



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 2: MU GIHE URI KUBA



**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

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• DIZAYINE N'IBISHUSHANYO:

Ikiye y'aba Dizayina CRPJ

AHO BIGARUKIRA:

Iyi mfashanyigisho igenewe abantu n'imiryango bifuza 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'amage, 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 2: MU GIHE URI KUBA

Igikorwa cyihuse no kwirinda mu gihe cyo kunyeganyega



Intego y'icyigisho

Kugira ngo uwitabiriye amenye kandi akurikize imyitwarire yo kunama, kwikinga no gwikomeza mu gihe cy'umutingito, akabihuza n'aho ari, akamenya ibikorwa agomba kwirinda mu gihe isi igikomeza kunyeganyega, kandi akamenya kwirinda ibyago byihuse biri mu nkengero ze.

Mu gihe isi iri kunyeganyega, ntugeraze gusohoka mu nyubako wihuse, ntiwirukire ku muryango usohokamo kandi ntukoreshe asanseri. Banza wirinde. Kunyeganyega bimaze guhagarara, suzuma uko ibintu bimeze hanyuma usohoke igihe bibaye ngombwa kandi wirinze.



2.1 IMYITWARIRE Y'INGENZI MU GIHE CY'UMUTINGITO

Iyo kunyeganyega bitangiye, akenshi nta mwanya uba uhagije wo gukora ibikorwa bigoye. Ni yo mpamvu abantu bagomba kuba baramenye mbere imyitwarire yoroshye ishobora gukorwa ako kanya:

01

UNAMA



IKINGIRE



IKOMEZE



Hita wicara hasi cyangwa wunama kugira ngo ugabanye ibyago byo kugushwa no kunyeganyega kw'ubutaka.

Shyira amaboko n'amavi hasi igihe bishoboka. Uyu mwanya ugabanya ibyago byo kugwa kandi ukagufasha kwimuka intera ngufi niba ari ngombwa gushaka ahantu hafi ho kwikinga.

Ntugeraze guhagarara cyangwa kwiruka mu gihe ubutaka buri kunyeganyega cyane.

Rinda cyane **umutwe n'ijosi**.

Igihe cyose bishoboka, jya muni y'ameza, biro cyangwa ikindi gikoreshe gikomeye kiri hafi.

Niba nta kintu nk'icyo kiri hafi, komeza wunamye maze utwikire umutwe n'ijosi ukoresheje amaboko.

Igihe bishoboka kandi bitagushyira mu kaga, jya kure ya:

- indorerwamo; ahantu hanini hagizwe n'ibirahure; ibikoreshe birebire; Utubati tureture; ibintu bimanitse; amatara; ibikoreshe bishobora kugwa; ibintu biremereye bibitswe ahantu hirengeye

Ntukambuke icyumba mu gihe kunyeganyega cyane kugira ngo ushake ameza cyangwa ahantu wumva hizewe kurushaho.

Niba uri muni y'ameza cyangwa ibiro bikomeye, komera kuri byo kugeza kunyeganyega birangiye.

Igikoreshe ushikamye gishobora kwimuka mu gihe cy'umutingito. Iyo bibaye, gerageza kuguma muni yacyo kandi ugende hamwe na cyo utishyira mu kaga bitari ngombwa.

Niba utari muni y'igikoreshe, komeza urinde umutwe n'ijosi kugeza kunyeganyega birangiye.



• CRPJ

Gahunda y'amahugurwa y'abasivili •

IMITINGITO: ICYICIRO CYA 2 MU GIHE URI KUBA

02

NTUSOHOKE MU GIHE KUNYEGANYEGA GUKOMEJE

Kimwe mu bintu by'ingenzi mu gihe cy'umutingito ni **ukwirinda gusohoka wihuse mu gihe kunyeganyega bikomeje**. Kugerageza kwirukira ku miryango isohokamo mu gihe kunyeganyega gukomeje bishobora kongera cyane ibyago byo:

- kugwa; gukubitika;
- gukomeretswa n'ibirahure;
- kugwirwa n'ibintu bigwa;
- gusunikana; guterana;
- imiryango kuzibirana;
- amatsinda gutandukana;
- kubura kw'abana cyangwa kutagenzurwa;
- gukomereka kuri asanseri.

Ahantu hari abantu benshi, gusohoka icyarimwe kandi mu kagari bishobora guteza izindi mpanuka.



Amabwiriza rusange agomba kuba:

BANZA WIRINDE.

**SOHOKA NYUMA YO
KUNYEGANYEGA, IGIHE
BIBAYE NGOMBWA KANDI
ARI NTA KAGA.**

03

NTUKORESHE IMIRYANGO NK'AHU KWIKINGA MU BURYO BWAKO KANYA

Imiryango ntigomba gufatwa mu buryo bwako kanya nk'ahantu hizewe mu gihe cy'umutingito. Mu mazu ya kera, amakadiri y'imiryango yashoboraga kuba ari byo bintu byonyine byasigaraga bihagaze kubera ko byubatswe bikomeye. Ariko mu nyubako zigezweho, ayo makadiri ntabwo aba afite imbaraga zihagije ku buryo yagira uruhare rukomeye mu gutwara umutwara w'inyubako. Inama rusange ni ukwikinga muni y'ameza cyangwa biro bikomeye igihe biri hafi kandi bishoboka. Niba nta bihari, inama kandi urinde cyane umutwe n'ijosi, wirinde amadirishya n'ibintu bishobora kugwa.



04

NTUKORESHE ICYO BITA "MPANDESHATATU Y'UBUZIMA"

Ntabwo ugomba gukoresha icyo bita **"mpandeshatu y'ubuzima"** nk'igisimbura imyitwarire isabwa yo kwirinda. Ntugerageze kubara cyangwa gutekereza mu gihe cy'umutingito aho hashobora kuvuka imyanya yitwa ko ishobora kurinda umuntu hagati y'ibikoresho n'ibisigazwa by'inyubako.

