

Level 2 Award in Health and Safety in Health and Social Care

Syllabus

Part 1 Introduction to Health and Safety

Introduction

Candidates should appreciate the nature of health and safety and be able to:

- i. State the consequences of poor health and safety standards and the benefits of good standards.
- ii. Give common types and causes of work-related accidents and ill health.
- iii. Give examples of occupational, environmental, and human factors that can affect health and safety.
- iv. Understand the importance of risk assessment in maintaining a healthy, safe environment.

Health and Safety Law

Candidates should understand the scope of legislative requirements and be able to:

- i. Outline the legal responsibilities under the Health and Safety at Work etc. Act, 1974, of employers, employees, and the self-employed.
- ii. Give examples of specific safety issues covered by regulations including risk assessments, competent persons, and employee consultation.
- iii. Briefly describe how the law is enforced, the enforcement agencies and the powers and actions available to their officers.
- iv. State the possible consequences of non-compliance.

Health

Candidates should understand the importance of preventing work-related ill health and be able to:

- i. State the types of health hazard with reference to the occupations with which they are commonly associated.
- ii. Understand that health hazards should be risk assessed and give examples of effective control measures.
- iii. Describe the roles of specific occupational health specialist and understand that specialised risk assessments may be required in certain circumstances.
- i. Appreciate the need to follow procedures and instructions, and report early signs of possible problems.

Safety

Candidates should understand the principles of accident prevention and be able to:

- i. Define the term 'accident' and state the reasons why accidents are record and the legal requirements for accident reporting.
- ii. Describe the factors that contribute to slips, trips, and falls in the workplace and methods to prevent them.
- iii. Give examples of methods for improving electrical safety including portable appliance testing and visual inspection.
- iv. State the key aspects of dealing with electric shock.
- v. Describe common causes of fire and give examples of preventative measures.
- vi. State the action to be taken in case of fire, including evacuation procedures and the safe use of extinguishers.

Welfare

Candidates should understand the risks associated with poor welfare and be able to:

- i. Outline the welfare facilities, drinking water, and rest facilities.
- ii. State how smoking, alcohol, and drugs can affect the health, safety, and welfare of those at work and how risks can be minimised.
- iii. State the main effects of stress and give examples of how it can be reduced.
- iv. State that incidents of violence, harassment and bullying must be reported and give examples of how the likelihood can be reduced.
- v. Explain the requirement for first aid provision including an understanding of the role of an 'appointed person' as a 'first aider'.

Risk Assessment

Candidates should understand that risk assessment is an important technique for accident and ill-health prevention and be able to:

- i. Define what is meant by the terms 'hazard' and 'risk' and give examples.
- ii. Describe the factors that are likely to increase the level of risk.
- iii. Define the term 'control measure' and give examples of their varying degree of effectiveness.
- iv. Outline the risk assessment process and that specialised assessments are required in certain circumstances.

Part 2 Hygiene

Introduction to Hygiene

Candidates should understand the terminology used in good hygiene practice and should be able to:

- i. Define the terms 'hygiene', 'infection', 'transmission', 'micro-organism', and 'incubation'.
- ii. State the consequences of poor standards of hygiene and the benefits of good standards.
- iii. Understand the relationship between hazard and risk and how this can help prioritise action.
- iv. Explain the concepts of 'duty of care' and 'due diligence'.
- v. Be aware of the legislation relating to hygiene practice including the Public Health Act 1984.

Hygiene Hazards

Candidates should understand the concepts of hygiene hazards and how the risks can be controlled and be able to:

- i. State the common causes of infection and their effect on health.
- ii. Describe the different types of micro-organisms, where they are found, and their means of transmission including bacteria, viruses, fungi, and parasites.
- iii. Explain the process by which micro-organisms spread and the factors that influence the spread of disease.
- iv. Describe how harmful micro-organisms can be destroyed and the methods used to minimise effects.
- v. Understand the concept of contamination and cross-contamination as well as infection and cross-infection.

Personal Hygiene

Candidates should understand the importance of good personal hygiene and should be able to:

- i. Detail the need for, and suitable methods of, hand washing.
- ii. Demonstrate suitable hand washing techniques.
- iii. Describe the risks if hands are not correctly washed and the action to take if there are cuts or abrasions to the skin.
- iv. Describe the importance, properties, use, and care of protective clothing and equipment
- v. In general terms, state the risks associated with exposure to infectious diseases at work and at home.

Cleaning

Candidates should recognise the need for high standards of hygiene and the importance of cleaning and should be able to:

- i. Understand the role of cleaning in preventing infection.
- ii. Explain the importance of premises being suitably constructed, fitted out and equipped, and the hazards associated with faulty surfaces and equipment.
- iii. Describe the facilities that should be provided for adequate cleaning.
- iv. Explain the terms 'cleaning', 'disinfection', 'sterilisation', and 'decontamination'.
- v. Describe how cleaning chemicals, disinfectants, and sanitizers are used safely.
- vi. Describe how clean and suitable clothes should be used for different tasks.
- vii. Understand the significance of cleaning schedules.
- viii. Describe the correct procedures for dealing with waste, sharps, and spillage.