

WELFARE FACILITIES

Safe drinking water at the workplace, nutritious food, hygienic toilets, short breaks and rest corners... they are all basic necessities for healthy farm work. These can be improved using inexpensive local resources. Pregnant women need special care. Farmers with disabilities can work actively when provided with some adjustment in their workstations or working conditions. In this chapter, you will find practical solutions to upgrade the welfare facilities and systems necessary for farmers. Neighbourhood cooperation is the key to the success.

CHECKPOINT 30

Provide adequate supply of drinking water and refreshment at the farm.

BENEFITS FOR FARMERS

- Providing safe drinking water for farmers while working on farms or in rice fields is essential. Sanitary drinking water is necessary to keep their health and avoid fatigue. You can bring appropriate water containers to farms and rice fields.
- Water from rice fields and canals along the rice fields is polluted by micro-organisms, animal excreta, and other wastes. You should be especially aware that the water in the rice field is often contaminated with pesticides, fertilizers and other hazardous chemicals. Water from rice fields and canals is not appropriate for drinking.

HOW TO IMPROVE

- 1.) Select clean and hygienic water sources for drinking. Rain water and underground water are possible choices. However, watch the water sources carefully. Rain water collected from the roof and kept for a long period in containers can be polluted by dust, mosquito larvae and micro-organisms. Avoid underground water if pesticides and other hazardous chemicals are used nearby.
- 2.) Boil selected rain or underground water for at least 15 minutes. Pour it into a clean bottle and cork it firmly.
- 3.) On the farm and in the rice field, keep the water containers in safe, hygienic and cool places before drinking.

4.) After working on the farm or in the rice field, throw away any remaining water.

WAY TO PROMOTE COOPERATION

Work in the sunshine is strenuous. Insert break periods as often as possible. Distribute safe drinking water to all farmers working together. During busy periods such as harvesting, many farmers have to work together and help each other. Assign one or two persons to prepare, bring and distribute safe drinking water to everybody.

SOME MORE HINTS

- Use a water filter before boiling to screen dust, sand and other debris.
- Boil water right after cooking meals while the cooker is still hot to save fuel.
- Regularly clean the filter and drinking water containers.
- To disinfect water, Chloram B tablets (Sodium Dichloroisocyanurate) are useful and inexpensive. Dissolve tablets into the bottle of water.
- Don't drink alcoholic beverages during work and break periods. It will increase your fatigue and the risk of errors and accidents. Alcohol cannot be a substitute for drinking water.

POINTS TO REMEMBER

Bring safe drinking water to farms and rice fields to keep your health and avoid fatigue.

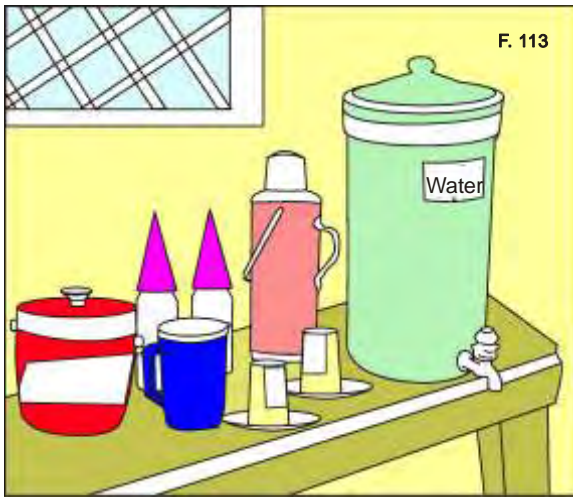


Figure 113: Hygienic drinking water placed near the workplace.



Figure 114: Bring appropriate water containers while working in the rice field.



Figure 115: Take a short break and refresh with safe drinking water.

CHECKPOINT 31

Ensure regular timing of meals and have a variety of nutritious foodstuffs.

BENEFITS FOR FARMERS

- Even during busy working periods like harvesting, you should maintain good eating habits. Three regular meals a day are necessary for a hardworking farmer. Heavy workloads and long working hours consume a lot of energy. Providing only one or two meals a day, even if they are heavy meals, is not a good solution. Heavy meals reduce job efficiency. Long intervals between two meals cause fatigue and reduce productivity.