Imyitwarire rusange igomba gukomeza kuba:

UNAMA- IKINGIRE - IKOMEZE



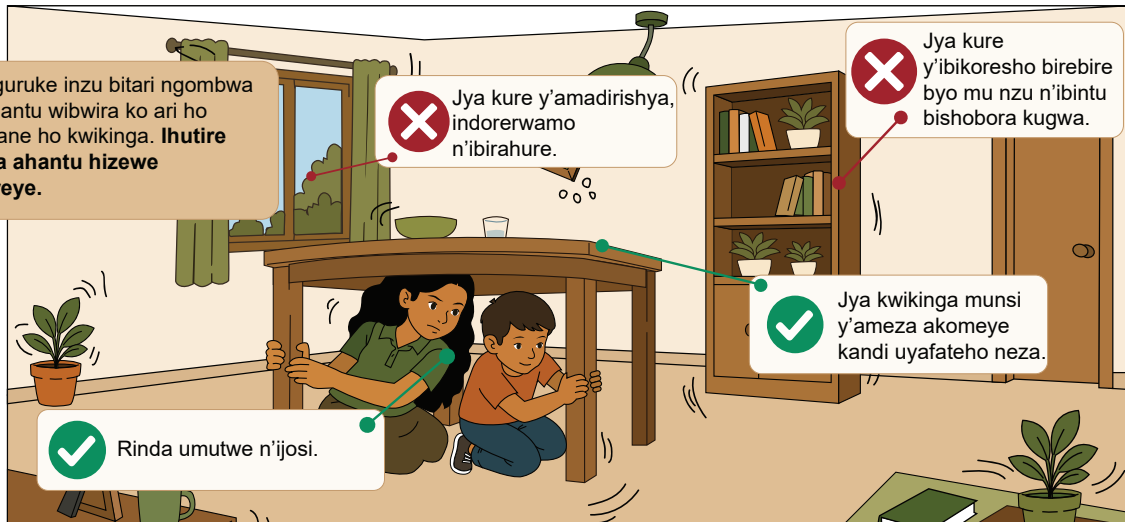
Igihe cyose bishoboka, ikinge muni y'ameza cyangwa biro bikomeye.



2.2 NIBA URI MU NZU

Niba uri mu nzu umutingito utangiye:

Ntukazenguruke inzu bitari ngombwa ushaka ahantu wibwira ko ari ho hizewe cyane ho kwikinga. **Ihutire kwikingira ahantu hizewe hakwegereye.**



Jya kure y'amadirishya, indorerwamo n'ibirahure.



Jya kure y'ibikoresho birebire byo mu nzu n'ibintu bishobora kugwa.



Jya kwikinga muni y'ameza akomeye kandi uyafateho neza.



Rinda umutwe n'ijosi.

01

- guma imbere mu gihe kunyeganyega bikomeje, keretse niba hari akaga gakomeye kagusaba kwimuka;
- unama;
- ikinge muni y'ameza cyangwa biro bikomeye niba biri hafi;
- Ikomeze;

- rinda umutwe n'ijosi;
- jya kure y'amadirishya, indorerwamo n'ahantu hagizwe n'ibirahure;
- jya kure y'ibikoresho birebire, utubati ture ture n'ibintu bishobora kugwa;
- ntukirukire ku muryango usohokere;

- ntukoreshe asanseri mu gihe kunyeganyega gukomeje;
- ntugeraze gufunga gaz mu gihe kunyeganyega bikomeje;
- ntugeraze kuzimya amashanyarazi mu gihe kunyeganyega bikomeje.

NIBA URI MU GIKONI

Mu gikoni hashobora kuba hari ibintu byinshi bishobora guteza akaga mu gihe cy'umutingito:



Jya kure y'ibintu bishobora kugwa, kumeneka cyangwa gusuka amazi ashyushye.

- amashanyarazi;
- amacupa;
- ibikoresho;
- ibintu bibitswe ahantu hirengeye;
- ibintu bikata;
- amazi cyangwa ibindi bintu bishyushye;
- ibikoresho by'amashanyarazi;
- ibikoresho n'utubati two mu gikoni;
- ibirahure;
- ibikoresho bihujwe na gaz cyangwa amashanyarazi.

02

Niba umutingito utangiye uri mu gikoni, **ntukambuke inzu wihuse mu gihe kunyeganyega bikomeje.**

Niba ubishobora ako kanya kandi bitagushyira mu kaga, jya kure y'ibintu bishobora kugwa, kumeneka cyangwa gusuka ibintu bishyushye.

Unama kandi urinde umutwe n'ijosi..

Niba hari ameza akomeye ari hafi, ikinge muni yayo kandi uyikomereho.

Ntugeraze gufunga valve ya gaz mu gihe cy'umutingito.

Kunyeganyega bimaze kurangira kandi ari uko gusa nta kaga, ushobora gusuzuma imiyoboro n'ibindi bikoresho.





2.3 NIBA URI MU NYUBAKO IFITE AMAGORO MENSHI

Kuba uri ku igorofa ryo hejuru bishobora gutuma kunyeganyega wumva gukomeye cyangwa kumara igihe kirekire.



Kumva inyubako inyeganyega cyane byonyine ntibihagije kugira ngo hamenyekane niba izagira cyangwa itazagira ibyangiritse ku miterere yayo y'ingenzi.

Ntugerageze gusuzuma ubukomezi bw'inyubako mu gihe ikinyeganyega
Mu gihe kunyeganyega bikomeje:



Kunyeganyega bimaze guhagarara, suzuma uko ibintu bimeze maze ukoreshe inzira zo gusohoka zitari mu kaga, igihe bibaye ngombwa kuva mu nyubako.

01

ASANSERI

Ntukoreshe asanseri mu gihe cy'umutingito. Kunyeganyega kw'ubutaka bishobora kujyana na:



Guhagarara kw'amashyamba.



Imikorere mibi.



Kwangirika kw'ibice bimwe;



guhagarara kwa Asanseri



Izindi mpinduka zatumye kuyikoresha biba bibi.



Ntukibwire ko inyubako zose zifite uburyo bwikora bwo guhangana n'umutingito.



Nyuma y'umutingito na bwo, ntukihutire gukoresha ascensori kugeza igihe hazaba hari ibisabwa bituma ifatwa nk'itekanye, kandi ikoreshe ari uko byemejwe ko yemerewe gukoreshwa.

02

INGAZI

Mu gihe kunyeganyega gukomeje, ntiwirukire ku ngazi ushaka guhita usohoka..



