

## COVID-19 le ngandam le himtein riantuannak – Pumpak chawlehthalnak

### Aman khiahning cang le ton sual ding harnak, vanchiatnak khuakhaan lairelnak

COVID-19 nih kan rian le kan nunnak ningcang vialte zong a kan thlen dih. Asinain vawlei pumpi ah pumpak chawlehthal in riantuantu hna cu an rian an tuan lengmang rih ko.

COVID-19 zawtnak chungah pumpak chawlehthalnak a tuahtu hna caah rian ah ngandam tein le him tein riantuan khawh nak dingah a khing thlainak tuah cu a biapi tukmi ke hlaan khat a si. Cucu na sin a rami mileng, na riantuantu hna cu ton sual pakhatkhat a um sual tikah him tein an um khawhnak ding caah tha tein khuakhaan lairel thiamnak cu a biapi tukmi a si.

Tonsualnak pakhatkhat umtik ah khuakhaan lairelnak na tuah lio ah nangmah le nangmah naa hal ding pawl:

- Zeipawldah tih awk thil an si?
- Zei bantuk harnak nih dah mi pakhatkhat cu harnak a pek khawh, cun cucu zeitin dah si lai?
- Ton sual dingmi harnak cu zeitluk tiang khi dah a si lai?
- Ton sualmi harnak aum sual tikah zeitin dah khuakhaan lairelnak ka tuah khawh lai?
- Ton sual ding harnak pawl cu zeitin dah zohthan le khamhnak, riantuannak, harnak a thar pawl chathlatnak tuah dingmi pawl a fiang khawhnak ding caah zeitindah tuah a si lai,

Tonsualharnak khuakhaan lairelnak cu tuah peng si rih ko – COVID- 19 ruangaha chuakmi harnakthar le thlennak poahpoah fiang tein hngalh khawh i be sure to assess any new or changed risks arising from COVID-19, like risks from customer aggression, high work demand or working in isolation.

Na riantuantu pawl kha chimh hrim hna awk a si. Tonsual dingmi harnak pawl cu zeitindah khuakhaan lairelnak kan tuah lai i him tein riantuan khawh ding tuah dingah anmah he lungrual tein nan i bawm ahcun nan tuah khawh lai.

Vawlei cungah pumpak chawlehthalnak um peng rih ding in i zuam hna uhsih. Thawngpangtling tein theih na duh ahcun, hika website ah - [safeworkaustralia.gov.au](https://safeworkaustralia.gov.au).

### Takpum hlat in umnak

COVID-19 zawtnak karhnak cu midang he neihniam tein um in riantuannak nih a zualter khawh. Mibu he hlat in um khawhnak hmunhma ahcun hrialkhawh i zuam hna uh.

Ruahding mi pawl:

- Riantuannak hmunhma pawl pungsang remhthannak.
- Hmai tonh in ton biaruhnak pawl ngeihter lo ding.
- Mitampi umnak hmunhma ah mi tlawmdeuh zuh ding.
- Mileng pawl kha aa changchang tein cawk ter ding.

A si khawh nak hmun paoh ah pumpak l hmuhtonnak (appointment) caan ri khiah piak le rian ttuan tu pawl nih an mah le thilri cio an l ngeih hrim hrim nak hnga tol rel ding.

COVID-19 zawtnak he pehtlai in segzung pawl he aa pehtlaimi lamhmuhsaknak caah hi website [safeworkaustralia.gov.au](https://safeworkaustralia.gov.au) ah zoh khawh a si.

### **Na riantuannak hmunhma kha thianhpiak**

COVID-19 zawtnak a ngei mi minung pakhat a khuh asi lo ah a hachio tik ah a didor pawl a chuak i nan riantuannak hmun ah zawtnak a karhnak hnga lo thianhhlmnak tuah aherh.

Zawtnak rungrul a um mi thil hmai pawl tonghnak in mi nih COVID-19 a ngah khawh.

Nifatin te nan riantuannak hmun cu rungrul tahnak asi lo ah ti in a tlawm bik nikhat ah voikhat tel thianhnak na tuah hrim hrim aherh lai.

Thil hmai pawl voikhat thianh asi ahcun, zawtnak I chawnh khawh asi ti lo.

Mi nih tu le tu an tongh lengmang mi thil hmai pawl cu a hlei bak in thian ter a herh.

Nan riantuannak ah COVID-19 in a zaw mi an um sual asi ah cun, na riantuannak hmun cu minung an lut than hlan ah tha tein thianhnak na tuah hmasa a herh lai.

Seh in riantuannak hmun vial te COVID-19 he a pehtlai mi theihternak caah, [safeworkaustralia.gov.au](https://safeworkaustralia.gov.au) ah rak zoh!

### **Ahimmi Rian Australia COVID-19 website**

Ahimmi Rian Australia nih rian hmete pawl caah COVID-19 in a rak chuakmi tihphanak pawl chung in an rian theihnak, ngandamnak le himnak rianpawl tawlrel awk caah lamhmuhsaknak thar bawmtu a tharchuah.

[safeworkaustralia.gov.au](https://safeworkaustralia.gov.au) nih zei tin dah tihnung cuaithlainak, taksa ihlatnak, pumthianhnak, pumpak himnak thikri, le ruahnaklei ngandamnak, le thianhhlmnak kan tuah lai timi pawl tlangtar in thawngpang a ngeih hna.

Chungumbia rilhnak thil (content filtering tool) kha na rian hmete le na tuahmi kong he aa pehtlaimi thawngpang fawi tein ngahnak dingah hmang, cu hlei ah hmanthlak chawva pawl, rianhmun ah a herhmi pawl le catarnak ca zong ah.

Na riantuannak caah pakhat tete lam lamhmuhsaknak caah, online in a tu lut - [safeworkaustralia.gov.au](https://safeworkaustralia.gov.au).