

Ungawasebenzisa kanjani amaconsi amehlo

1 Sebenzisa amaconsi amehlo akho ngendlela oqondiswe ngayo ¹

2 Ungafaki amaconsi amaningi ngesikhathi kunokunqunywe ¹

3 Ungawasebenzisi amaconsi isikhathi eside kunokunqunywe ¹

7 Izinyathelo ezilula zokusebenzisa amaconsi amehlo



1. Geza izandla zakho ngensipho namanzi afudumele. Zomise ngethawula elihlanzekile.²



2. Susa isivalo ebhodleleni. Ungalithinti ichopho lebhodlela.³



3. Qethukisa ikhanda ngomhlane kuze kube ubheke uphahla phezulu.^{2,3}



4. Beka umunwe wakho wenkomba endaweni ethambile lena engezansi nje kwejwabu elingezansi, lidonsela phansi kancane ukuze wenze iphakethe. Faka iconsi elilodwa ephaketheni lejwabu lakho elingezansi. Ungacwayizi, ungalisuli iso lakho, noma uthintise ichopho lebhodlela esweni lakho noma ebusweni.^{2,3}

Ichopho lebhodlela lokuconsisa lakhelwe ukukhipha iconsi elilodwa ngesikhathi futhi kufanele okukanye ulicindezele ngezansi ibhodlela (A), noma ucindezele izinhlangothi zebhodlela ngokucophelela (B).⁴



5. Vala iso lakho. Sebenzisa umunwe wakho, ucindezele amajwabu amehlo umunwe uwuyise embonjeni ulokhu uwavalile amehlo. Cindezela kanjalo imizuzu emi-2 kuya kwemi-3.^{2,3}



6. Geza izandla zakho ukuze ususe noma yimaphi amaconsi eso angabe asalele kuzo.^{2,3}



7. Uma ufaka izinhlobo ezingaphezulu kweyodwa zamaconsi amehlo, linda imizuzu emihlanu ngaphambi kokufaka iconsi elilandelayo.^{2,3}

Amathiphu angu-8 ngemva kokwengulwa ulwelwesi⁵



1. Ungashayeli ngosuku lokuqala.



2. Ungaqukuli noma yini esindayo noma wenze umsebenzi onzima emasontweni ambalwa.



3. Ngokushesha ngemva kwenqubo, gwema ukugoba, ukuze uvimbela ukufaka ingcindezi eyengeziwe esweni lakho.



4. Uma kungenzeka, ungathimuli noma ungaphalazi ngemva nje kokwengulwa.



5. Qaphela ukuhambahamba ngemva kokwengulwa, futhi ungazishayisi eminyango noma kwezinye izinto.



6. Ukunciphisa ingozi yokutheleleka, gwema ukubhukuda noma ukugeza kubhavu wamanzi ashisayo esikhathini esiyisonto lokuqala.



7. Ungabi sesimweni lapho iso lakho lizoxhopheka noma lilume khona, ngenxa yezinto ezifana nentuthu eyigrayimu, uthuli nomoya ovunguzayo esikhathini esingamasonto ambalwa okuqala ngemva kokwengulwa.



8. Ungalicikici iso lakho, ngemva kokwengulwa.

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