

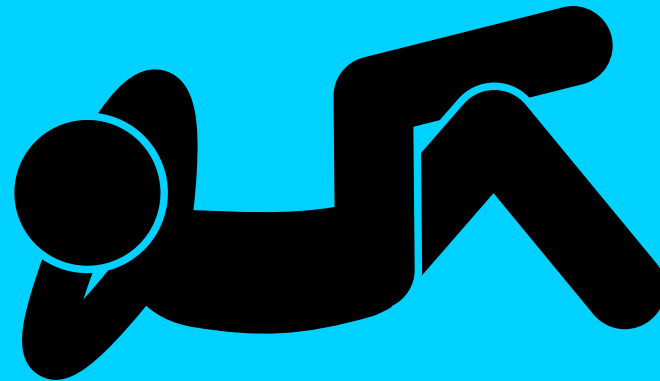
**Usalama
Mgodini**

AFYA NA USALAMA KAZINI WAKATI WA KUSAGA NA KUOSHA MAWE

Usalama wako ni muhimu zaidi.



Hakikisha mgongo wako umenyooka unaposaga na kuosha mawe ili kuepuka matatizo ya mgongo



Chukua mapumziko mara kwa mara unaposaga na kuosha mawe



Vaa gumboots miguuni na glavu mikononi wakati unaosha mawe