Kunyeganyega bishobora gutuma bigorana cyane gukomeza kuringaniza umubiri kandi bikongera ibyago byo kugwa.



Byongeye kandi, abantu benshi bagarageza gukoresha icyarimwe ingazi bashobora gusunikana, kubyigana cyane no gukomereka



Iyo kunyeganyega birangiye, niba ari ngombwa gusohoka mu nyubako, koresha gusa inzira zifite umutekano kandi ukurikize amabwiriza y'ababishinzwe cyangwa y'inzego zibifitiye ububasha.



03

AMADIRISHYA, IBIRAHURE N'AHANTU HAGIZWE N'IBIRAHURE

Mu gihe cy'umutingito, jya kure ya:



- Amadirishya, Inzugi z'ibirahure,
- Utubati tw'ibirahure;
- Utubaho cyangwa ibice by'ibirahure

Ntabwo bikwiye gushyiraho intera imwe igomba gukurikizwa mu nyubako zose no mu bihe byose. Ihame ni iryoroshye: **Jya kure y'ibirahure uko ushoboye mu buryo bwumvikana, ariko ntimwimuke mu buryo bugushyira mu kaga gakomeye.**



- Ibirahure bigabanya cyangwa bitandukanya ibyumba;
- Indorerwamol bindi bintu bishobora kumeneka.



Rinda cyane cyane umutwe n'ijosi.

04

IBISENGE, AMATARA N'IBINTU BIMANITSE

Mu gihe cy'umutingito bishobora kuva aho byari bifashe cyangwa kwimuka:

- amabati cyangwa ibice by'ibisenge bimanitse;
- amatara;
- ubyuma bitanga umuyaga;
- porojegiteri;
- ibikoresho by'amajwi;
- ibyapa;
- imitako;
- ibindi bintu bishyizwe ahantu hirengeye.

Ni yo mpamvu ugomba kurinda cyane umutwe n'ijosi. Iyo hari ameza cyangwa biro bikomeye biri hafi, jya muni yabyo kandi ubikomeze.

05

NIBA NTA MATEZA CYANGWA IBIRO BIHARI

Mu nzira zinyuramo abantu, amatorero, insengero, sale za siporo, inzu z'imyidagaduro, amazu y'amateraniro, stade n'ahandi hashobora kuba hatari ameza cyangwa ibiro bikomeye bihari.



Muri icyo gihe:

- unama kugira ngo utagwa;
- rinda umutwe n'ijosi ukoreshye amaboko;
- jya kure y'amadirishya n'ibirahure;
- jya kure y'ibintu bishobora kugwa, ariko ubikore gusa igihe bitagushyira mu kaga gakomeye;
- komeza wikingire kugeza kunyeganyega birangire.



Ntukambuke icyumba mu gihe kunyeganyega gukomeje ushaka umuryango usohokera mu cyumba ahantu wumva ko inyubako ikomeye kurushaho.



2.4 NIBA UMUTINGITO UBAYE URYAMYE

- Niba umutingito utangiyeye uri mu buriri, ntugahaguruke wihuse mu mwijima.
- Ibintu byaguye cyangwa ibirahure byamenetse bishobora kugukomeretsa, kandi kunyeganyega bishobora gutuma guhagarara bigorana.
- Niba kuguma mu buriri nta kaga gakomeye byaguteza, guma aho kandi urinde umutwe n'ijosi ukoreshye umusego.
- Niba hari ikintu kiremereye kiri hejuru y'uburiri cyangwa hafi yabwo gishobora kugwa, kandi ushobora kwimukira ahantu hizewe utishyize mu kaga gakomeye, kora ibijyanye n'uko ibintu bimeze.



Gutegura icyumba cyo kuryamamo mbere y'umutingito ni ingenzi cyane:

- ntushyire ibintu biremereye hejuru y'umutwe w'uburiri;
- gira inkweto zifunze kandi zikomeye hafi y'uburiri;
- gira itoroshi ahantu ushobora kuyigeraho;
- komeza inzira zinyuramo abantu zidafunze.



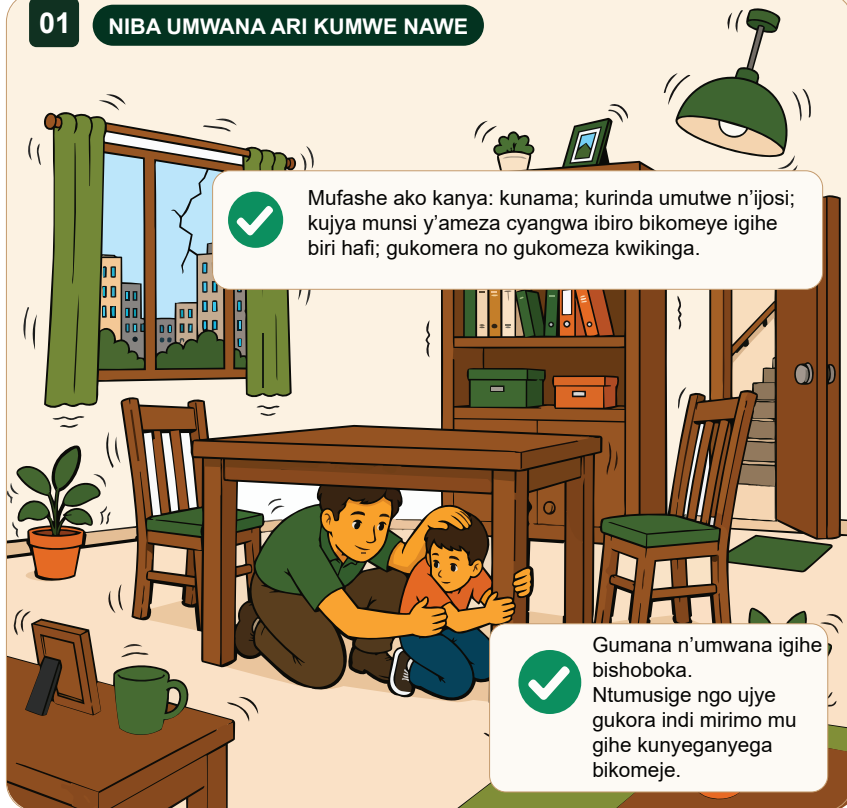


2.5 KURINDA IMPINJA N'ABANA BATO

Abana bakeneye kwitabwaho by'umwihariko mu gihe cy'umutingito. icy'ingenzi ni **ukubarinda aho bari no kubabwira kwiruka mu kagari berekeza ku miryango isohokamo**. Ntugeraze kwambuka inyubako utwaye umwana mu gihe kunyeganyega gukomeye bikomeje, keretse kuguma aho uri byaba biteje akaga gakomeye kurushaho.

