

Polokeho Ea Malapa Khahlanong Le Maemo A Mabe A Leholimo

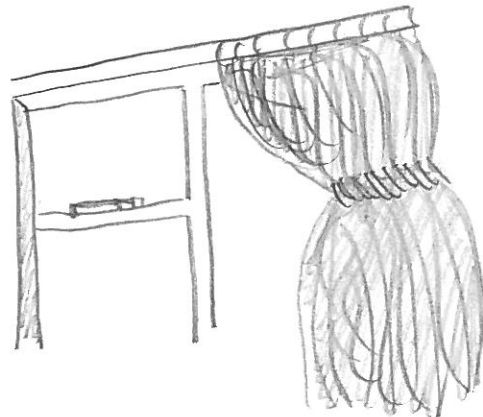
Litharollo ke bolokang matla bakeng la malapa a Lesotho



Ho boloka lelapa la hau khahlanong le maemo a mabe a lehoimo ho thibela mofuthu o kahare ho ntlo ho tsoela kantle le hona ho thibela serame se kantle ho kena katlung, ho boetse ho felisa meea e matla le mongobo (le hlobo) kahare ho matlo. Hape ho thibela ho bola hoa lepolanka esita le hona ho thibela mabota a ntlo ho khephoha. Kahona, mekhoe ea ho boloka lelapa khahlanong le maemo a mabe a leholimo ho ka boloka lelapa la hao nako e telele le hona ho u fokoletsa lits'enyehelo ts'ebelising ea matla.

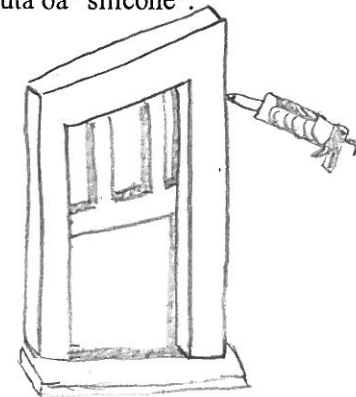
Mekhoa E Theko E Tlase 'Me E Bobebe Ea Ho Boloka Lelapa Khahlanong Le Maemo A Mabe A Leholimo

- ✓ Fanyeha likhanetene holima lifensetere - likharetene tse entsoeng ka lesela li sitisa mocheso o kahare ho ntlo ho tsoela kantle ka ho etsa "pokocho ea moea" lipakeng tsa lesela le fensetere.
- ✓ Ala likobo kapa makoko fats'e – katlung fats'e ho ka bata haholo. Ho sebelisa lintho tse lohiloeng kapa boea ho thibela ho hata fats'e hoa batho.
- ✓ Koala masoba ohle a maboteng kahare le kantle, u be u koale maseli a lipakeng tsa mabota le likosene tsa mamati le lifensetere – Ka ho sebelisa lehlabathe kapa mobu o pakiloeng, esita le ho sebelisa masenke kapa mabela ho koala masobana, moea o futhumetseng o tla bolokeha kahare le o batang kantle. Hona ho boetse ho tla thibela metsi ho kena kahare ho lelapa la hau, ho tsoelepele ho thibele ho bola hoa mapolanka le ho khephoha hoa mabota.
- ✓ Nakong ea mariha, koala mamati a liphaposi tse kahare e le ho boloka mofuthu o kahare. Haeba meea e matla e batang e se bothata, siea o butse likharetene mots'eare ho lumella letsatsi le futhumatse ntlo ea hau kahare.



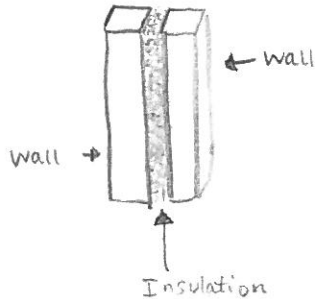
Mekhoa E Meng Ea Ho Boloka Ntlo Khahlanong Le Maemo A Mabe A Leholimo

- ✓ Sebelisa marulelo a sitisang mocheso ho feta – Mofuthu o kahare ho lelapa o lahleha habobebe marulelong a masenke, kahona ha u sebelisa "litisisa-mocheso" kahare marulelong, sena se ka boloka lelapa la hau le futhumetse mariha 'me le pholile hlabula.
- ✓ Tiisa likosene tsa lifensetere kathata maboteng, 'me u tiise likhalase tsa lifensetere ka poti likoseneng. Mekhoa ena e bitsoa "caulking" kapa "weatherstripping" – Mekhoa ena e thusa hore lifensetere li se fetisa moea, li thibela meea e batang ho kena katlung esita le ho sitisa mofuthu o katlung ho lahleha.
- ✓ Koala masobana a marulelong ka lebaka la lipekere ka ho sebelisa sekoala – masoba sa mofuta oa "silicone".



