

**AWARENESS OF OCCUPATIONAL HAZARDS
AND PREVENTIVE MEASURES AMONG
MANUAL LABOURERS IN PORT AUTHORITY,
YANGON**

**CHERRY LYNN LYNN ZAW
M.B.,B.S**

**Master of Public Health
University of Public Health, Yangon
2017**

ABSTRACT

This study is a cross-sectional descriptive study of determining the awareness of occupational hazards and preventive measures among manual labourers in Port Authority, Yangon in 2017. In this study, a total of 196 manual labourers were face-to-face interviewed by pretested, semi-structured questionnaires.

More than half of the labourers (67.9%) were age 40 years and onwards. Mean age of the labourers were 44.11 ± 11.98 years. More than two third of the labourers (77.1%) had attained the education of middle school and above. The workers of 63.8% had total service years of at least 10 years. Nearly half of the participated labourers earned 145,000 Kyats and they were permanent labourers. Almost all labourers attended trainings/ health talks about occupational hazards before they went to the workplace. Dusty cargoes 65.3%, heat and sunlight 59.7% were most common occupational hazards aware by labourers. Among mechanical hazards, the labourers were aware of fractures and fall from height commonly and caused mostly by failed to follow instruction and their carelessness. The labourers were also aware of lung diseases caused by dust 56.1% which prevented by wearing mask 95.9%. More than half of the heat related hazards was heat exhaustion (67.9%). Regarding chemical hazards, more than half of the labourers were aware of using mask and rubber gloves as a way of prevention. Reducing working hours and enhancing safe working environment were actions should be taken to reduce work related stress and depression 60.7%. Large number of the labourers were aware of low back pain 93.9% as they had to lift and carry heavy loads. More than fifty percent of the labourers were poor in awareness and only 32.7% achieved good awareness score. The experienced older labourers, those who had at least 10-years-service and permanent labourers had good awareness. In conclusion, to increase awareness of the occupational hazards and preventive measures among the manual labourers, more trainings and health talks should be introduced to all new and old serviced manual labourers emphasizing to those young and less experienced labourers.