

Training Workshop and Health Camp for all Sanitation Workers, Wai Municipal Council

Workshop Report



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Center for Water and Sanitation
CRDF, CEPT University

25th November, 2019

Wai, Maharashtra, India

About the Workshop

As a part of City Wide Inclusive Sanitation (CWIS) being implemented in Wai, emphasis has been put on healthy working conditions of sanitation workers. CWAS with support from WMC initiated a study to assess the working conditions of sanitation workers. Qualitative discussions with all sanitation workers of the council as well as private contractor was conducted. The aim was to assess the PPE usage in order to understand occupational hazards and associated health issues. According to field visits and discussion with sanitation workers, it was observed that there is poor use of Personal Protective Equipment's (PPEs) by the workers due to discomfort, behavioural issues, poor quality and incorrect use. A detailed assessment of all guidelines for the type of PPEs to be used for various categories of sanitation workers was also done to understand what the government guidelines prescribed (Refer Annexure 1). As a part of the interventions, a training workshop along with a health camp was suggested.

Wai Municipal Council (WMC) with support of Center for Water and Sanitation (C-WAS) of CRDF, CEPT University with organized a training workshop for all the sanitation workers of WMC on 25th November 2019 at Sath Mangal Karyalay, Wai. The participants of the workshop were the sanitation workers from WMC, workers on contract and workers employed by private operators for the purpose of scheduled emptying, faecal sludge treatment and maintenance of CT/PTs (community toilets / public toilets).

The objective of the workshop was to sensitize sanitation workers towards occupational hazards and demonstrate the importance of PPE gears. It aimed to orient the workers towards importance for use of PPEs, healthy habits and ill effects of addiction. A demonstration of how to correctly use PPE gears was done for the workers and a set of PPEs was distributed to each sanitation workers. The training was followed by a health camp which included general medical check-up of all workers.

The workshop guided the sanitation workers on the correct use of PPEs to avoid the occupational hazards and associated diseases. It helped sensitize the workers towards the ill effects of addiction and instead encouraged them to adopt a healthy lifestyle for themselves and their family.

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1. Inaugural Session

An inaugural session to orient the participants about the workshop was conducted by Mrs. Vidyadevi Pol, CO (Chief Officer) and Dr. Pratibha Shinde, President, of Wai Municipal Council (WMC). The panel also included Mrs. Rupali Vanarse, Sanitation committee chairperson, Ms. Kranti Waghmale (water and sanitation engineer), Mr. Gunvant Khopade (sanitation inspector of Wai) and the CWAS team.

Mrs. Vidyadevi Pol initiated by emphasising the need to create awareness for the usage of PPEs and their associated occupational hazards. She also assured the council's support to the workers in case of any challenges. Additionally, Dr. Pratibha Shinde explained various health risks associated with inappropriate use of the PPEs. An interactive discussion with the workers helped recognize various issues faced by them while using the PPEs.

A set of PPEs were displayed and the importance of each was briefed to the workers. Mr. Khopade assured that each worker would be given appropriate PPEs keeping in mind the durability and comfort as per their work requirements. For example, workers involved in sweeping would receive rubber and cloth gloves which give easy grip for holding the broom and cause no sweating. Also, gumboots would be replaced by safety shoes for workers involved in drain cleaning activities. Further, different categories like sanitation workers, CT/PT cleaners, solid waste management (SWM) workers, etc. were felicitated for keeping the city clean and healthy. This session was conducted by Ms. Sanjeevani Jadhav, City Coordinator, Wai.

Figure 1.1: Felicitating of sanitation workers



Key Takeaways: The training and felicitation session acknowledged and motivated the workers. The assurance of support by the Chief Officer and president of Wai in case of any challenges related to work or PPEs was very comforting for the sanitation workers.

2. Session on Occupational Hazards and PPE Usage

A demonstration on the correct use of various PPE gears as per the work-related activities was conducted by Mrs. Smita Singh, a trainer from Kam Foundation. PPE gears such as helmet, safety goggles, nose face mask, safety jacket, hand gloves, safety shoes, gumboots, etc. were explained in terms of their uses, importance, price and potential health risk. Additionally, an insightful presentation showed different activities and lists of various PPEs required for personal safety as per their standards. Mrs. Singh also narrated the challenges faced by workers in using various gears and ways to overcome the same. She initiated an interactive session with the workers to understand their knowledge about the gears.

Figure 2.1: Mrs. Smita Singh's session on occupational hazards and PPE usage.