01

NIBA UMWANA ARI KUMWE NAWWE



Mufashe ako kanya: kunama; kurinda umutwe n'ijosi; kujya muni y'ameza cyangwa ibiro bikomeye igihe biri hafi; gukomera no gukomeza kwikinga.



Gumana n'umwana igihe bishoboka. Ntumusige ngo ujye gukora indi mirimo mu gihe kunyeganyega bikomeje.

02

IMPINJA N'ABANA BATO CYANE



Niba ufite uruhinja mu maboko umutingito utangiye:



Mufate umukomeze, mwunamire hasi, urinde umutwe n'ijosi bye, kandi nawe wikingire.



Niba hari ameza cyangwa ibiro bikomeye biri hafi kandi ushobora kujya muni yabyo nta kaga, jya muni yabyo.

Niba uruhinja ruri mu gikoreshe cyo kurutwaramo cyambitswe neza, komeza kumufungiramo kandi urinde cyane umutwe n'ijosi bye. Ntushyire umubiri wawe ku buryo bwatekereza ko ushobora gukomereka bikomeye cyangwa ngo wifate mu buryo butajegajega ugerageza kuba "ingabo y'umubiri" imurinda. Kurinda bigomba guharanira umutekano w'umwana n'umuntu umufasha icyarimwe.



03

Abana Bato

Koresha amabwiriza magufi:

"UNAMA".

"IKOMEZE".

"IKINGIRE".

"GUMANA NANJYE".

04

Abana biga

Abana bamaze kwimenyereza imyitozo yo gutabara bashobora kumva amabwiriza vuba. Shimangira imyitwarire bize kandi ugume hafi yabo bitewe n'uko ibintu bimeze

05

GUHUMURIZA NO GUTURISHA AMARANGAMUTIMA Y'ABANA.

Umuntu mukuru agomba kugerageza gutuza no gutanga amabwiriza magufi kandi asobanutse.

"Gumana Nanjye".



"Rinda umutwe".

"Turimo kwirinda"

"Tegerereza hano kugeza birangiye".



Irinde amagambo ateye ubwoba ashobora kongera ubwoba bitari ngombwa.



Muri ayo masegonda, icy'ingenzi ni uko umwana amenya **icyo agomba gukora**, aho kumuha ibisobanuro bigoye ku byerekeye ibiri kuba.





2.6 AHANTU HARI ABANTU BENSHI

Niba wisanze uri:



Ahacururizwa ibintu byinshi.



Amaduka manini



Amazu y'amafilimi/ imyidagaduro



Sitade.



Amatorero cyangwa insengero, Amashuri



Inzu ziberamo inama cyangwa ibitaramo.



Sitasiyo



Ibigo by'abaturage.

Imyitwarire rusange y'abantu iri mu kajagari ishobora guteza:

- gusunikana;
- kugwa;
- kuzura kw'abantu benshi;
- imiryango kuzibirana;
- abana n'abantu bakuru gutandukana;
- izindi nkomere.

Kunyeganyega bimaze guhagarara, kurikiza amabwiriza y'ababishinzwe kandi usohoke mu buryo butuje kandi butunganijwe igihe bibaye ngombwa.



Ntuhite wirukira ku miryango isohoka mu gihe kunyeganyega bikomeje.



- Guma mu gice urimo igihe cyose haba ahantu hizewe bishoboka;
- Unama;
- Rinda umutwe n'ijosi;
- Jya kure y'ibintu bishobora kugwa cyangwa kwitandukanya n'aho byari bifashe.



Ntugerageze kunyura cyangwa kwimuka hagati y'abantu benshi mu gihe hakomeje kunyeganyega

01

AMAZU Y'AMAFILIMI N'AMAKINAMICO



02

SUPERMARKET N'AMADUKA MANINI



Aha hantu hashobora kuba hari ibyago byihariye bitewe na:

- Utubati tureture;
- Ibicuruzwa bibitswe ahantu harehare;
- Amavitrine;
- Ibice binini by'ibirahure;
- Ibyapa;
- Amatara;
- Ibintu bimanitswe.

Mu gihe cyo kunyeganyega:

- Jya kure y'utubati tureture n'ibirahure igihe ushobora kubikora ako kanya kandi utanyuze ahantu hateje akaga;
- Unama;
- Rinda umutwe n'ijosi;
- Niba hafi yawe hari ahantu hakomeye ho kwikinga, hajye;
- Ntukiruke ujya ku muryango usohokeramo;
- Ntukoreshe ascensori.

Nyuma yo kunyeganyega, kurikiza amabwiriza y'abakozi kandi ukoreshe inzira zikomeje kuba zitekanye.

Niba uri kuri stade, mu myanya y'abareba cyangwa mu gitaramo kirimo abantu benshi::

- ntiwirukire mu nzira cyangwa ku miryango isohokamo mu gihe kunyeganyega;
- ntusimbuke inzitiro cyangwa ngo wihutire kujya mu kindi gice;
- guma mu gice urimo igihe ari nta kaga;
- unama igihe bikenewe;
- rinda umutwe n'ijosi;
- niba ufite igikapu, isakoshi cyangwa ikindi kintu cyoroshye kandi kiri hafi, ushobora kugikoresha urinda umutwe;
- tegereza amabwiriza y'ababishinzwe kunyeganyega bimaze guhagarara.

Kugenda kw'abantu benshi icyarimwe bishobora guteza izindi ngaruka cyangwa ibyago.

03

SITADE, AHICARWA N'ABAREBYI N'AHABERA IBITARAMO.



04 INGAZI ZIRI MEKANI

Ntugerageze gukoresha ingazi zikora nk'inzira yo gusohoka mu gihe kunyeganyega gukomeye bikomeje. Kunyeganyega bishobora gutera abantu kugwa, kandi abantu benshi bateraniye hamwe icyarimwe bishobora kongera ibyago byo gukomereka.



