to make a living, even in a precarious environment contributed to this incidence.

Objectives The objectives of this study are:

- To provide capacity building to help this group of workers learn concepts for improving work conditions and understand the risks in mining;
- To provide awareness on various approaches of workplace health and safety promotion as regards mining.

Methods One hundred and seventy four (74) participants were randomly selected for this training.

Modules

- Hazard identification and risk assessment.
- First aid
- Mercury Exposure and related risks
- lead exposure and related risks
- Safer mining practice
- Personal Hygiene
- Personal protective equipment (PPE) used in mining

Results The health and safety knowledge of the ASGM workers were increased. The capacity building process enabled the workers to recognise risks associated with mining and therefore knew how to implement safety measures by using PPE and by learning about safety improvement concepts.

Discussion Our findings suggest that positive attitudes toward promoting safe working conditions and practices can be fostered among the ASGM workers.

Conclusion Kenya has taken notable steps in ensuring mining industry has regulations that govern its operations. Having artisanal and small scale mines recognised as a legal activity are indicative of these steps among others. The findings also indicate the need to have rules that are specific to the industry.