- Well-balanced meals consisting of a variety of ingredients such as meats, fishes, vegetables, and fruits are necessary to maintain your health. Good meals will protect you against fatigue or diseases as well as provide energy to complete your farm work.

HOW TO IMPROVE

1.) Ensure you eat breakfast before going to work. Take a lunch box to the farm or rice field and eat lunch at the workplace. If your house is close to the farm, you can come back for lunch. After work, prepare a good dinner at home.

2.) Prepare easy-to-carry foods for lunch. Bring a lunch box with a bottle of safe drinking water.

3.) Use local and low cost sources of protein in your food such as soy beans, small shrimps, shellfish, fish, etc...

4.) Build a fish pond and plant vegetables and fruits in your garden. They will provide your family with a variety of foodstuffs with a variety of nutrients.

WAY TO PROMOTE COOPERATION

- Eat lunch with your neighbours on the farm or in the rice field. This provides a pleasant opportunity to exchange information on cropping. You can also share delicious and nutritious foods with neighbours, and learn new methods of cooking healthy foods. Enjoy the moment to talk with your neighbours after work.

SOME MORE HINTS

- Choose a pleasant place for lunch near the farm or rice field. The place needs shade. You may select a place under a big tree. It is also nice to build a hut near the farm for eating and resting.

- Cooking is fun! Share the roles of cooking. Both men and women can share the pleasure of cooking and developing healthy foods.

POINTS TO REMEMBER

Having regular and nutritious meals prevents fatigue, minimizes the risk of errors and accidents and increases productivity.



F. 116

Figure 116: Have enough nutritious food for meals.



F. 117

Figure 117: Share lunch with your neighbours in the rice field.



F. 118

Figure 118 : Have regular and nutritious meals.

CHECKPOINT 32

Build clean, hygienic toilets and washing facilities.

BENEFITS FOR FARMERS

- The building of toilets is important to create hygienic living and working environments. Without appropriate toilets, human excreta pollutes surrounding environments, increasing the risk of food and water-borne diseases. Appropriate washing facilities are also essential for farmers and their families.

- It is also advisable to build a hygienic toilet on the farm or at the rice field if they are far from home. One reason is to protect the environment. Another reason is to protect women farmers against possible health problems. Many female farmers at the farm often have to refrain from urinating simply because they have no toilet. Many tend to avoid drinking water for the same reason. It is known that urinary tract infections occur frequently among female farmers.

HOW TO IMPROVE

1.) Build a sanitary toilet for your family. There are many types of low-cost latrines appropriate for agricultural communities. They hold human excreta long enough for disinfection. Equip your toilet with a water container, paper, a garbage bin with a cover, a brush, and a soap. Keep your latrine clean and keep flies away.

2.) Try to build another toilet near the farm and rice field. You may construct one together with your

neighbours.

3.) Toilets should be fenced appropriately for privacy.

WAY TO PROMOTE COOPERATION

Plan together with your neighbours where to build sanitary toilets in the workplace. Many farmers can share the established toilets while working together. Also make a collaborative plan to always keep the established toilets clean.

SOME MORE HINTS

Take up the good habit of washing hands after using the toilet. Provide necessary washing facilities.

POINTS TO REMEMBER

A sanitary toilet near the workplace is not a luxurious proposal but a basic necessity for every farmer's family.



Figure 119: An enclosed bathroom with necessary sanitary devices.