Umuringito umaze kurangira, kurikiza ibyapa n'amabwiriza y'ikigo kandi ukoreshe inzira zemewe zitari mu kaga.

05 KUGENZURA UBWOBA N'ITUMANAHU MU GIHE CY'UMUTINGITO

Mu gihe cy'akaga, bamwe bashobora kugira ubwoba bukabije, urujijo, kubura icyo bakora cyangwa kumva bashakira guhita bahunga. Abashinzwe amatsinda y'abantu bagomba gukoresha amabwiriza: magufi, asobanutse, amwe kuri bese, akomeye kandi adashidikanywaho, yoroshye kumva.



Irinde gutanga amabwiriza avuguruzanya.



Ahantu hari abantu benshi, amabwiriza asobanutse ashobora gufasha kugabanya imyitwarire y'akajagari.



2.7 NIBA WISANZE URI HANZE

01

Niba wari usanzwe uri hanze umuringito utangiye, guma hanze cyangwa, **igihe ubishobora nta kaga**, ujye ahantu hafunguye kandi hatarangwamo ibintu bishobora kugwa.

Jya kure ya:

- inyubako;
- impane z'inyubako;
- amakoroni;
- ibaraza;
- inkuta;
- amadirishya;
- ibirahure;
- ibyapa;
- inkingi;
- insinga z'amashanyarazi;
- transformateurs;
- antenne;
- ibiti;
- inyubako cyangwa ibintu bishobora kugwa.



Ntukihisha ku bushake hafi y'urubande rw'inyubako, muni y'ikoroni, igisenge gisohoka cyangwa ikindi kintu gisohoka ku nyubako. Ntugahagarare ku musingi w'inyubako nk'uburyo rusange bwo kwirinda.

Niba udashobora kugera ako kanya ahantu hafunguye kurushaho utishyize mu kaga gakomeye, rinda umutwe n'ijosi kandi ugabanye kuba hafi y'ibintu bishobora kugwa.

02 NIBA WISANZE UTWAYE

Niba utwaye imodoka umuringito utangiye:

- gabanya umuvuduko buhoro buhoro;
- hagarara ahantu hizewe igihe ubishoboye;
- guma mu modoka kugeza kunyeganyega birangiye.

Irinde guhagarara:

- muni y'ibiraro;
- muni y'ibiraro byambukiranya umuhanda;
- muni y'insinga z'amashanyarazi; hafi y'inkingi;
- hafi y'ibiti;
- hafi y'inyubako;
- ahantu hashobora kugwaho ibintu.



Ntukande feri bitunguranye niba bishobora guteza impanuka. Kunyeganyega bimaze guhagarara, komeza witonze kandi witondere ibyangiritse bishobora kuba biri mu muhanda.





2.8 AMATUNGO MU RUGO MU GIHE CY'UMUTINGITO

Mu gihe cy'umutingito, umutekano w'abantu ni wo uza mbere.

Inyamaswa zishobora kwitwara mu buryo butateganyijwe kubera urusaku, kunyeganyega n'imigendere y'ubutaka.

Itungo rifite ubwoba rishobora:

- kwiruka;
- kwihisha;
- kugerageza guhunga;
- kwanga gufatwa;
- gushwanyaguza cyangwa kuruma yirwanaho.

Niba itungo riri hafi yawe

Niba ushobora kurigumana utabangamiye ukwikinga kwawe, bikore.

Ntusige ahantu hizewe cyangwa ngo wambuke icyumba mu gihe kunyeganyega gukomeje uugiye kurishaka

Niba uri muni y'ameza akomeye kandi itungo riri hafi yawe, ushobora kugerageza kuyigumana hafi igihe bitakubuza kurinda umutwe n'ijosi cyangwa gukomera ku kintu.



Niba itungo ryihishe

Ntukayiruke inyuma.

Ntushyire amaboko muni y'ibikoresho cyangwa ahantu bigoye kugeramo mu gihe kunyeganyega bikomeje.

Irinde kandi utegereze kugeza umutingito urangiye.

Kunyeganyega bimaze guhagarara kandi ari nta kaga, shaka inyamaswa mbere yo gufungura imiryango ijya hanze, kuko inyamaswa ifite ubwoba ishobora kugerageza guhunga.

Niba iri mu gikoresho cyo kuritwaramo

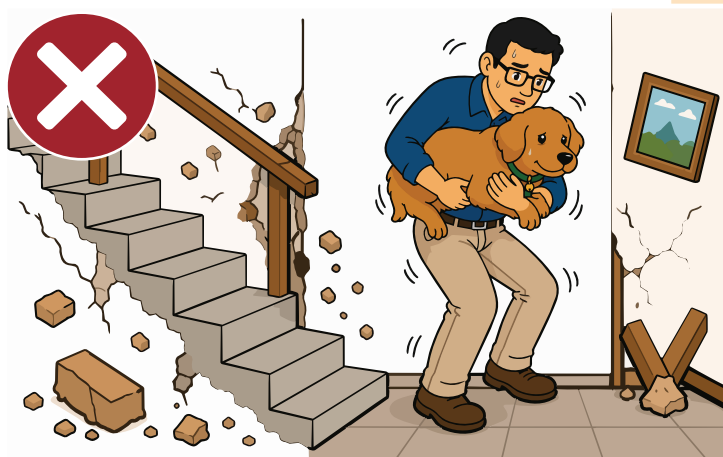
Niba itungo risanzwe riri mu gikoresho cyizewe cyo kuritwaramo, ntuyikuremo mu gihe cy'umutingito.

Niba icyo gikoresho kiri hafi yawe kandi ushobora kukimura santimetero nke ukagishyira ahantu harinzwe kurushaho utishyize mu kaga, ushobora kubikora.

Ntushyire umubiri wawe nkana hejuru y'icyo gikoresho.



Ntusohoke wihuse utwaye itungo mu maboko



Ntugerageze kumanuka ingazi cyangwa kwambuka inyubako utwaye itungo mu gihe kunyeganyega gukomeye bikomeje, keretse hari akaga gakomeye karuta ako kandi kagusaba kuva aho.





