Tsumbavhulwo pfufhi ya zwiga zwa badani

Vhalani, vusulusani ni gandise zwishumiswa zwa u guda nga luambo lwaṋu. A hu ṱoḓei u ḓiṅwalisa.

K53 CLLT ndi ndugiselo yo ḓiimisaho. Mbudziso na zwikirini zwayo a si mulingo wa tshiofisi kana bannga yawo yoṱhe ya mbudziso, nahone maraga dza nḓowedzo a dzi khwaṱhisedzi u phasa.

Vhalani maitele a zwiga zwa badani

Shumisani tshivhumbeo, muvhala, tshiga na nyimele zwoṱhe musi ni sa athu u khetha zwine na ḓo ita.

Zwigwada zwa rathi, mishumo ya rathi yo fhambanaho

Vhalani tshiga tsha badani nga maga mararu: ḓivhani tshigwada tshatsho, vhalani tshiga kana mulaedza watsho wo khetheaho, ni kone u wana bada, laini kana tshikhala tshine tsha shuma khatsho. Muvhala une na u ḓivha u woṱhe a wo ngo eḓana u dzhia tsheo ya zwine na nga ita.

Zwiga zwa u langa zwi vhea ndaela kana mikano. Zwiga zwa tsivhudzo zwi sumbedza khombo i re phanḓa uri ni kone u ḓilugisa hu tshee na tshifhinga. Zwiga zwa u sumbedza nḓila zwi ni thusa u khetha nḓila na fhethu hune na khou ya. Zwiga zwa mafhungo zwi engedza zwidodombedzwa zwi thusaho. Zwiga zwo oliwaho badani zwi vhea ndaela na ndayo kha nṱha ha bada. Zwiga zwa vhuendi zwi langa u tshimbila nga mavhone kana zwiga zwo tendelwaho.

- Tshitendeledzi tsha mukano wa luvhilo ndi mukano wa nṱhesa; tsivhudzo ya khoneni i re na phuleithi ya luvhilo lwo eletshedzwaho ndi nyeletshedzo nga khone. A hu na zwine zwa ita uri luvhilo lwonolwo lu tsireledzee kha nyimele dzoṱhe.
- Musevhe wa u sumbedza nḓila u ni vhudza hune fhethu hune na ya ha vha hone; musevhe wa sia wa khombekhombe u ni vhudza u tshimbila ho tendelwaho.
- Shumisani tshiga na phuleithi iṅwe na iṅwe ya u engedza zwoṱhe. Tshiga tsha goloi tshi nga sumbedza nḓila ya khombekhombe, lushaka lwo iledzwaho, laini yo vhetshelwaho kana fhethu hune na ya zwi tshi ya nga tshiga tshine tsha tshi tangela.

Ḓivhani tshivhumbeo tsho ḓoweleaho, ni kone u sedza zwo fhambanaho

Tshivhumbeo tsho ḓoweleaho ndi zwiga zwa u langa zwa tshitendeledzi, zwiga zwa tsivhudzo zwa ṱhofunderaru yo imelaho nṱha na phanele dza u sumbedza nḓila kana mafhungo dza ṱhofunṋa ndapfu. Zwo fhambanaho zwa ndeme vhukuma ndi STOP ya masia a malo, YIELD ya ṱhofunderaru yo rembuluswaho na tshiga tsha daimani tsha u rangisa vha tshimbilaho nga milenzhe. Ḓivhani mivhumbeo yazwo naho maipfi a tshi konḓa u vhalea.

Mukano mutswuku kanzhi u tshimbidzana na u iledza nahone tshitendeledzi tsha lutombo kanzhi tshi ṋea ndaela ya zwine zwa fanela u itwa. Tshiga tsha u vhetshela tsha ṱhofunṋa ndapfu tsha lutombo a tshi ambi zwi fanaho na tshitendeledzi tsha lutombo. Zwiga zwa tshifhinganyana kanzhi zwi shumisa vhuimo ha muvhala wa ṱaḓa hune zwa tshoṱhe zwa shumisa mutshena; tshiga tsha ngomu tshi kha ḓi vha tshone tshi no ta ndaela.

- STOP i ṱoḓa u ima tshoṱhe; YIELD i ṱoḓa uri ni ṋee nḓila na u ima musi zwi tshi ṱoḓea. Mivhumbeo yazwo yo fhambanaho i ni thusa u zwi fhambanisa hu tshee na tshifhinga.
- Vhambedzani nzudzanyo dza tshoṱhe na dza tshifhinganyana kha garaṱa dza tsumbo. Tshirangi T buguni tshi sumbedza nzudzanyo ya tshifhinganyana; vha reilaho vha tevhela tshiga tsho sumbedzwaho, hu si khoudu yo gandiswaho kha thebulu ya u guda.

