

# CPR iyo Macluumaadka Gurmadka Degdega ah ee Bixiyayaasha Daryeelka Ilmaha Liisanka Haysta

## Aqbalaada Tobobarka iyo Xasuuusinta Xaqijinta

Macluumaadka hoose waxaa weeye xasuuusin ku saabsan waxa uu kaaga baahan yahay Washington Administrative Code (Xeerka Maamulka Washington, WAC) ee ku saabsan CRP iyo tobobarka Gurmadka Caafimaadka. Macluumaadkan ma cusba; laakiin, waxa aanu rajaynaynaa inuu kaa aawin doono go'aaminta waxa loo baahan yahay in la sameeyo si loo buuxiyo shuruudaha WAC.



### CPR iyo Aqbalaada Tobobarka Gurmadka Caafimaadka

Kuwa soo socda waa in lagu dabaqaa si loo xaqijiyo in tobobarka CPR uu buuxiyay shuruudaha ku qoran WAC 110-300-0106 (11) oo ay ogol yihiin Washington State Department of Children, Youth, and Families (Waaxda Gobolka Washington ee Caruurta, Dhalinyarta, iyo Qoysaska DCYF):

- Tobobarkan waxaa qabtay macalin shahaado ka haysta mid kamid ah hay'adahan:
  - American Red Cross (Laanqarta Cays ee Maraykanka)
  - Wadnaha Maraykanka
  - American Safety and Health Institute (Hay'adaha Amaanka iyo Caafimaadka Maraykanka)
  - American Heart Association (Ururka)
- Hadii tobobarka ay qabato hay'ad kale oo heer qaran laga aqoonsan yahay, hay'adu waa inay raacdaa tilmaamaha tobobarka ee mid kamid ah hay'adaha sare.
- Tobobarka waa inuu kamid yahay qaybaha gacanta lagu hayo oo lagu soo hor bandhigaa macalin haysta shahaado.

Wixii macluumaad dheeraad ah ee ku saabsan WAC 110-300-0106 (11) onleyn, qabo <https://app.leg.wa.gov/wac/default.aspx?cite=110-300&full=true#110-300-0106>.

DCYF waxay u gudbisaa Gobolka Washington Department of Labor & Industries (Waaxda Shaqada iyo Shaqaalaha, L&I) si

ay u hagaan wixii ku saabsan hay'adaha shahaadada haysta ee la aqbalayo. Wakhti xaadirkan, DCYF ma aqbasho tobobarka macalimiinta haysta shahaadada ee hay'adaha aan ku qornayn hoos. DCYF waxay u gelin doontaa WAC 110-300-0106 si waafaqsan wixii isbedel ah ee L&I qaadan karto.

### CPR iyo Xaqijinta Gurmadka Caafimaadka

Raac talaaboynka si aad ugu sheegto liisan bixiyahaaga in aad dhamaysatay tobobarka CPR iyo Gurmadka Caafimaadka.

1. Saxeex MERIT oo waxa aad gelisaa macluumaadka ku saabsan tobobarkaaga duwaankaaga xirfadle ee tobobarada Caafimaadka iyo Amaanka.
2. Sii mid kamid ah noocyada soo socda ee waraaqaha liisan bixiyahaaga.
  - Kaadhka shahaadada,
  - Shahaadada, ama
  - Warqada macalinta ee lagu xaqijinayo dhamaystirka tobobarka

### La xiriir

Wixii su'aalo ah ee ku saabsan tan, fadlan la xidhiidh liisan bixiyahaaga DCYF. Wakhti xaadirkan, DCYF ma bixinayso talooyin dheeraad ah ama ansixin hay'adaha shahaadada haysta ee la ogol yahay.

Haddii aad rabto nuqullo dhukumenti ah oo qaab kale ah ama luuqad kale ah, fadlan kala xidhiidh DCYF Constituent Relations (DCYF Xidhiidhada Qeybaha) 1-800-723-4831 ama iimaylka [communications@dcyf.wa.gov](mailto:communications@dcyf.wa.gov).

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**CHILDREN, YOUTH & FAMILIES**