

The economic backbone of Kenya mainly constitutes of the manufacturing and agricultural sector. These two sectors are labour intensive in the sense that most people who are either in formal or informal employment gives rise to the relationship between the employer and the employee which gives rise to industrial relations. In industrial relations, the employer wants to make or realize maximum profits while the employees are seeking maximum wages to adequately and comfortably support themselves and their dependants. In the course of trying to meet the above expectations of the employee a strike may occur. Strikes or go slows usually lead to low production, loss of man hours, loss of employment while at times strikes may increase the running cost of the employer. For example if there was damage to property or loss of skilled man power. This study therefore aims at investigating the causes of strikes and possible preventive measures with a special reference to labour intensive industries in Nairobi's Industrial Area. The researcher will collect primary data using questionnaires. Available and relevant secondary data from books, journals or annual reports shall also be used. The research will be based on exploratory and descriptive statistics such as tabulation, frequencies, percentages. tables and graphs. Findings of this study shall be useful as reference, material by managers in the labour sector union representatives, the government policy makers and other students who may want to research further on this study.