

Soo geli Kaararka Bakhti-afuufka (CPR)/ Koowaad ee PACE



PACE waa nidaamka waxbarashada onlaynka ah ee Guddiga Daryeelka Guriga ee Oregon (OHCC).

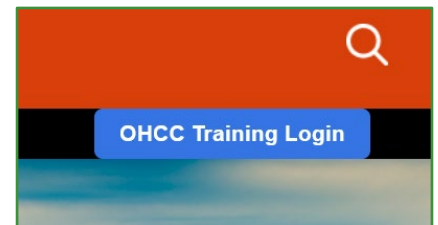
- Hagahani ayaa sharraxaya sida loo sameeyo soo geli kaarkaaga Bakhti-afuufka (CPR)/Gargaarka Koowaad gudaha PACE.
- Waa inaad [samaysato akoon PACE ah](#) kahor intaadan soo gelin kaararka.
- Kaararka waa inay muujinayaan magacaaga sharciga ah iyo taariikhda aad shahaadada ama tababarka qaadatay.

Haddii aad rabto in lagu caawiyo, ku dir iimayl training.ohcc@odhs.oregon.gov.

Tallaabada 1 – Soo gal PACE

Booqo: workspace.oregonstate.edu/ohcc

- Dhagsii Gal Tababarka OHCC. Waa badhanka buluugga ah ee u dhow dhanka sare ee shaashadda.
- Soo gal adoo isticmaalaya cinwaanka iimaylkaaga.



Haddii aadan lahayn akoon PACE ah, raac tallaabooyinka si aad u [samaysato akoonkaaga](#).

Tallaabada 2 – Tag Bogga Hore

Waxaad qaadi doontaa dhowr tallaabo si aad kaarkaaga u soo geliso.

- Ka bilow Bogga Hore.
- Hoos ka eeg Ficillada Kale.
- Dhagsii Soo geli Kaarkaaga Bakhti-afuufka (CPR).



Tallaabada 3 – Xulo nooca kaarka

Shaashadda xigta, waxaad ka arki doontaa magacaaga iyo qayb loogu talagalay **Nooca** kaarka.

- Dhagsii **Bakhti-afuufka (CPR)/Gargaarka Koowaad**



CPR Card

Person
Your name will be here

Type*
 CPR/First Aid

Tallaabada 4 – Geli tafaasiisha kaarka

Ka eeg kaarkaaga **Bakhti-afuufka (CPR)/Gargaarka Koowaad** oo geli tafaasiisha gudaha PACE.

- Geli **taariikhda tababarka** ee kaarkaaga lagu muujiyay.
- Geli taariikhda kaarkaagu uu **dhacayo**.
 - Haddii kaarkaagu **uusan lahayn** taariikhda dhicitaan, geli maalinta ugu dambaysa ee bisha oo ah 2 sano kadib taariikhda tababarkaaga.
 - Tusaale: Haddii tababarkaagu dhacay Janaayo 1, 2026, waxaad gelin doontaa Janaayo 31, 2028.



CPR Card

Person
Your name will be here

Type*
CPR/First Aid Edit

Training Date*
mm/dd/yyyy

Expires*
mm/dd/yyyy

CPR Card Image

Tallaabada 5 – Soo geli sawirrada kaarkaaga (horay iyo gadaal)

Si aad u soo geliso adoo adeegsanaya telefoonka:

- Dhagsii **Xulo faylasha** si aad u **Soo Rarto**.
- Soo geli sawirrada **horay iyo gadaal** ee kaarkaaga. Waxaad samayn kartaa midkood:
 - Tag faylasha sawirradaada oo dhagsii sawirrada aad rabto inaad soo rarto, **ama**
 - Uga qaad sawir qaybta hore iyo dambe ee kaarkaaga sida lagu sheegay oo soo rar sawirrada.
- Kadib markaad sidaasi samayso, faylashaadu waa inay ka soo muuqdaan shaashadda.
- Hubi si aad u xaqiijiso in sawirradaadu la akhriyi karo, oo dib u soo geli haddii loo baahdo.