Key Takeaways: Mrs. Smita's demonstration on usage of PPEs and first aid in case of on-ground injury was very useful for the participants. The informative session concluded by an assurance from the workers that they would use the given PPEs and stay healthy.

3. Session on Health, Addiction and Food Habits

A session on addiction, its effects and ways to overcome was conducted by Dr. Gojira Jagtap, BHMS, Giya Healthcare, Wai. She was well aware of the addictions present amongst the workers from her regular interactions with the sanitary workers. To make them aware about the health hazards, she showed various patients suffering from different types of diseases due to addictions. She advised the workers to visit their family doctors to adopt a better lifestyle and overcome addiction. She emphasized use of PPEs and explained their importance for protection of body from head i.e. a helmet for protection to toe i.e. safety shoes, gumboots, etc. for protection from any harmful objects or dirt. Additionally, she also highlighted the health issues caused due to inappropriate or no use of PPEs.

It was observed that the stress levels in some sanitation workers are very high due to work issues, addictions, health problems, etc. To tackle such problems, Dr. Gojira recommended small lifestyle changes and suggested spending quality time with family. The participants were later given a chance to personally discuss their health-related problems with Dr. Gojira during the health camp.

Figure 3.1: Dr. Gojira's session on health, addiction and food habits



Key Takeaways: Dr. Gojira's session about addiction and its effects was an eye-opener to all workers. The workers were made aware of the appropriate usage of PPE as per their activity and were advised to adopt simple lifestyle changes along with healthy food habits to improve living.

4. Quiz for Participants

After the training sessions, CWAS team conducted a simple quiz for the workers to assess their understanding of PPE usage. There were two types of questions for the quiz.

Firstly, they were shown pictures of different types of PPEs and had to give the appropriate name of the equipments along with its different uses. The workers answered as per their activity and few of them knew multiple use of various PPEs gears. Except for desludging workers, no one was aware of the gears used in septic tank cleaning.

For the second part of the quiz, pictures were shown depicting the wrong use of PPEs and the workers had to identify the mistakes. The participants could identify the mistakes for most pictures and corrected the same. In addition to this, all the workers of different sanitation-related activities were aware of the PPEs required for their activity. The session was interactive and fun.

Figure 4.1: Interactive sessions with workers.



Key Takeaways: The quiz session widened the understanding of all workers about other sanitation activities. In addition to this, they are also aware of the various types of PPEs available and its uses.

5. Health Camp for all Workers

A health camp was conducted by Dr. Gojira Jagtap and her lab assistant for all workers. It included general health check-up i.e. height, weight, BP, ENT, blood sugar Level (random) and also prescribed necessary actions in the form of tests or medications based on the diagnosis. Counselling was done by Dr. Gojira and the workers were advised about lifestyle changes accordingly.

Figure 5.1: Conducting health camps for sanitation worker



Key Takeaways: One on One discussion on health issues with Dr. Gojira was well appreciated by all the sanitation workers. The implementation of counselling and lifestyle changes suggested by the doctor was found helpful benefit them.

6. Distribution of PPE

WMC and CWAS team distributed PPEs to all the workers. Various PPEs such as nose mask, nose mask with valve, half face air purifier respirator with cartridge, rubber gloves (orange), dotted rubber and cloth hand gloves, heat resistant leather hand gloves, neoprene rubber hand gloves, nitrile rubber hand gloves, disposable gloves (blue), gumboots without steel toe (half-length), gumboots with steel toe (half-length), safety shoes, safety helmets, face shield attachable to the helmet, safety goggles, reflective jackets and aprons were categorized as per their work and were distributed to sanitation workers.

7. Key messages from the Workshop

The workshop was a platform between the WMC leadership and the sanitation workers. The sanitation workers got a chance to interact with the officials and at the same time WMC officials acknowledged their work and felicitated them.

Along with discussion on issues faced by sanitation workers for using the PPE, the workshop also created awareness on the correct use of PPEs and sensitize the workers over the alarming need to appropriately use the PPEs in order avoid the associated diseases. Additionally, it directed the workers to overcome alcohol, tobacco, other substances addiction and instead advised to adopt simple ways to a healthy lifestyle.

The workshop concluded with an oath-taking ceremony on appropriate usage of PPEs by the workers led by the Sanitary Inspector Mr. Khopade. The workers assured the use of PPEs for the well-being of themselves and the citizens too.

