higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

PUBLIC HEALTH
NQF LEVEL 4

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DEPARTMENT OF HIGHER EDUCATION AND TRAINING
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)
PUBLIC HEALTH
NQF LEVEL 4
TIME: 3 HOURS
MARKS: 200

INSTRUCTIONS AND INFORMATION

1. Answer all the questions.
2. Read all the questions carefully.
3. Number the answers according to the numbering system used in this question paper.
4. Use only a black or blue pen.
5. Write neatly and legibly.

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QUESTION 1

Study FIGURE 1 below and answer the questions that follow.

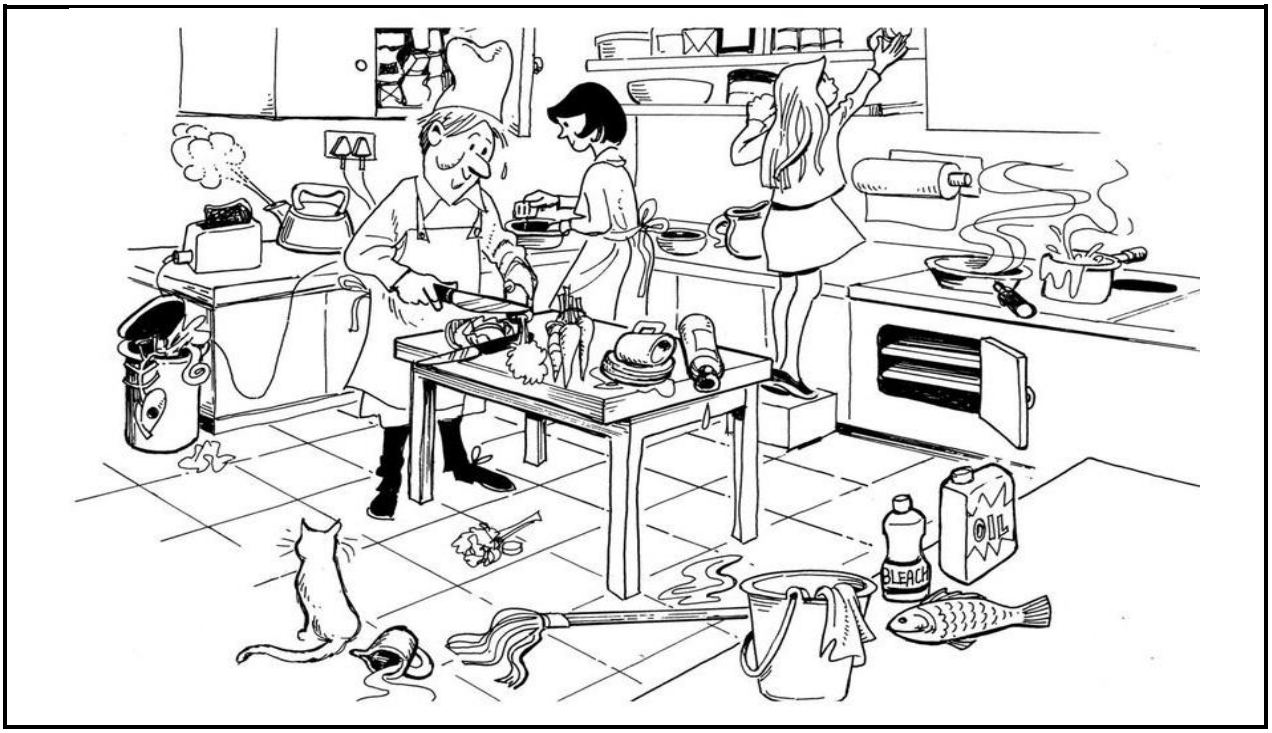


FIGURE 1

1.1 State FIVE sources of potential harm in this kitchen and state how they should be corrected. (5 × 2) (10)

1.2 Give FIVE reasons why this kitchen might have a pest infestation. (5)

1.3 What are the signs that a kitchen may have the following pests:

1.3.1 Cockroaches

1.3.2 Rats

(2 × 3) (6)

1.4 State THREE ways in which these pests, mentioned in QUESTION 1.3, can be eliminated from the kitchen:

1.4.1 Cockroaches

1.4.2 Rats

(2 × 3) (6)

1.5 State FIVE factors that determine how often a house should be cleaned. (5)

1.6 Evaluate the importance of hygiene and infection control. (4)

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1.7 Do you think the cat poses a health risk in this kitchen?

State 'Yes' or 'No' and give THREE reasons for your answer. (4)
[40]

QUESTION 2

2.1 Indicate whether the following statements are TRUE or FALSE by writing only 'True' or 'False' next to the question number (2.1.1–2.1.10) in the ANSWER BOOK.