CPR Card

Person
Your name will be here

Type*
CPR/First Aid Edit

Training Date*
Nov 8, 2023 Edit

Expires*
11/8/2026

CPR Card Image

Select Files to Upload or Drop PDF or Image Files Here

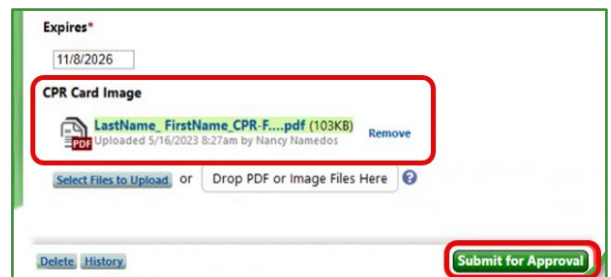
Si aad u soo geliso adoo adeegsanaya kombiyuutar:

- Dhagsii Xulo faylasha si aad u Soo Rarto.
- Soo geli sawirrada horay iyo gadaal ee kaarkaaga. Si aad tan u sameyso:
 - Fur faylka kombiyuutarka ee sawirradaadu ku keydsan yihiin.
 - Soo jiid faylasha meesha ay ku qoran tahay **Drop PDF or Image Files Here (Halkan Ku Rid PDF-ka ama faylasha Sawirka)**.
- Kadib markaad sidaasi samayso, faylashaadu waa inay ka soo muuqdaan shaashadda.
- Hubi si aad u xaqiijiso in sawirradaadu la akhriyi karo, oo dib u soo geli haddii loo baahdo.

Tallaabada 6 – Gudbi si loo ansixiyo

Kadib markaad hubiso in sawirradaada si sax ah loo soo geliyay, waxaad soo gudbin doontaa in la ansixiyo.

- Hoos ka eeg **Sawirka Kaarka Bakhti-afuufka (CPR)** oo xaqiiji inaad arki karto faylasha aad soo gelisay.
- Dhagsii **Gudbi si loo Ansixiyo**.



Waa inaad shaashaddaada ku aragtaa farriinta soo booda oo leh, “Kaarkaaga Bakhti-afuufka CPR waa la gudbiyay. Waa lagu ogeysiin doonaa marka la ansixiyo.”

- Dhagsii **HAYE**.

Your CPR Card has been submitted. You will be notified when it has been approved.

OK

Tallaabada 7 – Sug ansixinta

OHCC waxay dib u eegi doonaan kaarkaaga si loo hubiyo inaad buuxiso shuruudaha. Tani waxay qaadan kartaa dhowr maalmood.

Iimayl ayaad ka heli doontaa OHCC marka kaarkaaga la ansixiyo. Iimaylka ayaa lagu soo diri doona cinwaanka aad u isticmaasho inaad ku gasho. Haddii aadan arki karin iimaylka, ka fiiri galka iimaylada xun (spam) ama iimaylada aan la rabin (junk).

Tallaabada 8 – Hubi xaaladda gudbintaada

Waad hubin kartaa si aad u ogaato in kaarkaaga la ansixiyay:

- Dib u soo gal PACE.
- Dhagsii **Haybta** ku taala dhanka sare ee midig.
- Shaashadda xigta, waxaad arki doontaa **liiska boggaga** oo xiga dhanka biddix.
- Dhagsii **Kaararka Bakhti-afuufka (CPR)**.
 - Haddii kaarkaaga la ansixiyay, waxay odhan doontaa **Waa la ansixiyay**.
 - Haddii kaarkaaga aan weli la ansixinin, waxay odhan doontaa **Sugaya Ansixin**.

Haddii aad rabto in lagu caawiyo, ku dir iimayl

training.ohcc@odhs.oregon.gov.