Nakong ea mariha Lesotho ho bata haholo, serame se ka fihla tlaase – tlaase ho -6°C likhoeling tsa Phupjame le Phupu. Nakong ea lehlabula, mocheso o ka fihlella holimo ho 18°C likhoeling tsa Ts'itoe, Pherekhong le Hlakola.

- ✓ Etsa lebota le thibelang mofuthu ho tsoa – Mona ho etsoa mabotana a mabeli ‘me lipakeng e be ho thibelang mofuthu ho feta, kapa e be sebaka se feela. Sena se thusa ho boloka mofuthu kahare ho ntlo.
- ✓ Koala masobana ohle kahare le kantle maboteng – sena se sitisa kapa ho tsamaisa moea butle lipakeng tsa mabota ‘me ho boloka lelapa le le mofuthu le ha ho bata.



- ✓ Mefuta ea lisebelisoa tse sitisang mofuthu ho lahleha

- Glass wool / Fiberglass
- Rock wool
- Polystyrene / Polyethylene
- Cellulose



Mohlala oa glass wool

Mohlomo le lehlaka (le limela tse ling tsa joang) li sitisa mocheso ho lahleha ‘me li thusa ho boloka mofuthu matlong a mekhoro.

Mokhoa Oa Ho Etsa Ntlo E Futhumetseng Mariha ‘Me E Pholileng Hlabula

- ✓ Aha ceiling – marulelo ke ona mohloli o matla oa tahleho ea mofuthu. Ceiling, haholo e nang le lisebelisoa tse sitisang mofuthu ho lahleha (joaloka fiberglass, rock wool, cellulose kapa tse ling tse sebetsang ka ho ts’oana) e fokotsa tahleho ea mocheso haholo.
- ✓ Nyolla bofats’e ba ntlo hore bo be holimo ho bofats’e bo kantle. Lefat’s’e le nka mofuthu o katlung, kahona ho phahamisa bofats’e ba ntlo (haholo ha “pokotheo ea moea” e siiloe pakeng tsa lefatse le bofats’e ba ntlo) ho ka thusa ho thibela tahlehelo ena.
- ✓ Shebisa lifensetese tsa ntlo boroa, e le ho atisa mocheso o tsoang letsatsing. Fensetere e entsoeng marulelong, e ka thusa ho fana ka mocheso le khanya katlung.
- ✓ Kenya lifensetere tse habeli (double-pane windows) – Ka ho ts’oasa moea lipakeng tsa khalase, moea ha o fete habonolo.

Ho Boloka Matlo Khahlanong Le Maemo A Mabe A Leholimo Ho Hlahisa Melemo Metseng

- ✓ Ho hlahisa mesebetsi bakeng sa batho ba motse, litsebi lefapheng la matla le bakonteraka ba ikemetseng.
- ✓ Lits’enyehelo tsa matla ke boemo bo bohloko haholo malapeng a futsanehileng ‘me poloko ea matlo khahlanong le maemo a leholimo e ruta baji ka mekhoha ea ho sebelisa matla ka paballo.
- ✓ E fokotsa tlhokahalo ea matla. Ka ho fokotsa ts’ebeliso ea matla, poloko ea matlo khahlanong le maemo a mabe a leholimo e eketsa ho ipoloka hoa malapa le mehaho: Mona matla a fokolang a hloka hahala bakeng sa mofuthu le mocheso ka ho lekana.
- ✓ Hona ho etsa metse e matlafetseng.
- ✓ Ho fokotsa tse’beliso e matla ea parafini, khase, motlakase, patsi le matla a mang ke sechaba.

