higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

PUBLIC HEALTH

NQF LEVEL 4

(9020034)

20 November 2019 (X-Paper)
09:00–12:00

This question paper consists of 5 pages.

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TIME: 3 HOURS
MARKS: 200

INSTRUCTIONS AND INFORMATION

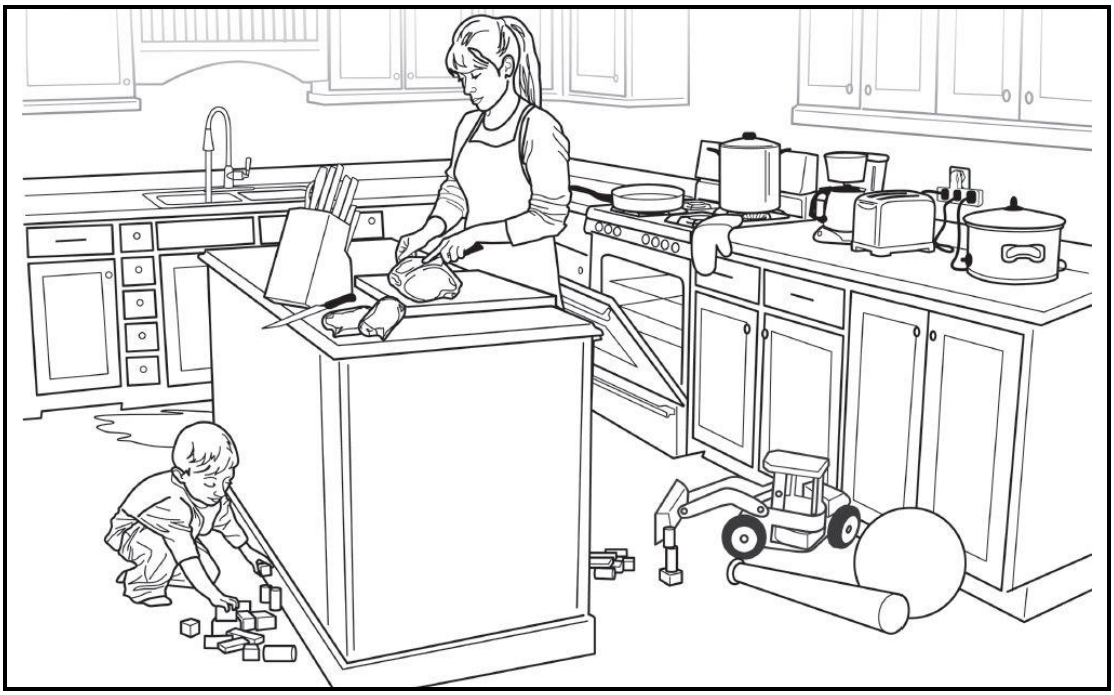
1. Answer ALL the questions.
2. Read ALL the questions carefully.
3. Number the answers according to the numbering system used in this question paper.
4. Use only a BLUE or BLACK pen.
5. Write neatly and legibly.

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QUESTION 1

1.1 Name FIVE direct short-term effects that exposure to chemical pollution can have on human health. (5)

1.2 Study the picture below and answer the questions.



[Source: https://thsawc.org/files/12-15-16%20Spot%20the%20hazards%20game.pdf]

1.2.1 State FIVE tasks that should be completed regularly to maintain hygiene in a kitchen such as the one shown above. (5)

1.2.2 Describe how you would go about assessing and reducing the risks faced by a family using this kitchen. (5)

1.2.3 State and explain the dangers posed by FIVE health and safety hazards shown in the kitchen above. (5 × 2) (10)

1.3 What should all the people in a community do to promote a healthy environment? (10)

1.4 Why do some people litter (leave rubbish lying around in an open or public space) and not seem to care about the environment? (5)

[40]

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QUESTION 2

2.1 Define each of the following terms:

2.1.1 Employer

2.1.2 Employee

2.1.3 Workplace

(3 × 2) (6)

2.2 Name THREE occupational and safety-related acts in South Africa. (3)

2.3 Name FOUR different types of disabilities. (4)

2.4 State FIVE health and safety-related responsibilities of employers. (5)

2.5 What special needs and modifications should be considered when designing an accessible kitchen for a wheelchair user? (6)

2.6 What are the benefits of making occupational health and safety a priority in companies? (6)

2.7 Why is it important for caregivers of a disabled family member to engage in regular self-care activities? (5 × 2) (10)

[40]

QUESTION 3

3.1 Define the term *noise pollution.* (2)

3.2 Name THREE sources of noise pollution. (3)

3.3 Name FOUR effects of noise pollution on health. (4)

3.4 State FOUR environmentally friendly waste disposal practices. (4)

3.5 Give FIVE tips to reduce the negative effects of noise pollution. (5)

3.6 Classify each item in the following list as either BIODEGRADABLE or NON-BIODEGRADABLE by writing the words under the correct heading in the table below. Copy and complete the table in the ANSWER BOOK.

computer hardware; plastic bottle; newspaper; cardboard box; glass bottle; banana peel; tin can; egg shells; battery; coffee grounds

BIODEGRADEABLE	NON-BIODEGRADEABLE

(10)

3.7 What can be done to reduce the waste we produce? (6)

3.8 What measures can be taken to control a cockroach infestation in a home? (6)
[40]

QUESTION 4

4.1 Explain how having a pet can improve health and well-being. (5)

4.2 What can parents do to protect their children from the risks associated with having pets in the home? (5)

4.3 What do pet owners need to do in order to maintain the health of their pets? (10)

4.4 What are the key action areas around which you would build a health promotion program? (5 × 2) (10)

4.5 What are the challenges associated with health promotion in South Africa? (5 × 2) (10)
[40]

QUESTION 5

5.1 Define the term *first aid.* (2)

5.2 Give the national telephone number for the emergency ambulance service in South Africa. (2)

5.3 State the main principles of first aid. (3)

5.4 What should make you suspect a spinal injury in someone who requires first aid? (5)

5.5 Describe how to put someone into the recovery position. (8)

5.6 State the short-term effects of exposure to domestic violence and abuse on children. (5 × 2) (10)

5.7 Why do victims often stay in abusive relationships? (5 × 2) (10)
[40]

TOTAL: 200

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