse ari umutekano.



Gahunda y'amahugurwa y'abaturage:
Imicungire y'ibyago no kwitegura ibihe by'amage

IMITINGITO

IGICE CYA 1

ICYICIRO CYA 1: MBERE

INYANDIKO NYIGISHO IGENEWE ABATURAGE BOSE
BO MURI AMERIKA LATINA NA LETA ZUNZE UBUMWE Z'AMERIKA

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