Occup Med Health Aff 2016, 4:3 (Suppl)
http://dx.doi.org/10.4172/2329-6879.C1.026

Poor health of women in homestead occupations and its remedial measures

Sucheta Singh and **Promila Sharma**
G.B. Pant University of Agriculture and Technology, India

Women live in rural India carry about 15-35 kg or more weight on head, on shoulders, on back or in hands hanging in sides either in erect standing, standing-cum-bending or bending posture. They travel 8-10 kms and generally work more than 15 hours a day attending to the agriculture system, cattle, collection of fuel, fodder and water as well as normal duties at home. In performance of most of the activities, the long hours of standing and standing-cum-bending posture and long walking distances on kaccha roads; uphill and downhill leads to various musculoskeletal disorders and related health problems. The present research study was carried out for identification of physiological and postural stress in different methods of carrying loads on the basis of physiological responses of rural women and to find out the remedial measures for delineating poor effects of carrying load on the health of rural women. The activities fetching of fuel, fodder and water; milling, storing and threshing of grains, applying manure, disposing off crop residue, delivering milk and vegetables, washing of clothes, involves the factor of transport and are load carrying. The experiences of the sample women, shows that approximately 58.46% women felt fatigue often while performance of household, farm and livestock related activities. While doing the daily activities 57.08% women felt limb pain, during the seasonal activities 88.33% women suffered from backache and in performance occasional activities 79.15% women were affected by backache. Besides, musculoskeletal disorders lifting heavy weights and carrying heavy loads on head by women leads to various gynecological consequences such as menstrual disorders, uterine prolapse, miscarriages and backaches causing serious long-term repercussions. To help rural hill women small booklet titled "*Workload on rural women and remedial measures*" was compiled with enough information and distributed among Anganwadi workers, Village level workers and literate villagers so that they can made use of this information to improve quality of work, reduce drudgery and to improve health status.

drsuchetasingh@gmail.com

Safety first, but whose safety? Public health verses occupational health in situation of conflict

Sumaira Khowaja-Punjwani
Afzaal Memorial Thalassemia Foundation, Pakistan

Providing high-quality health care should not be hazardous to the health worker, therefore the concept of occupational health safety is becoming prime concern especially for Healthcare workers. Many frontline health workers face a wide range of occupational safety and health hazard including physical, biological, chemical, psychosocial and gender-based violence and discrimination. It is argued regarding the amount of acceptable level of risk that healthcare workers put on themselves in order to perform their job, especially while providing healthcare to communities in a conflict zone. Recently in Pakistan, polio workers have been targeted that has resulted in verbal threat, kidnapping, injuries and more significantly to killing or loss of life of healthcare workers. The militants has their justified reason for this act that is basically the result of huge mistrust on public health intervention because of fake hepatitis vaccination program that was run by CIA and used Pakistani doctor to obtain DNA from Osama bin Laden's suspected hideout. The focus of public health intervention is on improving quality of life of population whereas, occupational safety emphasis greater concern on safety of healthcare worker because if healthcare workers are not protected then wellness of society cannot be assured. This article illustrates the tension that exists between occupational safety and public health measures in the situation of conflict. Developing counties are already facing healthcare workforce shortage and saving lives should not be accomplished by sacrificing provider's own lives. Millennium Development Goals for health cannot be achieved without healthy, well-prepared, motivated healthcare workers and that can only be done by ensuring their occupational health safety.

sumaira.khowaja@yahoo.com