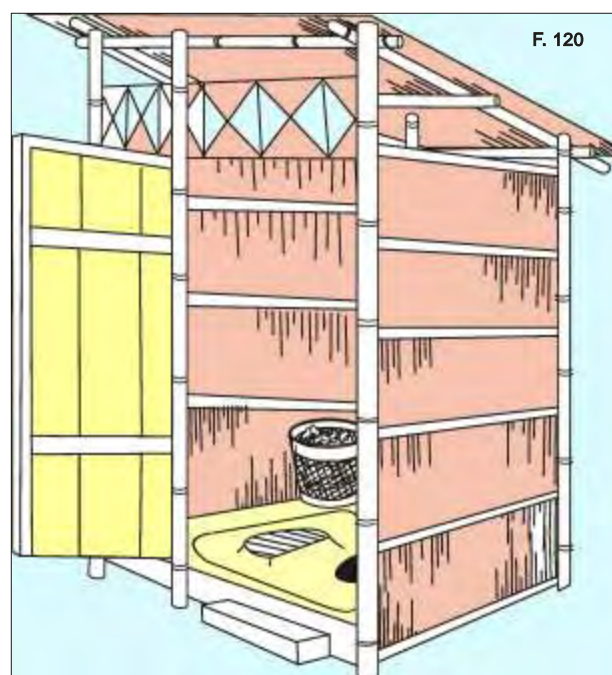


Figure 120: A simple and low-cost latrine.



Figure 121: Establish a sanitary latrine near the work place.

CHECKPOINT 33

Provide resting corners and facilities for recovery from fatigue.

BENEFITS FOR FARMERS

- Farmers spend a considerable part of their life in the field. Like at home, they also need to rest, relax, refresh and eat in order to recover from fatigue and keep in good health. Workplaces and homes are often apart. Resting corners and facilities built on the farm and at the rice field facilitate recovery from fatigue. Also at home, facilities for resting and relaxing help farmers to refresh and recover from fatigue.

HOW TO IMPROVE

1.) Build a resting facility near your farm or rice field. A small and simple shelter will meet the purpose. You can use available local materials such as palm thatches for construction. Equip the resting facility with a hammock, mat and bed for lying down.

2.) Or you can renovate existing small houses in the field to be resting corners. For example, small cottages to guard fish ponds or farm products can be used as resting corners. Clean them and bring in a hammock or a bench etc.

3.) Prepare relaxation facilities at home such as reclining chairs, hammocks, benches etc.

4.) Plant trees and flowers surrounding your resting corners or facilities. You may wish to install pictures or other

decorations on the wall of your resting facility. Create a pleasant environment for your comfort.

WAY TO PROMOTE COOPERATION

Resting means recovery. Share good resting environments and habits with your neighbours. Cooperate with your neighbours to build a resting facility at the farm or the rice field and use it together. Nice resting environments facilitate pleasant conversation with your neighbours, too.

SOME MORE HINTS

Use local and low-cost materials to build a resting facility. The resting facility can be very simple if it is used only during the busy harvest seasons. Or you can make it a permanent one if it is, for example, to keep tools and equipment together.

POINTS TO REMEMBER

Resting facilities at the workplace and at home facilitate recovery from fatigue and help you and your family maintain good health conditions.



Figure 122: Resting means recovery. Share good resting environments and habits with your neighbours.



Figure 123 : Provide a resting chair to relax after a hard working day.



Figure 124: Prepare relaxation facilities at home.

CHECKPOINT 34

Use proper protective devices such as clothes, gloves, boots, shoes, hats, helmets to protect from injuries or contact with hazardous substances.

BENEFITS FOR FARMERS

- Personal protective devices provide protection for a certain part of the body from hazardous agents or substances. The selected protective devices must be used properly, otherwise they give farmers a false sense of security. This is very dangerous.

- Protecting your foot from injuries is very important. Working without wearing shoes in the rice field or on the farm may be a common habit in some areas. Bare-footed farmers are likely to be injured by pieces of broken bottles or sharp nails lying on the field. The wound on the bottom of the foot, even if small, increases difficulty in work. Injuries of this area of the body are hard to keep clean. Severe complications such as infection or even tetanus could develop.

- Broad-brimmed hats, long-sleeved shirts protect farmers from heat and strong sunshine. Appropriate protective masks are needed when handling hazardous agents or spraying pesticides.

HOW TO IMPROVE

1.) Provide shoes with a thick sole for treading on the hard soil or the vegetable farm. Tuck trousers into the shoes when working on humid or muddy soil. Provide boots for working

in the rice field.

2.) Choose gloves suited to your jobs. Thick gloves are used for jobs that require grip strength or jobs handling pointed, sharp items (picking up sugar-cane leaves, or weeding in the pineapple field etc.) Thin gloves are used for precision work such as picking and thinning-out of branches. Rubber gloves are used when handling agrochemicals and fertilizers .