2.9 ABANTU BAFITE UBUMUGA N'ABANDI BAKENEYE UBUTABAZI

Abantu bafite ubumuga bashobora gukenera uburyo butandukanye bwo kwirinda bitewe n'imiterere yabo, ubushobozi bwo kwikinga, ibikoresho bibafasha n'aho bari.

Nta myitwarire imwe ishobora gukwire abantu bose.

Ihame rusange rikomeza kuba:

WIRINDE MU GIHE KUNYEGANYEGA BIKOMEJE, HANYUMA USOHOKE IGIHE BIBAYE NGOMBWA KANDI BITEKANYE.

Hagomba gushyigikiwa ubushobozi bw'umuntu bwo kwigenga kandi hakirindwa gutandukanya umuntu n'ibikoresho bye bimufasha bitari ngombwa.

01

ABANTU BAKOresha IGARE RY'ABAMUGAYE

Niba ukoreshe igare ry'abamugaye:

FATA FERI



FATA FERI: Funga feri z'igare.

IKINGIRE



IKINGIRE: Rinda cyane umutwe n'ijosi ukoresheje amaboko. Niba hari ikintu gikwiye kandi kiri hafi cyagufasha kwikinga, gikoreshe.

IKOMEZE



IKOMEZE: Guma mu mwanya utanyeganyega kugeza kunyeganyega birangiye. Unama igihe ushobora kubikora nta kaga.

Ntugeraze kuva mu igare mu gihe kunyeganyega gukomeje kugira ngo ujye hasi gusa.

02

ABANTU BAFITE INGORANE ZO KUGENDA



Niba umuntu ari ku buriri, mu ntebe cyangwa ahandi hantu hatajagajaga kandi akaba adashobora kwimuka nta kaga:

- ntagerageze kwimuka mu buryo bwongera ibyago byo kugwa;
- arinde cyane umutwe n'ijosi;
- ashobora gukoresha imisego cyangwa ibindi bikoresho byoroshye biri hafi;
- agume kure y'ibirahure n'ibintu bishobora kugwa igihe bishoboka.

Inkoni, imbago, utugare two kugenderamo n'ibindi bikoresho bifasha kugenda bigomba kuguma hafi kugira ngo bikoreshwe kunyeganyega bimaze guhagarara.

03

IMYITWARIRE Y'ABAREBERERA N'ABAFASHA



Niba uri kumwe n'umuntu ukeneye ubufasha:

- nawe ubwawe wirinde;
- mufashe gufata umwanya utekanye igihe wabikora utishyize mu kaga;
- rinda umutwe n'ijosi bye igihe adashobora kubyikorera;

- mufashe kuba kure y'ibirahure n'ibintu bishobora kugwa igihe bishoboka;
- ntumusige ngo ujye gukora imirimo itari iy'ingenzi;
- ntugeraze kumwimura intera ndende mu gihe kunyeganyega gukomeye bikomeje.

Umureberera agomba kwirinda kuba ikindi kibazo. Umufasha agomba guharanira kurinda abantu bombi icyarimwe.



04 ABANTU BAFITE UBUMUGA BWO KUTABONA

Mu gihe cyo kunyeganyega:

- sobanura neza ibiri kuba;
- koresha amabwiriza magufi;
- menyesha mbere yo gukora ikintu icyo ari cyo cyose cyo kwimuka gikenewe;
- ntumwimure cyangwa ngo umukurure utabanje kumumenyesha;
- mufashe kurinda umutwe n'ijosi igihe bikenewe;
- mubwire ibijyanye n'ibintu byaguye cyangwa ibyago biri hafi igihe ubishoboye kubimenya.

Umutingito umaze kurangira, uzirikane ko ibintu byimuwe bishobora kuba byahinduye inzira uwo muntu yari asanzwe azi.



05 ABANTU BAFITE UBUMUGA BWO KUTUMVA

Iyo uri kumwe n'umuntu utumva:

- gerageza kumureba mu maso;
- koresha ibimenyetso cyangwa amarenga mwari musanzwe muziranyeho;
- tanga amabwiriza yoroshye;
- koresha ubundi buryo bwo gutumanaho buhari.



Niba amashyamba acitse, uzirikane ko urumuri rushobora kuba rudahagije kugira ngo umuntu asome iminwa cyangwa avugane n'amarenga.

Niba ufite itoroshi, yerekeze ku buryo yorohereza itumanaho, ariko ntumwerekere urumuri rukomeye mu maso.

06 ABANTU BAFITE UBUMUGA BW'UBWENGE, UBWONKO CYANGWA ABANTU BAFITE IMYITWARIRE YIHARIYE

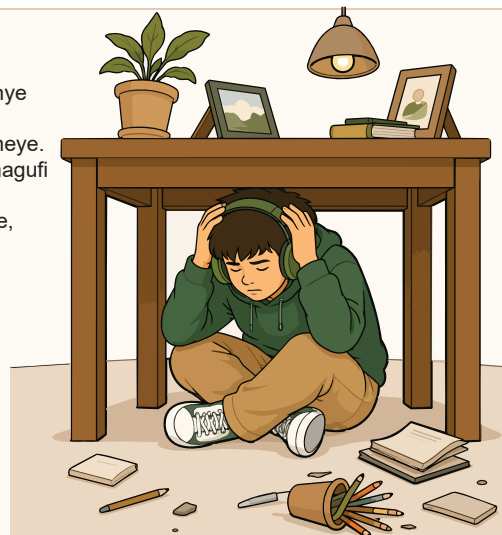
Urusaku, impuruza, kunyeganyega, gutaka n'impinduka zitunguranye z'ibibakikije bishobora gutera imyitwarire ikomeye. Koresha amabwiriza magufi kandi mwari mwarimenyereje mbere, urugero:

“UNAMA.”

“IKINGIRE”.

“GUMA HANO”.

“IKOMEZE”.



Niba umuntu akeneye ubufasha bw'umubiri, koresha gusa ubufasha bukenewe kugira ngo atishyira mu kaga gakomeye ako kanya.

Ntabwo gufunga umuntu ku gahato cyangwa kumuhobera ku gahato bigomba gukoreshwa nk'amategeko rusange, kuko bishobora kongera umubabaro cyangwa bigatera ibikomere.

Ubufasha bugomba guhuza n'ibyo buri muntu akeneye bizwi kandi bugashyigikira ubushobozi bwe bwo kwigenga.





