

Indlela yokusebenzisa amathontsi wamehlo

1 Sebenzisa amathontsi amehlo ngendlela emisiweyo¹

2 Ungagaleli amathontsi amaninzi ngexesha kunokuba kumiselweyo¹

3 Sukusebenzisa amathontsi ixesha elide kunokuba kumiselwe¹

Amanyathelo asi-**7** alula okusebenzisa amathontsi wamehlo



1. Hlamba izandla zakho ngesepha namanzi ashushu. Zomise ngetawuli ecocekileyo.²



2. Susa isiciko sebhottle. Ungachukumisi incam yebhottle.³



3. Thoba intloko yakho ngasemva ukuze ujonge isilingi.^{2,3}



4. Ngomnwe wakho wesalathisi obekwe kwindawo ethambileyo ngaphantsi nje kwesiciko esisezantsi, tsala ngobunono ukuze wenze ipokotho. Beka ithontsi elinye esiciko sakho esisezantsi. Sukudanyaza, sula iliso lakho, okanye uchukumise incam lebhottle kwiliso lakho okanye ebusweni.^{2,3} Ilcebiso lokusasaza ibhottle lenzelwe ukunika ithontsi elinye ngexesha kwaye kufuneka ucinezele ezantsi kwebhottle (A), okanye ucinezele ngokucokisekileyo amacala ebhottle (B).⁴



5. Vala iliso lakho. Usebenzisa umnwe wakho, cinezela apho iziciko zidibana khona nempumlo ngamehlo avaliweyo. Bamba ucinezele imizuzu emi-2 ukuya kwemi-3.^{2,3}



6. Hlamba izandla zakho ukuze ususe nawaphi na amathontsi wamehlo anokuthi ashiywe kuwo.^{2,3}



7. Ukuba usebenzisa amathontsi amehlo amaninzi, linda imizuzu emihlanu ngaphambi kokugalela iintlobo ngentlobo ezahlukeneyo zamachonsi amehlo.^{2,3}

lingcebiso ezisi-8 emva kotyando lwe-cataract⁵



1. Musa ukuqhuba ngosuku lokuqala.



2. Musa ukwenza nawuphi na umsebenzi onzima ofana nokuphakamisa izinto ezinzima kwiiveki ezimbalwa.



3. Ngokukhawuleza emva kotyando, musa ukugoba, ukuthintela ukubeka uxinzelelo olongezelelweyo kwiliso lakho.



4. Ukuba kunokwenzeka, musa ukuthimla okanye ukugabha emva kotyando.



5. Lumka ukuhambahamba emva kotyando, kwaye ungangqubani kwiingcango okanye kwezinye izinto.



6. Ukunciphisa umngcipheko wosulelo, musa ukuqubha okanye ukusebenzisa ibhafu eshushu kwiveki yokuqala.



7. Musa ukuveza iliso lakho kwizinto ezizakudala ukuba uhlikihle amehlo akho, izinto ezifana negrime, uthuli kunye nomoya kwiiveki ezimbalwa zokuqala emva kotyando.



8. Musa ukuhlikihla iliso lakho, emva kotyando.

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