3.) Choose filter masks containing activated carbon for spraying pesticides. Don't use expired filter masks.

4.) Clean and maintain every protective device regularly.

WAY TO PROMOTE COOPERATION

Encourage people to use personal protective devices as a trial. Ask them to be patient. Users need time to adapt to wearing the devices. Regularly promote the use and maintenance of personal protective devices.

SOME MORE HINTS

Check whether the mask fits the shape of the user's face. Even small spaces between the mask and face could cause leaking of chemicals and reduce effectiveness.

POINTS TO REMEMBER

Regular use of personal protective devices will reduce injuries and exposure to hazardous substances.



Figure 125: Boots and shoes used in farming.



Figure 126: Helmet and glasses to protect eyes

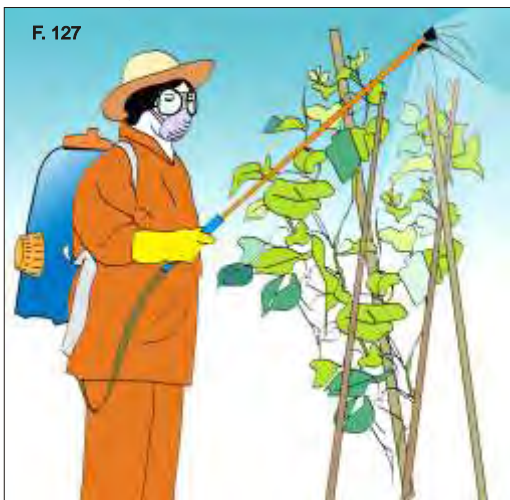


Figure 127, 128: Mask with filters containing activated carbon to be used when spraying pesticides.

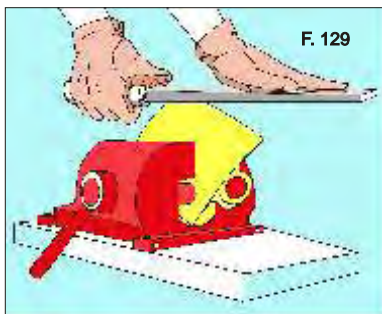


Figure 129 - Use protective gloves regularly.

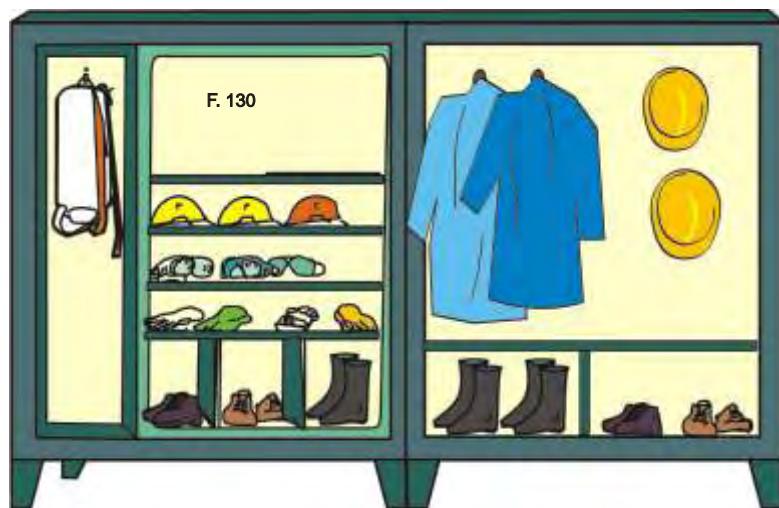


Figure 130 - Use cupboards with doors to keep clean personal protective equipment in good order.

CHECKPOINT 35***Provide first aid equipment.******BENEFITS FOR FARMERS***

- Many farmers live far from health care stations, and communication systems in remote, rural villages are often poor for emergency situations. It is necessary to provide first aid equipment near the workplace. A set of drugs helps farmers to cope with common diseases such as colds, indigestion, and minor injuries. For emergency and more serious cases, first aid kits can provide patients with preliminary treatment before being transferred to the hospital.

HOW TO IMPROVE

1.) Place a first aid kit in an easy-to-see place that is easy to find. Place the box out of reach of children. Paint the kit box with a light color.

