higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE (VOCATIONAL)

PUBLIC HEALTH
NQF LEVEL 4

XX February 2020

This marking guideline consists of 9 pages.

Copyright reserved

QUESTION 1

1.1 Relative protection from potential dangers (2)

1.2
- Preserving life
- Preventing the condition from deteriorating
- Promoting recovery (Any relevant 2 × 1) (2)

1.3
- Following standard precautions
- Washing hands properly
- Using disposable gloves
- Using a CPR mouthpiece
- Wearing a mask in case of exposure to airborne disease
- Wearing protective eyewear if needed
- Using appropriate disposal containers
- Minimising splashing of bodily fluids
- Handling sharp objects with caution (Any relevant 4 × 1) (4)

1.4
- Rats
- Rat droppings (dark and tapered)
- Scratching noises
- Distinctive, ammonia-like smell
- Nests in warm, hidden places
- Burrows in the garden
- Gnawed wood, plastic or cables
- Damaged food packaging (Any relevant 5 × 1) (5)

1.5
- Store food and garbage in sealed containers.
- Reduce drinking sources such as dripping taps, fountains, ponds and stagnant pools.
- Try to make the home, storage units and containers rat-proof.
    - Install rubber lips or bristle strips on doors so that rats cannot squeeze through gaps.
    - Seal windows, vents and other openings with mesh.
- Improve sanitation.
    - Control refuse and food-dumping areas, removing trash regularly.
    - Regularly clean under and behind large appliances such as stoves/ cookers and fridges.
- Use rat poison/poisoned bait.
- Use rat traps. (Any relevant 5 × 1) (5)

Copyright reserved

1.6
- Guillotine✓ could cut/injure someone.✓
- Someone could be hurt✓ by open filing drawer
- Mug of coffee on desk✓ could be spilt and result in burns✓
- Chair with wheels✓ could result in injury if the floor is slippery✓
- Chair✓ is an ergonomic hazard✓
- Monitor too high✓ and could lead to neck and shoulder pain✓
- Cords running across the floor✓ could cause tripping and injury✓

(1 mark for hazard and 1 mark for explanation)
(Any relevant 4 × 2) (8)

1.7
- Call for help.
- Keep injuries in mind and handle the patient with care.
- Turn patient on back and elevate feet if no visible injury.
- Control obvious bleeding.
- Eating or drinking of patient not allowed.
- Loosen tight clothing.
- Open airway turning patient on his/her side if vomiting or bleeding from the mouth
- CPR if needed
- Keep patient warm and comfortable
- Administer adrenaline if available if an allergic reaction is suspected
- Reassure and comfort the patient
- Take note of vital signs like breathing, pulse and level of response
- Obtain any necessary information while person is still conscious
- Stay until help arrives (Any relevant 10 × 1) (10)

1.8
- Able to give help during an emergency
- Knowledge to administer appropriate assistance
- Equips you with knowledge to reduce danger
- Appropriately administered first aid can help promote recovery
- Helps to save a life (Any relevant 4 × 1) (4)

[40]

QUESTION 2

2.1
- Clean the basin
- Clean the shower
- Clean the bath
- Mop the floor
- Clean the surfaces, mirror, windows.
- Change the towels
- Wash the bathroom mats
- Clean and disinfect the toilet
- Clean the taps
- Clean the drains
- Empty the bin (Any relevant 5 × 1) (5)

2.2
- Number of people living in or visiting the home
- Tidiness of people in the home are and whether they clean up after themselves
- Pets in the home, what type, and how many
- Illness or immunity problems
- Availability of plumbing
- Surrounding environmental factors, for example wind, dust, mud from rain being brought into the home (Any relevant 5 × 1) (5)

2.3
- Clean surroundings
- Protected foods, proper packaging, not leaving food items open to insects
- Personal hygiene
- Adequate water supply for washing
- Disposable gloves, avoid handling food with bare hands
- Nails short and clean
- Clean clothes
- Store and keep food at proper temperatures
- Avoid cross contamination of different types of foods
- Dispose of food scraps
- Sealed container in which to dispose of wastes
- Foods hygiene
- Clean working surfaces
- Proper hygiene practices
- Educate other street food vendors
- Do not sell or have someone else sell food if you are ill
- Avoid coughing and sneezing over food (Any relevant 10 × 1) (10)

2.4
- Good ventilation prevents pollutants
- Helps to get rid of unwanted smells
- Prevents home becoming too hot and stuffy
- Controls moisture, reducing the risk of mould or fungal growth
- Controls spread of pathogens
- Poor ventilation can lead to flu-like symptoms, headaches, fatigue, malaise, nausea, dizziness, confusion and breathing problems (Any relevant 5 × 2) (10)

2.5
- Reduces the incidence and spread of disease
- Promotes positive psychological state
- Promotes pleasant feelings
- Encourages social health as guests are invited to a clean house
- Clean homes are generally healthier homes (An relevant 5 × 2) (10)

[40]

QUESTION 3

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

3.2
- Take reasonable care for their own and others' health and safety
- Inform the employer of risks identified
- Carry out any lawful health and safety instructions
- Carry out activities in line with training and instructions
- Not misuse or interfere with anything provided in interests of health and safety
- Co-operate with employers to ensure requirements of OHSA and regulations are fulfilled
- Report any incidents relating to health and safety as soon as possible

(Any relevant 5 × 1) (5)

