

# A Health Guide for Workers

IN  
EXPORT PROCESSING ZONES



APRIL 2003 • PARTIAL DRAFT: CHAPTERS 1-5

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# GARMENT WORKERS

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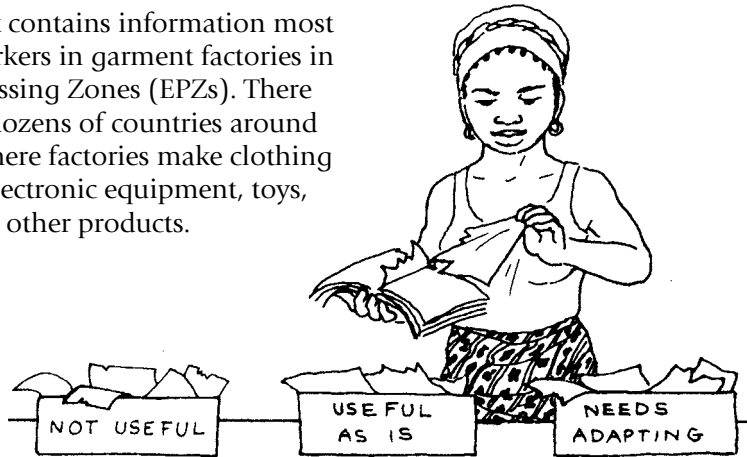
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## About this book

This book is for garment industry workers who want to make their working conditions safer and healthier. If you are a garment worker, it can help you identify dangers in your workplace and make changes that prevent workers from getting sick or injured on the job. If you are a labor or community organizer, or a health care worker, it can introduce you to common problems faced by workers in the garment industry.

This book contains information most useful to workers in garment factories in Export Processing Zones (EPZs). There are EPZs in dozens of countries around the world where factories make clothing and shoes, electronic equipment, toys, car parts and other products.



We encourage you to tear our ideas to pieces. Save only what you can use or adapt to your needs.

## How to use this book

There are three kinds of information in this book:

- Information about the health and safety dangers in the garment industry and ways to prevent health and safety problems.
- Suggestions for working with others for better working conditions.
- Reference sections with additional information.

The Table of Contents will show you what information is in this book and on what page you can find it.

This book cannot show the many different work processes and machinery used in every garment factory. The problems workers face are the same despite these differences. To get the most out of this book, adapt the information to the situation in your factory.

## Learn from experience

This book is created from the experiences of workers and organizers. We have learned from successes as well as from struggles where success has not happened yet. We want to learn how you are improving conditions in your factory, too. Please share your experiences with us so we can share them with others.