

APPENDICES

CONSENT FORM

My name is Mbah Pauline A. I am a second-year master student of the University of Buea studying Public health and hygiene.

I am doing a research on carcinogen exposure and health related conditions among workers handling urban waste in the Bamenda City. I would like to ask you some questions to help me determine some of the risk factors that exposes you to these carcinogens and to assess if some of the health and safety practices you do can result to some health-related conditions from carcinogen exposure.

I can assure you the only risk of this research is the time you will spend in filling this questionnaire. You are free not to answer the questions and there is no right or wrong answer.

You will not get money or anything else if you participate. If you decide to participate, your answers will be confidential and may help me recommend to health authorities and other policy makers on ways to improve your health, working situation and ways to limit exposure to carcinogenic substances as you carry out your services.

I the undersigned _____ do agree to take part in this research after reading and understanding the objectives of this research. Bearing in mind the risks and benefits linked to the study, do voluntarily accept to participate in this study.

Signature_____

Date_____

QUESTIONNAIRE

SN____

Date _____

SECTION A: SOCIO-DEMOGRAPHIC INFORMATION

1. Age (yrs.) -----

2. What is your sex

	Male		Female
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3. What is your marital status?

	Married		Single
	Divorced		Widowed

4. What is your highest level of education?

	Didn't go to school		Primary school
	Secondary school		University
	Studied a trade		

5. What is your occupation?

	Garbage collector		Road sweeper
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6. How many persons including you live in your household?

	Alone		2- 3
	4-6		7 and above

7. What is the range of your monthly income?

	< 50,000frs		50.000-100,000frs
	101000-149,000frs		>150,000frs

8. Are you an IDP?

	Yes		No
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9. Longevity in service

	< 1 year		1-2 years
	>2 years		

SECTION B: COMMON CARCINOGENS WORKERS ARE EXPOSED TO

	Carcinogen	Always	sometimes	Rarely	never
1	Microorganisms from decomposing / medical wastes				
2	Chemicals as; Benzene (from medical waste, cleaning products, paint and gasoline) Formaldehyde (chemicals from plywood)				
3					
4	Fumes (from burnt dirt and secondary smoking)				
5	Radiations (Ultra-violet rays from the sun)				
6	Metals (from car parts and other industrial meters, agricultural soil)				
7	Coal Tar and Coal-Tar Pitch				
9	Radon (gas from natural air pollution)				
11	Asbestos (Fibrous materials that are resistant to heat, electricity and corrosion, automotive brakes, wallboard materials)				
12	Wood dust				
14	Engine Exhaust				
15	Air pollution (from dust and outdoor air, traces of meter and solvents)				

16	Acrylamides (unhealthy fast foods; French fries, potatoes chips and bread)				
17	Electronic wastes				

SECTION C: RISK FACTORS OF OCCUPATIONAL CARCINOGEN EXPOSURE

No	Risk factors	Yes	No
1	Occupational factors of carcinogen exposure		
	Have you ever been trained on protective health and safety procedures?		
	Have you received any refresher training in the last months?		
	Do you always protect yourself from direct sun exposure?		
	Are you regularly supervised at work?		
2	Environmental factors		
	Are there stray animals or presence of insects in the waste?		
	Does the waste compose of death animals, excreta/feces and blood?		
	Presence of sharp objects, needles, scrap metals, broken glasses		
	Have you been vaccinated against hepatitis?		
	Does a water source pass through or near the waste?		
	Do you work under harsh weather conditions as scorching sun, wind, and rain?		

SECTION D: OCCUPATIONAL HEALTH AND SAFETY PRACTICES

No	Protective measures	Always	sometimes	Rarely	Not available
1	Use of personal protective wears				
	Disposable hand gloves/ heavy duty gloves				
	Safety goggles				
	Face masks and				
	Helmets				
	Protective overalls and industrial aprons				
	Protective boots				
2.	Personal hygiene and sanitation practices				
	Do you take a shower after work				
	Do you change out of your work cloths completely at work before going home?				
	Do you avoid eating, chewing gum or drinking at work?				
	Do you wash your hand with soap and use disinfectants?				
3	Care of personal protective wears and working equipment				
	Do you wash your PPE often?				
	Do you immediately replace a bad PPE				
	Do you use appropriate disinfectants to clean up after work?				
4	Health seeking practices in case of accidents and when they are sick.				
	Do you seek medical attention when you fall sick?				

	Do you seek help immediately you fall sick?				
	Do you apply immediate first-aid to an injury or cut at work?				

SECTION E: HEALTH RELATED CONDITIONS TO OCCUPATIONAL CARCINOGEN EXPOSURE

No	Health related conditions	Often	Sometimes	Never
1	Symptoms of Acute respiratory infections. (for > 2 weeks)			
	Fever			
	Sore throat			
	Chest tightness			
	Shortness of breath (wheezing or difficulty in breathing)			
	Runny nose			
	Chronic cough			
2	Symptoms of Skin infections and eye infections			
	Eye infections and irritation			
	A shift in the appearance of a mole or birthmark			
	Skin irritation			
	Excessive bruising (bruises in unusual places that haven't been bumped)			
3	Symptoms of physical injuries and discomfort (mechanical injuries)			
	Injuries (cuts bruises, wounds, burns)			
	Persistent fatigue			
	Unexplained weight loss			
	Pain that lasts (lower back, waist, elbows, arms, legs)			
4	Symptoms of digestive and excretory system infections (Changes in bathroom habits)			

	Stomach pain or nausea for more than 2 weeks			
	Persistent constipation or diarrhea			
	Black or red blood in your stool (hematuria)			
	More frequent urination; and blood in your urine			
5	General disorders			
	Chronic headache (more than two weeks and doesn't respond to the usual medications)			
	Frequent fevers or infections			
	Cancers			