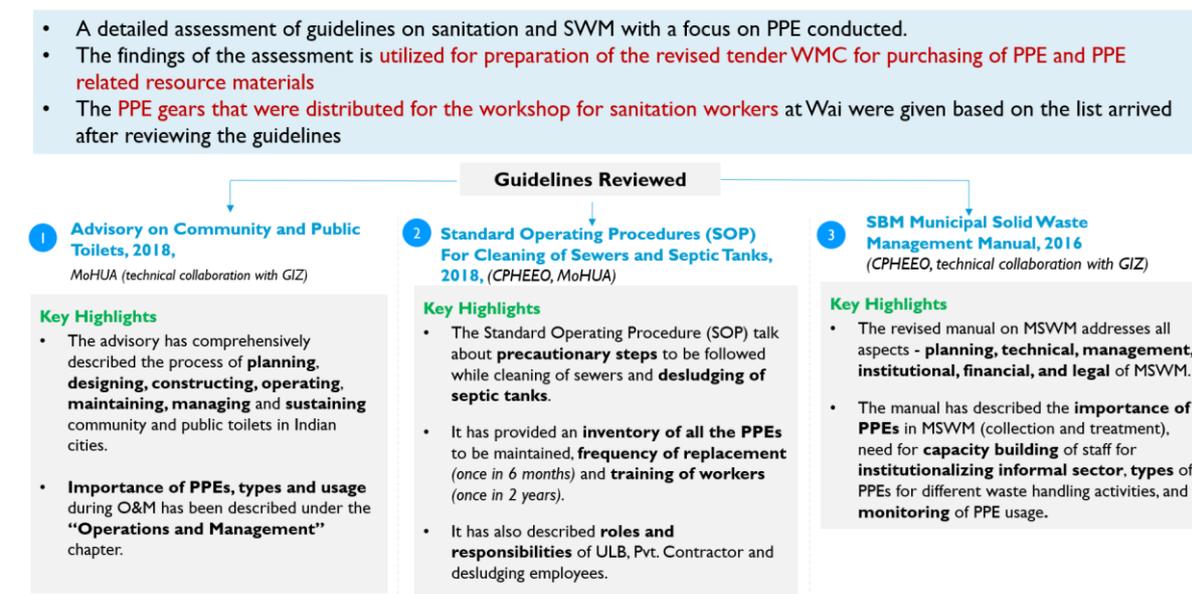
Additionally, it was decided to establish a monitoring mechanism to track the usage of PPEs along with its effects on the sanitation workers and institutionalize the use of PPEs. Sanitation committee, sanitation inspector, sanitation engineer and mukadam (sanitation supervisor) would monitor usage of PPEs on ground and suggest ways to resolve the challenges. Furthermore, WMC with support from CWAS aims to introduce Sanitab software to the mukadams for easy monitoring of usage of PPEs and giving utmost priority to the safety of sanitation workers.

8. Annexures

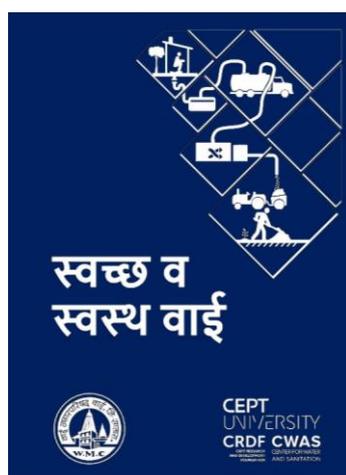
Annexure 1: Assessment of Various Guidelines for PPE

A study on sanitation workers and their PPE usage was conducted by C WAS in Wai. As a part of this study, a detailed assessment of guidelines was prescribed on the type of PPE gears to be used based on activities.

Figure 8.1: Assessment of Various Guidelines for PPE



Annexure 2: Agenda for Workshop:



Workshop and health camp for sanitation workers of WMC

The municipal council of Wai in partnership with Center for Water and Sanitation, CEPT University is organizing a workshop with a health camp for all sanitation workers of WMC.

The workshop will also orient the workers towards importance of use of PPEs, healthy habits and ill effects of addiction. A demonstration of how to correctly use PPE gears will be displayed for the workers. A set of PPE gears based on the activity of the worker shall be distributed to them. The training would be followed by a health camp during which a medical check-up of all workers shall be conducted.

Note: The workshop participants will be sanitation workers working for WMC and would also include the workers on contract, workers employed by private operators for scheduled emptying, faecal sludge treatment and maintenance of CT/PTs.

