

Female Workers and Occupational Health Problems

(excerpted from the CDC Women's Safety and Health Issues at Work)

Women face different workplace health challenges than men, partly because men and women tend to have different kinds of jobs.¹ Women generally have more work-related cases of carpal tunnel syndrome, tendonitis, respiratory diseases, infectious and parasitic diseases, and anxiety and stress disorders.²

Social, economic, and cultural factors also put women at risk for injury and illness. For example, women are more likely than men to do work part-time, temporary, or contract work. Compared to workers in traditional jobs, contingent workers have lower incomes and fewer benefits. Like all workers in insecure jobs, women may fear that bringing up a safety issue could result in job loss or more difficult work situations. They may also be less likely to report a work-related injury.

Balancing work and family tasks can put additional stress on women, who in many families still take primary responsibility for child and eldercare. When family and work demands collide, the stress can lead to physical health problems such as poor appetite, lack of sleep, increase in blood pressure, fatigue, and increased susceptibility to infection. It can also result in mental health problems such as burnout and depression. Learn more about these issues and others facing women workers:

Job Area

- [Agriculture](#)
- [Construction](#)
- [Health Care](#)
- [Manufacturing](#)
- [Sales](#)
- [Services](#)
- [Transportation](#)



Health Concerns

- [Bloodborne Diseases](#)
- [Cancer](#)
- [Ergonomics and Muscle/Bone Disorders](#)
- [Heart Disease](#)
- [Personal Protective Equipment](#)
- [Reproductive Health](#)
- [Respiratory Diseases](#)
- [Serious Injury](#)
- [Work Structure and Stress](#)



References:

1. Hoskins, A. Occupational injuries, illnesses, and fatalities among women. 2005.
2. Bureau of Labor Statistics. [Job-related deaths are less likely for women](#). 1998.