higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE (VOCATIONAL)

PUBLIC HEALTH
NQF LEVEL 4

20 November 2024

This marking guideline consists of 11 pages.

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QUESTION 1

1.1
- Hair and body fluids falling into food✓. Put on proper clothing for hygiene.✓
- Using a shelf to stabilise✓. Hold onto stable objects or use a higher step.✓
- Using an improper step to reach high objects✓. Use a proper stepladder.✓
- Paper towel is low and too close to the stove✓. Place it at a safe distance from the stove.✓
- Oven door is open✓. Close doors to prevent falling/burning or bumping.✓
- Cleaning material/bleach on the counter✓ – put them out of reach of children.✓
- Knife on the edge of the table✓. Put it back in the drawer after use.✓
- Cords hanging✓. Unplug unused equipment or roll cords neatly.✓
- Steam from the kettle on toaster may cause an electrical shock.✓ Rearrange the equipment to safe positions.✓
- Big pots on front burners✓. Always put big pots at the back of the stove.✓
- Pan handles turned over side of the stove✓. Turn the handles inward.✓

(Any relevant 5 × 2) (10)

1.2
- Dirty dishes on the counter✓
- Dustbin is full✓
- Water leakage on the floor✓
- Pets in the kitchen✓ Food on the floor✓
- Food on the counter✓
- Spills are not cleaned up✓
- The cat is looking for the pest✓

(Any relevant 5 × 1) (5)

1.3 1.3.1
- Visible droppings on counters and floor
- Smell of faeces
- Eggs in the kitchen or storeroom
- Dead cockroaches
- Shed skin
- Signs of feeding
- Live cockroaches running
- Recent allergy symptoms

(Any relevant 3 × 1) (3)

1.3.2
- Rat faeces
- Smell of rat urine
- Nests are found under or behind cupboards
- Marks of gnawing or biting on items and food
- Scratching sounds may be heard

(Any relevant 3 × 1) (3)

1.4 1.4.1
- Use bait stations.
- Use pesticides near entry points.
- Kill cockroaches with insecticide spray.
- Set out adhesive traps.
- Clean the kitchen – wipe surfaces and floors.
- Empty the dustbin regularly.
- Seal cracks and openings around doors and windows.
- Fix leaking taps.

(Any relevant 3 × 1) (3)

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1.4.2
- Remove food sources.
- Set traps.
- Use bait stations or poison.
- Remove nests.
- Exterminate the kitchen.
- Do not leave dishes in the sink.
- Store food in airtight containers.
- Fill holes and gaps where they may enter. (Any relevant 3 × 1) (3)

1.5
- The number of people who live in the house✓
- How tidy or untidy the people are✓
- If someone in the house is sick/diseased✓
- The presence of pets in the house✓
- Environmental factors such as wind/rain that may result in wet floors or a lot of dust in the house✓
- If there is a plumbing problem (Any relevant 5 × 1) (5)

1.6
- Hygiene/infection control is used as preventative✓ measures
- to reduce the incidence✓
- and spread of a disease.✓
- If these measures are not implemented, pathogens✓ can grow
- and multiply,
- and spread,
- causing diseases. (Any relevant 4 × 1) (4)

1.7 Yes✓
- Cats carry pests such as fleas and ticks.✓
- Cats carry diseases such as fungal infections✓ (ringworm)
- and bacterial infections✓ (salmonella)
- and viral infections such as rabies.
- Cat faeces can cause sickness in people (toxoplasmosis).
- Cat hair on the counter can cause allergic reactions. (Any relevant 3 × 1)

OR

No✓ (1)
- Cats deter pests such as rats and cockroaches✓ (prevent them from coming to the house).
- Cats can act as pest control by catching the rats and cockroaches.✓
- If cats are well cared for (i.e. vaccinated/wearing a flea collar/dewormed), they are not a health risk.✓
- Cats can help by showing alertness, indicating that they hear or are aware of a stranger in the area, helping with safety. (Any relevant 3 × 1) (3)

[40]

QUESTION 2

2.1
2.1.1 False
2.1.2 False
2.1.3 True
2.1.4 True
2.1.5 True
2.1.6 True
2.1.7 True
2.1.8 False
2.1.9 True
2.1.10 False

(10 × 1) (10)

2.2 2.2.1
- Sexual abuse✓ − touch her inappropriately✓
- Emotional abuse✓ − makes her mom feel bad✓
- Verbal abuse✓ − he yells at her✓
- Psychological abuse✓ − threatens her✓
- Economic abuse✓ − takes the grocery money to buy alcohol✓
- Elder abuse✓ − locks Lucia's grandmother in her room all day✓