2.) Place different groups of drugs and equipment in separate compartments of the first aid kit. This arrangement is helpful for emergency treatment. For example,

- a group to treat injuries includes sanitary cotton, gauzes, alcohol, betadine, bandages, scissors, etc.

- a group to treat common cold, fever, or pains includes anti-cold or eucalyptus oil, cupping glasses, rubbing coin, antipyretic and pain-relief drugs such as paracetamol, etc.

- A group to treat stomach problems includes ORS (Oral dehydration salt), carbophos, other stomach and anti-diarrhea drugs, etc.

WAY TO PROMOTE COOPERATION

Help each other by giving some medicine or medical equipment to your neighbours and friends when necessary. Some urgent cases might happen even at night time. Exchange ideas on how to improve the contents of the first-aid kits and maintain them in good condition.

SOME MORE HINTS

- Clearly label all bottles of drugs to avoid mistakes.

- Regularly check the expiry dates of drugs. Discard those out of date or those of poor quality. Cork drug bottles well for good maintenance.

- Choose a piece of land near the house to grow medicinal herbs such as ginger, lemon grass, etc.

POINTS TO REMEMBER

Well-equipped and maintained first aid kits will help your family members and neighbours in an emergency.

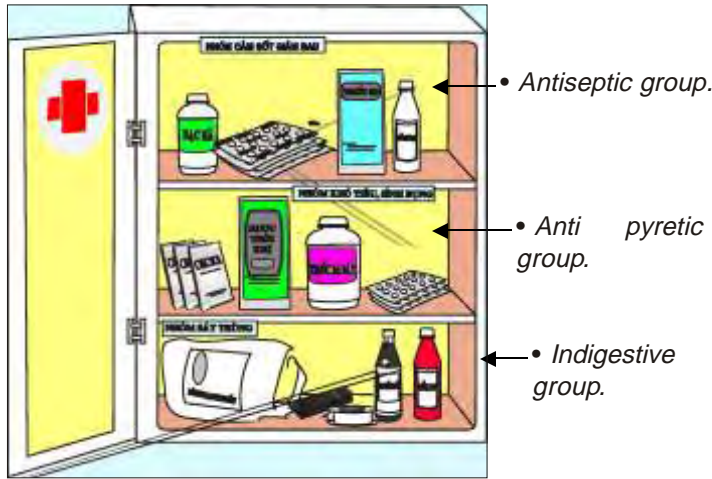


Figure 131: A drug kit to keep drugs and related equipment in order.



Figure 132 : A first-aid kit with painted in a light color.



Figure 133: A family medicinal herb garden.

CHECKPOINT 36

Take special care of pregnant women and farmers with disabilities.

BENEFITS FOR FARMERS

- Women in rural areas are active in farming. While pregnant, they need special care. They should avoid hard work, work that requires excessive force, working in bad postures, long hours of work or night work.
- Farmers with disabilities can work actively when appropriate, often simple support measures are provided. Practical actions should be taken to make their work easier. Adjusted work methods can improve both safety and the efficiency of their work.

HOW TO IMPROVE

- 1.) Do not assign pregnant women to carry out work that requires a lot of strength such as lifting or carrying heavy objects, especially at the beginning and in the last months of pregnancy. Neighbourhood and family cooperation is needed.
- 2.) Allocate light work with comfortable postures for pregnant women when they are required to work. Provide sitting facilities for pregnant women and insert frequent rest pauses at work.
- 3.) Discuss their improvement needs with farmers with disabilities. Observe their working conditions to identify possible solutions. Practical support designed to overcome their disabilities will allow disabled farmers to work safely and efficiently. Often simple

solutions work very well.

WAY TO PROMOTE COOPERATION

Collect examples of good work adjusted to the special needs of pregnant women and farmers with disabilities. Work together to implement more improvements. For example, improved clear passageways would help farmers with lower limb disabilities. Neighbourhood cooperation is surely necessary.

