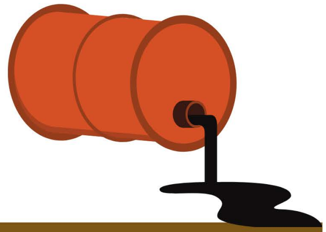
ᐅᐱᑲᐸᐎᐣ ᐃᒥᐦᐃᐍᐃᓇᐣ

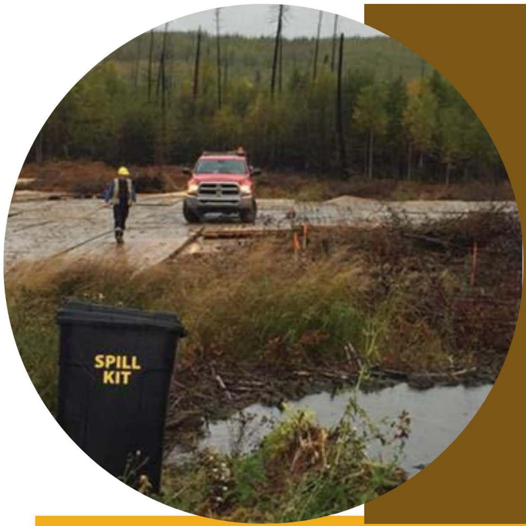
ᓯᑭᔅᐃᓇᐣ ᑭᑫᐣᒋᑫᐎᐣ ᑐᒋᑫᐎᐣ

ᐅᐱᑲᐸᐎᐣ ᐅᐅᐍ ᑲᑐᑕᐠ:

- ᒋᑭᐦᑭᓄᐦᐊᒪᐘᑲᓄᐘᐟ ᑕᔑᑫᐎᐣ ᐊᓂᔑᓂᓂᐘᐠ ᑲᑐᒋᑫᒪᑲᑭᐣ ᓯᑭᔅᐃᓇᐣ
- ᑲᐎᒋᑫᒪᑲᐠ ᐊᓄᑭᐤ ᓯᑭᔅᐎᐣ ᑲᓄᒋᑫᐎᐣ ᐱᒍᒋᑫᐎᐣ
- ᐊᐎᔭᐠ ᒋᑭᐦᑭᓄᐦᐊᒪᐘᑲᓄᐘᐟ ᐊᓂᐣ ᑫᐃᔑᐸᒥᓇᒍᐘᐟ ᓯᑭᔅᐃᓇᐣ ᐃᐃᒪ ᑲᐃᔑᑕᐘᐟ



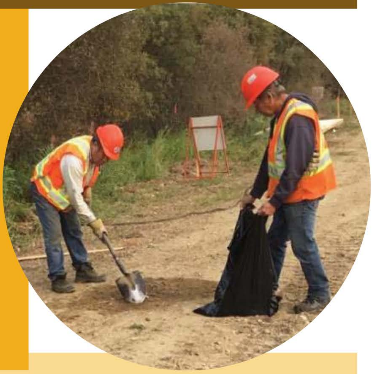
ᓯᑭᔅᐃᓇᐣ



ᑭᐡᐱᐣ ᐁᑲ ᑲᐱᐢᑫᐣᒋᑲᑌᐠ, ᑲᓯᑭᔅᑫᐣ ᑫᑯᓇᐣ ᑐᑲᐣ ᐱᒥᑌ, ᐊᐸᑲᒥᓂᑲᐣ, ᑕᑲᑲᒥᓂᑲᐣ ᓇᐣᑕ ᐊᒋᐍᐸᐦᐃᑲᐣ ᐱᒥᑌᐣ ᒪᐘᐨ ᒪᒋᑐᑕᐍᒪᑲᓄᐣ ᐊᐦᑭᑲᐠ ᒥᓇ ᐃᐃᒪ ᓂᐦᐱᑲᐠ.

