

# CHILD CARE CENTRES

## A Report of Seminar

“Awareness of Health and Hygiene and Occupational Safety among Brick kiln Laborer” held at Ali Pur (Islamabad)

On 23<sup>rd</sup>, June, 2008

*A Joint venture of*



European Commission



Trade Union Institute of  
Development Cooperation



Society for Human Rights and  
Prisoners Aid



**Society for Human Rights and Prisoners Aid (SHARP)**  
**4-Rawal Arcade, F8-Markaz, Islamabad, Telephone 051-2251318**  
Email: [info@sharp-pakistan.org](mailto:info@sharp-pakistan.org) Web: [www.sharp-pakistan.org](http://www.sharp-pakistan.org)

## **GENERAL**

in spite of all the steps taken by the government authorities and health administrators., awareness level of women about health and hygienic practices is very low especially among those working in the brick kiln,. Situation cannot improve the general masses especially females about preventive measure, hygienic habits, and personal cleanliness, importance of rudimentary facility of water, positive behavioral change in their irrational approach towards treating these diseases.

Every year the country has to deal with more than two million malaria and seven million cases of diarrhea and other communicable and non-communicable diseases. Hepatitis is another deadly disease, which also needs imperative attention; these are due to contaminated water, un-sterilized syringes and unprotected relationship. Women and children of the rural communities mostly suffer from poverty, diseases and malnutrition and having no health facility. Some people live in slums areas in isolated environment; they are so underprivileged to pay for health care or transportation to the nearest health centre when a loved one gets sick. Every day mothers and babies die while giving birth at home due to lack of awareness of hygiene and other personal health concerns as well as myths and superstitious also affect unhealthy choices of their lives.

Lady health workers programme by the government of Pakistan is supporting this thought but still some female brick kiln laborers remained unprivileged with lady health worker programme. When lady health workers visit the communities the domestic female laborers stay outside their homes for the purpose of their labor/job. These women also do not have any access to media like TV, radio and newspaper, so their knowledge regarding health is still very low and irrational. Most of the women still go to the quacks for the treatment of the diseases and mostly believe on curing the diseases with charms and still skeptical in their behavior

SHARP-EC-ISCOS is providing technical education to the female brick kiln laborer through a vocational centre as a component of CCC and some times also arrange activities of informal education like women participatory role in empowerment, problems of laborers woman child rights and human rights. Now SHARP arranged an Awareness Raising Seminar on” Health and Hygiene” for the students of vocational training centre

## **NEED ASSESSMENT**

While hosting in the community, SHARP assessed that women in the community are not careful in health and hygiene issues causing number of diseases in children. The children of the center are noticed unaware about the fatal diseases/infections through habits of nail cutting, regular shower and other very minor things that are necessary factors of hygiene. Awareness level observed was very low because of their involvement in the workplaces and women are neglecting their responsibilities in taking care of the children and even themselves.

## RECITATION/NAAT

### OBJECTIVES:



Ms. Shumaila (head Teacher of Ali Pur) highlighted the aims and objectives of the seminar. She stated that Ali Pur Vocational center is not only imparting technical education to the females of the respective community but often arrange seminars of formal and informal education..

- 1) Creating health awareness among the brick kiln laborers
- 2) To raise the awareness level of the community by educating the women of respective area.
- 3) To highlight the cost, ways and importance of healthy and happy life with a behavior change
- 4) To ensure the promotion of health and hygienic habits among street working and students of vocational training centre.

### Opening Remarks



Ms. Shumaila Ibrahim (Project Manager) thanked the community members for participating in this seminar to raise the awareness level of students of vocational centre and hoped that this awareness will get imparted to the children and all other brick kiln laborer. She articulated his pleasure that SHARP is not only providing technical education to the students of vocational but also took this initiative raise their confidence, knowledge and awareness regarding important issues of life and other community members. He encouraged the efforts of ISCOS and SHARP members in this regard and hoped that this seminar will defiantly prove very conducive to know the better ways of promoting health and hygiene.

