**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
- To protect the workers` Safety
- To protect the workers` 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
P4.6 BREAKS AND ACCESS TO CLEAN DRINKING AND WASHING WATER

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

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
  - 22 December
  - Christmas

STANDARD WORKING TIME FOR EACH FARM WORKER

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

FARMERS’ RESPONSIBILITY OVER FARM WORKERS

- A maximum working hours/week
P4.6 BREAKS AND ACCESS TO CLEAN DRINKING AND WASHING WATER

- 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
     - hep
  3. PROTOZOA
     - Amoeba’s
     - Giardia
  4. HELMINTHES
     - Tapeworm
     - Roundworm
  5. PARASITES

CONTAMINATION

- Microbial contamination – fecal coliform and E.coli bacteria cause
P4.6 BREAKS AND ACCESS TO CLEAN DRINKING AND WASHING WATER

- 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
- Chorine – used
  - as an oxidant to remove inorganic impurities (e.g. 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
P4.6 BREAKS AND ACCESS TO CLEAN DRINKING AND WASHING WATER

- 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
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