



BA UMUNYABWENGE. SANGIRA UMUHANDA N'ABATWARA AMAGARE.

Abashoferi: Biragoye kubona abantu batwara amagare mu rujya n'uruza rwo mu muhanda kandi igihe habaye impanuka ubwirinzi buba ari bucyeye kuri bo. Jya ubanza ugenzure akarebanyuma kawe mbere yo guhagarara. Jya ugenzura "ibice abashoferi batabona neza" mbere yo gukata, parika imbangikane, fungura urugi cyangwa uve ku musozero w'umuhanda. Ikiyongera ku kurebera mu ndebanyuma, jya ureba uhindukiza umutwe wawe kugira ngo urebe abanyamagare, abagendera kuri siketi, abatwaye za moto ntoya bashobora kuba bari iruhande cyangwa bakwegera.

Inama ku gusangira umuhanda n'amagare

- **Gutwara witonze.** Kugabanya umuvuduko mu gihe ugiye guhura n'abanyamagare. Kutamwegera cyane gusiga umwanya hagati y'imodoka yawe n'umunyegare. Kumenya ibyago abanyamagare bashobora guhura na byo no kubaha umwanya.
- **Kureka amagare agatambuka.** Amagare afatwa nk'imodoka kandi aba ari kujya mu cyerekezo kimwe n'imodoka Gutanga uruhushya rwo gutambuka mbere rwabugenewe. Guha umwanya munini abanyamagare bakambuka inkomane
- **Gushyira mu gaciro.** Kureba amagare ari mu muhanda no mu nkomane. Ntukavugirize ihoni hafi y'abantu batwaye amagare. Jya ureba abanyamagare mu gihe uhagarara unafungura inzugi.
- **Jya ugenda witonze.** Mu gihe ugenda, siga intambwe enye hagati yawe n'umunyegare. Jya utegereza urebe uko urujya n'uruza rw'abantu rwifashe mbere yo kunyura ku igare. Genzura hejuru y'ibitugu byawe mbere yo gusubira inyuma.
- **Reba ko hari abana.** Abana bari ku magare akenshi biragoye kubabona. Jya witegura ibitunguranye maze ugende gahoro. Ntukibwire ko abana bazi amategeko y'umuhanda. Bishobora kugorana kubona abana bitewe n'ingano yabo.

Inama ku bantu batwara amagare



- **Amategako agenga abamotari ni nayo agenga abatwara amagare.** Ubaha ibikoresho byose bigenzura kugenda mu muhanda (ibimenyetso n'amatarara) kandi ujye ukoresha ibimenyetso by'ikiganza ugaragaza guhagarara no gukata.
- **Jya ugendera iburyo bw'umuhanda.** Iteka ujye ujya mu cyerekezo kimwe n'aho abandi berekeza. Koresha igice cy'umuhanda cy'iburyo kiri kure cyane. Amagare n'imodoka bigenda gahoro biguma iburyo.
- **Feri. Inzogera. Amatarara.** Amagare agomba kugira feri zikora, ihoni cyangwa inzogera n'amatarara y'imbere.
- **Buri gihe jya wambara ingofero igukwira neza.** Ntabwo ari byiza kwambara ingofero cyangwa no kwitangira mu gihe wambaye ingofero kuko bigabanya imikorere y'umutekano inoze y'ingofero.
- **Jya utwarana amakenga.** Jya utwara umurongo ugororotse kandi ntugakate mu muhanda rwagati cyangwa hagati y'imodoka ziparitse. Genzura uko urujya n'uruza bimeze mbere yo kwinjira mu muhanda cyangwa inkomane. Itegure ibyago maze utunganye umwanya wawe mu buryo butuma utekana.
- **Jya ugaragara.** Ambara imyenda ifite imigargarire icyeye cyane. Koresha itara ry'umweru ry'imbere ahantu hari urumuri rucye n'itara ry'umutuku ry'inyuma ahari urumuri rucye. Koresha akagarururumuri cyangwa umwambaro Jya urebana n'abamotari kugira ngo bakubone.
- **Abagenzi b'abanabafite kuva umwaka 1-4** bagomba kugenda ku mwanya ufashe ku igare utekanye. Ntibyemewe n'amategako gutwara umwana uri munsu y'umwaka 1 ku igare.
- **Kugenzura abana.** Abita ku bana bagomba kuba bari kumwe nabo hanze no kwigisha abana kwiga gutwara amagare no kumenya mategeko y'umuhanda. Abana bemerewe gutwarira ku nzira zo ku musozero w'umuhanda ariko bakubaha abagenzi.

