



ABACWANINGI baxwayisa abantu ngengozi engadalwa wukusebenza uhleli phansi isikhathi eside. Bathi basengozini yokuphathwa yizifo ezifana nesikashukela nesenhliziyo. Okuhle ke kodwa wukuthi akudingeki ukuthi uze uhlezi umile njengabahlengikazi kodwa imizuzu nje eyishumi njalo ngehora ingawenza umehluko. Lapha uNksz Thabsile Langa ofundela ubuhlengikazi wathathwa esemsebenzini

Isithombe:
NOKUTHULA MBATHA

Ingozi ebonwa abacwaningi ngokuhlala phansi isikhathi eside

ABACWANINGI baveza ukuthi ukuhlala phansi amahora amane ngosuku kungaba nomthelela ekudlangeni kwezifo.

Bathi abantu abahlala isikhathi esingamahora amane ngosuku banethuba eliku-46% lokufa ngenxa yezifo ezifana nesikashukela nesenhliziyo.

Laba basengozini enkulu uma beqhathaniswa nabantu abahlala phansi isikhathi esilinganiselwa emahoreni amabili nangaphansi.

UDkt Robert Delgado ukhuthaza ukuthi abantu basebenze bemile.

Uthe uma kungaba khona izindawo zokusebenzela ezidalelwe ukuthi abantu bame kunokuthi bahlale kungaba

ngcono.

Ngokusho kwakhe ingqondo ifana ne-battery okwazi ukuligcwalisa ngokuthi unyakaze.

“Yingakho sizizwa sinomdlandla emuva kokuzivocavoca futhi sizizwe sikhathela emuva kokuhlala usuku lonke,” kusho uDkt Delgado.

Uchaze ukuthi ukuhlala phansi isikhathi eside kungenza umonakalo omkhulu emgogodleni nalapho kuhlangana khona amathambo.

Lokhu kuthumela imiyalezo yengcindezi engqondweni.

Kungagcina kuholele ekutheni umuntu agcine esenezifo okubalwa kuzona esenhliziyo nesifo sikashukela.

Kungaphinde kuholele nasekutheni umuntu akhuluphale ngokweqile.

Ngokwakhe izindawo zokusebenza ezivumela ukuthi abantu basebenze bemile noma behamba yizona ezingaletha umehluko.

Ngaphandle kwezindawo zokusebenza ezivumela abantu ukuthi bame kuhle abantu bazijwayeze ukunyakazisa umzimba ngokuthi bazelule.

Ukwelula intamo nezandla ngesikhathi uhleli phansi kungenza umehluko ekukhuthazeni umqondo lapho usukhathala.

UDkt Delgado uthe okubaluleke kakhulu wukuzinika isikhathi sokusukuma. Uthe ukusukuma

njalo emuva kwemizuzu engamashumi amathathu kwenza umehluko omkhulu.

Uthe uma kungelula ukuthi abasebenzi bangasebenzela endaweni evumela ukuthi bame kungcono basebenzise izihlalo ezingenza ukuthi basukume emuva kwesikhathi esithile.

“Ngivame ukuzwa abantu bethi abanaso isikhathi esanele sokunakekela isimo sabo sezempilo. Iqiniso lithi impilo yethu yiyona nto ebalulekile esinayo, ngakho-ke kufanele sisizame isikhathi sokuyinakekela ngisho kungasho ukunyakazisa umzimba nokwelula umgogodla njalo emuva kwemizuzu engu-30,” kusho uDelgado.