ᐁᑲ ᑫᑲᐟ ᑲᑭᓇ ᑲᓯᑭᔅᑫᐣ ᐱᒥᑌᐣ ᐊᐦᐃᐠ ᐊᐱᐣ ᓂᐦᐱᑲᐠ ᐊᓂ ᑕᑲᔑᑲᐎᓄᐣ (ᐘᑭᒥᓂᐦᐱᑲᐠ ᓇᐣᑕ ᐊᓇᐢᐱᐠ). ᐁᑲ ᐊᐱᐣ ᓂᐦᐱᑲᐠ ᑲᑕᑯᔑᓄᒪᑲᑭᐣ, ᒪᐘᐨ ᑭᒋᐊᓂᒪᐣ ᒋᑲᓯᓂᑲᑌᐠ ᒥᓇ ᒋᐅᑕᐱᓂᑲᑌᐠ. ᐁᑲ ᐊᐱᐣ ᑲᒪᒐᑲᒥᒋᑲᑌᐠ ᓂᐦᐱ ᒥᓇ ᐅᑲ, ᑲᓯᑭᔅ ᐱᒥᑌ ᐅᒪᒋᑐᑕᓇᐣ ᑭᐡᑎᑲᓇᐣ ᒥᓇ ᐘᐃᔭᔑᔕᐣ ᑲᔭᐸᒋᑐᐘᐨ ᓂᐦᐱ ᐁᑲ ᐅᑲ. ᐁᑲ ᓇᐱᐨ ᐸᑭ ᑲᓯᑭᔅ ᒪᐘᐨ ᐅᒋ ᑭᒋᒪᒐᑲᒥᒋᑫᒪᑲᐣ - ᐯᔑᑯᒥᓂᑲᑲᐣ ᐊᐸᑲᒥᓂᑲᐣ ᑭᒋᐯᔑᑲᒥᑕᓯᒥᑕᓇ ᐅᒪᒐᑲᒥᑐᐣ ᓂᐦᐱᓂ! ᐁᑲ ᒪᐘᐨ ᑲᔭᐠ ᒋᑲᓇᐍᐣᒋᑲᑌᐠ ᐁᑲ ᒋᓯᑭᔅᑭᐣ ᐊᐦᑭᑲᐠ ᑲᔭᐠ ᐅᓇᒋᑫᐎᐣ ᒋᑕᑲᐠ ᒥᓇ ᐅᐃᐨ ᒋᐊᓄᑲᑌᐠ!

ᐘᑌᓂᑲᓂᔭᑊ ᓯᑭᔅᐎᐣ ᐘᐍᓇᒋᑫᐎᐣ



ᐁᑲ ᒪᐘᐨ ᐯᔑᑲᐛᐠ ᐊᐦᑭᐤ ᑭᒋᐃᔑᔅᐃᓇᐣ ᑲᐃᔑᔅᑭᐣ ᐅᐅᒪ ᐘᑌᓂᑲᓂᔭᑊ ᐊᓄᑭᐎᓂᐠ ᐅᑫᓂᐘᐎᐣ ᓯᑭᔅᐃᓇᐣ. ᐁᑲ ᒥᔅᐘᐨ ᑲᔭᐠ ᐊᓄᑭᓇᑲᓇᐠ ᐊᓇᔭᓄᑲᑕᒍᐘᐨ, ᐅᒋᑕᐱᑯ ᑭᔭᐲ ᓯᑭᔅᐃᓇᐣ ᐅᒋᑕᑲᓄᐣ. ᐁᑲ ᑲᑕᑲᔭᐠ, ᒪᐘᐨ ᒥᔑᓇᑎᓄᐣ ᓯᑭᔅᐃᓇᐣ ᐅᔅᐨ ᐅᐅᐍ ᐱᒥᑌᐎᔭᐱᐣ ᒥᓇ ᑲᐃᔑᐱᒪᔑᑲᐎᐠ ᐱᒥᑌ ᐊᓂ ᐘᑫᐘᐎᐣ ᒥᓇ ᐊᐱᐣ ᐁᔭᓂ ᐱᑲᑲᑎᑭᐣ.

ᐸᐡᐍᐟ ᐁᑲ ᐘᑌᓂᑲᓂᔭᑊ ᑲᔭᐠ ᐅᑕᓄᑲᑕᓇᐘ ᓯᑭᔅᐃᓇᐣ ᒥᓇ ᒥᔑᐣ ᐅᑕᔮᓇᐘ ᑭᐱᑎᓂᑫᐃᓇᐣ ᒥᓇ ᑲᓄᒋᑫᐃᓇᐣ ᑲᐊᔮᓂᑭᐣ ᐃᔭᐸᒋᑐᐘᐨ ᑭᐡᐱᐣ ᐅᐅᐍ ᑲᐃᔑᔅᓂᐠ.