(Any relevant 4 × 2) (8)

2.2.2 (a)
- Julia may become depressed,✓ scared and withdrawn.✓
- She may have problems with faith, education and relationships.✓
- She may become the victim of sexual, physical or emotional abuse later in her life.✓
- It will damage her relationships with her parents or siblings.✓ (Any 2 × 1) (2)

(b)
- She may experience anxiety, changes in mood, chronic stress, decreased self-esteem and depression.
- She may experience feelings of shame, guilt and hopelessness.
- She may have post-traumatic stress disorder and social withdrawal and isolation.
- She may become a victim of substance use. (Any 2 × 1) (2)

(c)
- Elder abuse can lead to early death, cause harm to physical and psychological health and destroy social and family ties.
- It may lead to devastating financial loss and more.
- Any type of mistreatment can leave the abused person feeling fearful and depressed.
- Sometimes, a victim may think the abuse is his/her fault.

(Any 2 × 1) (2)

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2.2.3
- Women want to help their partners, or love their partners✓ with the hopes that they could change them.✓
- If they have children together,✓ they want to maintain the family.✓
- They fear✓ being alone.✓
- They fear✓ that their partner may hurt them or their children.
- They are financially✓ dependent.✓
- The person abusing them may have been very charming✓ (especially at the beginning of a relationship) and the abused person may hope that the partner will become that person again.✓ (Any relevant 3 × 2) (6)

2.3 2.3.1
- Handrails for the toilet
- Raised toilet seat
- Handrail in the shower
- Hand-held shower head
- Bath/shower seat
- Non-slip bath mat
- Taps are low and within reach (Any relevant 4 × 1) (4)

2.3.2
- Handrails for the toilet – the person can hold onto it and support himself/herself when sitting or standing up.✓
- Raised toilet seat – makes sitting and standing up easier.✓
- Handrail in the shower – can hold onto it to prevent slipping.✓
- Hand-held shower head - the shower head is within reach.✓
- Bath/shower seat – prevents falling in the shower.✓
- Non-slip bath mat – prevents slipping when exiting the bath or shower.✓
- Taps are low and within reach – stretching to reach taps may cause falling or slipping in the shower.✓ (Any relevant 4 × 1) (4)

2.3.3
- Widen the entrance or doorway to fit a wheelchair.✓
- Lower the basin✓ with a lever-type tap.✓
- Ensure enough space in the bathroom to move around.✓
- Non-slip floor surfaces.✓
- Lower the towel rails.✓ (Any relevant 2 × 1) (2)

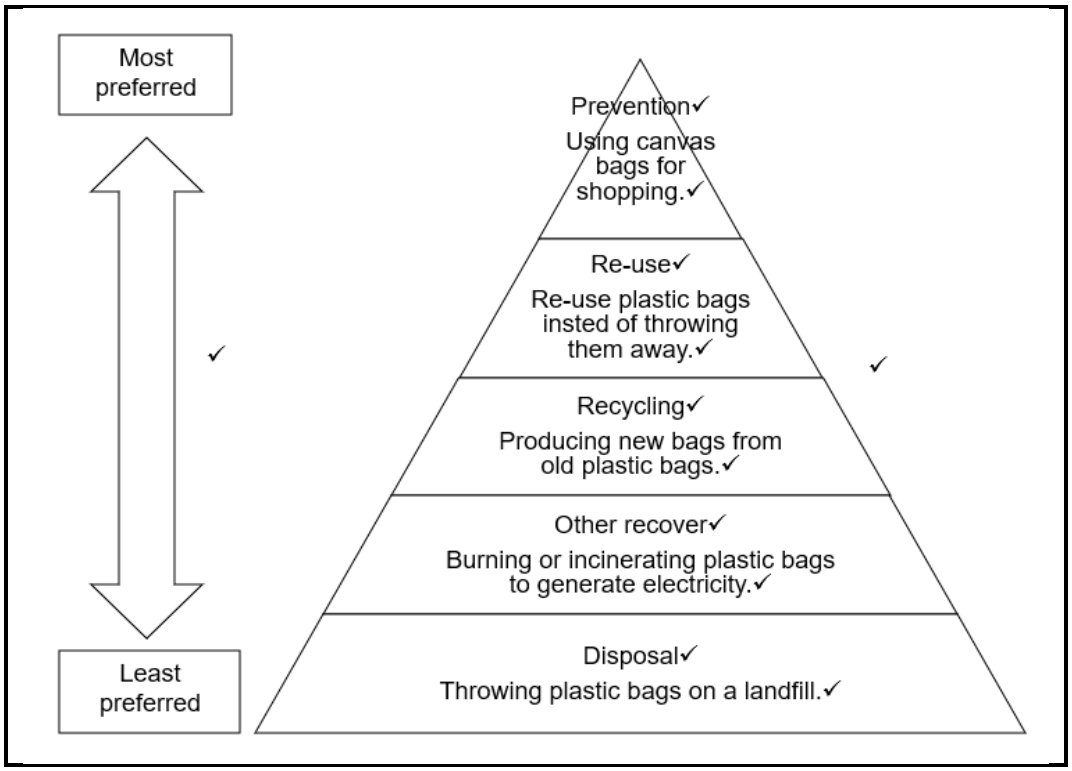
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QUESTION 3

