

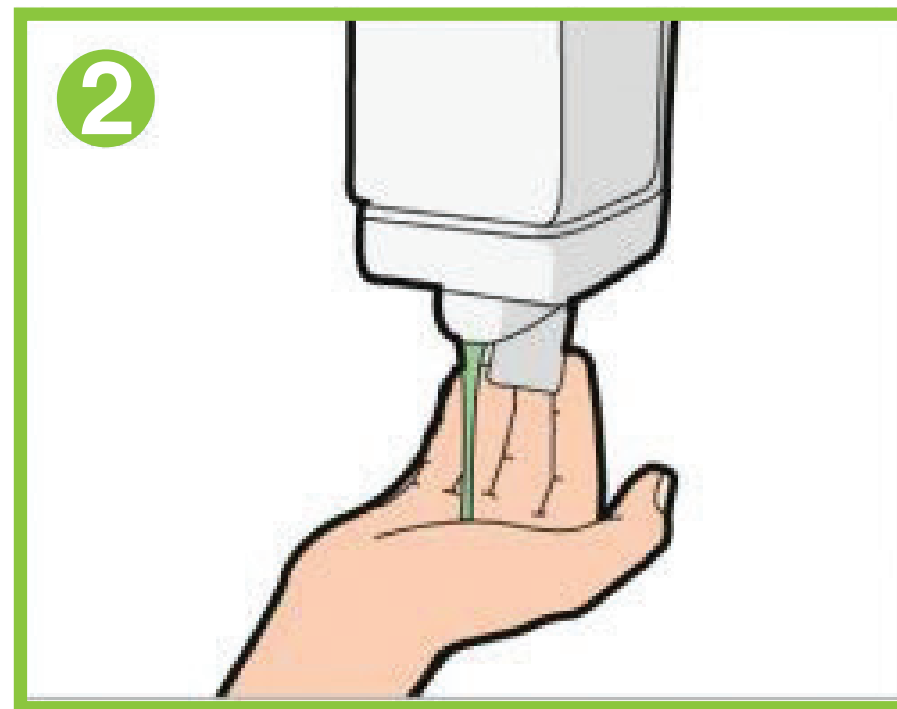
EZEMPILO MAYELANA NEZANDLA



- Ukugeza njalo izandla kwehlisa amathuba okungenwa ngamagciwane nokudluliseleka kwamagciwane komunye umuntu.
- Geza izandla zakho –
 - emva kokuya endlini encane;
 - ngaphambi kokuphatha ukudla nangaphambi kokupheka nangaphambi kokudla; kanye
 - nasemuva kokusebenzisa izandla zakho ngesikhathi ukhwehlela noma uthimula.



Manzisa izandla zakho ngamanzi ahlanzekile bese uzisimela ngensipho.



Gezisisa izandla zakho, hlikihla inhlanakela yezandla zakho, ugeze neminwe kanye naphakathi kwayo.



Ziyakaze ngamanzi ahlanzekile.



Zesule. Lahla ithawula lephepha emgqonyeni uma ubukade usebenzisa lona.

**Nakekela izandla zakho.
Kungenzeka**



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