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:

- **60%** of the workers reported feeling tired all the time.
- Illness and accidents had caused **15%** of workers to miss work in the previous 12 months.
- **55%** reported feeling tense and worried all of the time.
- **7%** believed that this illness or injury was linked to work.

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.