ᐘᑌᓂᑲᓂᔭᑊ ᓯᑭᔅᐃᓇᐣ ᑭᐱᑎᓂᑫᐎᐣ ᑐᒋᑫᐎᓇᐣ

- ᑲᐃᔑᐊᑌᐠ ᑲᐃᔑᐊᓯᐘᑌᐠ ᐱᒥᑌ ᒥᓇ ᑲᐃᔑᓇᐱ ᐱᒋᐱᒪᓂᐘᐠ ᑫᒥᓇ᐀ 30m (~100ᒥᓯᐟ) ᒋᐊᐱᓯᓇᑲᐠ ᓂᐦᐱᑲᐠ ᒥᓇ ᑭᐱᑎᓂᑫᐎᓇᐣ ᑲᐅᓇᑌᑭᐣ ᒋᐊᐸᑕᑭᐣ (ᑐᑲᐣ, ᐊᐦᐱᓯᒋᑲᓇᐣ, ᐊᓯᐘᒋᑲᓇᐣ).
- ᐊᐸᒋᑐᐣ ᓯᑭᔅᐤ ᐊᓯᐘᒋᑲᓇᐣ ᑭᐡᐱᐣ ᐁᔭᑕᓯᐘᑐᔭᓂᐣ ᐱᒥᑌᐣ ᒥᓇ ᑲᐃᔑᑕᓇᓄᑭᓇᓂᐘᐠ ᒋᑭ᐀ ᐊᐦᑭᑲᐠ ᑲᐃᔑᓇᓂᒋᔭᐠ (ᓂᐦᐱᑲᐠ).
- ᑲᔭᐱᑕᐍᐟᐠ ᐱᒥᑌᐤ ᐊᓯᐘᒋᑲᓇᐣ ᐊᐸᒋᑐᓇᐣ ᐁᑲ ᐅᑕ ᑲᑭᐸᑯᒋᐍᐸᐦᐃᑲᑌᑭᐣ ᐁᑲ ᒥᓇ ᑲᐅᒋᑲᐎᐠ.
- ᐱᒥᑌᐤ ᐊᓯᐘᒋᑲᓇᐣ ᐊᔭᐘᐣ ᑲᔭᒍᐘᑲᒥᓂᑲᑲᓂᐘᐠ ᑐᑲᐣ ᑲᒪᒐᑲᒥᑭᐣ ᐊᓯᐘᒋᑲᓇᐣ ᑲᔭᐸᑕᑭᐣ.
- ᑲᔭᐠ ᑐᑕᐣ ᐊᐸᒋᒋᑲᓇᐣ, ᒥᓇ ᓇᓇᑲᒋᒋᑫᐣ ᔅᔅᑯᓇᐠ ᒋᑲᓯᓇᑲᑭᐣ, ᐁᑲ ᒋᐅᒋᑲᐎᑭᐣ, ᐁᑲ ᒥᐢᑕᐦᐃ ᒋᐊᔭᐠ ᐱᒥᑌ. ᑭᐡᐱᐣ ᐅᒋᑲᐎᑭᐣ, ᐅᐃᐨ ᓇᐣᑕ ᑐᑕᐣ ᒥᓇ ᐸᑲᐣ ᐊᑐᐣ ᐊᐸᒋᒋᑲᐣ ᒋᐘᐍᐡᒋᑲᑌᐠ.
- ᑫᒥᓇ᐀ ᑲᑭᓇ ᐅᑕᐸᓇᐠ ᒋᐊᑌᑭᐣ ᓯᑭᔅᐤ ᐊᐸᒋᒋᑲᓇᐣ (ᑐᑲᐣ ᐱᒥᑌᐤ ᐸᑲᓂᑭᓄᐣ) ᐅᐃᐨ ᒋᐊᓄᑲᑕᒪᐣ ᑲᔭᑲᓯᑭᐣ ᐅᒋᑲᐎᓇᐣ ᒥᓇ ᓯᑭᔅᐃᓇᐣ.

