

## One-Day Training Report on Occupational Safety and Health (OSH) for Women Workers

**Date:** 25<sup>th</sup> April, 2024

**Location:** Begum Pura

### 1. Introduction

The one-day training session on Occupational Safety and Health (OSH) for women workers was conducted on 25<sup>th</sup> April at Begum Pura. The training aimed to raise awareness among women workers about the importance of occupational safety and health in the workplace, equipping them with the knowledge and skills necessary to identify and mitigate workplace hazards.

### 2. Objectives

- To educate women workers on basic occupational safety and health principles.
- To identify common workplace hazards and discuss prevention strategies.
- To promote a safe and healthy working environment for women workers.
- To empower women workers to take an active role in ensuring their own safety and health at work.
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### 3. Participants

A total of 29 women workers from various sectors, including in textiles, handicrafts, etc, attended the training. The participants represented a diverse range of roles, including factory workers, home-based workers.



### 4. Training Content

The training was structured around the following key topics:

- Introduction to Occupational Safety and Health:
  - Definition and significance of OSH.
  - The legal framework surrounding OSH and workers' rights.
- Common Workplace Hazards:
  - Identification of physical, chemical, biological, and ergonomic hazards.
  - Case studies of workplace accidents and their causes.
- Preventive Measures and Best Practices:
  - Strategies for mitigating workplace hazards.
  - The use of personal protective equipment (PPE) and its importance.
  - Best practices for maintaining a safe and healthy work environment.

#### Emergency Preparedness and Response:

- Procedures for handling emergencies such as fires, chemical spills, and injuries.

- Importance of first aid and basic first aid training for workers.

#### **Empowering Women Workers:**

- Encouraging women to voice their safety concerns.
- Building confidence to advocate for safer working conditions.

#### **5. Training Methodology**

The training utilized a mix of interactive lectures, group discussions, case studies, and practical demonstrations to engage the participants and reinforce learning. The facilitator employed real-life examples to highlight the relevance of OSH in the participants' daily work environments. Participants were encouraged to share their own experiences and challenges related to workplace safety, fostering a collaborative learning atmosphere.



#### **6. Outcomes and Feedback**

**Knowledge Gain:** Participants reported a significant increase in their understanding of OSH concepts and their application in the workplace.

**Awareness:** The training raised awareness among the women workers about their rights related to workplace safety and health.

**Confidence:** Many participants expressed greater confidence in identifying workplace hazards and taking steps to protect themselves and their colleagues.

**Commitment to Safety:** Participants committed to implementing the safety practices learned during the training and sharing this knowledge with their peers.

#### **Feedback:**

**Positive Feedback:** Participants appreciated the practical focus of the training and the relevance of the content to their work. The interactive nature of the session was particularly well-received.

**Suggestions for Improvement:** Some participants requested more in-depth training on specific hazards relevant to their industries and suggested a follow-up session for further learning.

#### **7. Conclusion**

The one-day training on Occupational Safety and Health for women workers was a success, achieving its objectives of raising awareness and equipping participants with the knowledge and skills necessary to ensure a safe and healthy working environment. The participants left the training with a renewed commitment to safety and a better understanding of their rights and responsibilities in the workplace.

#### **Next Steps:**

- Organize follow-up sessions to address specific hazards and advanced OSH topics.
- Provide ongoing support and resources to the participants to help them implement safety practices in their workplaces.

Date: 25 April 2021 Venue: Begum Pura Lahore

Occupational Safety and Health Training

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Occupational Safety and Health Training

Date: 25 April 2021 Venue: Begum Pura

Occupational Safety and Health Training

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Occupational Safety and Health Training

Date: 25 April 2021 Venue: Begum Pura

Occupational Safety and Health Training

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Occupational Safety and Health Training

Date: 25 April 2021 Venue: Begum Pura

Occupational Safety and Health Training

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Occupational Safety and Health Training

# One-Day Training Report on Occupational Safety and Health (OSH) for Home-Based Workers

**Date:** 4<sup>th</sup> May, 2024

**Location:** Sitara Colony, Feroze Pur Road, Lahore

## 1. Introduction

A one-day training on Occupational Safety and Health (OSH) specifically designed for home-based workers was held on 4<sup>th</sup> May, 2024 at Sitara Colony. The training aimed to address the unique safety challenges faced by home-based workers, providing them with the necessary knowledge and tools to create a safer working environment in their homes.