## DRAMA



The students of Ali Pur Vocational Training Center presented a drama with the theme of Awareness of Health and Hygiene among brick kiln Laborer. The drama was directly hitting all the swindlers and quacks that play with the health of the people. A 13 years old girl clarified the meaning of Drama that in case of any emergency we all should visit the hospitals not rely on the swindler and fake doctors.

## Infectious Disease of Acute Diarrhea, its Symptoms and its Prevention



Ms. Nazia Azhar (Lady Health Worker) is already serving in the same community invited as speaker to highlight the infectious disease of Diarrhea.. She explained different types of diseases, reasons of diseases and preventive measures to deal with the disease. She explained the disease of Acute Diarrhea, which is caused by a variety of bacterial, viral, parasitic and chemical agents. She gave reasons of its spread, which is usually ingestion of food, contaminated water, and Poor sanitation

promotes the spread of infection. She explained its symptoms that include frequent loose or watery stools, vomiting, abdominal pain, fever, and dehydration. She stated that children are most commonly affected. She said that disease is usually self-limiting in a few days, properly managed, the dehydration can prove fatal.

She described that most cases of acute diarrhea do not need any drug, juice, water replacement and use of ORS can save life. She explained simple measures to get protected from diarrhea which are hand washing before eating, after using the toilets and there should be proper disposal of faecal discharges, water and food should be clean and safe for human consumption. She said that breastfeeding could save infants from diarrhea by increasing their resistance and avoiding chances of contamination.

## Occupational Safety and Health

Shumaila Ibrahim stated that occupational safety and health (OSH) is a cross-disciplinary area concerned with protecting the safety, health and welfare of people engaged in work or employment and entrants. She explained that secondary effect, OSH may also protect co-workers, family members, employers, customers, suppliers, nearby communities, and other members of the public who are impacted by the workplace environment.



She drawn the attention of the participant towards a very important issue of life that everyone of us is assigned with some task that we have to perform in daily life. She said that if all of us follow the rules of occupational Safety and Health can avoid from accidents which are the result of our carelessness behavior. She shared the main causes of accidents that are no use of protective equipments (PPE), any proper handling and carriage of material; unsafely work station and lack of awareness about environment.

She said that we could avoid the risks of accidents by using the personal protection equipment like gloves mask, raincoat, and proper shoes while working. She suggested that everyone should be aware of appropriate way of weight lifting and carriage of material. She stressed to coordinate with fellows after joining workstation and properly organize all the equipments of usage. She sated that make sure the proper disposal of garbage, depression, bad smell and pollution because these factors contribute in environment pollution. She said that purified environment play very important role to avoid the risk of accidents like as bury the dead animals.

## Balanced Diet/Nutrition and Vitamin



Dr. Bilqees (Gynecologist) discussed the details on what a healthy diet should consist of and why each vitamin and mineral is an essential part of staying healthy. She explained that there are 5 basic food groups and a healthy diet consists of eating a variety of foods from all of the groups but in the correct proportions. She gave the detail of first group that contains like as bread, potatoes, pasta, rice, noodles and breakfast cereals. She said that these foods should be the main part of all your meals. She said that this group of foods is an excellent source

of fiber and is rich in vitamins from the B complex. She briefed the second group as Fruit and vegetables which includes all solid, fresh and canned fruit/vegetables as well as salad vegetables. She said that these are all excellent sources of vitamins, minerals and fiber and are naturally low in fat and calories.

She discussed the third group, which is very important in the growth of the children and maintaining the old age people, which includes milk, and dairy products include cheese, yoghurt, and milk. She explained that these very are rich in protein, calcium, vitamins and minerals. She said that eat or drink a moderate amount of these foods - about 2 to 3 servings per day. She stated that these foods contain a good source of calcium, which is essential to our diet, but as these foods can also be high in saturated fats try to choose reduced fat versions when possible.

She explained that there are 2 main groups of carbohydrates one is called as *Starch* foods, which include breads, potatoes (especially if you eat the skin), rice, cereals and pasta. She said that sugar is second one, which is not essential in our diet.

### **Reason of Illness and its Prevention**

Dr. Bilqees explained that to get infections or illness is a part of life but most of the time this is due to using unhealthy practices in our daily life. She explained some preventive measures, which can prove protective for the health of whole family members that were explained as follows.