ᐁᑲ ᑭᐡᐱᐣ ᑲᑫᐧᑌᐃᓇᐣ ᐊᔭᔭᐣ ᐅᐅᐍ ᑲᐸᑭᑎᓂᑲᑌᐠ ᐃᒋᑫᐎᐣ ᐅᐅᒪ ᐃᑕᒪᑫᐤ ᐯᐸᓄᐠ, ᐁᑲ ᑲᓄᐡ
ᐅᐱᑲᐸᐎᐣ ᐊᓂᔑᓇᐯᐤ ᐊᐦᑭᐤ ᐅᓂᑲᓂᑕᒪᑫ, ᑲᐧᓄᐧᐤ ᐤᐃ ᑲᐨ ᐅᐅᒪ:
ᐱᐘᐱᑯᐠ: c.leekam@oslp.ca // ᒪᒋᑭᑐᐣ: (807) 474-3300, ᒪᑯᓇᐣ 209 // ᒪᒋᑭᑐᐅᐢ: (807) 632-7043

ᓯᑭᓴᐃᐧᐣ ᑲᓄᒋᑫᐃᐧᐣ

ᐊᐱᐣ ᑲᓯᑭᓴᐠ ᐅᐅᒪ ᐊᓄᑭᐃᐧᓂᐠ, ᐸᐥᐁᐧᐟ ᐅᑭᐦᑭᓄᐦᐊᒪᐊᐧᐣ ᐅᑕᓄᑭᓇᑲᓇᐣ ᒋᐱᒥᓂᓴᐦᐊᒥᓂᐨ 6 ᑫᑯᓇᐣ:

1. ᐁᑲᐧ ᐊᔭᑲᐧᒥᓯᐣ – ᓇᓇᑲᒋᑐᐣ ᓇᓂᒋᔭᐃᐧᐣ:

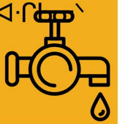
- ᑲᐃᐧᐣ ᐸᐸᔑᐣ
- ᐃᐧᑕᒪᐃᐧᐠ ᑯᑕᑭᔭᐠ ᐊᐃᐧᔭᐧᐠ.
- ᑭᐡᐱᐣ ᐊᔭᑲᐧᒥᓯᐤᓂᐊᐧᐠ ᒋᑐᑕᒪᐣ, ᓂᓯᑕᐃᐧᓇᐣ ᐊᐸᒋᒋᑲᐣ ᒥᓇ ᐅᑕᐱᓇᐣ ᓇᑕᒪᑫᐤ ᑭᐡᑭᑲᓇᐣ (PPE) ᒥᓇ ᐅᐅᐁᐧ ᒋᐊᐸᒋᑐᔭᐣ ᑫᑯᓇᐣ ᐊᔭᑲᐧᒥᓯᐤ ᒪᐊᐧᑐᓂᑫᐤ ᐯᐸᐣ (MSDS).
- ᐁᑲ ᒋᐊᔭᑭᐣ ᑫᑯᓇᐣ ᑲᐃᐡᑯᑌᐊᐧᑭᐣ.
- ᒋᐊᔭᔭᐣ ᐃᐃᒪ ᓀᑫ ᑲᐃᔑᒪᒋᓂᐁᐧᐠ.

2. ᐃᔑᑭᑐᐣ ᐃᐧᒋᐦᐃᐁᐧᐃᐧᐣ ᓇᑕᐁᐧᐣᑕᒪᐣ:

- ᑲᓄᐡ ᑲᐃᐧᑕᓄᑭᒪᐨ, ᑭᑐᑭᒪᑦ, ᐊᔭᑲᐧᒥᓯᐤ ᐱᒧᒋᑫᐃᐧᐣ ᓇᐣᑕ ᐊᐦᑭᐤ ᐅᑭᒪᐤ ᐊᓄᑭᓇᑲᐣ ᒋᐃᐧᒋᐦᐃᐠ.

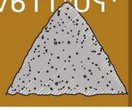
3. ᐁᑲᐧ ᑭᐱᑎᓇᐣ ᑲᐱᒪᔑᑲᐃᐧᐠ:

- ᑭᐡᐱᐣ ᐊᔭᑲᐧᒥᓯᐃᐧᓂᐊᐧᐠ, ᐊᓯᐊᐧᒋᑲᓇᐣ ᐊᑐᓇᐣ.
- ᑭᐸᐦᐊᐣ ᑲᐅᒋᐱᒪᔑᑲᐃᐧᑭᐣ, ᑭᐱᑎᓇᐣ ᑲᐃᐧᑯᐁᐧᐸᐦᐃᑫᒪᑲᑭᐣ, ᐸᑲᐧᐦᐊᓂᐣ ᑲᐅᒋᐅᒋᑲᐊᐧᑭᐣ.
- ᐊᑐᓇᐣ ᑫᑯᓇᐣ ᐃᐃᒪ ᑲᐅᒋᑲᐃᐧᐠ ᐊᓯᐊᐧᒋᑲᐠ ᐊᐦᐃ ᐊᐸᒋᑐᐣ ᑲᒥᓇᐧᔑᐠ ᐊᓯᐊᐧᒋᑲᐣ.



