

# A Study of Occupational Health Problems Faced by Mathadi Workers in Thane District

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**Abstract:** *Mathadi workers form an important part of the unorganized labour force in Maharashtra, especially in Thane district. These workers are mainly involved in loading, unloading, and transporting goods manually in markets, warehouses, and industrial areas. Their work requires continuous lifting and carrying of heavy loads, which exposes them to several occupational health risks. The present study is based on secondary data collected from government reports, research articles, labour department publications, and occupational health studies. The study aims to understand the major occupational health problems faced by Mathadi workers and the factors contributing to these problems. The findings show that Mathadi workers commonly suffer from back pain, joint pain, fatigue, muscle strain, and injuries due to physically demanding work and lack of proper safety measures. The study highlights the need for improved working conditions, provision of safety equipment, and better access to healthcare facilities. Ensuring proper occupational health protection is essential for improving the well-being and productivity of Mathadi workers.*

**Keywords:** Mathadi workers, occupational health, unorganized labour, musculoskeletal disorders, Thane district, manual labour