2.1.1 People own pets for social reasons to act as a guide for the blind.

2.1.2 Owning pets does not require responsibility.

2.1.3 Pets assist older adults to boost their physical energy.

2.1.4 Pets add structure and routine to your day.

2.1.5 Pets need to be sterilised to prevent unwanted pets.

2.1.6 Excessive noise may harm human and animal life.

2.1.7 Chronic exposure to noise may cause noise-induced hearing loss.

2.1.8 Sounds reaching 35 dB may cause severe pain and deafness.

2.1.9 A build-up of wax in the ear may result in a hearing impairment.

2.1.10 Ears can be cleaned with cotton buds or match sticks to prevent wax build-up.

(10 × 1) (10)

2.2 Read the scenario below and answer the questions.

FAMILY VIOLENCE AND ABUSE

Lucia's father, James, is an alcoholic. He lost his job due to his drinking.
Her mom works two jobs to cover expenses, but James takes the grocery money to buy alcohol. When she gets home, James is drunk and he yells at her because she did not clean the house or cook food. James makes her mom feel bad, because she is not home to look after her children.
When Lucia is home alone, her father will touch her inappropriately. He threatens her that if she tells someone about it, he will hurt her mother. James also locks Lucia's grandmother in her room all day, because she hides his alcohol.

2.2.1 Name FOUR types of abuse from the scenario and quote an example of each type. (4 × 2) (8)

2.2.2 Explain the impact that this family abuse may have on each of the following family members.

(a) Julia

(b) Julia's mother

(c) Julia's grandmother

(3 × 2) (6)

2.2.3 In your opinion, why do some women stay in an abusive relationship? (3 × 2) (6)

2.3 Study FIGURE 2 below and answer the questions that follow.

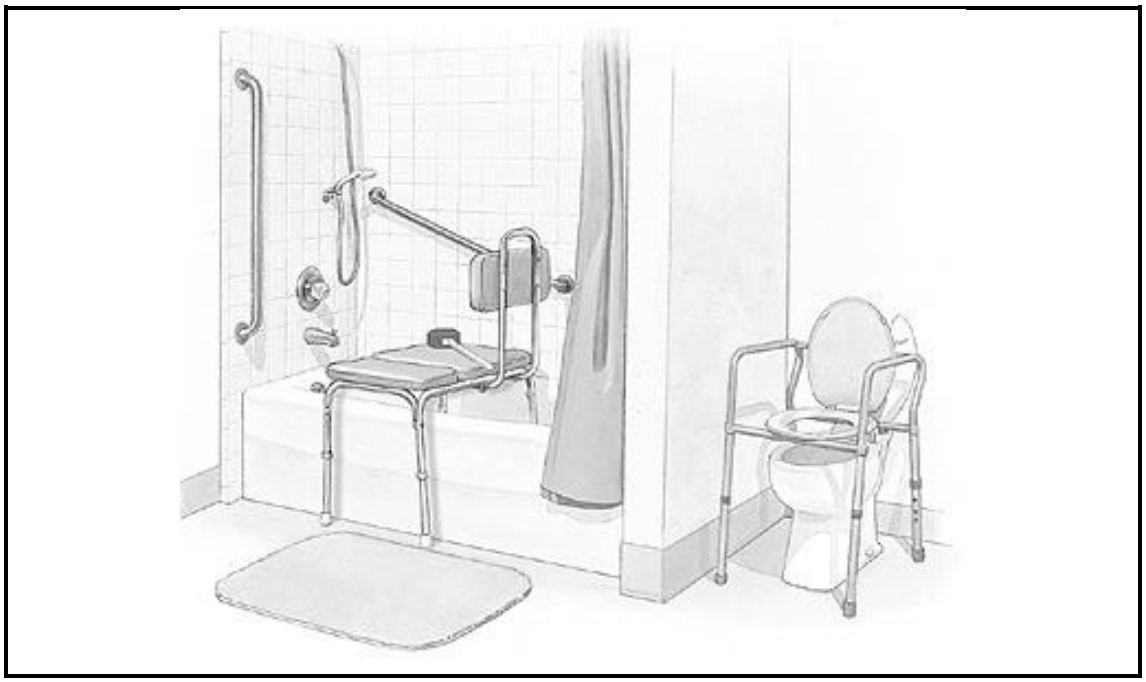


FIGURE 2

2.3.1 Name FOUR safety measures featured in this bathroom. (4)

2.3.2 State the purpose of each of the safety measures you mentioned in QUESTION 2.3.1. (4)

2.3.3 Suggest TWO other alterations that can be added to a bathroom to make it more accessible for a physically disabled person. (2)

[40]

QUESTION 3

3.1 Study the extract below and answer the questions that follow.

South Africa introduced a shopping bag levy in 2003 with the aim to reduce the amount of plastic waste in the country. It is estimated that working class South Africans buy 138 plastic bags per year or more than 2 bags per week.

3.1.1 Define the term *waste product.* (2)

3.1.2 Name the TWO classifications of waste products. (2)

3.1.3 There are many options for the management of waste, ranging from most to least preferred.

Draw and apply the waste hierarchy for the management of plastic shopping bags. Give relevant examples for each of the FIVE stages.
(2 marks for drawing) + (5 × 2) (12)

3.1.4 In your opinion, do you think that the shopping bag levy made a significant impact on reducing plastic waste in South Africa?

