

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

## Part 1 Introduction to Health and Safety

### A 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.

### B 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.

### C 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 specialists and understand that specialised risk assessments may be required in certain circumstances.
- iv Appreciate the need to follow procedures and instructions, and report early signs of possible problems.

### D 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 recorded 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.

## **E 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' and a 'first aider'.

## **F 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 degrees of effectiveness.
- iv** Outline the risk assessment process and that specialised assessments are required in certain circumstances.

## Part 2 Hygiene

### G 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 Understand the importance of training, training records and refresher training.
- vi Be aware of the legislation relating to hygiene practice including the Public Health Act 1984.

### H 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.

### I 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.

### J 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 cloths 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.



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