3.1 3.1.1 Any unusable or unwanted✓ material or substance resulting from any process or activity.✓ (2)

3.1.2
- Biodegradable
- Non-biodegradable (2)

3.1.3



(2 marks for drawing + any relevant 5 × 2) (12)

3.1.4 No✓
- People do not take their own bags to the shops.✓
- Many informal shops do not charge for bags.✓
- My community is still littered with plastic bags.✓
- Shopping bags are being purchased. (Any relevant 3 × 1)

OR

Yes✓ (1)
- People are purchasing less bags.✓
- They take their own bags to the shop.✓
- They use canvas bags or re-use plastic bags.✓
- My community is cleaner and less bags are going to landfills.

(Any relevant 3 × 1) (3)

3.2 3.2.1 Compensation for Occupational Diseases Act✓ (130 of 1993) ✓ (2)

3.2.2
- These are diseases✓
- that are contracted as a result of work✓
- that involves the handling of, or exposure to dangerous substances
- in the workplace. (Any 2 × 1) (2)

3.2.3
- Pulmonary tuberculosis✓
- Silicosis✓ (2)

3.2.4
- Protect yourself.
- Do not put others at risk.
- Report immediately to your supervisor.
- Cooperate with investigations. (Any relevant 3 × 1) (3)

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3.2.5
- Silicosis is caused by inhalation of silica dust.
- This exposure was over a long period of time.
- Exposure to silica dust can only occur in a mine.
- Symptoms can continue to progress after exposure.

(Any relevant 3 × 1) (3)

3.2.6
- The dependants may need the money to cover medical costs.✓
- They may need money if the worker is temporarily disabled.✓
- They may need money to pay for the funeral.✓
- Since the breadwinner died, the family/spouse needs an income to cover day-to-day cost of living.✓
- Money can be used to cover living costs of minors.

(Any relevant 4 × 1) (4)

3.2.7
- Identify hazards and violations.✓
- Issue documents when violations and hazards are identified.✓
- Determine the causes of accidents and disasters and how these are prevented.✓
- Discuss inspection/investigation findings with management and personnel.✓
- Provide technical support and assistance to mine management and personnel.

(Any relevant 4 × 1) (4)
[40]

QUESTION 4

4.1
4.1.1 Aerobic
4.1.2 Anaerobic
4.1.3 Without
4.1.4 Isotonic
4.1.5 Isometric

(5 × 1) (5)

4.2 4.2.1 (a) Refers to handling, preparing and storage✓ of food in ways to prevent foodborne diseases.✓

(b) Refers to the principles and methods of sanitation✓ applied to preserve the quality of food.✓ (2 × 2) (4)

4.2.2
- The store will keep the milk in the fridge.✓
- When collecting it, ensure that it stays cold.✓
- A cooler bag or a container with ice can be used to transport the milk to the shop.✓
- There should not be any stops at other shops along the way.✓
- When arriving at the shop, the milk should be unpacked immediately✓ and placed in the fridge.✓
- It should remain there until it is purchased.✓

(Any relevant 4 × 1) (4)

4.2.3
- I can apply to the municipality✓ for an additional black refuse bin.✓
- I can recycle✓ the waste.✓
- I can use only recycled✓ bags and containers.✓
- I will not throw✓ used water in the street.✓
- I will clean the shop✓ and pick up any litter lying around.✓

(Any 3 × 2) (6)