- 1) Clean and balanced Diet
- 2) Well-ventilated and proper bleached residence
- 3) Uncontaminated water
- 4) Importance of sleep, comfort and exercise.

She said that sleeping requirements of every age group is different from another group, shared the chart of the requirements with participants, and the ways of relaxing the sleep. She said that exercises play an important role to stay healthy because during exercises our body gets relaxed and make us energetic and active. She explained different types of exercises in which the most important is morning walk and partaking in different games like as football, badminton, hockey and roping for the girls are healthy exercises.

She explained third form of diseases that is tuberculosis it is caused by overcrowding in camps. She explained that the symptoms include fever, fatigue, and weight loss, cough, chest pain, and blood in sputum. She said that without treatment it can become chronic and progressive and can lead to death. She said that the disease could be prevented through proper education. She stated that everyone should know to give BCG vaccination to his or her children soon after birth and maintain good nourishment and proper hygiene. She sated that plenty of rest and relaxation, and avoids overcrowding and cover mouth when coughing and sneezing Avoid dust, fumes and polluted environments. She explained that tuberculosis is completely curable with short-course multiple-drug therapy. She

encouraged the patient towards life and need not be confined to bed during treatment, which usually lasts 8 to 9 months.

### **Closing Remarks**



Ms. Salma Munir (Teacher) stated that in our country like ours awareness level is very low in all the fields of life. She said that especially women have very limited resources of media to get awareness and education of health and hygiene. He expressed his pleasure that SHARP not only imparting technical education but also involving in other healthy activities of life. He appreciated the efforts of teachers and Project Manager in this regard and suggested that to introduce more activities based programmes to the students. He said that awareness raising of women the whole community will get awareness

and then discussed with students to share their views about training.

Saira Taj( student of Shakrial) said this is vry learning opportunity for the students and all the students learned a lot in this training workshop. She requested that same type of activities must be arrange for the awreness raising of the mothers because they are responsible of running the whole family.

### **Conclusion**

Most of the people believe that healthy practices of life are always linked with high cost which is totally a negative approach. This training was designed to clear the doubts of female that they can prevent themselves from different diseases and epidemics by using preventive measures against the diseases. SHARP-ISCOS-EC project is highly contributing not only in the field of formal, informal, technical education but also rising the awareness in all fields of life. These types of activities ensure the project sustainability for the time to come when people adopt these practices in their daily life.

The brick kiln laborers are suffering from with the burden of diseases and this burden is putting heavy pressure on the health administrators. This is the need of the community to be trained and aware with some preventive measures to cope with the problem. But it was noticed that the most important thing, that brick kiln community need, is to be introduced a plan of action for the long-term preventive measures and basic health education for communities. As women are directly linked with the health of the all other family members and it was noticed that most of the infections are spreading due to the lack supply of pure water, sanitation, unawareness with health and hygienic conditions, no facility of sanitary disposal of human excreta and unhealthy practices in their daily life.



## **Awareness of Health and Hygiene and Occupational Safety among Brick kiln Laborer” held at Ali Pur (Islamabad) On 23<sup>rd</sup>, June, 2008**

### Agenda

| <b>Time</b> | <b>Activity</b>   | <b>Resource Person</b>              |
|-------------|---|-------------------------------------|
| 1000-1015   | Recitation and Naat   | Participants                        |
| 1015-1030   | Opening Remarks   | Ms. Shumaila Ibrahim                |
| 1030-1115   | Aims and Objectives   | Head Teacher                        |
| 1115-1130   | Drama on Health and Hygiene   | Students                            |
| 1130-1230   | Infectious Disease of Acute Diarrhea, its Symptoms and its Prevention | Nazia Azhar<br>(lady Health Worker) |
| 1230-1330   | Occupational Safety and Health  | Shumaila Ibrahim                    |
| 1315-1345   | Balanced Diet/Nutrition and Vitamin                                   | Dr. Bilqees<br>Gynecologist         |
| 1345-1400   | Environmental Reasons of Illness and its prevention                   | Dr. Bilqees                         |
| 1400        | <b>Lunch</b>  |                                     |