4. ᐁᑲᐧ ᑭᐱᑎᓇᐣ ᓯᑭᓴᐃᐧᐣ:

- ᑭᐸᐦᐊᐣ ᑲᐅᒋᐱᒪᔑᑲᐃᐧᐠ, ᑲᐅᒋᔕᐸᐧᔑᑲᐃᐧᐠ, ᒥᓇ ᑯᑕᑭᔭᐣ ᑲᐅᒋᐸᐱᒪᑲᑭᐣ.
- ᑭᐱᑎᓇᐣ ᓯᑭᓴᐃᐧᐣ ᑫᑯᓇᐣ ᐊᐸᒋᑐᓇᐣ ᑐᑲᐣ ᐊᐦᑭ, ᓀᑲ ᒥᓇ ᑯᑕᑭᔭᐣ ᑫᑯᓇᐣ ᑲᒥᓇᐧᔑᑭᐣ ᒋᑭᐱᑎᓂᑲᑫᔭᐣ.
- ᑲᐃᐧᐣ ᑲᓯᓂᑲᓇᐣ ᐊᐸᒋᑐᓇᐣ ᐁᑲ ᒋᒥᐢᑌᓴᐠ ᐊᐸᑲᒥᓂᑲᐣ ᑫᑯᓇᐣ.



5. ᐁᑲᐧ ᐸᔦᑭᓂᑫᐣ

- ᒪᐊᐧᑐᓇᐣ ᑫᑯᓇᐣ ᒋᐸᔦᑭᓂᑲᑫᔭᐣ ᐊᐦᐃᐣ ᑲᒥᓇᓴᑭᐣ ᑫᑯᓇᐣ ᒋᑲᓯᓂᑲᑫᔭᐣ.
- ᑭᑭᓇᐧᑕᓯᓇᐦᐊᓂᐣ ᑫᑯᓇᐣ ᑲᐁᐧᐱᓂᑲᑌᑭᐣ, ᑲᐧᔭᐠ ᑭᐸᐦᐊᓂᐣ ᐊᓯᐊᐧᒋᑲᓇᐣ ᓇᐣᑕ ᐊᐧᐢᑫᐧᑭᐣ ᐸᐡᑫᐧᐊᐧᔕᐣ.
- ᐁᑲᐧ ᐊᐸᒋᑐᐣ ᑲᐃᔑᐸᑯᓴᐣᑕᑲᐧᐠ ᐅᑫᐧᓂᐊᐧᐣ ᑲᐁᐧᐱᓂᑲᑌᑭᐣ.

6. ᑎᐸᒋᒧᐃᐧᐣ:

- ᐱᓇᒪ ᒧᒋᑎᐸᒋᒧᑕᐤ ᑭᑐᑭᒪᑦ ᐅᐅᐁᐧ ᓯᑭᓴᐃᐧᐣ ᐅᒋ, ᒥᓇ ᐊᐦᑭᐤ ᓇᓇᑲᒋᒋᑫᐃᐧᑲᒥᐠ ᓇᐣᑕ ᐊᔭᑲᐧᒥᓯᐤ ᐱᒧᒋᑫᐃᐧᐣ.
- ᓇᓇᑕᐤ ᑭᑫᐣᑕᐣ ᐸᑯᓴᐣᒋᑫᐃᐧᐣ ᐊᑲᐧᒋᐠ ᑲᐃᔑᑎᐸᒋᒧᔭᐣ ᒥᓂᑯᐠ ᑲᑭᓯᑭᓴᐠ ᓇᐣᑕ ᑲᐃᔑᓇᑲᐧᐠ ᓯᑭᓴᐃᐧᐣ.