State 'Yes' or 'No' and give THREE reasons for your answer. (4)

3.2 Read the extract below and answer the questions that follow.

SILICOSIS CLASS ACTION BY SCA RULING AGAINST MINING COMPANIES

Over several decades many thousands of underground mine workers in South African gold mines contracted silicosis or pulmonary tuberculosis, caused through the inhalation of large quantities of silica dust.

In the High Court, the 69 miners had presented evidence of prolonged industry-wide underground exposure to unhealthy levels of silica dust and that the mining companies had been negligent and wrong in failing to properly address this health hazard.

They said every affected mineworker - or his dependents - had a claim for damages. The effect of this was that mineworkers who had died, or would die before the finalisation of the litigation, would still have a valid claim and any damages would go to their estate, for the benefit of their heirs.

3.2.1 State the occupational health and safety-related legislation linked to the extract above. (2)

3.2.2 Explain the term *occupational diseases*. (2)

3.2.3 Name TWO occupational diseases from the extract above. (2)

3.2.4 State the correct procedure that miners should follow when they are exposed to harmful or dangerous conditions. (3)

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3.2.5 The mining company ended underground mining between 2000 and 2008.

Explain why the mine workers' claim against silicosis is still valid after more than 15 years. (3)

3.2.6 Motivate why the dependants of the mine workers, who died or would die before the finalisation of the litigation, have a valid claim? (4)

3.2.7 The mine's health and safety inspector is conducting a site visit to the mine.

Name FOUR responsibilities that the inspector will have while conducting the visit. (4)

[40]

QUESTION 4

4.1 Choose the correct term from those in brackets. Write only the answer next to the question number (4.1.1–4.1.5) in the ANSWER BOOK.

4.1.1 (Isotonic/Aerobic) exercises increase the heart rate and the percentage of oxygen the body uses. These types of exercises include walking, cycling and swimming.

4.1.2 (Anaerobic/Isometric) exercises are any activities that break down glucose for energy without using oxygen.

4.1.3 Static exercises allow muscle tension and relaxation to occur (with/without) movement of the body.

4.1.4 (Isotonic/Balance) exercises involve movement of the body.

4.1.5 Exercises that entail the contracting and holding of muscles in a static position, are (isometric/isotonic) exercises.

(5 × 1) (5)

4.2 Read the scenario below and answer the questions.

You run a small shop from home to supplement your income. You sell essentials such as milk, eggs, vegetables and bread. You make hot foods over the weekends. You purchase all your items from the local discount store.

4.2.1 Define the following terms:

(a) Food safety

(b) Food hygiene

(2 × 2) (4)

4.2.2 Explain how the cold chain should be maintained to continue the freshness of the milk until it is sold. (4)

4.2.3 How will you ensure proper waste management at your shop?
(3 × 2) (6)

4.2.4 State FIVE basic hygiene standards that you have to comply with when preparing hot foods at your shop. (5)

4.2.5 Do you think it is important to comply with hygiene standards when serving or selling food to the public? State 'Yes' or 'No' and give a reason for the answer. (4)

4.2.6 People in your community do not eat a lot of red meat. They are at risk of developing anaemia.

Name THREE vegetables that you can sell that are high in iron. (3)

4.2.7 How can you ensure that the hot foods you prepare are well-balanced and healthy? (5)

4.2.8 You noticed that a lot of children are overweight in your community.

Name the foods that you will not sell at your shop. (4)
[40]

QUESTION 5

5.1 Read the scenario below and answer the questions.

You are the first responder at the scene of a bus accident. The following people are injured at the scene: Krishna – unconscious and breathing Afreen – broken limbs, screaming in pain Olwethu – cuts and abrasions to her face Makabongwe – dead on arrival

5.1.1 Explain the term *triage*. (3)

5.1.2 Triage each of the patients using the following criteria:

- Priority (high, medium, low, least)
- Colour code (red, yellow, green, black)
- Order of care (1st, 2nd, 3rd, last)

Use the following table to record your findings:

NAME	PRIORITY	COLOUR CODE	ORDER OF CARE
Krishna			
Afreen			
Olwethu			
Makabongwe			

(4 × 3) (12)

5.1.3 Explain the care that you will give to Krishna. (3)

5.2 Read the extract below and answer the questions.

SMOKING LAWS IN SOUTH AFRICA

The smoking related ban of the Tobacco Products Control Amendment Act:

- In partially enclosed public places such as covered patios, balconies and parking areas.
- In cars where there are children present under the age of 12.
- Children under the age of 18 are prohibited from entering designated smoking areas.
- Children under the age of 18 are prohibited from purchasing cigarettes.
- Sweets and toys that look like cigarettes are banned.

5.2.1 Create a health promotion poster to educate the community about the dangers of smoking.

Use the following criteria:

(a) Slogan (1)

(b) Immediate and short-term effects (2)

(c) Medium and long-term effects (2)

(d) Diseases associated with smoking (2)

(e) People at risk (1)

5.2.2 You are a health care worker at the local community clinic.

Apply the FIVE key action areas for health promotion to reduce smoking and smoking-related diseases in your community. (5 × 2) (10)

5.2.3 In your opinion, should South Africa implement a total ban on cigarettes?

State 'Yes' or 'No' and give THREE reasons for the answer. (4)

[40]

TOTAL: 200

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