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| Isbedelka Cimilada iyo Caafimaadka - Yaraynta saameyntaada iyo hagaajinta caafimaadkaaga (faa'iidooyinka caafimaadka ee dhib-yareynta isbeddelka cimilada)  Qaadista talaabo wax lagaga qabanayo cimilada maaha wax u fiican bay’ada keliya, laakiin waxay wnaaajisaa caafimaadkaaga iyo waxayna kuu dhaqaalaysaa lacag.  Inaad socoto halkii aad gaari wadi lahayd, waxaad hoos u dhigaysaa gaaska u baxaya hawad sarre iyo khatarta xaalladaha ay ka mid ka yihiin cayilka, sonkorta iyo jirada wadnaha.  Arrintan, iyo inaad qaadato gaadiidka dadweynaha, waxay hoos u dhigaan wasakhda hawada gelaysa.  Cunitaanka furut, khudaar iyo wixii ka yimid miraha, oo ay weheliso nolol firfircoon, ayaa wanaajin doonta samaqabkaaga jireed iyo maskaxeed adigoo caawimaya ilaalinta miisaan caafimaad qaba, kolistarool iyo dhiigkar.  Iyo adiga oo hoos u dhigaya cuntooyinka la warshadeeyey lana baakadeeyey, sidoo kale waa inaad hoos u dhigtaa qadarka qashinak ah oo dhulka lagu daadinayo.  Ka door bidida biyaha tuubada kuwa caagada lagu keenay ama cabitaanka la macaaniyey uma fiicna keliya caafimaadkaaga iyo bay’ada, laakiin taas ayaa kuu jaban lacag ahaan.  Si fiican u kululaynta iyo qaboojinta guriga waxay kaa caawimaysaa inaad ahaato mid caafimaad qaba oo axsiloon sanada oo dhan, oo baakhaamiya lacagta iyo tamarta.  Waxaas oo dhami uma fiicna keliya caafimaadkeena keliya, laakiin waxay kaloo caawimaan hoos u dhigida baahida nadaamka caafimaadka iyo bay’adeena. Waa arrin qof walba dan u ah.  Isbedelka cimilada iyo caafimaadka — maanta wax ka qabo si aad berri u hesho caafimaad. |

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