2.10 KUNYEGANYEGA KUMAZE GUSHIRA

Iyo kunyeganyega birangiye, ntuhite wirukira ku muryango usohokerwamo.

Iyo kunyeganyega birangiye, ntuhite wirukira ku muryango usohokerwamo.

- ibintu byaguye;
- ibirahure byamenetse;
- insinga z'amashyamba;
- ibyangiritse ku nyubako;
- inkongi y'umuriro;
- imyuka ya gaz isohoka;
- ibintu byamenetse bisukika;
- imiriyango isohokerwamo yafunganye;
- abantu bakomeretse;
- indi mitingito ikurikiraho.

Banza urebe vuba ibikuzengurutse mbere yo kwimuka.

Nta gihe rusange cy'amasegonda 15, 20 cyangwa 30 abantu bose bagomba gutegereza byanze bikunze muni y'ameza nyuma ya buri mutingito.

Icyemezo kigomba gushingira ku miterere y'aho uri.



2.11 WITEGURE UKUNYEGANYEGA GUKURIKIRA

Nyuma y'umutingito hashobora gukurikiraho ikundi kunyeganyega. Komeza witeguye kongera kwikinga. Niba ukundi kunyeganyega gutangiye:

UNAMA – IKINGIRE – IKOMEZE

Ntutekereze ko akaga karangiye kubera ko kunyeganyega kwa mbere kwahagaze.



2.12 KUNYEGANYEGA KUMAZE GUSHIRA

"Nyuma y'umutingito, bishobora kuba ngombwa kwimuka ahantu hari:"

- ibyangiritse bigaragara;
- umuriro; impumuro cyangwa ibimenyetso by'uko gaze yasohotse;
- ibyago biturutse ku mashyamba; ibintu bidahamye bishobora kugwa;
- imiterere ituma gukomeza kuguma aho hantu bidatekanye;
- amabwiriza atangwa n'inzego zibifitiye ububasha.

Niba ari ngombwa kwimuka:

- koresha inzira zihari nta kaga;
- ntukoreshe lift;
- genda utiruka;
- irinde gusunikana;
- fasha abakeneye ubufasha;
- abana n'amatsinda y'abantu ubagumane hamwe;
- jya ahantu hagenwe ho guteranira;
- jya kure y'inkuta z'inyubako n'izindi mpanuka.



Ntabwo hagomba gushyirwaho itegeko rusange rivuga ko abantu bose bagomba guhita basohoka nyuma ya buri mutingito. Mbere na mbere hagomba gusuzumwa uko aho hantu hameze n'amabwiriza y'inzego zibifitiye ububasha.



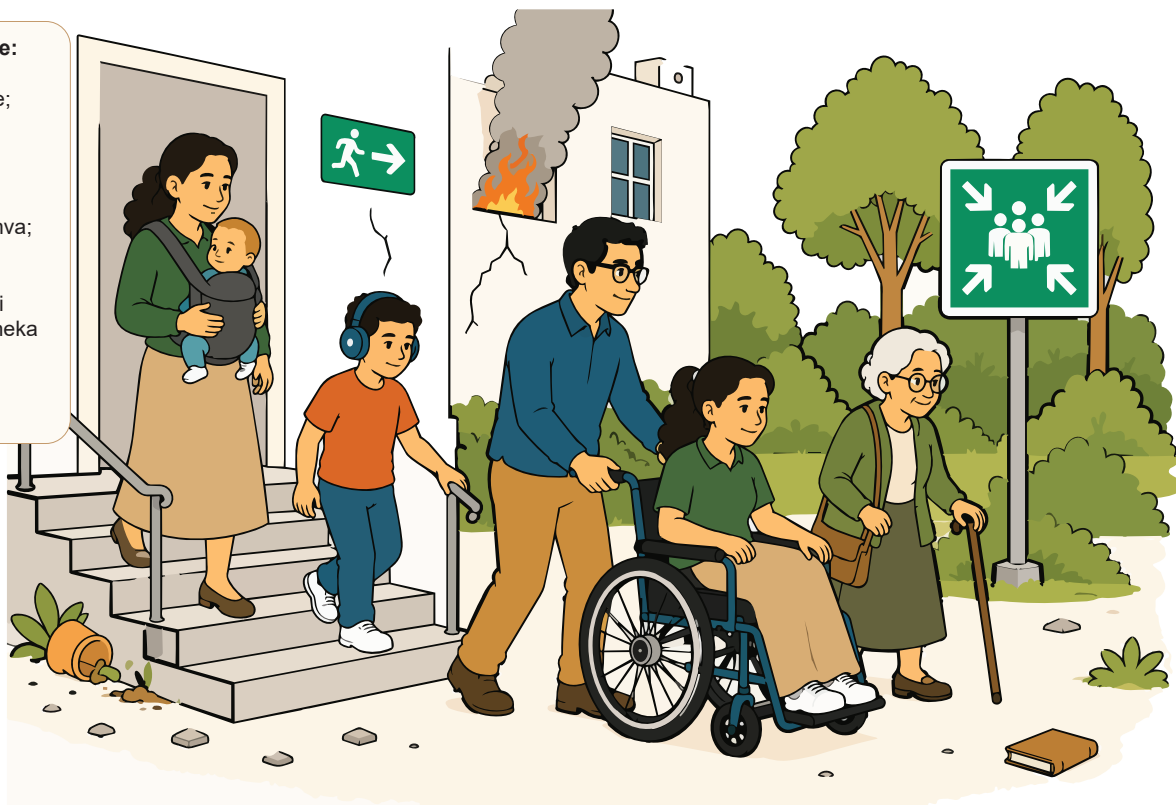


2.13 ABANTU BAFITE UBUMUGA MU GIHE CYO GUSOHOKA

Iyo bibaye ngombwa gusohoka, hagomba kugeragezwa ko umuntu agumana ibikoresho by'ingenzi bimufasha.

Bitewe n'uko bimeze:

- intebe y'abamugaye;
- inkoni;
- imbago;
- igikoresho cyo kugendaho;
- ibyuma bifasha kumva;
- ibikoresho byo gutumanaho;
- imiti y'ingenzi iri hafi kandi ishobora kuboneka ako kanya;
- ibindi bikoresho by'ingenzi.



