

Training of Home Workers on Occupational Health & Safety

Abidabad, Baldia Town, Karachi

24th September, 2020

HomeNet Pakistan with the support from HomeNet Pakistan under -----organized a training session for women home workers on Occupational Health and safety on 24 September, 2020.

- The objective of the training was to sensitize women home worker on the Occupational Health & Safety Law of 2017. To brief the women workers on the responsibilities of employer towards workers and responsibilities of workers toward employers under this law.
- To discuss about various health issues that are prevalent in community among women home based workers especially during the Pandemic and orient them about various symptoms, diagnosis and cure of health issues that women workers face because of their working conditions
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- And to train 9 home workers' leaders to as master trainers in order to impart this training to other home workers in their respective communities and clusters.



Proceedings:

Training on OHS was held on 24th September at Abidabad Baldia Town. 51 women home workers attended the session. Women workers possessed skills of stitching, embroidery and stone work. Aisha Mughal informed participants that they have gathered here under the project of HomeNet Pakistan that is co-funded by European Union, with Traidcraft, Homeworkers Worldwide and HomeNet South Asia as partners in the project. Participants were welcomed and then proceeded the training.

Participants were then given brief introduction of HomeNet Pakistan. Participants were informed about occupational health and safety law that was passed in 2017. The purpose of this law is to provide health and safety working



conditions at all workplaces for the protection of persons at work against any injury or accident including psychological, physical and physiological needs of workers. Participants were informed about general responsibilities of the employer towards workers under this act, as well as, general responsibilities of workers towards employers. They were also educated that employer is responsible for training of health and safety representative atleast once in 2 years.



The workers were informed about the health issues of home workers that were identified from consultation held on 14th September. These health issues included joints pain, anemia, lack of vitamin D and calcium, high blood pressure, hepatitis C, headache, consistent fever, weak eyesight so on and so forth. Dr. Rabia, who was invited to guide women workers about health issues that arise from their poor working conditions informed the women workers about diagnosis, symptoms and cure. Participants were informed not to spend too much time in fixed positions, such as sitting for long hours in one posture while stitching or doing embroidery, as it leads to joint pain and backache, which was the most common issue. Participants were told that if they get vagueness in eyes, they should immediately consult an eye doctor. However, to avoid weak eyesight, they should wash their eyes with cold water and should not spend too much time on work that requires focus as it puts pressure on eyes. Workers should wear protection glasses for work that requires chemical or machinery work to protect eyes. Kidney problem was also identified as a common problem among some workers. They were informed to drink at least 1.5 to 2 liters of water daily and should use the washroom when they are required to, instead of going to the washroom once a day. Some participants informed that they have allergies, they were asked to get their relevant medical tests done. Besides this, participants were informed about fruits and vegetables that are helpful to cure or prevent certain health issues.



