









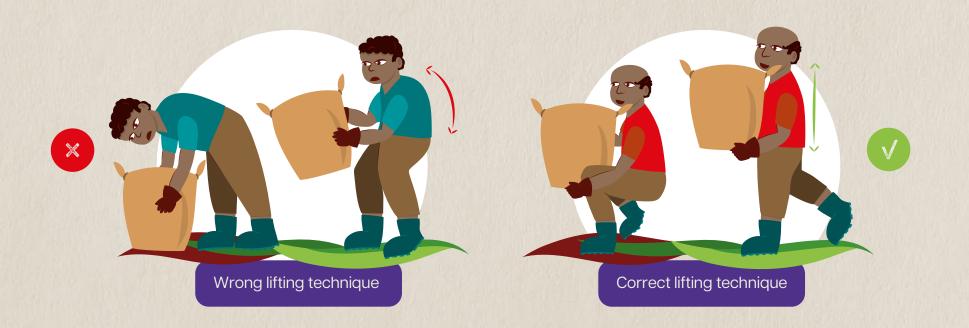




SAFE LIFTING



The basket should have a comfortable strap, and its weight must not exceed the worker's carrying capacity



JANUARY 2025

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FEBRUARY

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MARCH

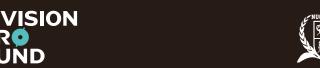
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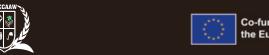
1 New Year's Day26 NRM Liberation Day

16 Archbishop Janani Luwum Memorial Day20 World Day of Social Justice

8 International Women's Day30 Eid al-Fitr

Creating a safer and healthier coffee supply chain requires cooperation between employers, workers and their representatives





GHEMICAL SAFETY



Store chemicals in locked cabinets, out of children's reach. Never reuse chemical bottles for food or water



Always wash your hands and change into clean clothes after handling chemicals



If agrochemicals
enter eyes, rinse with
clean water for 15
minutes and seek
medical attention



Remove the worker to an uncontaminated area

APRIL 2025

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- 7 World Health Day
- 18 Good Friday
- 21 Easter Monday
- 28 World Day for Safety and Health at Work

MAY

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1 International Workers' Day

JUNE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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- 3 Uganda Martyrs' Day
- 6 Eid al-Adha
- 9 National Heroes' Day
- 12 World Day Against Child Labour

Seek out information and training on how to stay safe at work







MATERNITY PROTECTION IN THE WORKPLACE





Avoid prolonged sun exposure. Refrain from heavy work, including lifting heavy loads



Drink safe water and eat nutritious foods



Ensure access to a resting room and prioritize regular prenatal check-ups

JULY 2025

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AUGUST

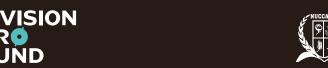
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SEPTEMBER

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- 6 International Day of Cooperatives
- 15 World Youth Skills Day
- 30 World Day Against Trafficking in Persons

Women play a vital role in the coffee supply chain. Ensuring safe working conditions for them protects their health and strengthens entire communities





PHYSICAL ENVIRONMENT



Provide shaded shelter near the work area, ensure access to safe drinking water, encourage hydration, and maintain clean toilets and washing facilities



If bitten by a snake, stay calm, clean the wound, apply a bandage, restrict limb movement, and seek immediate medical attention

OCTOBER 2025

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NOVEMBER

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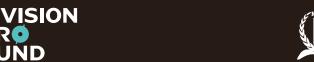
DECEMBER

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- I International Coffee Day
- 9 Independence Day of Uganda
- 15 International Day of Rural Women

- 10 Human Rights Day
- 25 Christmas Day
- 26 Boxing Day

Play an active role in developing and implementing preventive OSH measures, and contribute to a culture of safety for all









FUNDAMENTAL PRINCIPLES AND RIGHTS AT WORK

Every coffee worker, in every job, has the right to:

- Freedom of association and collective bargaining.
 You have the right to join or form a trade union. A
 trade union can negotiate with your employer to
 improve your wages and working conditions.
- Choose a job freely, with informed consent, and retain the right to depart whenever you choose. Your work should be your choice. No one should force you to work by using threats, violence, intimidation, or by withholding your documents.
- A world of work free of child labour. Ensure that children attend school instead of working, and protect young persons below 18 years old from hazardous work. This will prepare them for a brighter future with greater opportunities as adults.

- Equality and opportunity of treatment in employment and occupation. You have the right to equal opportunities to access and thrive in your job, without discrimination based on your race, colour, sex, religion, political opinion, national extraction, social origin, disability, HIV status, migration or refugee status or other circumstances.
- A safe and healthy working environment. Workrelated injuries and illnesses are largely preventable.
 Seek information and training to stay safe at work, and collaborate with your employer, supervisor, and other workers to develop and implement effective prevention measures.







EVERY COFFEE WORKER HAS THE RIGHT TO A SAFE AND HEALTHY WORKING ENVIRONMENT.

LEARN SAFE WORK PRACTICES AND GET INVOLVED IN PREVENTION ACTIVITIES.

ilo.vzf.org