## 2. Objectives

- To raise awareness among home-based workers about the importance of occupational safety and health.
- To identify common hazards in the home-based work environment.
- To educate participants on practical preventive measures to reduce risks.
- To promote a culture of safety among home-based workers.

## 3. Participants

The training was attended by 28 home-based workers from various sectors, including handicrafts, stitching, packaging, etc. The participants were primarily women who work from home, balancing both their professional and domestic responsibilities.

## 4. Training Content

The training was structured around the following key topics:

- Introduction to Occupational Safety and Health:
- Understanding OSH in the context of home-based work.
- Overview of basic OSH principles and their relevance to home-based workers.

### Identifying Hazards in the Home Environment:

- Common hazards in home-based work, such as poor lighting, repetitive strain, electrical risks, and ergonomic issues.
- How to conduct a risk assessment in a home-based work setting.

### Practical Preventive Measures:

Strategies for improving work conditions, including proper workstation setup, use of personal protective equipment (PPE), and maintaining good posture.

Safe handling and storage of tools and materials.

### Emergency Preparedness:

- Basic first aid for common injuries in home-based work.

- Developing a home emergency plan, including fire safety and evacuation procedures.

#### **Promoting a Safety Culture at Home:**

- Encouraging family members to support a safe working environment.
- Importance of taking regular breaks and managing work-life balance to prevent burnout.

### **5. Training Methodology**

The training used a blend of presentations, interactive discussions, and practical demonstrations tailored to the specific needs of home-based workers. Participants were encouraged to share their experiences and challenges, fostering a collaborative learning environment. Visual aids and hands-on exercises helped reinforce the learning.

### **6. Outcomes and Feedback**

**Knowledge and Skills:** Participants gained valuable insights into the specific OSH challenges of home-based work and practical tips to mitigate risks.

**Awareness:** There was a significant increase in awareness about the importance of maintaining a safe and healthy work environment at home.

**Confidence:** Participants felt more empowered to make changes in their workspaces and to advocate for their own safety.

#### **Participant Feedback:**

**Positive Aspects:** The training's relevance to their daily lives was highly appreciated, particularly the practical tips that could be immediately implemented.

**Suggestions for Improvement:** Some participants requested more detailed guidance on ergonomic practices and the safe use of specific tools.

### **7. Conclusion**

The one-day OSH training for home-based workers was a success, meeting its objectives of raising awareness and equipping participants with the tools they need to work safely from home. The session not only provided essential knowledge but also encouraged participants to take proactive steps towards improving their work environments.

#### **Next Steps:**

Follow-up workshops focusing on specific safety concerns identified during the training.

Distribution of additional resources, such as pamphlets and safety checklists, to reinforce learning.

Date: 4 May 2024  
Venue: Sitara Colony Lahore

Occupational Safety and Health Training

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4	Naira	F	"	0322173654		Naira
5	Musarrat	F	"	332442817		Musarrat
6	Mirza	F	"	3324759584		Mirza
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Occupational Safety and Health Training

Date: 4 May 2024  
Venue: Sitara Colony

Occupational Safety and Health Training

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Occupational Safety and Health Training

Date: 4 May 2024  
Venue: Sitara Colony

Occupational Safety and Health Training

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19	Rahela	"	"	0307542420		Rahela
20	Timma	"	"	0327642820		Timma
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Occupational Safety and Health Training

Date: 4 May 2024  
Venue: Sitara Colony

Occupational Safety and Health Training

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22	Fatima	F	H&W	0320249033		Fatima
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25	Nehal	"	"	0308428079		Nehal
26	Sahar Nisar	"	"	0304418944		Sahar
27	Ahna Shakir	"	"	0320646278		Ahna
28	Gohar Iqbal	"	"	0322740774		Gohar

Occupational Safety and Health Training

## **One-Day Training Report on Occupational Safety and Health (OSH) for Home-Based Workers**

**Date:** 16th April

**Location:** Chungi Amer Siddu

### **1. Introduction**

A one-day training session on Occupational Safety and Health (OSH) for home-based workers (HBWs) was conducted on 16th April in Chungi Amer Siddu. The training was tailored for HBWs from the garments and textile sectors, focusing on the specific safety challenges they face in their home-based work environments.

