



International
Labour
Organization

**SAFETY
+ HEALTH
FOR ALL**

2025



**VISION
ZERO
FUND**



National Union of Cooperatives
Commercial Agricultural and
Allied Workers



Co-funded by
the European Union

SAFE LIFTING



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



Wrong lifting technique



Correct lifting technique

JANUARY 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

- 1 New Year`s Day
- 26 NRM Liberation Day

FEBRUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

- 16 Archbishop Janani Luwum Memorial Day
- 20 World Day of Social Justice

MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

- 8 International Women`s Day
- 30 Eid al-Fitr

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

CHEMICAL 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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

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

MAY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

- 1 International Workers' Day

JUNE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

- 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 handling chemicals. Minimize standing time and use chairs for resting



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

AUGUST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

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

NOVEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

DECEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

- 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.** Work-related 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.



International
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**SAFETY
+ HEALTH
FOR ALL**

**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

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