Ntutinde gusohoka igihe ari ngombwa kugira ngo ushake ibintu bitari iby'ingenzi.



Ntukoreshe asanseri igihe hari ibyago byo kwangirika cyangwa igihe inzego zibifitiye ububasha cyangwa ababishinzwe bavuze ko itagomba gukoreshwa.



Gusohoka bigomba guhuza n'ubushobozi n'ibikenewe bya buri muntu ndetse n'imiterere nyayo y'inzira zihari.



2.14 AMAHAME AGOMBA KUZIRIKANWA



1. BANZA WIRINDE AKO KANYA

Ntutakaze amasegonda ya mbere ugerageza kumenya niba umutingito ukomeye cyangwa woroshye.



2. UNAMA – IKINGIRE – IKOMEZE

Rinda cyane umutwe n'ijosi.



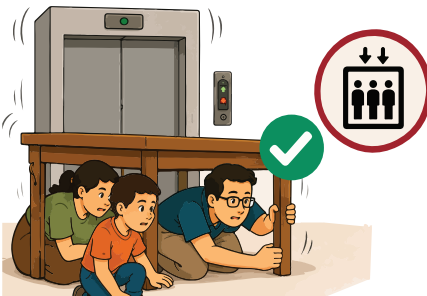
3. NTIWIRUKIRE KU MURYANGO MU GIHE UMUTINGITO UKOMEJE

Gusohoka wihuse bishobora gutera gukomereka.



4. NTUKORESHE ASANSERI

Guma wikingiye kugeza kunyeganyega birangiye.



5. JYA KURE Y'IBIRAHURE N'IBINTU BISHOBORA KUGWA

Ariko ntukambuke ahantu hateye akaga bidakenewe kugira ngo ubikore.



6. NTUKORESHE IMIRYANGO AKO KANYA NK'AHU KWIKINGA

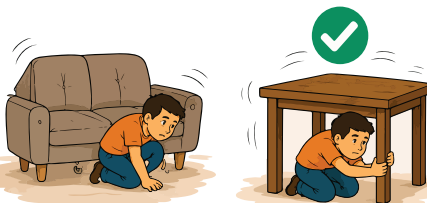
Shaka ahantu hakwiye ho kwikinga kandi hafi.



7. NTUKORESHE ICYO BITA "MPANDESHATATU Y'UBUZIMA"

Koresha imyitwarire isabwa:

UNAMA – IKINGIRE – IKOMEZE



8. RINDA ABANA N'ABANTU BAKENEYE UBUFASHA UTISHYIZE MU KAGA BIDAKENEWE

Umuntu utanga ubufasha na we agomba kwirinda.



9. NIBA URI HANZE, JYA KURE Y'IBINTU BISHOBORA KUGWA

Shaka ahantu hafunguye igihe ubishoboye nta kaga.



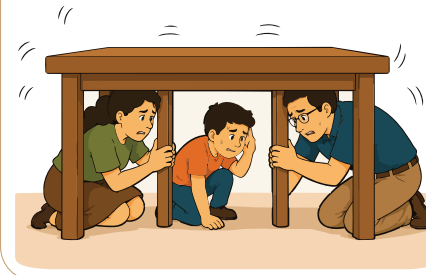
10. KUNYEGANYEGA KUMAZE GUSHIRA, BANZA USUZUME MBERE YO GUKORA

Hashobora kuba hari ibyangiritse, ibirahure, insinga, inkongi, imyuka isohoka n'izindi mpanuka.



11. WITEGURE UKUNYEGANYANYEGA GUKURIKIRA

Niba byongeye kunyeganyega: **UNAMA – IKINGIRE – IKOMEZE.**



12. SOHOKA IGIHE BIBAYE NGOMBWA KANDI USUZUME KO NTA KAGA

Ntugahite usohoka kuburyo bitera akandi kaga.



MWIBUKE



Iyo umutingito utangiye, amasegonda ya mbere ni ayo kwirinda, si ayo gusohoka.



Nti wiruke.



Ntukoreshe lift.



Ntukimuke bidakenewe.



Jya kure y'ibirahure n'ibintu bishobora kugwa igihe ubishobora utishyize mu kaga gakomeye.

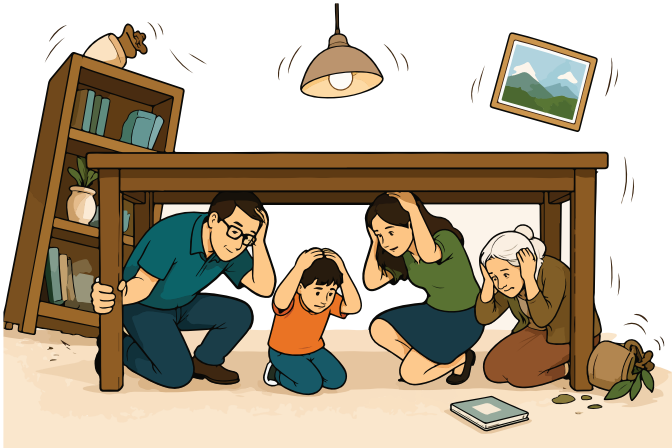


Rinda cyane umutwe n'ijosi.



Fasha abana, abantu bakuru, abantu bafite ubumuga n'abakeneye ubufasha, ariko ntushyire ubuzima bwawe mu kaga bidakenewe.

Niba uri mu nyubako:
UNAMA - IKINGIRE - IKOMEZE



Niba wari usanzwe uri hanze, guma aho cyangwa wimuke mu buryo butekanye ujye ahantu hafunguye, kure y'inyubako, impande zazo, inkuta, inkingi, insinga n'ibindi bintu bishobora kugwa.



Kunyeganyega kumaze guhagarara, banza urebe uko ibintu bimeze mbere yo kwimuka.



Witegure ukunyeganyega gukurikiraho.

Kandi wibuke ihame ry'ingenzi:

BANZA WIRINDE.

KUNYEGANYEGA KUMAZE GUSHIRA, SUZUMA UKO IBINTU BIMEZE HANYUMA USOHOKE MU BURYO BUTUNGANYIJE IGIHE BIBAYE NGOMBWA KANDI NTA KAGA.





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

IMITINGITO

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ICYICIRO CYA 2: **MU GIHE URI KUBA**

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

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