COMPONENTS OF A HEALTHY AND DIGNIFIED LIFE

**Pillars of Waste Pickers’ Health**
- Physical well-being
- Emotional well-being
- Good nutrition
- Access to Information
- Socio-economic security
- Recognition

**Components of Healthy Workplace**
- Organized workspace
- Adequate infrastructure and equipment
- Adequate and durable protective equipment
- Ventilation, proper lighting
- Common spaces

**Important Allies**
- Municipal, state and federal governments
- Health professionals
- Communities
- Businesses/Generators of waste
- Research centers on ergonomics, architecture, planning workers’ health

**Important Attitudes among Cooperative Members**
- Respect for others
- Solidarity
- Friendship
- Patience
- Recognition for co-worker

**Important Attitudes within Cooperatives**
- Better Hygiene
- Organized workspace
- Respect for others
- Spaces for dialogue
- Breaks to stretch
- Breaks to drink water and eat
- Breaks to go to the restroom
- Understanding

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Cuidar Project
Waste Pickers’ Health Risk Mapping

Photo: B. Greco