### **2. Objectives**

- To raise awareness among HBWs in the garments and textile sectors about occupational safety and health.
- To identify and mitigate common hazards in home-based garment and textile work.
- To provide practical strategies for creating a safer work environment at home.
- To empower HBWs to take proactive steps in ensuring their own safety and well-being.

### **3. Participants**

The training was attended by 28 home-based workers, all of whom are involved in the garments and textile sectors. These participants were primarily women who engage in activities such as stitching, embroidery, and textile finishing from their homes.



### **4. Training Content**

- The training was divided into several key sessions:
- Introduction to Occupational Safety and Health:
- The importance of OSH in home-based work, particularly in the garments and textile sectors.
- Overview of key OSH principles and legal rights of workers.

#### **Identifying Hazards in Garments and Textile Work:**

Common hazards such as repetitive strain, poor posture, exposure to dust and fibers, improper use of sewing machines and tools, and electrical risks.

Conducting a risk assessment in a home-based setting.

#### **Preventive Measures and Best Practices:**

- Ergonomic practices to reduce strain and injury, including proper workstation setup and posture correction.
- Safe handling and storage of tools and materials, including sewing machines and chemicals used in textile finishing.
- The importance of ventilation to reduce exposure to dust and fibers.

### **Emergency Preparedness and Basic First Aid:**

- Procedures for handling accidents such as cuts, burns, and electrical shocks.
- Basic first aid training and creating an emergency response plan for the home.

### **Promoting a Safety Culture at Home:**

- Encouraging family members to support a safe working environment.
- Importance of regular breaks and managing work-life balance.

## **5. Training Methodology**

The training employed a mix of presentations, group discussions, and practical demonstrations. Participants were actively engaged in identifying hazards in their own work environments and discussing strategies to address these risks. Hands-on exercises, such as proper posture and safe tool handling, were conducted to reinforce the learning.

## **6. Outcomes and Feedback**

**Knowledge and Skills:** Participants demonstrated a better understanding of the OSH issues specific to their work and learned practical steps to mitigate these risks.

**Awareness:** The training significantly increased awareness about the importance of safety and health in home-based work, particularly in the garments and textile sectors.

**Commitment:** Participants expressed a strong commitment to implementing the safety practices discussed during the training.

### **Participant Feedback:**

**Positive Aspects:** Participants appreciated the relevance of the training content to their daily work, especially the practical tips on ergonomics and tool safety.

**Suggestions for Improvement:** Some participants suggested additional training sessions focusing on specific tools and materials used in their work.

## **7. Conclusion**

The one-day OSH training for home-based workers in Chungi Amer Siddu was successful in achieving its objectives. The training provided participants with essential knowledge and practical skills to improve their safety and health while working from home. The session also fostered a sense of responsibility and empowerment among the participants to take charge of their own safety.

### **Next Steps:**

- Organize follow-up sessions focusing on specific hazards in the garments and textile sectors.
- Provide participants with additional resources, such as safety manuals and checklists, to support ongoing learning.

training sessions focusing on specific tools and materials used in their work.

## 7. Conclusion

The one-day OSH training for home-based workers in Chungi Amer Siddu was successful in achieving its objectives. The training provided participants with essential knowledge and practical skills to improve their safety and health while working from home. The session also fostered a sense of responsibility and empowerment among the participants to take charge of their own safety.

### Next Steps:

Organize follow-up sessions focusing on specific hazards in the garments and textile sectors.

Provide participants with additional resources, such as safety manuals and checklists, to support ongoing learning.

Date: 16/4 Venue: Chungi Amer Siddu

Occupational Safety and Health Training

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Occupational Safety and Health Training

Date: 16/4 Venue: Chungi Amer Siddu

Occupational Safety and Health Training

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Occupational Safety and Health Training

Date: 16/4 Venue: Chungi Amer Siddu

Occupational Safety and Health Training

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20	Humaira	F	"	03014531721		[Signature]
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Occupational Safety and Health Training

Date: 16/4 Venue: Chungi Amer Siddu

Occupational Safety and Health Training

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23	Rimsha	F	"	0327942669		[Signature]
24	Shamshad	F	"	0389449072		[Signature]
25	Mumona	F	"	0321668334		[Signature]
26	Vinra	F	"	028172342		[Signature]
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Occupational Safety and Health Training

## One-Day Training Report on Occupational Safety and Health (OSH) for Home-Based Workers

**Date:** June 26th

**Location:** Ghari Shaho

### 1. Introduction

On June 26th, a one-day training session on Occupational Safety and Health (OSH) was conducted in Ghari Shaho. The session was specifically designed for home-based workers (HBWs) in the garments and textile sector. The training aimed to address the unique occupational hazards faced by these workers and to provide practical solutions for creating safer and healthier work environments within their homes.