ᓯᑭᓴᐃᐧᐣ ᐃᐃᒪ ᑲᐃᔑᑕᔭᐣ

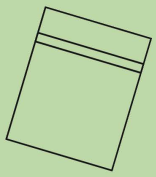
ᑭᐱᑎᓂᑫᐃᐧᐣ

- ᐊᑐᐣ ᒥᓇ ᓂᑲᑌ ᐅᒥᓇᐱ ᐱᒋᐱᒥᐣ ᐃᐃᒪ ᓴᑲᐦᐃᑲᓂᐠ.
- ᐊᐸᒋᑐᐣ ᓯᑭᓴᐤ ᐊᓯᐊᐧᒋᑲᓇᐣ ᐊᑕᑲᒥᓇᒪᐣ ᐱᑦᐸᐣᒋᑲᓇᐣ ᒥᓇ ᐊᑎᓇᒪᐣ ᐱᒥᑌᐣ (ᐊᐸᑲᒥᓂᑲᐣ)
- ᑲᐧᔭᐠ ᓯᑕᐦᐊᓂᐣ ᓴᑲᐦᐃᑲᓇᐣ ᑭᐱᑦᐸᐣᒋᑲᓂᐠ ᐁᑲ ᒋᐅᒋᑲᐃᐧᐠ. ᓴᑲᐦᐃᑲᓇᐠ ᓂᑕᐊᐧᑲᐃᐧᓴᐊᐧᐠ ᑲᐊᓄᑭᓴᐠ ᐱᑦᐸᐣᒋᑲᐣ.
- ᐊᑎᓇᐣ ᑲᐱᑯᐡᑲᑭᐣ ᐃᐃᒪ ᑲᐅᒋᐱᒪᔑᑲᐃᐧᑭᐣ ᒥᓇ ᑲᐅᒋᓴᑲᑯᑫᑭᐣ ᐊᒪᐧᔦ ᒪᒋᓴᑭᐣ. ᐅᑫᐧᓂᐊᐧᐣ ᑲᔦ ᐅᒋᒪᒋᓴᐊᐧᐣ ᑲᒪᑲᑌᑭᐣ ᒥᓇ ᑲᑭᔑᑌᑭᐣ ᓇᐣᑕ ᑲᐱᑲᐧᑌᑭᐣ.
- ᐁᑲᐧ ᑭᐱᑦᐸᐣᒋᑲᓂᐠ ᑫᑯᓇᐣ ᐊᑐᓇᐣ ᐃᐃᒪ ᑲᐅᒋᐅᒋᑲᐃᐧᐠ. ᐁᑲᐧ ᑲᐧᓂᐣ ᑫᑯᐣ ᑲᒪᒪᑕᐤᓇᑲᐧᐠ ᓇᐣᑕ ᑲᔭᑲᐧᑭᑌᐠ ᑭᓇᑕᐁᐧᐣᑕᓯᐣ; ᓇᐣᑕ ᔑᐊᐧᓇᑯᓇᐠ ᑲᐅᒋᑭᔑᔕᐧᑲᓄᐊᐧᐨ ᓇᐣᑕ ᔕᐱᑲᐦᐃᑲᐣ ᑲᐃᔑᐊᓯᐊᐧᒋᑲᑌᐠ.

ᑲᓄᒋᑫᐃᐧᐣ

- ᑭᐱᑎᓇᐣ ᑲᐱᒪᔑᑲᐃᐧᐠ!
- ᑭᐱᑎᓇᐣ ᓯᑭᓴᐃᐧᐣ. ᐊᐸᒋᑐᐣ ᑫᑯᓇᐣ ᒋᑭᐸᐦᐊᒪᐣ ᓯᑭᓴᐃᐧᐣ, ᐱᓂᐳᒋᑲᐣ ᒥᓇ ᐳᐢ ᐊᐸᒋᒋᑲᐣ ᒋᐃᐧᒋᒋᑲᑌᐠ ᓯᑭᓴᐃᐧᓇᐣ.
- ᐸᔦᑭᓂᑫᐣ. ᐅᑕᐱᓇᓂᐣ ᑲᑭᓇ ᑫᑯᓇᐣ ᑲᔭᐸᑕᑭᐣ. ᐁᑲᐧ ᐅᑫᐧᓂᐊᐧᐣ ᑭᒋᐁᐧᐱᓂᑲᓇᐣ ᑕᐃᔑᑲᓇᐧᐸᒋᑲᑌᐊᐧᓄᐣ ᒥᓇ ᑲᐧᔭᐠ ᒋᐁᐧᐱᓂᑲᑌᑭᐣ.
- ᑲᓄᐡ ᑭᑐᑭᒪᐃᐧᑲᒥᐠ ᒥᓇ ᐊᓄᑭᑕᒪᑫᐤᑲᒥᐠ ᐊᓂᐣ ᒪᔭᑦ ᑫᑐᑕᒪᐣ ᐅᑫᐧᓂᐊᐧᐣ ᐊᐱᐣ ᐁᐃᐧᐁᐧᐱᓇᒪᓂᐣ ᐃᐃᒪ ᑭᑕᔑᑫᐃᐧᓂᐠ ᑲᐃᔑᑕᔭᐣ.