Zwiga, tswayo na mitalo



Imani

Imani. Imani tshoṱhe murahu ha mutalo. Arali u siho, imisani phanḓa ha goloi hu tshi lingana na luswayo. Kha nḓila tharu kana nṋa dza u ima, goloi yo thomaho u ima i thoma u fhira. Ṱuwani fhedzi arali zwo tsireledzea.



Ṋeani nḓila

Ṋeani nḓila. Ṋeani dziṅwe goloi nḓila. Arali dzi tshi sendela maḓumbanḓilani, fhungudzani luvhilo ni ime arali zwi tshi ṱoḓea.



A zwo ngo tendelwa: U paka

A zwo ngo tendelwa: U paka. Ni songo paka hune luswayo lwa vha hone, nga masiari kana vhusiku.



A zwo ngo tendelwa: U ima

A zwo ngo tendelwa: U ima. Ni songo ima nga nnḓa ha u tevhedza mabone a vhuendi kana muofisiri wa bada, kana u thivhela u thulana.



Fhethu ha u pfuka nga milenzhe

Fhethu ha u pfuka nga milenzhe. Fhungudzani luvhilo ni ime arali muthu o lindela u pfuka. Ni songo fhira goloi yo imaho fhethu ha u pfuka.



Ṋeani nḓila vha tshimbilaho nga milenzhe

Ṋeani nḓila vha tshimbilaho nga milenzhe. Ṋeani nḓila vha tshimbilaho nga milenzhe vha pfukaho kana vha ṱoḓaho u pfuka. Sedzani vhathu tsini na bada ni ḓilugiselele u ima.



A hu dzhenwi

A hu dzhenwi. A hu na goloi yo tendelwaho u fhira luswayo ya dzhena badani kana kha laini yo sumbedzwaho.



Dzulani kha tsha monde kana tsha u ḽa

Dzulani kha tsha monde kana tsha u ḽa. Fhirani tshithivheli nga sia ḽo sumbedzwaho nga musevhe, tsha monde kana tsha u ḽa.



Mugumo wa luvhilo

Mugumo wa luvhilo. Mugumo u thoma kha luswayo. Ni songo fhira luvhilo lwo sumbedzwaho.



A zwo ngo tendelwa: U fhira goloi

Luswayo lwa u thivhela u fhira nga u angaredza lu thivhela goloi iṅwe na iṅwe u fhira iṅwe i yaho sia ḽithihi kha 500 m i tevhelaho. Luswayo lwa goloi dza thundu lu thivhela goloi ya thundu u fhira iṅwe goloi ya thundu kha 500 m i tevhelaho. Lu kwama goloi dza thundu, hu si goloi dzoṱhe dzi lemelaho sa mabisi. Dziṅwe tswayo, mitalo na milayo ya u fhira nga u tsireledzea zwi kha ḓi shuma.



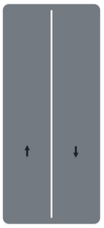
U khwaṱhisa fhethu na zwikhala

U khwaṱhisa fhethu na zwikhala. Lu khwaṱhisa fhethu hune na ya na zwikhala zwaho nga khilomithara. Shumisani zwikhala u pulana hune na ḓo shela mapfura kana u awela.



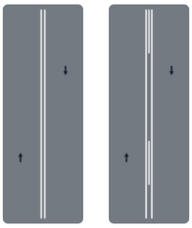
Vhuimamabisi phaṋḓa

Vhuimamabisi phaṋḓa. Mabisi a nga fhungudza luvhilo a ima phaṋḓa. Sedzani vha tshimbilaho nga milenzhe musi ni tshi a fhira.



Mutalo u thivhelaho u fhira

Mutalo u thivhelaho u fhira. A hu na tshipiḓa tsha goloi tshi teaho u vha tsha u ḽa ha mutalo. Ni nga pfuka fhedzi u dzhena tswititi getheni ḽa ngei, u bva khaḽo wa dzhena badani, kana u fhira tshithivheli tsho imaho. Kha izwo zwoṱhe, khwaṱhisani uri zwo tsireledzea.



Mutalo u thivhelaho u pfuka

Ni songo reila kha tsha u ḽa tsha mitalo iyi mivhili mitshena i sa ṱhukhukaniho kana na i pfuka nga tshipiḓa tshifhio na tshifhio tsha goloi.

Zwiko

Zwiko zwo ṱoliwa: 2026-10-16

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Vhalani kha inthanethe

Vhalani maitele a zwiga zwa badani
https://k53-app.co.za/ve/study/sign-families

Tsumbavhulwo pfufhi ya zwiga zwa badani
https://k53-app.co.za/ve/road-signs

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