### 2. Objectives

- To educate home-based workers in the garments and textile sector on essential OSH principles.
- To identify and discuss common hazards associated with garment and textile work at home.
- To provide practical guidance on preventive measures to mitigate risks.
- To encourage the adoption of a safety-first approach in home-based work environments.



### 3. Participants

The training was attended by 2 home-based workers, all of whom were involved in the garments and textile sector. These participants were primarily women, who work from home engaging in activities such as stitching, cutting, and finishing textiles and garments.

### 4. Training Content

The training was structured around the following key topics:

- Introduction to Occupational Safety and Health:
- Overview of OSH principles and their relevance to home-based work, especially in the garments and textile sector.
- Understanding the importance of maintaining a safe and healthy work environment.

#### Common Hazards in Garments and Textile Work:

- Identification of specific hazards in home-based textile work, including exposure to dust, repetitive strain injuries, poor lighting, and ergonomic issues.
- Discussion on the safe handling of sewing machines, needles, and other tools commonly used in textile work.

### **Preventive Measures:**

- Ergonomic practices for setting up a safe and efficient workspace at home.
- Proper techniques for lifting and handling materials to avoid musculoskeletal injuries.
- Importance of maintaining good ventilation and reducing dust exposure.

### **Emergency Preparedness:**

- Basic first aid for common injuries, such as cuts, burns, and strains.
- Fire safety measures, including safe use of electrical equipment and proper storage of flammable materials.

### **Creating a Safety Culture at Home:**

- Strategies for involving family members in maintaining a safe work environment.
- Tips for balancing work and rest to prevent fatigue and burnout.



## **5. Training Methodology**

The training employed a mix of presentations, interactive discussions, and hands-on demonstrations. Real-life examples and case studies specific to the garments and textile sector were used to illustrate key points. Participants were encouraged to share their experiences, and the facilitator provided personalized advice based on the challenges faced by the participants.

## **6. Outcomes and Feedback**

**Knowledge and Skills:** Participants gained a deeper understanding of OSH principles and learned practical strategies for improving their home work environments.

**Awareness:** There was an increased awareness of the risks associated with garment and textile work, and how to effectively mitigate these risks.

**Empowerment:** Participants felt more empowered to take proactive measures in safeguarding their health and safety while working from home.

### **Participant Feedback:**

**Positive Aspects:** The participants appreciated the relevance of the training to their daily work, particularly the focus on ergonomic practices and safe handling of materials.

**Suggestions for Improvement:** Some participants expressed interest in more detailed training on advanced first aid techniques and fire safety.

## **7. Conclusion**

The one-day OSH training for home-based workers in the garments and textile sector was a success. The session effectively met its objectives, providing participants with the knowledge and skills needed to

enhance safety in their home work environments. The positive feedback and active participation highlighted the importance and relevance of such training for home-based workers.

**Next Steps:**

Conduct follow-up sessions to delve deeper into specific safety concerns raised during the training.

Provide ongoing support and resources, such as safety guidelines and checklists, to reinforce the training content.

Date: 28/6/2024 Venue: Ghon Soko

**Occupational Safety and Health Training**

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6	Fayyaz Sayyid	"	"	033070578		
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Occupational Safety and Health Training

Date: 28/6/2024 Venue: Ghon Soko

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Occupational Safety and Health Training

Date: 28/6/2024 Venue: Ghon Soko

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17	Zulfa Farhan	"	"	0309429964		
18	Kishwar	"	"	0309847878		
19	Kainat Sabir	"	"	0330710518		
20	Shameem	"	"	0312405678		
21	Najia Gull	"	"	0306549978		

Occupational Safety and Health Training