



Promoting Health for Working Women

Athena Linos, Wilhelm Kirch

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Based on European health initiatives on reducing workplace risks and promoting workplace health, *Promoting Health for Working Women* focuses on issues that predominantly or exclusively affect women, or have gender-specific implications because of differences or special circumstances that exist at the workplace. The editors and their twenty collaborators combine theoretical, research, and practical perspectives to create a framework for studying female workers' health issues and risks. The methodology for organizing on-site health promotion interventions at the workplace is presented in detail, taking into consideration the key issues women face. Among the topics covered: • Legal foundations for workers' safety, in general and by gender. • Occupational hazards, musculoskeletal injuries, communicable diseases. • Work-life balance issues, including stress, burnout, and depression. • Violence, bullying, and sexual harassment on the job. • Special focus on pregnancy and breastfeeding. • Screening at the workplace. • Smoking cessation, alcohol awareness, diet/exercise, and other lifestyle concerns.

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