SOME MORE HINTS

- Adjust basic welfare facilities such as provision of drinking water, resting corners, and toilets according to practical needs of pregnant farmers and farmers with disabilities.
- Pay attention to the special needs of older farmers. Their skills and experiences are helpful for younger farmers. Simple solutions such as avoidance of heavy materials handling, provision of clear passageways, or easy-to-read instructions would help older farmers very much.

POINTS TO REMEMBER

Providing a work-friendly environment for farmers with disabilities also provides a work-friendly environment for all farmers.

Figure 134: Simple work method adjustments allow disabled farmers to work in a productive way.



Figure 135, 136: Provide support for older farmers so that they can work safely.



Figure 137: Provide a suitable seat for a pregnant woman when she takes part in the work with other farmers.

CHECKPOINT 37

Keep children safe and prevent them from having accidents or diseases.

BENEFITS FOR FARMERS

- In rural villages, there are many dangers to children such as drowning in the river, animal bites, involvement with dangerous machines, or exposure to pesticides and other hazardous agents. Knowing such dangers and providing adequate protection to prevent accidents and diseases are vital. Children play with their friends in the field. Busy parents working at the farm cannot keep watching their children all the time.

- Teach your children practical measures to protect themselves from safety and health problems. Their learning will be useful for their future. They will create safe and healthy working and living environments in your community.

HOW TO IMPROVE

1.) Place appropriate guards against dangerous places and facilities to prevent children from having accidents.

2.) If you bring children to rice fields and farms, check potential dangers such as machines, slippery passageways, exposure to pesticides, etc, and keep children out of danger.

3.) Let children always wear shoes. Keep children in hygienic conditions.

4.) Identify dangers in your house, such as possible electrical accidents and falls, and take protective measures. Regularly tidy up your house. Drain sewers and gutters to avoid mosquitoes. If possible, use mosquito nets while children are sleeping.

5.) Use health service programmes provided by the health centre in your village. They will have the schedule and list of vaccinations. Have your children properly vaccinated and apply the guidelines of the health centre.

WAY TO PROMOTE COOPERATION

Children and babies need special attention for their safety. Discuss the possible dangers and the protective measures in your family. Share the roles and responsibilities among family members to protect children. Collect good examples for the safety and health protection of children from your neighbours and apply to your family.

SOME MORE HINTS

- Appropriate toys will stimulate the children's development and make them happier.

- Use outstanding colors such as yellow or red for children's clothes to prevent traffic accidents.

POINTS TO REMEMBER

Keep your children safe and healthy and protect them from dangers in the working and living environments.

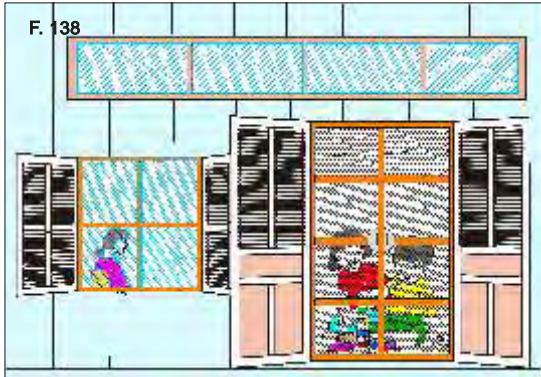


Figure 138: Protect children from mosquitoes by providing mosquito nets or mosquito screens.



Figure 139: Children play safely in a wooden play-pen.

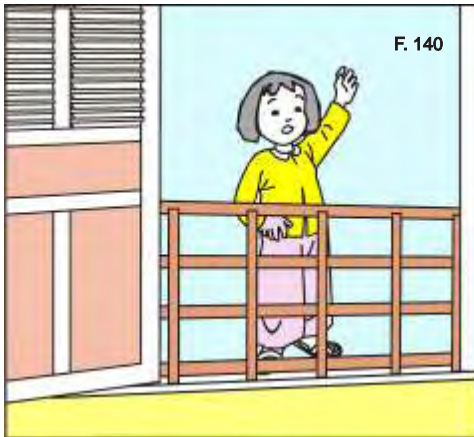


Figure 140: Safety frame to keep children inside the house.



Figure 141: Bamboo gate and hibiscus fence.



F. 142



F. 143

Figure 142, 143: Keep away children from dangerous machines and chemicals.

