



P4.6 BREAKS AND ACCESS TO CLEAN DRINKING AND WASHING WATER

TAKE TIME TO TAKE A BREAK!

ALL PEOPLE WORKING ON THE FARM ARE ENTITLED TO

- regular breaks
- adequate quantities of safe and clean drinking water
- adequate quantities of safe and clean washing water

WATER NEEDS TO BE AVAILABLE

- In the fields
- At the curing barns
- At the workers` homesteads

BREAKS ARE NEEDED

- From working in the heat, cold or wet weather
- To drink clean, safe water
- To use the toilet
- To eat food
- To rest from the hard work involved in tobacco production

IMPORTANCE OF BREAKS

- Helps one to focus and be more productive (high productivity)
- To protect the workers`
 - Health
 - Safety
 - Well-being
- To enable the worker to combine work with his/her private life and family responsibilities
- Important in the efficient operation of the workplace
- To relieve farm workers of their duties
 - As some farm workers generally do repetitive manual work that involves
 - Working on bent knees
 - Continuous stooping
 - Reaching out from ladders
 - Carrying tobacco



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- To give farm workers liberty to use the meal period for whatever purpose that he/she desires
- To unwind and combat the effects of work stress, recovering from work demands
 - As work stress causes
 - Lost productivity
 - Absences
 - Impaired employee well-being
 - Impaired health
- Workers step away from their work and experience
- When work demands are removed, employees have the opportunity to replenish their psychological resource
 - Energy
 - Positive mood
- That may have been lost during work, due to effort expended in the process of performing work tasks and coping with work related demands

FORMS OF WORK BREAKS

- Vacations/holidays/leave/several days off work
- Weekends
- Evenings
- Breaks at work (1hr or less)

MEAL BREAK

- Each farmer should provide meal breaks to his farm workers
- Each farmer should have a written compliant meal and rest period policies in place
- Farmer`s duty is to provide meal periods to his/her farm workers is met by making meal periods available

WHY ARE THERE LAWS ON TAKING BREAKS

- Working consumes energy, both mental and physical, that is why workers should not work for too many hours
- Regulations have been put for how many hours per day people may work
- Laws have been put to entitle workers to breaks



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NIGHT SHIFT DURING CURING TOBACCO

- Workers must work less than 8 hours in 24 hours

SUNDAY REST

- No work on Sundays

HOLIDAYS/LEAVE/VACATION

- No work on public holidays
 - New year
 - Easter
 - 18 April
 - 1st May
 - 25 May
 - Heroes
 - 22December
 - Christmas

STANDARD WORKING TIME FOR EACH FARM WORKER

WORKING TIME		STANDARD
For a farm worker in Zimbabwe	DAILY	12 hours
	PER WEEK	48 – 60 hours
	PER MONTH	-
	PER YEAR	-
REST TIMES	DAILY REST	8 - 11 consecutive hours of non-work time
	WEEKLY REST	24 – 36 consecutive hours of non-work time
BREAKS	Per less than 5 ½ hours	15 minutes
	Per 5 ½ hours	30 minutes
	Per 10 hours	45 minutes
TEA BREAK		15 minutes
LUNCH BREAK	1300 – 1400 hours	1 hour
SUNDAY REST	SUNDAY WORK	No work on Sundays

FARMERS` RESPONSIBILITY OVER FARM WORKERS

- A maximum working hours/week



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- Unpaid breaks during working hours
- Annual leave from work
- Set on paper
 - Travel time
 - Breaks
 - Minimum wage
 - Overtime eligibility/ time off at the overtime rate
 - Standards for full time worker and part time worker

WATER!!

EFFECTS OF DRINKING DIRTY WATER

- The principal risks to human health associated with the consumption of contaminated and polluted water are microbiological in nature

PATHOGENS

- Invisible to the human eye
- Can be found in water and they can cause diseases
 1. BACTERIA
 - Typhoid
 - Cholera
 - Ecoli
 - Diarrhoea
 2. VIRUS
 - Polio
 - hepa
 3. PROTOZOA
 - Amoeba`s
 - Giardia
 4. HELMINTHES
 - Tapeworm
 - Roundworm
 5. PARASITES

CONTAMINATION

- Microbial contamination – fecal coliform and E.coli bacteria cause



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- Diarrhea
- Cramps
- Nausea
- headaches
- Parasites cause gastrointestinal diseases
- Contaminants
 - Micro-organisms
 - Minerals (Sodium, Asbestos, Mercury)
 - Compounds that cause change in taste, colour

HOW TO MAKE WATER SAFE TO DRINK

- Disinfectants – water additives that are used to control microbes
- Boil water
- Borehole water
- Bottled water
- Make sure water source is covered eg well
- Filtration
- Aeration – used to remove naturally occurring dissolved gases from water (e.g. Carbon dioxide and H₂S) and to oxidize iron
- Chlorine – used
 - as an oxidant to remove inorganic impurities (eg Iron and hydrogen sulfide)
 - to prevent algae growth
 - to prevent bacteria
 - to remove colour, taste and odours

IMPORTANCE OF WATER

- Drinking
- Cooking
- Personal hygiene/washing/bathing/brushing teeth
- The human body is made up of 60-70% water
- Water main functions in human body is in the metabolic process
 - It delivers oxygen and nutrients to different parts of the body
 - It removes toxins and waste from the body
 - It regulates body temperature through perspiration
 - Reduces friction between joints and facilitates movement



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- Acts as a cushion between organs in order to protect them
- Facilitates normal functions of body processes

DISEASES ASSOCIATED WITH UNSAFE WATER (WATER-RELATED ILLNESSES)

- Water-borne diseases caused by infectious viruses
- Cholera
- Typhoid
- Dysentery
- Diarrhea

CONTAMINATION

- Ground water contamination (Toilets/Wells)
- Metals
- Water pollution
- Industries
- Microbial

WATER SOURCE

- Use safe drinking water
 - When in contact with plant or produce
 - When harvest washing produce
- Use surface water source (example: ponds)
 - When not in contact with plant or produce
 - Use for drip irrigation
 - Test for fecal coliforms and/or *E.coli* prior to use
- Test soil for coliforms in frequently flooded farm land

WATER IN RELATION TO HUMAN HEALTH

- 2/3 of body cells contain water
- Water plays pivotal role in:
 - Body functions and
 - Biochemical reactions
- Used as building material in every cell
- Involved in mechanisms for controlling and maintaining normal body temperature
- Acts as a medium for carrying:
 - nutrients to cells
 - wastes out of cells



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WATER QUALITY

- All people, irrespective of their stage of development and social and economic condition, have the right to access to safe drinking water in quantities and of a quality equal to their basic needs
- WHO recognizes that access to adequate water supplies is a fundamental human right
- Water-related diseases are a human tragedy, killing millions of people each year (account for 80% of all deaths in developing countries)

WATER

The following people are at a higher risk of contracting water-borne diseases cause of their compromised immune system:-

- Pregnant women and fetus
- Seniors
- Young children

PATHOGENS FOUND IN WATER

- Bacteria – Single celled organisms that live independently
- Viruses – small particles that live and replicate in a host
- Parasites – intestinal worms or protozoa that live in a host animal or human