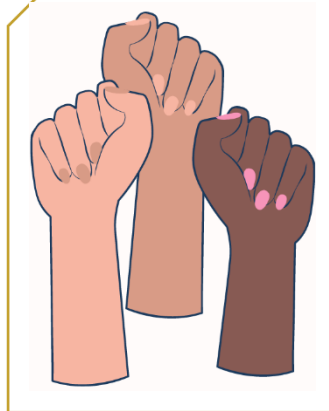




جامعة الإمام عبد الرحمن بن فيصل
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Occupational women's health



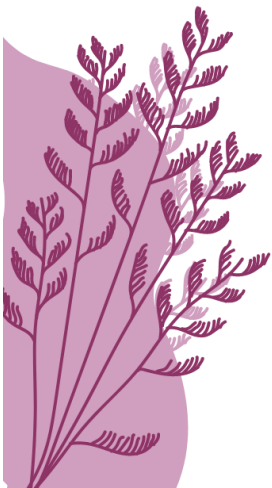
What is Women's Health Rights?

- ❖ Equality between men and women in obtaining basic health care and health services related to their privacy.
- ❖ Conducting preventive, diagnostic and therapeutic examinations for infectious and non-communicable venereal diseases, and ensuring confidentiality and privacy.
- ❖ Providing scientific and educational materials for all stages of life and health disorders and problems that may be experienced in all health centers and hospitals in general.



What is Women's Health Rights?

- ❖ Obtaining health and legal advice in the event that she desires to regulate childbearing and to obtain contraceptive methods, according to medical supervision.
- ❖ Provide a safe environment that guarantees childbirth in a decent and respectful manner at all times and preserves the dignity of women and guarantees them the right to choose the doctor who provides maternity care.
- ❖ Women who are 18 years of age or older have the right to accept or refuse to sign the medical authorization for their surgical event.



What is Facts about women's empowerment in the Saudi labor market?

One out of four women participates in the labor market in various professions.

Women's participation in the workforce in Saudi Arabia is 37%.

The country provides health services represented by the Ministry of Health in various aspects:

- Reproductive and sexual healthcare.
- Medical services for pregnancy and childbirth.
- Assisted reproduction.

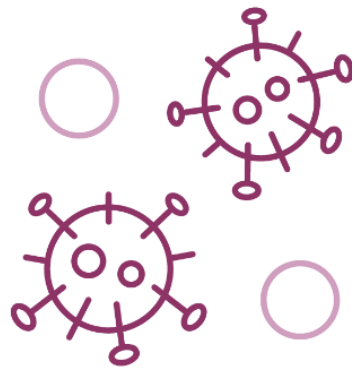


What is Occupational diseases affecting women's health at work?

Occupational disease: It is the disease that an employee or practitioner suffers from as a result of practicing a specific job or profession.

Occupational diseases classification:

- Musculoskeletal disorders (e.g. carpal tunnel syndrome).
- Occupational lung diseases (e.g. occupational asthma and occupational rhinitis).
- Occupational skin diseases (e.g. irritant contact dermatitis).
- Occupational cancers (Due to exposure to some chemical agents).
- Occupational diseases caused by exposure to agents:
 - Physical. Chemical. Biological.
- Other diseases (e.g. varicose veins).



Does pregnancy require cessation of work?

Pregnancy does not hinder work or its progress.

Generally, pregnant woman can work safely, while trying to balance between them to maintain physical and mental health of the fetus. For office work, with no any associated risks, nothing to worry about, but if the work entails some risks, pregnant women should request her employer to reduce volume of work or replace it.



What Advice for pregnant women at work?

▪To minimize nausea and vomiting:

- Stay away from nausea triggers, such as foods and smells.
- eating snacks between meals.
- Drinking natural ginger during the day.
- Takes the recommended dose of vitamin B-6.

▪To reduce fatigue:

- Takes frequent short breaks.
- Keep your fitness routine.
- Adjust the diet, eating foods rich in iron and protein.



What Advice for pregnant women at work?

▪ To control stress:

- Prioritize tasks.
- Sharing feelings with others.
- Relaxation exercises.

▪ For your safety and fetal safety:

- Adherence to prevention tools at work.
- keep away from exposure to harmful chemicals or radiation.
- Avoid standing for long periods.
- Wear comfortable shoes.
- Stay away from high temperatures.



What Women's rights during pregnancy and after childbirth?

- Maternity leave, which is a leave (full pay if she serves 3 years or more and a half pay if she serves for one year) for 10 weeks, so that it is 4 weeks before birth and 6 weeks after birth.
- Breastfeeding hour, which is a rest hour of daily working hours after return to work from maternity leave.
- Provide full medical care by the employer during pregnancy and childbirth.
- not being fired due to pregnancy, childbirth or diseases resulting from it.



Sources and references:

All images used are from [canva.com](https://www.canva.com)

Review and audit:

The content of this booklet has been reviewed by consultant obstetricians and gynecologists at King Fahd University Hospital.

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