3.3
- Open windows
- Only use polishes, hair sprays in well-ventilated areas
- Do not smoke
- Reduce indoor chemical use
- Use natural cleaners in house
- Eliminate sources of odours rather than masking them with air fresheners
- Avoid artificial air fresheners
- Make sure vacuum cleaner has proper, clean filter
- Test for radon
- Avoid wood-burning fireplaces or stoves
- Ensure gas stoves are well-ventilated
- Avoid older building materials including asbestos, formaldehyde and lead
- Bring in plants that may help with air purification (Any relevant 8 × 1) (8)

3.4
- Do a risk assessment and create a plan to promote health and safety.
- Inspect the workplace regularly, checking working areas, equipment and tools.
- Train employees and regularly review safety procedures.
- Supervise employees to ensure that work is being performed safely.
- Talk to employees regularly to discuss any issues.
- Encourage employees to share thoughts on occupational health and safety and be open to new ideas.
- Provide first-aid training to employees willing to deal with emergencies
- Maintain a properly stocked first-aid kit.
- Promptly and effectively investigate and deal with any incidents.
- Keep records of inspections, incidents, investigations, training, etc. These can help to identify and better deal with issues.
- Get insurance and set aside finances to improve working conditions.

(Any relevant 5 × 2) (10)

Copyright reserved

3.5
- Fewer and less severe injuries
- Less sick leave if harm is reduced
- Reduced mortality
- Less corporate financial loss
- Reduced risk of damage to company property
- Increased employee productivity
- Better service
- Reduces workplace stress
- Improved employee morale
- Improved corporate reputation
- More customers retained (Any relevant 5 × 1) (5)

3.6
- Less environmental damage and contamination
- Benefits industry as recovering raw materials from waste results in energy being conserved
- Part of the human race globally, not just belonging to one country
- The more people involved in recycling and sustainable living, the more pressure on manufacturers
- More people involved in recycling and sustainable living, the more likely politicians and governments will react
- Synthetic waste not recycled harms health and eco-system
- Resources are not infinite (Any relevant 5 × 2) (10)

[40]

QUESTION 4

4.1
- Pets can help to ease symptoms of anxiety and depression
- Having a pet can promote social interaction
- Protection
- Professional reasons, for example helping other animals
- Teaches compassion and responsibility (Any relevant 5 × 1) (5)

4.2
- Enough food and water
- Ensure healthy food options
- Don't overfeed
- Keep food containers clean
- Provide appropriate and safe shelter
- Have enough space for the animal
- Keep the environment clean
- Help the animal get enough exercise
- Enough attention
- Protect the animal from other animals
- Take the animal to the vet when necessary (Any relevant 10 × 1) (10)

4.3
- Improves cardiovascular health
- Helps to achieve and maintain healthy weight
- Reduces risk of developing chronic diseases
- Promotes healthy growth and development in children
- Help to relieve symptoms of PMS
- Strengthens muscles
- Improves balance and coordination
- Improves core strength and reduces risk of falls
- Improves posture
- Helps to maintain flexibility
- Increases energy
- Helps against insomnia (Any relevant 5 × 2) (10)

4.4
- Impairs health and well-being
- Contributes to stress, depression and anxiety
- Leads to less energy and tiredness
- Affects mood and interaction with one another
- Contributes to chronic diseases or worsening of illness
- Unnecessary medical expenses (Any relevant 5 × 2) (10)

4.5
- Body needs extra nutrients from food
- Help maintain health
- Provide energy for movement
- Help maintenance and growth of body tissues
- Repair and heal damaged cells and tissues
- Ensure proper functioning of body and control processes like elimination of waste
- Regulate and protect body processes (Any relevant 5 × 1) (5)

[40]

Copyright reserved

QUESTION 5

5.1 5.1.1 Enabling people to increase control over and improve their health

5.1.2 Communicating knowledge and information to a person in order to persuade them to adopt and maintain a healthy lifestyle (2 × 2) (4)

5.2
- Physical disability
- Intellectual/learning/mental/cognitive disability
- Psychological disability
- Sensory/vision impairment/hearing impairment
- Impaired mobility
- Acquired brain injury
- Autism spectrum disorders
- Progressive chronic condition (Any 4 × 1) (4)

5.3
- High blood pressure/hypertension
- Diabetes
- Obesity
- Cancer
- Hand hygiene (Any 5 × 1) (5)

5.4
- Road traffic
- Aircraft
- Trains
- Industry/Commercial sources
- Construction work
- Household appliances
- Regular social events/markets (Any relevant 5 × 1) (5)

5.5
- Hearing loss
- Increased stress
- Irritability
- Fatigue
- Headaches
- Hypertension
- Sleep disturbances
- Cardiac arrhythmia
- Tinnitus (Any 6 × 1) (6)

Copyright reserved

5.6
- Refugees or migrant workers
- Homeless people
- High-risk cases for HIV infection like drug users, sex workers
- People with disabilities (physical, intellectual, sensory, emotional)
- People with mental illness
- Adult and juvenile offenders (Any relevant 4 × 2) (8)

5.7
- Difficulty in finding adequate/fulfilling employment due to poor performance at school/dropping out
- High risk of turning to substance abuse
- Lacking the ability to form healthy, trusting adult relationships
- Low self-esteem
- Lack of confidence
- Tendency to seek security and affection from inappropriate sources, increasing the risk of unwanted pregnancy, further abuse, or contracting STIs
- Becoming abusive or expecting or accepting abuse in adult relationships
- Psychological after-effects such as PTSD, depression or anxiety

(Any relevant 4 × 2) (8)
[40]

TOTAL: 200

Copyright reserved