4.2.4
- Do not mix raw and cooked food.✓
- Do not use the same utensils for raw and cooked food.✓
- Food must be cooked thoroughly.✓
- Cooked food must be stored properly (below 7 °C and above 63 °C).✓
- Cooked food must be eaten immediately or within 30 minutes
- Only reheat cooked food once.✓

(Only accept answers related to the cooking of food) (Any 5 × 1) (5)

4.2.5 Yes✓
- It prevents food from being contaminated.✓
- It prevents diseases.✓
- It prevents attracting pests.✓ (4)

4.2.6
- Spinach
- Beetroot
- Sweet potatoes
- Peas
- Broccoli
- Green beans (Any relevant 3 × 1) (3)

4.2.7
- Provide meals with balanced carbohydrates, proteins and fats.
- Do not overcook food as it loses its nutrient content.
- Use salt in moderation.
- Use sugar in moderation.
- Choose meat with less fat.
- Use fresh and not processed ingredients.
- Give preference to complex carbohydrates. (Any relevant 5 × 1) (5)

4.2.8
- Processed foods
- Chips
- Carbonated cool drinks
- Sweets
- Burgers
- Pizza
- Chocolate (Any relevant 4 × 1) (4)

[40]

QUESTION 5

5.1 5.1.1

- Triage is the process of sorting casualties✓
- and making decisions✓
- about the management of multiple trauma victims.✓ (3)

5.1.2

NAME	PRIORITY	COLOUR CODE	ORDER OF CARE
Krishna	High✓	Red✓	1st✓
Afreen	Medium✓	Yellow✓	2nd✓
Olwethu	Low✓	Green✓	3rd✓
Makabongwe	Least✓	Black✓	Last✓

(4 × 3) (12)

5.1.3

- Place the casualty in the recovery position.
- Assess and treat other injuries.
- Send a bystander to call for help.
- Call the ambulance. (Any 3 × 1) (3)

5.2 5.2.1 (a) Slogan – any relevant slogan (1)

(b)

- Smelly hair
- Less oxygen to the brain
- Bad skin
- Smelly breath
- Stained teeth
- Coughs and colds
- Increased heart rate
- Increased blood pressure
- Shortness of breath
- Reduced fitness
- Can cause asthma attacks (Any 2 × 1) (2)

(c)

- Stroke
- Blindness
- Gum disease
- Mouth and throat cancer
- Heart disease
- Heart attack
- Emphysema
- Dry, discoloured and wrinkled skin
- Bladder cancer
- Infertility
- Impotence
- Poor muscle tone (Any 2 × 1) (2)

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(d)
- Rheumatoid arthritis✓
- Coronary heart disease✓
- Asthma
- Heart attack
- Stroke
- Cancer – lung, mouth, throat, oesophagus, pancreas, bladder
- Emphysema
- Ulcers (Any 2 × 1) (2)

(e)
- Smokers
- Second-hand smokers
- Pregnant woman (Any 1 × 1) (1)

5.2.2 (NOTE: Only accept answers related to smoking)

Promote safe environment for people to live and work.✓
- Ensure that smoking laws are enforced in communities.✓
- Create smoke-free areas.✓
- Shop owners should not sell cigarettes to underage children.✓

(Any 2 × 1) (2)

Develop healthy public policy.✓
- The Tobacco Products Control Amendment Act already exists.✓ (2)

Promote community action.✓
- Encourage community members to take action for those who cannot speak for themselves.✓
- Peer education, where groups of friends can educate one another on the dangers of smoking.✓
- Friends/neighbours can address parents that smoke in front of children.✓ (Any 2 × 1) (2)

Develop skills.✓
- Increase knowledge, awareness and healthy living.✓
- Counselling or meetings for smokers and quit-smoking programs to assist smokers to stop the habit.✓ (2)

Reorientate the health services.✓
- Improve accessibility of health care services.✓
- Do not wait for the smoker to come to the clinic.✓
- Go out into the communities and do health promotion there, where and when they are smoking.✓ (Any 2 × 1) (2)

5.2.3 Yes✓

- Smoking causes disease and death.✓
- Smoking puts others at risk that are non-smokers.✓
- Smoking and smoking related diseases cost the government lots of money.✓

(Any relevant 3 × 1)

OR

No✓ (1)

- People have the right to smoke.✓
- They choose to do it knowing the risks.✓
- People will lose their income if they cannot sell cigarettes.✓
- Government will lose money as it receives sin tax on the sale of cigarettes.
- It will increase black market sales and import of illegal cigarettes.

(Any relevant 3 × 1) (3)

[40]

TOTAL: 200

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