Venue: Sathe Mangal Karyalay, Wai

Dates: 25th November 2019

Time: 11 am to 5 pm

Time	Sessions	Presenters
11:00- 11:15	Welcome note by President and Chief officer of Wai	WMC
11:15 to 11:45	A short talk by Chairperson of sanitation committee, Engineer SI and CEPT team on the importance of PPE	WMC and CEPT
11:45 – 12:30	<p>Session on Occupational Hazards and PPE Usage</p> <ul style="list-style-type: none"> • Importance of using PPEs in various activities (Introduction) • Types of Activities and associated diseases • Types of Injuries Possible On-Site and First Aid • Types of PPEs and Safety Gears Recommended • Demonstration of correct PPE use 	Ms. Smita Singh (Kam Foundation)
12:30 – 13:00	<p>Session on Health, Addiction and Food Habits</p> <ul style="list-style-type: none"> • Addition source and its effect on health • Ways to overcome addiction • Lifestyle and food habit changes 	Dr. Gojira Jagtap (BHMS Doctor practicing in Wai)
13:00 to 14:00	Lunch	
13:30– 14:00	Games and Quiz for workers	CEPT Team
14:00 – 15:00	Distribution of PPE Gears	WMC and CEPT
15:00 – 17:00	Health Camp for all workers	Dr. Gojira Jagtap

9. Speaker Profiles

Inaugural Session

Speaker: Mrs. Vidyadevi Pol

Mrs. Vidyadevi Pol is the CO (Chief Officer), of WMC.

Speaker: Dr. Pratibha Shinde

Dr. Pratibha Shinde is the President, of WMC.

Speaker: Ms Arwa Bharmal

Ms Bharmal, is Program Lead at Center for Water and Sanitation (CWAS), CEPT University.

Speaker: Mrs. Rupali Vanarse

Mrs. Rupali Vanarse is the Sanitation Committee Chairperson, of WMC.

Session 1 - Session on Occupational Hazards and PPE Usage:

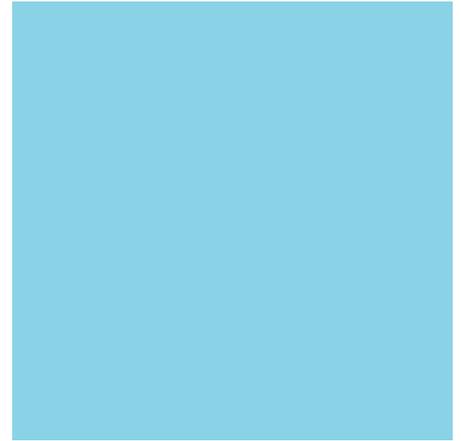
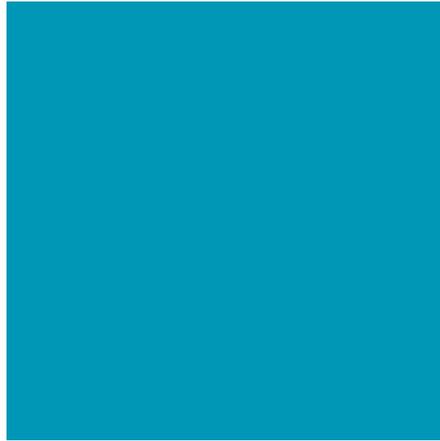
Speaker: Mrs. Smita Singh

Mrs. Smita Singh is working in Kam- Foundation, Pune which is a group of likeminded professionals to bring about a transformation in the lives of the safai karamcharis. She has completed her MBA (HR), trained on safety (SHE) and 5S, PhD (Human Resource). She is certified trainer by SCGJ-GOI nodal agency under the Ministry of Skill Development and has conducted more than 10,000 workshops all over India.

Session 2 – Session on Health, Addiction and Food Habits:

Speaker: Dr. Gojira Jagtap

Dr. Gojira Jagtap is a homoeopathic consultant, yoga therapist with post-graduation in emergency medical services and is an advance cardiac life support instructor. She has a gold medal in HR and executive MBA in international trade. With excellent communication skills, she is an honorary lecturer in medicine and management at renowned institutes in and around Pune.



CENTER FOR WATER AND SANITATION

The Center for Water and Sanitation (CWAS) is a part of CEPT Research and Development Foundation (CRDF) at CEPT University. CWAS undertakes action-research, implementation support, capacity building and advocacy in the field of urban water and sanitation. Acting as a thought catalyst and facilitator, CWAS works closely with all levels of governments - national, state and local to support them in delivering water and sanitation services in an efficient, effective and equitable manner.

