

# Home-based Worker Health & Safety

In order to understand the main occupational health challenges and hazards home-based workers face in Ahmedabad, India, a survey was undertaken with a total of 200 women workers, split across four groups: kite makers, incense rollers, bidi makers and garment workers. Here's what we learned:

**The majority of home-based workers surveyed reported experiencing occupational health & safety hazards at work:**



**96%** reported exposure to ergonomic hazards



**74%** reported exposure to chemical hazards



**98%** reported not using any protective equipment at work

**More than half of workers surveyed reported experiencing mental health issues:**



**60%** of the workers reported feeling tired all the time



**55%** reported feeling tense and worried all of the time

**Workers' illness or injury affects their ability to work & earn a living:**



Illness and accidents had caused **15%** of workers to miss work in the previous 12 months



**7%** of workers believed that this illness or injury was linked to work

## Home-based workers' occupational health & safety challenges vary depending on what product they make:

### Kite makers are more likely than other groups to suffer joint pain:



**65%** reported pain in the wrist



**42%** reported pain in the ankles



**58%** reported pain in the elbows



**49%** reported pain in the shoulders

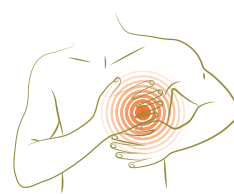
### Garment workers are more likely than other groups to suffer from:



**34%** reported back ache



**45%** reported blurred vision



**46%** reported hypertension

### Bidi makers are more likely than other groups to suffer from:



**80%** reported dizziness



**65%** reported body cramps



**41%** reported blurred vision

## Home-based workers face many occupational health and safety challenges.

### Occupational health and safety for home-based workers should include:

- Adequate infrastructure, including access to electricity, water, sanitation and improved housing;
- access to promotive, preventive and curative health services and support, including services relating to occupational health, mental health and non-communicable diseases;
- access to ergonomically designed work equipment to reduce the chance of injury and the premature end to working lives; and
- access to personal protective equipment when working with hazardous substances.