ᑲᔭᑲᐧᐠ ᓯᑭᓴᐃᐧᐣ ᐊᐸᒋᒋᑲᓇᐣ



1. **ᑲᒥᔕᐠ ᐊᐧᐢᑫᐧᑭᐣ ᐸᐡᑫᐧᐊᐧᐢ** • ᐁᑲᐧ ᑲᐧᔭᐠ ᒋᒋᒥᓂᑫᒪᑲᐣ ᒥᓇ ᐊᒋᑲᑲᓂᐊᐧᐣ ᐅᑫᐧᓂᐊᐧᐣ ᑫᑯᓇᐣ ᑲᔭᐸᑕᑭᐣ. ᐁᑲᐧ ᑲᐧᔭᐠ ᑭᑭᓇᐧᑕᓯᓇᐦᐊᐣ ᐊᐸᒋᒋᑲᐣ "ᓯᑭᓴᐃᐧᐣ ᐊᐸᒋᒋᑲᐣ" ᒥᐢᑯᐨ ᒋᐁᐧᒋᓴᐠ ᒋᒥᑲᒪᐣ ᐊᐱᐣ ᓇᑕᐁᐧᐣᑕᒪᐣ.
2. **ᐊᔭᑲᐧᒥᓯᐤ ᐅᐡᑭᔑᑯᑲᓇᐣ** • ᒋᑲᓇᐁᐧᐣᑕᒪᐣ ᑭᒪᐸᐣ, ᑕᐱᓀᑲ ᐅᐅᒪ ᒪᐊᐧᐨ ᐁᐃᔑᓇᓂᒋᔭᐠ ᑭᔭᐃᐧᓇᐠ, ᐅᐅᐁᐧ ᐊᐱᐣ ᐱᒋᐳᐣ ᑲᐯᔕᐧᐸᒋᑲᑌᐠ.
3. **ᐊᔭᑲᐧᒥᓯᐤ ᒥᒋᑲᐊᐧᓇᐠ** • ᒋᑲᓇᐁᐧᐣᑕᒪᐣ ᑭᓂᒋᐣ ᑲᓴᒥᓇᒪᐣ ᐊᐸᑲᒥᓂᑲᐣ, ᐱᒥᑌ ᒥᓇ ᑯᑕᑭᔭᐣ ᑫᑯᓇᐣ.
4. **ᐊᐧᐢᑫᐧᑭᐣ ᐸᐢᑫᐧᐊᐧᔕᐣ** • ᒋᐁᐧᒋᓴᐠ ᐊᓄᑲᑕᒪᐣ ᑲᐅᒋᑲᐃᐧᐠ ᓇᐣᑕ ᑲᓯᑭᓴᐠ ᑫᑯᐣ.
5. **ᑫᑯᓇᐣ ᑲᐸᑯᐁᐧᐸᐦᐃᑫᒪᑲᑭᐣ ᑐᑲᐣ ᐳᐢ ᑲᐃᔑᐁᐧᐱᓂᑫᐨ, ᐸᑲᐧᓂᑭᓇᐣ, ᑲᒪᑲᑌᐃᐧᓯᐨ ᐊᓯᐣ ᓇᐣᑕ ᐱᓂᐳᒋᑲᓇᐣ.** • ᐅᑫᐧᓂᐊᐧᐣ ᐃᐧᒋᐦᐃᐁᐧᒪᑲᓄᐣ ᒋᐸᑯᐁᐧᐸᐦᐃᑲᑌᑭᐣ ᓯᑭᓴᐃᐧᓇᐣ ᒥᐡᑯᐨ ᒋᐁᐧᐸᐦᐃᑲᑌᑭᐣ ᐁᑲᐧ ᑲᐧᔭᐠ ᒋᐁᐧᐱᓂᑲᑌᑭᐣ.